

# 8-Day Training Program in Eva Reich's Gentle Bio-Energetics

## Presented by Richard Overly

This program will be unique in that it will be the first program in person since Covid struck. The purpose will be to give students a chance to see and experience the process in person with Richard Overly. Some students will have had experience and some may not. So we will create the process in a way that it is just not a repeat of the program for the first four days nor will we have to refuse new students who may not have had that experience to do that. To achieve this will require a unique process to integrate all into the training. Former students will learn a lot by helping new students and both getting a chance to experience the work in person. We will begin with Richard showing the process and then having a chance to do it and experience it for a first time or to gain greater competency. The result will be a new modality of learning process.

What is Gentle Bio-Energetics? There are a number of ways of answering this question. It could simply be said it is the restoring of the natural flow of life energy that has been impacted by trauma and armor. It could be described as working using Butterfly Touch and many techniques in a gentle way to accomplish this. Thus one could focus on the 30 some techniques of GBE in describing what it is.

But actually GBE is more than this as well as less than this. When I first met Eva Reich, I was impressed with how every session was different and it seemed like she was working from within the person rather than having a preconceived idea of how the session should flow. It seemed like she was magical. I thought the magic was in the many different techniques she was using and that was what made her work different. After all I was a fixer, and liked the idea that her techniques could fix people.

However, I learned a long time ago the process is more important than the content meaning that how the therapist works with the client and what goes on within the client are more important than the technique. Over the thirty years of doing GBE, I came to realize that Eva's magic was not the tools although they are great and like magical at times. I realized that Eva personified that the process was more important than the technique. She did this by approaching clients as equals saying, "We are in this together and we will explore together how you learned to do \_\_\_\_ and then learn together how you can do \_\_\_ differently." She did not like elitism nor dependency in therapist/client relationship, rejecting that she was the wise one that knew it all. Instead she followed the concept of being a servant, helping the person learn how and where he learned to stop himself; then helping him to learn how to restore that flow. She did that by observing, "watching like a hawk".

So in defining GBE in this way, a person can use other models of working and be doing GBE provided they are willing to be gentle and see the process as one of equality. It is also true if a person does not follow the process she could use GBE techniques and still not be doing GBE because of the role she chooses. GBE process is like an art whose awareness can evolve slowly over years.

In the training I will incorporate the process of GBE as a model in working with students to help them become aware of how they stop their flow and how can restore it in working with others. Hopefully by modeling this even developing the program, I will help students to look at how to incorporate the process in their work. I will be exploring with the students how we will develop the program symbolizing that the process is more important than the content. It does not mean we do not have information or techniques to share, but this is done from the perspective of helping students to learn how to enhance their own energetic flow and do that with others. Then we will be learning Eva Reich's Gentle Bio-Energetics and can embody that process ourselves in all of life.

Teachers of BTM and GBE need to be doing that. If you cannot see that you are doing that then you need to reframe your process.

I will describe below what is covered in the 8 Day training. The schedule for this will also be unique in that in the past we have not had those who learned a great deal on line before coming to this process. It will be learning by experience which is exactly the way we do therapy in GBE. I reserve the right to change the order to meet the needs of the students. I will not change the content as we will cover all of the material that is a part of GBE in a smorgasbord like pattern. You will learn by experience so you can also practice with others afterwards.

I will work with one or more students as clients demonstrating each tool and students will work with each other. Some students may help to teach others in this process to learn how to supervise.

## Training Schedule

### Day 1. 09.09.22R. 9:00-18:00

Introduction for all participants to get to know each other and our goals for the 8 days.

Demonstration how to work with a new individual in a first session.

Review development of GBE integrating into student experiences of self and clients. For example armoring mechanisms we have observed,

Supervision: Observing practice of Trauma Life Line, relating to clients goals and techniques.

### Day 2. 10.09.22R. 9:00-18:00

Role of Therapist. Exploring role that is unique in the GBE process.

Gentle Bio-Energetics Balance: Basic beginning tool to assess energetic flow, help client to observe how stop the flow and assist reopening the flow.

### Day 3. 11.09.22R. 9:00-18:00

Metamorphosis: Restoring energy flow blocked by memory from in-utero/ conception.

Psychodrama Birth: To release energy blocked at the time of birth. Demonstrate the process and breaking into groups for students to experience. Half of the class experience on this day.

### Day 4. 12.09.22R. 9:00-18:00

Butterfly Touch Massage workshop: Working to develop skills for some to teach this to others.

Ongoing Sessions: Basic framework after the initial assessment.

Segmental Dearthoring: Systematic process to melt armor and restore energetic flow in body. Gag Reflex, discharging emotions, Psycho-Phonic breath.

The Art of Processing: Ways and words used to facilitate the process.

De-Brainwashing: Releasing untrue destructive messages received from authority figures.

**Day 5.** 13.09.22R. 9:00-18:00

Psychodrama Birth: For other half of group.

Working with Character Armor: Transactional Analysis.

**Day 6.** 14.09.22R. 9:00-18:00

Butterfly Touch Peristaltic Massage. Heal smooth muscle armor somatic symptoms in GI tract.

Bach Flowers. Eva Reich's unique way of using flower essences to restore or maintain balance.

**Day 7.** 15.09.22R. 9:00-18:00

Orgone Blanket. Students will have chance to make and use to restore depleted energy.

Good Beginnings. Using tools during prenatal, birth and postnatal.

Relationships. Incorporating GBE with couples work, or family.

**Day 8.** 16.09.22R. 9:00-18:00

Attachment Bonding Separation Grieving . Saying goodbye to unresolved separations.

Healing Prayer. Eva Reich's spiritual healing for trauma when not enough time to do in therapy.

Brazilian Toe Massage, Eva's Cranial Balance, and Healing with Love and Touch – other ways to restore energetic flow will be interjected on days when there is spare time.

**Training details:**

Date: 9-16 September 2022r. (9:00-18:00 each day)

Place: Warsaw, Poland

Cost: 600 USD

Registration on the website: <https://klinikabiozdrowia.pl/szkolenie-zaawansowane-z-gbe>

