

# Gentle Bio- Energetics- Eight Day On- Line Program

## with Richard Overly

So maybe you have learned Butterfly Touch Massage or some other info about Gentle Bio-Energetics. However, there is a lot more to GBE than just BTM. So perhaps you would like to join with the training group to learn more and particularly the foundation of the process of GBE to use in many other ways as a professional or friend, parent, etc.

The program will be presented for now in Zoom sessions of 3 hours each for 8 sessions for the first round. Later students will be offered time to come together to practice in person when time permits that. Each session will involve teaching using power point and discussion and learning practical applications to be used in everyday life with students and clients.

The program would be for those who want to use Gentle Bio-Energetics either in their therapy practice or for their own growth. For those who have shown interest in becoming teachers of Butterfly Touch Massage for groups, it would be the beginning of gaining an understanding of how BTM fits into the whole picture of Gentle Bio-Energetics which is necessary in understanding what Eva Reich was doing.

### Sessions Program:

**27.01.2022r.-** 1. History, Development and Theory of Gentle Bio-Energetics.

Introductions: name, work, play activities, current knowledge of GBE and goals for training time.

My initial contact with Eva Reich and the development of that relationship over the years.

How Eva Reich developed GBE from the roots of her work with Wilhelm Reich.

The basic characteristics of Life Energy from Eva Reich as influenced by her father's work.

Objectives and goals. Students will know the foundation of GBE.

Students will understand ways to identify and demonstrate the characteristics of Life Energy.

Students will be presented the basic principle of working from within the client rather than working as to how the therapist thinks the person ought to be. They will understand the meaning of working together rather than from a dependency or elite position.

**03.02.2022r.-** 2. Theory of GBE continued.

Learning how trauma impacts our life energy and may result in the development of armor.

Discussion of the traumas that GBE helps to heal.

Learning the various mechanisms of armor and how to identify.

Objectives and goals. Students will understand how trauma and armor are related.

Students will know the armor mechanisms; to identify those in self and others.

**17.02.2022r.- 3 & 03.03.2022r.- 4.** Initial Session – What is involved in the first contact with a client.

Learning the process of assessment including gathering general information that may tell us a lot about the client and set up the nature of the process.

Learning the Trauma Life Line as a way to discover the roots of how someone learned to stop the flow of life energy. Students will observe how this is done, do it with another person both receiving and giving. This technique is the foundation of all the rest of the process.

Objectives and goals. Students will have a structure to work with self and others. Students will learn to explore with the client where the roots of her armor patterns began so as to have a plan how she can restore the flow of life energy.

**17.03.2022r.- 5.** Beginning tools to help client to restore the flow.

Gentle Bio-Energetics Balance. A very fast way to understand how and where in the body the individual stops the flow. It can be both diagnostic and also healing at the same time. Can be done several times at the beginning or as an ongoing process to help the client to reconnect to his body.

Students will be shown how to do the balance and then encouraged to do it with someone to be observed. This may occur outside or inside the group teaching time.

When it is possible later with all the tools, students will be encouraged to come to a group process to practice and develop further expertise.

Objectives and goals. Students will learn to use a technique that can help client to restore energetic flow speeding up the healing process 6 months or more. Students will learn to feel the balance and flow in their hands or sense it.

Students will learn the appropriate times and ways to use this technique.

**31.03.2022r. 6.** Metamorphosis – to work with body energetic memory from conception to birth or in some cases to get energy flowing into the pelvic segment from the hips to the toes.

Students will learn the appropriate times when to use this tool and how Eva Reich integrated it into GBE. Students will observe how it is done and as above be encouraged to practice with someone else.

Objectives and goals. Students will help clients to integrate their earliest beginning memories into present life. In the case of pregnancy students will learn how to get energy to flow into the pelvic segment to assist mother and baby energetically during development.

**21.04.2022r.- 7 & 28.04.2022r.- 8.** In these sessions we will complete whatever is held over from the above sessions as well as review. Additional time might be spent with Butterfly Touch Massage – to learn the touch used in all of GBE work and to invite energy to flow outward from the core.

The time might be spent also with other new tools such as the Role of the Therapist or The Ongoing Session or Good Beginnings again depending on the needs of the group. These and other techniques would be addressed in a second 8 day.

For completing these 8 days a certificate of attendance would be granted to attendees which is part of the requirements for all certification programs in Gentle Bio-Energetics including Butterfly Touch Massage Teachers or Trainers and Gentle Bio-Energetic Practitioners at all levels.

Students will be encourage to use what they have learned according to their level of expertise after the workshop to develop skills.