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## CERTIFICATE OF ATTENDANCE

### BODY DYNAMIC GROUP THERAPY, BIOENERGETICS & PSYCHODRAMA COURSE

NAME OF PARTICIPANT: **Mattias Lies**

PLACE AND DURATION: **Marielund, Stiftsgårdsvägen 21, SE-178 53 Ekerö, Sweden**

DATE: **2017-05-08**

COURSE YEARS: **1 - 3**

NUMBER OF HOURS: **480**

#### BRIEF DESCRIPTION OF COURSE:

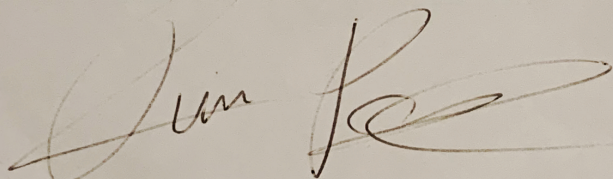
The complete course consists of 12 four-day course modules over a three year period, a total of 480 hours training. Each four-day course module has the following overall structure:

1. Daily bodywork based on an integrated approach using basic concepts from Bioenergetics, Shiatsu, Yoga, Massage and Primitive Reflex integration.
2. Bioenergetic individual exercise classes held every day.
3. Paired bodywork. One member acting as client, the other as therapist. The method is used to sensitize participants to defenses in the body such as body blocks, tensions and limitations of movement and expression.
4. Group therapy using a combination of techniques including therapeutic Bioenergetic body work, psychodrama, Gestalt techniques and psychodynamic approaches. During a therapeutic session one group member is client, working on issues of his or her choice, the remaining group members are co-therapists and participants if needed for psychodrama. The group creates a safe therapeutic environment, a supporting container, where the client is held during and after the therapeutic work.

Concepts shared through the bodywork include:

- The psychodynamics and body dynamics of charge, discharge, flow, movement and blocking of energy. Muscle armour as a defense. Self-expression (anger & longing) and Sexual expression.
- Grounding the body in reality. Centering.
- Breathing exercises.
- Basic strategies for stress management including the eliciting of the relaxation response through exercise followed by visualization.
- Massage.
- Shiatsu stretches for blocked energy in the acupuncture meridians.

COURSE LEADER, ON THE BEHALF OF CARLOS CHAN



Ivar Poijes

Stockholm, 8<sup>th</sup> May 2017