



HARTFORD FAMILY INSTITUTE

CENTER FOR PSYCHOTHERAPY & HEALING ARTS

HFI Body-Centered Psychotherapy Training Program

An Integration of Cutting Edge Science with a Humanistic/ Shamanic Approach to Understanding and Healing Trauma

Hartford Family Institute offers an exciting, comprehensive training program in Body-Centered Psychotherapy for professionals. This program presents the leading edge of psychotherapy and healing, and provides a means to becoming the best therapist/healer you can be. The psychotherapy training gives each student a strong foundation in the intricacies of working with trauma, with a soulful and humanistic approach. We have provided this training for over 30 years, to professionals throughout North America and Europe.

Visit hartfordfamilyinstitute.com to register for a free introductory workshop to explore the HFI Body-Centered Psychotherapy Training Program.

Training Program Format

- 27 Wednesday evenings that combine didactic and experiential learning
- Practicing the therapy in a small group format
- Introductory Weekend Workshop
- Two topic-based weekend workshops
- Five-day Spring Intensive

Levels

The Program consists of three levels of training. Because they build upon each other in advancing the depth of students' knowledge and experience, they must be taken in order.



Level I

Understanding Trauma, the Transformational Process, Personal Integration, Character Structure, and Working with Victimizing Energies

Level I is usually a two-year program that introduces the student to HFI Body-Centered Psychotherapy, and helps the student integrate this process. A certificate of completion as a Level I Practitioner will be awarded at the end of the two-year program. Students must meet the following Objectives in order to be eligible for Level II.

Students will:

- Acquire a basic knowledge of the principles and methodology of HFI Body-Centered Psychotherapy including understanding the relevance of the layers of the personality, inner child work and mindfulness, spirituality and psychotherapy.
- Be introduced to the basics of body process and Character Structure.
- Understand and learn to work with all forms of negativity and resistance.
- Take their next step into personal power and the embodiment of their experiences.
- Uncover and work through their blocks to excellence as therapists.
- Work with each other in discovering and utilizing their innate wisdom and creativity.
- Will discuss relevant clinical issues to deepen the student's understanding of the therapeutic process.
- Engage in a process of increasing consciousness.

Level II

Understanding Body Process, Working with Subtle Energies, Structures of Destruction, Five Keys to Excellence and Advanced Work with Negativity

Level II is a two-year program that deepens and advances the work of Level I in the HFI Body-Centered Psychotherapy. A certificate of completion as a Level II Practitioner will be awarded at the end of the two-year program. Students must meet the following objectives in order to be considered for Level III.

Students will:

- Understand the Energetic and Emotional Roots of Physical Pain & Illness.
- Learn the creation of and how to work with Narcissism, Borderline, Schizophrenia and Depression.
- Continue working on their integration of process.



- Develop (or deepen) and work with their own creative style.
- Integrate spirituality, soul work and imagery with psychotherapy.
- Study dreams from a psychotherapeutic and spiritual framework.
- Understand how to deal with counter-transference issues, such as pressure, over-protectiveness, fear, anger and sexual attraction as therapist/healer.
- Learn a unique form of conflict resolution for couples.
- Learn how to heal sexual abuse trauma.
- Learn the origins of addictions and how to heal them.

Level III

Advanced Studies in Trauma and Energy Healing and Refining the Personal Integrative Process

Level III deepens and advances the work of Levels I and II, bringing students to the level of Master Therapist or Master Healer. A graduation certificate will be awarded to students who complete Level III of the program. Students must meet the following objectives in order to graduate.

Students will:

- Learn advanced principles of the emotional and energetic origins of illness and the pathways to healing.
- Understand how the brain functions and how to clear brain disturbances such as post traumatic stress and thought disorders.
- Learn how to use soul retrieval as a way to bring the spirit back into the body to heal dissociation, depression and anxiety.
- Discover the origins of eating disorders and how to work through the underlying trauma.
- Learn what in-utero bonding has to do with the origin of psychosis as well as the basis of auto-immune disease and how to heal these physical, emotional and spiritual wounds.
- Learn more about how to heal all forms of addictions.

Weekend Workshops and Spring Intensive

Matriculating students are *required to choose two Elective Workshops each year plus attend the residential, five-day Spring Intensive.* The following is an example of one year's Elective Workshop offerings.

One note about the Spring Intensive is that this workshop deepens the experience and understanding of our work as well as creating a rich experience of community for all students.



The Impact of Mindfulness on Healing Trauma

The practice of mindfulness helps us develop and deepen a peaceful space of awareness where we can observe and welcome our moment to moment responses. These responses serve as our sense of direction in the work with clients in order to:

- Create a mindful practice where you can observe and welcome your moment to moment responses.
- Maintain balance in the face of your client's imbalance.
- Teach your clients mindfulness as a way to maintain center and ground.
- Give yourself and your clients a second chance at healthy attachment.

Applying Indigenous Healing Practices in the Modern World

We live in a culture where we are strongly conditioned to stay busy, work hard and improve ourselves. This workshop is an invitation, in these challenging times, to come and BE with others who long to rest into a deep inner quiet, listen with ears of their Heart, and be informed by the intelligence of Love. Our time together will include meditation, walking the labyrinth, exploring the West Gate on the Sacred Wheel, journaling, creating prayers, listening to spirit, and being on the land. Also included are lectures on how our negativity and our childhood trauma affect our connection to inner peace.

The Emotional & Energetic Roots of Physical Pain and Illness...The Pathways to Healing

Our life struggles include our illnesses and all of our aches and pains. In our culture, the most common view is that we "get" a disease or illness, as if it happened to us as some sort of accidental, bad luck. We tend to say "I got arthritis" or "I got tinnitus," or "I've developed a pain in my neck." This idea feeds the belief that we have no control and are a victim of whatever pain or illness happens to strike. The opposite extreme purports that we have created our own health problems, so we should be able, if we were aligned enough, to "un-create them." This latter concept can lead to self-blame and guilt. These feelings can be counterproductive, creating even more stress. In truth, we are not to blame for the symptoms and illnesses we develop, nor are the symptoms accidental. In this workshop we will:

- Explore abusive childhood bonding and its impact on DNA and the development of tension, pain and illness.
- Learn how to work with clients to positively impact their physical symptoms.

Healing through Native American Imagery

Throughout history, art, dreams, myths, and legends have intimately connected animals and humans. In this workshop we will invite an image of an animal to appear from each Chakra. With their special gentle humor, unexpected directness and startling wisdom these animals may guide us on crucial next steps for healing and moving forward. The workshop is experiential. There will be an opportunity to share journeys (if you choose) and discuss parallels between this work and the theories of HFI Body-Centered Psychotherapy. The ability to image and a fondness of animals is neither necessary nor required for the weekend! Working with animal imagery will:

- Build a pathway to higher consciousness.
- Learn to trust your own inner wisdom.
- Create supportive connections with other participants for your own healing.



Bonding and Attachment...The Foundation of Healing

The bonding we received as children is the basis for how we attach and form relationships as adults. This workshop will help us understand the general nature of bonding and the specific bonding that you received that impacts every aspect of your life. Through discussion and experiential work participants will:

- Learn to appreciate the impact of your early childhood bond on their lives.
- Release old negative bonding.
- Create the kind of bonding that supports aliveness, compassion and faith.
- Understanding that positive bonding is essential in developing compassion for clients.

Conflict Resolution for Couples...A Buddhist Perspective

Conflict is an inherent and necessary part of all relationships. We will explore a Zen Buddhist approach to working through and growing from these conflicts. This process was developed by Thich Nhat Hanh and the monks and nuns at Plum Village in France. Participants will:

- Practice creating peace between spouses, partners, friends, relatives, co-workers, and groups.
- Learn the difference between blame and responsibility.
- Learn how to integrate this approach in conjunction with what you are learning about embodied healing.

The Polyvagal Theory and HFI Body-Centered Therapy

- In this workshop we will explore how our nervous system is deeply connected to our life layer's urge for connection and safety and how important it is to strengthen the moments when this foundation for well-being is being met. We will also explore how death layer and impasse are connected to our nervous systems fight to survive. We will explore how the tensions, collapses and dissociations in our bodies are connected to the defensive aspects of our nervous system and how intelligent and primitive these reactions are. Lastly, we will explore how these primitive reactions can get cemented inside us and leave us longing for more satisfying ways of living ourselves in the world.

Temple Of Success Private Practice and Abundance Building Course:

This Business Course is like no other you have ever taken! I will teach you all the nitty gritty concrete marketing and tech stuff you need to have a successful Private Practice AND help you clear your unconscious blocks that stop you and sabotage you from having the success you want. This combination is the ONLY way to have the business you want!

The therapy has grown and expanded as new discoveries and information become known. We maintain a strong commitment to presenting state-of-the-art (and we believe, "state-of-the-heart") didactic and experiential experiences for our students. We invite you to call us to speak directly with one of our trainers.