



INSTITUTE OF  
BIODYNAMIC  
MEDICINE®

IN ASSOCIATION WITH 'A PLACE TO HEAL'  
LONDON

FOUNDATION DIPLOMA  
IN  
BIODYNAMIC  
MEDICINE®

A One Year Experiential Course

PROSPECTUS  
2019-2020

# FOUNDATION DIPLOMA IN BIODYNAMIC MEDICINE

The new Foundation Diploma in Biodynamic Medicine offers an inspiring and enriching opportunity to dive deeply into this gentle, highly effective way of working.

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**During this course, we introduce a new understanding and approach to life and share pioneering knowledge that can change the way you work and live.**

## EXPERIENCE THE BIODYNAMIC APPROACH – AND UNLOCK ITS LIFE-CHANGING POTENTIAL

The Foundation Diploma in Biodynamic Medicine is the perfect starting point for those wanting to learn more about the biodynamic philosophy and approach.

Developed by clinical psychologist Gerda Boyesen over 60 years ago – and evolved by the Institute of Biodynamic Medicine since 1989 – biodynamic methods are used with clients from all over the world to ease physical and psychological discomfort, and bring greater health and wellbeing into their lives.

## HOW IT WORKS

Using carefully selected treatments and techniques, biodynamic practitioners work to activate and optimise the innate healing mechanism of the body known as ‘psycho-peristalsis’. This can be monitored by listening to bio-feedback via a loudspeaker stethoscope placed on the abdomen of the client during treatment.

Gerda discovered that this mechanism of vegetative discharge – ‘the great secret’ – is innate and available to us all. It allows us to release the effects of emotional conflict that many of us hold in our bodies.

*“There is a healing mechanism that dissolves muscular and nervous tension and resolves emotional and psychological conflict on the organic and unconscious level.”*

GERDA BOYESEN

## REBALANCE THE FLOW OF LIFE ENERGY AND BODY FLUIDS

Drawing on a number of fields including medicine, neuroscience, psychology and psychotherapy – together with specialised massage and bodywork treatments – biodynamic interventions work in a powerful way to re-balance the flow of ‘life energy’ and fluids in the body.

Unresolved emotions can be worked through, stress and tension released, and inflammation, pain and symptoms, arising from many conditions, reduced. Draining excess nervous fluid and freeing bio-energy in the body restores healthy pulsation in the cells. This can bring feelings of lightness and deep relaxation, as well as increased clarity, vitality and confidence

### WHO IS IT FOR?

**If you are a healthcare or holistic practitioner**, learning more about how this effective approach can enhance the way you work. It will give you valuable new tools and skills, pioneering knowledge and a broadly applicable biodynamic approach to incorporate into your life and your practice.

**If you have been or are a client, group member or participant in one of our**

**biodynamic programmes**, and want to take your interest further, this course is for you. You will gain a new perspective and deepen your experience.

**If you are interested in training and qualifying in a new and exciting profession**, this course is the required foundation and first year for all further biodynamic training and qualifying courses with the Institute.

*There is growing evidence that scientific studies are beginning to validate some of the Gerda Boyesen concepts ... The emerging generation of physicians and surgeons are questioning old dogmas ... The purity and simplicity of (Gerda Boyesen’s) work has been maintained in the training of students of the Institute of Biodynamic Psychology and Psychotherapy in London and Killala in the West of Ireland.” [ now Institute of Biodynamic Medicine.]* **PEG NUNNELEY**

*Deciding to follow my interest in the biodynamic field was the best decision I ever made. With the goal of becoming a biodynamic psychotherapist, I was accepted into the training which not only taught me how to become a practitioner, but also how to deal with and clear the things that I had taken on in the past but were not mine. I had total support from the trainers who were there for me and with me all the way. They showed me a new world of emotion, understanding, direct communication, depth, resolution and how to be myself. These qualities are now constant companions with me in my working and inner life. I have the utmost gratitude to GBII for offering these life changing methods, for my own self-growth, and also for the tools I now use to help others. **TW GRADUATE***

**As well as being a stand alone qualification, the Foundation Diploma is the required first year foundation to train and qualify further in the field of biodynamic massage, biodynamic psychotherapy and the newly emerging field of biodynamic medicine.**

## LEARN THE CONCEPTS, EXPERIENCE THE PRACTICE

Over the course of eight weekends and one five-day residential seminar monthly over 10 months (or if overseas, five five-day seminars bi-monthly over 10 months) – during the Foundation Diploma you will:

### **Explore key biodynamic concepts**

We will guide you through the core ideas underpinning this gentle but highly effective way of working, and share key findings from the body of research supporting its therapeutic value

### **Learn about cycles**

We will explain how biodynamic methods can be used to work with unresolved emotions, including those that can arise during everyday life, or as a result of shock or trauma. Freeing bio-energy and trapped emotional fluid in the body can help to complete emotional and physiological cycles, bring much-needed relief and release, and restore pulsation and circulation on all levels.

### **Gain biodynamic tools**

You will gain powerful tools to incorporate into your life as a whole, helping in a professional context if you work as a practitioner, but also more broadly in your life, in areas such as self-regulation and boundary setting.

### **Experience biodynamic work for yourself**

The experiential aspect of the training is fundamental. You will feel the effects of biodynamic work for yourself, working in pairs and small groups. You will also have the opportunity to practice biodynamic methods with your fellow students under supervision.

### **Work with the leaders in this field**

The Foundation Diploma is taught by senior licensed biodynamic psychotherapists and trainers, and visiting trainers, with a strong interest in international research and the therapeutic benefits of the biodynamic approach.

*“My biodynamic training was for me a safe, secure, loving environment, in which I was guided, nurtured and supported to start my inward journey. Because of my training, I have reconnected with my ‘self’ in a caring, non-judgemental and compassionate way.” **STUDENT***

*“Based on the amazing discoveries of Gerda Boyesen, this therapy was a completely new, holistic understanding of the physical and emotional workings of the body. No drugs or medications are used; just this deep knowledge and gentle massage techniques of releasing compromised energy channels, in order to re-establish the original free-flow of energy functions. I can recommend this work most highly to any age group.”* **CLIENT**

## A CLOSER LOOK AT WHAT'S COVERED

**During this thoughtfully composed foundation course, we will take you through all the key aspects of the biodynamic approach, to give you a solid grounding in this field, and plenty of practical experience of its effects and benefits.**

### **Core biodynamic theories and principles**

- The 'primary personality'
- Psycho-peristalsis – theory, applications
- Different sounds of psycho-peristalsis
- Reich's 'cosmic' laws
- Vaso-motoric and psychodynamic cycles
- Vegetative discharge
- Emotional blood circulation
- Fight and flight, freeze and the startle reflex pattern
- From the libido to cosmic energy

### **Introduction to the theory and practice of:**

- Working with the loudspeaker stethoscope
- Psycho-peristaltic self-regulation
- Biodynamic massage
- Psycho-somatic treatments
- 'Deep-draining'
- Vegetotherapy
- Energy body and bio-field
- Biodynamic medicine
- Biodynamic psychotherapy

### **Biodynamic group work**

- Biodynamic processes for groups
- Vertical and horizontal levels
- Understanding psychodynamic aspects in group work
- Experiential exercises for expressing, building, resolving, completing
- Containment, boundaries and the midwife approach
- Group as a healing and supportive environment

### **Core approach and skills**

- Applications of the biodynamic approach
- Importance of the initial consultation
- Principles of supervision & mentoring
- Developing the art of listening
- Rooted talking
- Therapeutic presence
- Biodynamic attitude and environment
- Mindfulness and the benefits of positive thinking
- Alignment of heart, brain, gut & breath
- The three hollows – and the vagus nerve
- Harmonisation
- Holistic living & biodynamic wellbeing

### **Concepts underpinning biodynamic methods**

- Independent wellbeing
- Health and flow
- Tension and charge, hyper and hypo-tonus
- Plasma-Faradic and plasma-Galvanic principles
- Rhythm and breath
- Diaphragm as the 'gate to the unconscious'
- Open and closed systems
- Solidification
- Tragic and trivial levels
- Emptying, exit and distribution
- Grounding and harmonisation

### **Biodynamic relating**

- The art of biodynamic relating
- Meeting people
- Creative expression
- Moving forward
- Polyvagal theory
- The importance of social interaction
- Nurturing the soul

# COURSE DETAILS

**You can study the Foundation Diploma in Biodynamic Medicine with us in the UK or Ireland. See our website for current information.**

## STRUCTURE

**UK or Ireland:** monthly meetings of eight weekends (Friday afternoon, Saturday and Sunday) plus one five-day seminar over 10 months

**Overseas:** five five-day seminars bi-monthly over 10 months

## VENUES

We use high quality venues and accommodation settings in each of the countries we work in, so that you can look forward to a relaxing and nourishing experience on all levels while training with us.

## TRAINERS

The Foundation Diploma in Biodynamic Medicine is led by Mary Molloy, Principal of the Institute of Biodynamic Medicine, and Gill Bell, Deputy Training Director, plus other Senior and Visiting Trainers with Assistants.

### **Mary Molloy**

Mary Molloy is the Founder and Principal of the Institute of Biodynamic Medicine and the Biodynamic Clinic. She graduated from Lancaster University in 1975, with an honours degree in Philosophy and Sociology

with Law. She trained and qualified in biodynamic psychology and psychotherapy with Gerda Boyesen at the Gerda Boyesen Centre in London; was Training and Clinical Director of the Gerda Boyesen International Institute, working closely with Gerda for many years; and has trained hundreds of students over 40 years in the UK and Ireland, mainland Europe and the USA. Mary is committed to the full integration of biodynamic philosophy, principles and methods into the field of medicine, and to further substantial research and clinical trials in this field.

### **Gill Bell**

Gill qualified as a primary school teacher and gained a BEd at Roehampton University, London. She developed a lifelong interest in the arts and became Administrator of the Sligo Arts Festival. Gill has over 20 years' experience as a licenced biodynamic psychotherapist. She is also a licensed biodynamic trainer, supervisor and group leader, and offers biodynamic mentoring for people who need a place to work through any matters arising from their work. Gill maintains her practice in Strandhill, County Sligo, Shankill, County Dublin and Killala, County Mayo and is a board member of the Institute of Biodynamic Medicine.

*“The biodynamic training, Mary, her great team and my fantastic group helped me back from the hell I had been living in and enabled me to really start living my life. My training was the best gift I could have ever given to myself.”* STUDENT

#### DEEPEN YOUR EXPERIENCE

An essential part of your Foundation Diploma is that you receive a minimum of 30 hours of individual biodynamic sessions with a licensed biodynamic psychotherapist.

#### GET PROFESSIONAL SUPPORT

If you are independently qualified in another profession, and in current practice, we can arrange one-to-one supervision with a licensed biodynamic supervisor during the course and beyond. Supervision offers the opportunity to integrate your new knowledge into your practice.

For those who work in business, with teams or in organisations, mentoring with a licensed biodynamic mentor provides a place, and support, for you to talk through any matters arising from your work and for you to develop your own ideas and solutions.

#### END OF THE COURSE

When you complete the Foundation course, you will be awarded the Foundation Diploma in Biodynamic Medicine.

#### FURTHER TRAINING

The Foundation Diploma is the first year of the Institute’s four-year Diploma in Biodynamic Psychotherapy and new Diploma in Biodynamic Medicine.

If you would like to become a qualified and licensed biodynamic massage therapist, biodynamic psychotherapist or qualified and licenced biodynamic general practitioner, there are progressive academic awards and professional qualifications, upon satisfactory completion of each module, as follows:

- Year 2 – Diploma in Biodynamic Massage
- Year 4 – Diploma in Biodynamic Psychotherapy and Diploma in Biodynamic Medicine\*\*

\*\* A new Award issued by the Institute

## PROFESSIONAL QUALIFICATIONS

To qualify and be licensed to practice, you would also need to work as an apprentice, and complete an additional Clinical Practice with Supervision module related to each level of professional practice.

Institute Practising Certificates are issued in the following categories:

- Biodynamic Massage Therapist
- Biodynamic Psychotherapist
- Biodynamic General Practitioner\*\*

This expands the opportunities for a new level of clinical practice applications in the newly emerging field of biodynamic medicine. These requirements can be completed within the four-year Diploma in Biodynamic Psychotherapy and Diploma in Biodynamic Medicine course or beyond.

Clinical practice commences after satisfactory completion of each level of training, which includes written assignments in years two to four, and can run concurrently with the next level of training.

Upon satisfactory completion of clinical practice, and supervised case-work at each level of practice; and after assessment by a panel drawn from the Professional Standards Committee of the Institute, successful candidates will receive the Institute's Practising Certificate at the appropriate level of qualification.

## PRACTICE LICENCES AND THE INTERNATIONAL REGISTER OF LICENCED BIODYNAMIC PRACTITIONERS

Graduates who hold the Institute's Practising Certificate can apply to the Institute for a Practice Licence and be included on the Register of Licensed Biodynamic Practitioners at the relevant level of qualification.

\*\* The Practising Certificate as a Biodynamic General Practitioner is a new professional qualification. It is subject to additional specialised, and developing, written and clinical practice requirements. The Institute has developed and is continuing to research and apply further biodynamic clinical protocols for a range of diagnosed and chronic health and medical conditions.

*My training helped me to feel my emotions, allow them, articulate them, and clarify my position in staying with them. I began to feel connected to the world in a new and energetic way. It helped me to get beyond my neurotic self. It facilitated my experience of energetic pulsation and rhythm. The structure of training, in holding me, provided me with a safe way to come through to love myself and to radiate that into the world. I learned to look for and see the beauty and nature and humanity of people beyond "the matter". It helped me to clear away the residues of trauma, shock and grief, and the trainers were examples to me of how I could live. **GRADUATE***

# COURSE FEES

**You can study the Foundation Diploma in Biodynamic Medicine with us in the UK or Ireland.**

## REGISTRATION

The Registration fee is payable when you accept your place on the course.

**£100**

## TUITION FEES

**£3,750**

## PAYMENT OPTIONS

Pay the full amount when you register to receive a £250 discount or pay an initial payment of £750 on Registration, followed by 8 monthly instalments of £375 by Standing Order

## MEMBERSHIP

Institute of Biodynamic Medicine student membership:

£60  
(payable on registration)

## RELATED COSTS

Individual biodynamic psychotherapy sessions:

**£60**

Course requirement: 30 hours

OR pay £1,500 in advance, a discount of £300

Allow £50 per day for full board and accommodation

## LOUDSPEAKER STETHOSCOPE

Available through the Institute:

**Approx. £280**

## TREATMENT COACH Available

through the Institute:

**£350 – £450 depending on the model you choose**



[biodynamic.org](http://biodynamic.org)