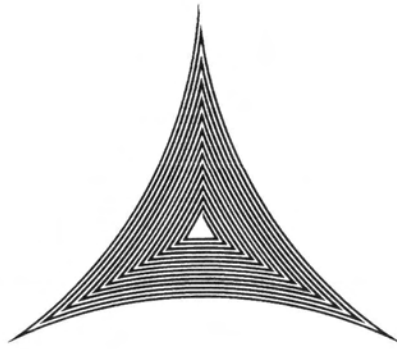


KOPIE



INSTITUTE FOR LIFE ENERGY®

Certification

MANFRED JONEK

has successfully completed training
in

LIFE ENERGY PROCESS®

as

PSYCHOTHERAPIST

for individual session

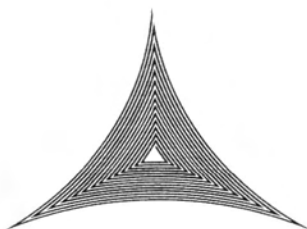
(Life Energy Therapy®)

November, 2004

Date

Martin Tidén - Director of training

www.lifeenergyprocess.dk



A. Certification

Manfred Jonek is certified as an LEP Psychotherapist who has specialized in the LEP form Life Energy Therapy (LET).

The LEP Psychotherapist training certifies the person to work as a body psychotherapist with special focus in the LEP form LET. The training includes extensive personal experience, theoretical studies, supervision and practical training. The LEP Psychotherapist training is a 4-5 year training program.

The training for Manfred Jonek becoming a LEP Psychotherapist consists of the following amount of hours*:

1. Theory classes	281 hours
2. Body psychotherapy practicum (practical training)	203 hours
3. Supervision - individual	56 hours
- group	70 hours
4. Individual therapy hours	154 hours
5. Group therapy hours	382 hours
6. Thesis paper on Psychodynamics	120 hours
7. Integrativ paper	24 hours
Total hours	1.290 hours

8. Final exam

Not counted into training hours are trainee peer study group done by the trainee.

The training was done from 1996 to 2004.

(*including Change Catalyst and Practitioner program)

B. Training outline

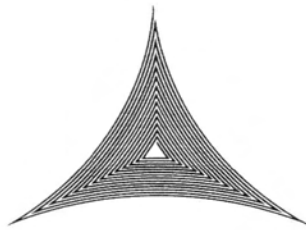
1. Theory

The theoretical training consists of courses taught by an Institute certified teacher. The courses are accompanied by relevant literature. The theory is accompanied with practical training in the different areas. The training can be divided into 4 areas with their respective theory and practical application:

A. Psychology, psychodynamics and psychopathology

- Depth psychology
- Psychodynamics
- Psychopathology
- Psycho-emo-somatic processes
- Processes of abuse (substance, sexual)
- Sexuality and intimacy, (dys)function and enhancement
- Trauma therapy
- Couples therapy
- Learning dynamics
- Cultural dynamics and differences

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- B. Bodypsychotherapy
 - Body Reading
 - Character processes
 - Intervention techniques (body therapeutic)
- C. Life Energy Process - a method and understanding of personal change
 - Energy diagnosis and consultation
 - Resonance, Wholeness, Chaos Psychology
 - Wave dynamics (shindo)
 - Life Energy Process concepts
- D. The psychotherapeutic process
 - Meaning and dynamics of the therapeutic relationship
 - Holistic diagnosis and prognosis
 - How to work with transference/counter transference
 - Different therapeutic approaches (TA, Gestalt, Psychoanalysis)
 - Short term / long term therapy
 - Case work and Case management
 - Private practice management and Conflict Dynamics
 - Process Inquiry communication training
- E. Communication
 - Process Inquiry communication technique
 - Conflict resolution
 - Mediation
 - Systemic therapy

2. (Body) Psychotherapy practicum/practical training

The practical training consists of supervised "hands-on" therapeutic practice in group sessions. In this context, theory is integrated into working knowledge and intervention techniques in relation to clients. Practical training is always led and supervised by an Institute certified teacher.

For monitoring the process of skill training, the trainee must fulfill general and form-specific therapeutic training standards. These standards encompass both personal feedback (personal evolution) as well as practical checks of therapeutic hands-on skills in the following areas:

- Communication
- Hands-on body therapeutic skills
- Dynamic energy flow understanding of a person
- Intervention skills
- Educational skills – eg. How does a person learn
- Medical (Psychoemosomatic system, dynamic perspective)
- Bodyreading

3. Supervision

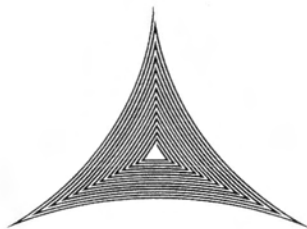
a. Individual

Individual supervision consists to a large extent of *in vivo* supervision, in which the supervisor guides the trainee in live or video recorded client work. Here the psychotherapeutic method and process are the main focus. Supervision is done by an Institute certified supervisor.

b. Group

This encompasses the same aspects as individual supervision, but is done together with other trainees in a group setting.

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4. Individual therapy hours

Being able to work with clients' psychotherapeutic process in a clear and efficient way demands that the psychotherapist has extensive own personal experience in body psychotherapy. All therapeutic hours are done by an Institute certified LEP Psychotherapist.

5. Group therapy hours

As above, but in a group setting.

6. Thesis paper on Psychodynamics

This extensive paper (35-45 pages), written about the most important concepts and themes in the area of psychodynamics and the psychotherapeutic process, is done by self-study with supervision. Here the trainee must show a theoretical understanding of central concepts, as well as doing a comparative study on how different psychotherapeutic directions view these, and the practical consequences for the therapeutic process of the different views.

The concepts include: drive, conflict, anxiety/fear, defense system, resistance, neurosis, psychopathology, diagnostics, transference and counter-transference, psychological and physical emergency knowledge, acute psychotic processes.

7. Integrativ paper

This paper includes the personal learning during the first 2 years of training in relation to theory presented and own therapeutic- and learning process.

8. Final exam

When all training requisites are fulfilled, there is a final exam. The practical and psychotherapeutic skills learned during the training are demonstrated at an individual session with a client in front of a plenum consisting of (min. 3) LEP supervisors and at least one LEP Teacher. At this completion session a checklist of (body) psycho-therapeutic skills are to be checked in order to complete the training.



The LEP Psychotherapist training is an accredited Body psychotherapeutic training by the European association for body psychotherapy (EABP).
For more info: www.eabp.org

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