

Curriculum



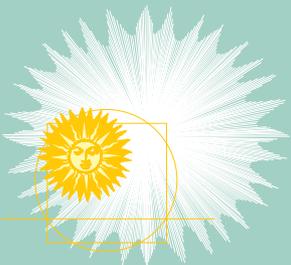
GROF® LEGACY TRAINING

Grof® Breathwork – Spiritual Guidance –
Transpersonal Psychotherapy

Dr. Ingo Benjamin Jahrsetz
Viktoria Luchetti

Fall 2022 - Spring 2025

Arunachala – Exploring who you are



International Institute for Consciousness Exploration Freiburg – Germany

Grof® Breathwork, Spiritual Guidance and Transpersonal Psychotherapy

Three-years Training

Start: Modules 1/2 **October 2022**

Dates see on curriculum schedule

Trainers: Dr. Ingo B. Jahrsetz and Viktoria Luchetti

Venues: Retreat Center Hollerbühl, Black Forest/Germany, www.hollerbuehl.de
Pension Thalassino Trifilli, Lourdata/Kefalonia (Greek island), www.trifilli.com

Costs: 9000 EUR for the complete training plus room and board

We offer this training for

- Those who are working in the social field and who are interested in deep healing states and the functioning of human consciousness. Deep self-exploration in Holotropic states and the understanding of the “WAY OF THE PSYCHONAUT” may connect the belly with head and heart.
- Professional psychotherapists who want to learn the technique of Grof® Breathwork in order to support others therapeutically and spiritually in their growth. We offer theoretical work on the psychology of consciousness, transpersonal psychopathology, and themes of selected spiritual traditions.
- Those who trust in their “inner healing intelligence” seeking guidance on the path of intense self-exploration and spiritual discovery.

The Training

Is composed of twelve 5-days modules, which will be offered in spring and fall as 10-day-blocks.

Language: English with German translation if required

Online: www.consciousness-exploration.com

Prerequisites

- Minimum 150 hours (10 weekends) of self-experience in Grof® Breathwork
 - 150 hours of psychotherapy
 - Full academic qualification and/or 3 years work experience in the social/mental health field
- Exceptions possible.

Certificate

At the end of the training the International Institute for Consciousness Exploration issues a certificate in “Transpersonal Psychotherapy, Spiritual Guidance”.
Additional GLT certificate

Recognition by EUROTAS

(European Association for Transpersonal Psychology)
www.eurotas.org



Dr. Ingo Benjamin Jahrsetz

International trainings in Transpersonal Psychotherapy and Grof® Breathwork

Psychotherapeutic practice in Freiburg (Germany)

Seminars and workshops in Germany, Europe, and the United States; lectures and scientific work.

Supervision Transpersonal Psychotherapy

Co-founder and director of the International Institute for Consciousness Exploration (Freiburg/Germany)

Initiator and honorary chairman of the Spiritual Emergence Network e.V. (SEN) Germany

Former President of EUROTAS

Psychoanalytic-oriented psychotherapy; Systemic Family Therapy; Psychodrama; Systemic Constellations. Holotropic Breathwork™ (Stanislav Grof)

www.consciousness-exploration.org



Viktoria Luchetti

Leads international trainings in Grof® Breathwork in South America and Europe.

Leads Grof transpersonal seminars and workshops in Germany and Italy.

She was co-founder and director of the Waldorf School Pucón in Chile for twelve years.

Has a Sandplay Therapy practice in Grainau (Germany).

Teaches Body and Art Oriented Therapy, Live/Art/Process®, and Authentic Movement.

Certified Holotropic Breathwork™ facilitator by Dr. Stan Grof and his then wife Christina in 1988.

Was trained at the Upledger Institute and practices Somo-emotional Release Therapy.

We are grateful for the enthusiasm and deep commitment of Stan and Brigitte Grof who created the Grof® Legacy Training to open the doors for deep healing and growth



Grof® Breathwork, Spiritual Guidance and Transpersonal Psychotherapy

Grof® Breathwork is a method of modern consciousness research

Grof® Breathwork builds on Holotropic Breathwork, a model developed by Christina and Stanislav Grof in 1980. Stanislav Grof originally worked as a psychoanalyst and psychiatrist. He became one of the pioneers of modern consciousness research, after having participated in LSD research at the University of Prague. Christina came from the Yoga tradition.

Dr. Ingo B. Jahrsetz and Viktoria Luchetti were certified in Holotropic Breathwork™ (1988 – 90) by Dr. Grof and have been facilitating Breathwork groups in Europe, the US, Canada, South America and Asia since then.

Grof® Breathwork integrates consciousness research, spiritual guidance, and psychotherapy. It is an initiatory process that brings together Western psychotherapeutic methods with Shamanic and mystical traditions.

Grof® Breathwork serves as a tool to explore consciousness in its full depth and to experience Holotropic states of consciousness on a personal and transpersonal level. It also allows the experience of Holotropic consciousness, which helps to get a clear perception of oneself and others, and deals with insights from a spiritual perspective.

Many cultures have known Holotropic states of consciousness for ages, often as part of rituals. Especially in shamanic cultures, they are still used today for healing purposes.

The exploration of consciousness may not be considered independent of the explorer himself. Consciousness research always includes self-exploration and can bring about immense change for the explorers themselves, transforming thoughts, emotions, dreams, and ideas of what is important in life, and often even entire world views.

People who have done Transpersonal Breathwork for a long time have often developed a fairly good sense of how to judge situations in daily life; they tend to feel authentic in their personal relationships and develop an understanding of how all things are interrelated and mutually dependent. They know that they harm themselves if they hurt another being and that they give themselves value, feel nourished and loved when they give love to others.

//
*Many cultures have known
Holotropic states
of consciousness for ages,
often as part of rituals.*

Holotropic states of consciousness seem diametrically opposed to rational thinking

In public, Holotropic states of consciousness have traditionally been associated with intoxication, addiction and irrationality. Recently, Western thinking has begun to change. Psycho-spiritual groups, in which participants can explore different kinds of non-ordinary states of consciousness, are gaining popularity, scientific projects researching the latter have cropped up, and both psychiatry and psychology have started to show an increasing interest in therapeutic work using Grof® Breathwork.

In this context we are often asked whether Grof® Breathwork is a psychotherapeutic method

Based on their own experience, some people spontaneously decided to call it that. Experiencing Holotropic states of consciousness often leads to insights into the essence of things. Such insights rise up from the depths of the unconscious and connect people with their most essential intuition and truth. This is often referred to as the inner healing intelligence that everyone of us carries inside.

However, courage, perseverance and a certain degree of self-esteem are needed to trust one's inner truth. Not everyone is strong enough to face oneself without the support of others.

Since psychotherapy is always embedded in a relationship process, it can be very helpful in this context. Professional psychotherapists who are familiar with Grof® Breathwork and understand the dynamics of extended states of consciousness are able to offer therapy that reaches unprecedented depths. Working with Holotropic experiences in Grof® Breathwork provides useful support to people with symptoms which previously seemed untreatable.





Some Eastern spiritual traditions are often rather critical of psychotherapy

A well-known Tibetan Lama once said that psychotherapy was an expensive and unnecessary game. Many Buddhists believe that the Dharma, the truth, and the path towards it comprise the development of whole-being and that Eastern traditions provide all the tools that are needed.

That this is not true for everyone raised in the Western tradition has become clear over time. Stories circulate of Eastern spiritual teachers who are unable to properly understand the everyday life of their students, or their addictions, as well.

Spiritual truths refer to specific social and cultural structures and must always be regarded in their historical context. One of the great misunderstandings of Transpersonal Psychology today is to believe that it is able to import the truths of the great Eastern traditions into the 21st century without adapting them.

Modern Western psychotherapy can be very helpful for this (both for students and for teachers). It can provide a safe space within a relationship in which (even the most subtle) emotions, fantasies, ideas, desires and taboos can be expressed and the questions of Who am I really? How can I love? What could liberation look like? Arise naturally and by themselves. Without raising such questions, it is not really possible to fully realize oneself.

Unaided by psychotherapy, people easily misunderstand old Eastern traditions

Since psychotherapy is always part of a relationship, it can be a very effective tool to help us look at our more or less conscious intentions, emotions, conceptual models, fantasies etc. Knowledge of psychotherapeutic projection and therapeutic interventions for confronting the (personal and collective) shadow are unique contributions that the West has made to humanity.

Psychotherapeutic work always unfolds within and through a strong emotional relationship. Such relationships serve as containers, from which all life has come and in which all life develops. They can be seen as the essential precondition for healing wounds of the psyche.

Many Westerners believe that their lives become meaningful when they expand their boundaries and fully unfold their potential as individual beings. Access to the spiritual occurs through the authentic expression of one's individual human essence. Frequently, the spiritual path of people with Western origins begins when they make the conscious choice to take their lives into their own hands and assume responsibility for everything they encounter. In Western tradition, this is reflected in the myth of the Hero's Journey.

Similar to the idea of liberation, Western tradition tends to understand entanglements and psychopathological



symptoms as centered around the individual and as “psycho-spiritual”, the latter meaning that being free includes a psychological (physical, emotional, conceptual) and a spiritual (personal, transpersonal) element of the consciousness.

”
*Grof® Breathwork merges
psychotherapy and spirituality*

When Eastern spiritual systems are carried to the West without adaptation, this often entails splitting off emotions, a certain rigidity and an unfitness for daily life.

Grof® Breathwork merges psychotherapy and spirituality. It becomes the catalyst for authentic expression, knowledge about how suffering arises from the consciousness and how it can be overcome. It also realizes that the conscious evolutionary impulse is in each liberated being. Breathwork enables people to differentiate between illusion and reality, entanglement and liberation. It explores the contents of consciousness and analyzes the ways in which consciousness operates.



Grof® Breathwork processes shed light on the problems and joys of daily life from a spiritual perspective

This approach views problems from the perspective of how they can be overcome, and wounds from the perspective of how they can be healed. In the context of psychotherapy, this means the alleviation and healing of psycho-neurotic symptoms, in a spiritual context, it means developing one's full human potential and becoming whole.



Grof® Breathwork processes can have a strong therapeutic effect

Traditional psychology often misunderstands Breathwork, believing it to be a cathartic or regression-inducing method. It questions of how far one should go into regression to heal psychological wounds. This approach fails to understand consciousness. It is unaware that the Divine and the human meet. This is the place of wisdom, where the inner wisdom tells humans what it takes to heal their wounds. It then guides people to the depths of their consciousness, and liberates their powers for creative impulses; it is this place which guides all life and drives evolution forward.



The method of Grof® Breathwork is both: “gentle” and “confronting”

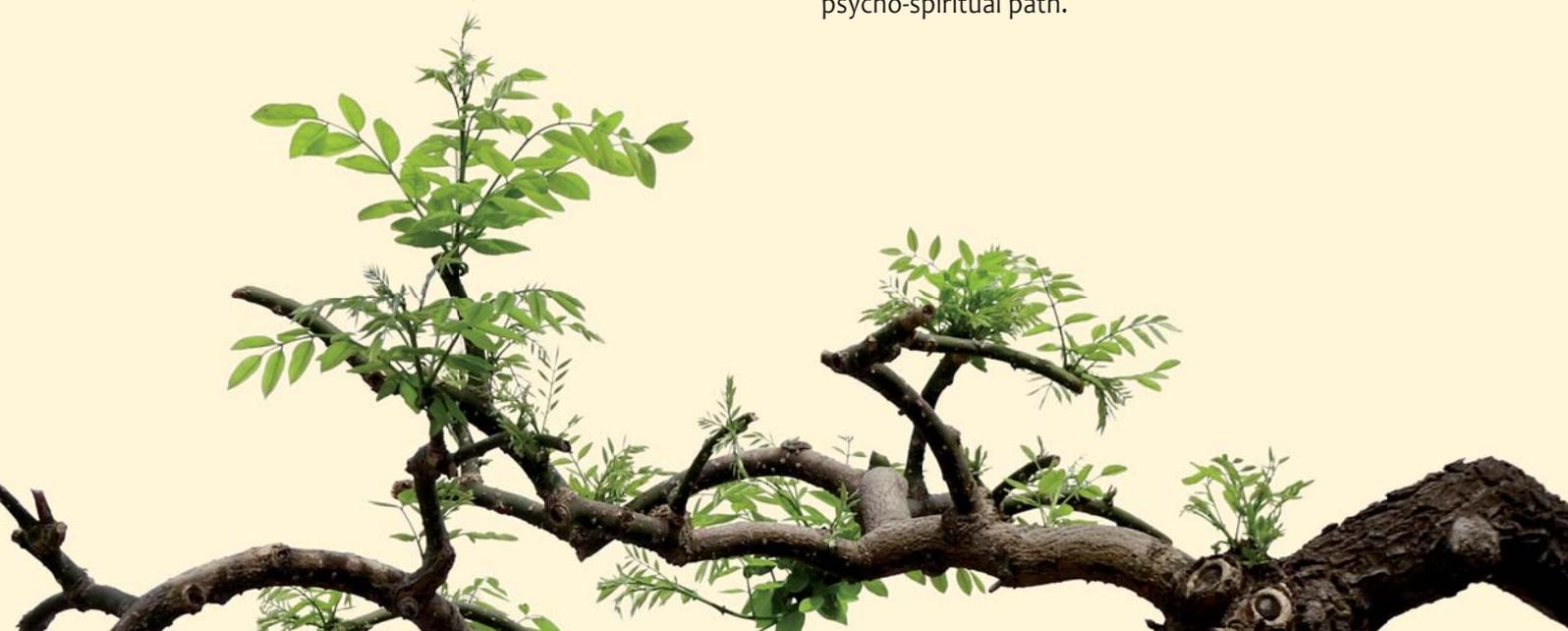
Processes occurring in Holotropic states of consciousness permit seekers to approach their own defenses step by step, to overcome their fears, and to recognize the painful steps that they may need to take to overcome problems.

Grof® Breathwork integrates various techniques. We ask participants to breathe a little more deeply and rapidly when the breathwork process begins. This is accompanied by strong music, body-centered energy work, mandala drawing of one’s Breathwork experience, and psychotherapeutic small group and large group sharings.

Training people in Grof® Breathwork

The essential nature of the process lies in the self-exploration of one’s true essence. Only there can the inner wisdom be discovered. The primary skills necessary for accompanying others in Grof® Breathwork are learned by first having gone through this initiatory process themselves. We also teach participants to deal with “spiritual emergencies” in themselves and in others. And they learn how to identify and work with various personality structures, transferences, group dynamics, and existential dilemmas—all of which present themselves when people engage in such an in-depth healing process.

In this sense, a training group in Grof® Breathwork is first and foremost an adventurous journey on one’s own psycho-spiritual path.



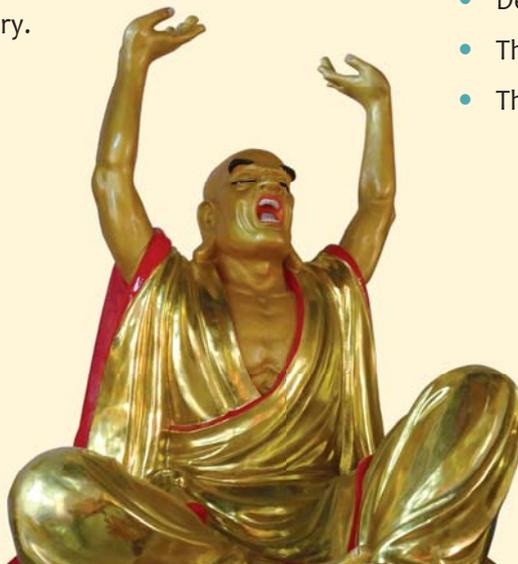
Levels of the training

The training focuses on four levels:

1. Intensive (self) exploration and spiritual guidance.
2. Psychotherapeutic awareness of one's own process; Learning how Grof® Breathwork facilitates greater insights and understanding in oneself and others.
3. Methodology, instruments of Grof® Breathwork. Tools of Integration.
4. Authentic movement and Sandplay Therapy.

1. Intensive (self) exploration and spiritual guidance

- Psycho-spiritual exploration in Holotropic states
- Dancing meditation: Connecting body and mind
- Vipassana meditation: The functioning of the mind
- Process of self-inquiry.



Topics

- Psychotherapy and spirituality
- What does it mean to be on the spiritual path?
- Where does working with Holotropic states of consciousness take us? Is it a spiritual path?
- What is the goal of being on the spiritual path? What is enlightenment? What is the difference between being a mature adult and being enlightened?
- Stumbling blocks and traps on the spiritual path
- The trap of pre-trans fallacy
- Collective versus individualistic mentality
- Spiritual grandiosity and ego inflation
- Intimate relationships, sexuality and spiritual growth
- What is the ego? What is ego death?
- Death and dying
- The Heart Sutra
- The practice of serving others

2. Level of Transpersonal Psychotherapy

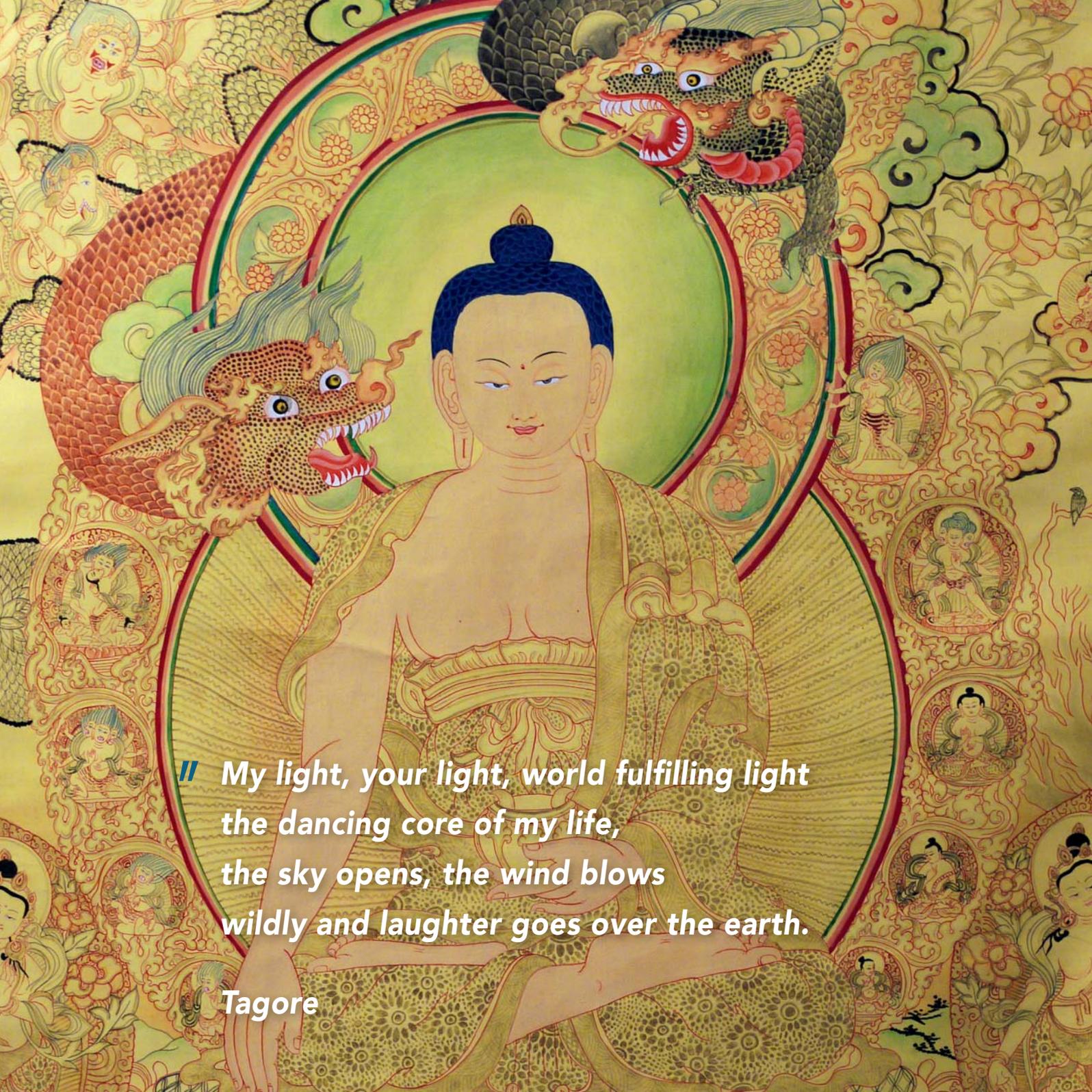
- Psychotherapeutic projection and resisting growth
- Study of group dynamics and structures
- Selected topics from psychopathology
 - Narcissism
 - Borderline syndrome
 - Depression
 - Spiritual emergency and existential crises
- Group dynamics: the transpersonal understanding of group dynamics. What is a healing field? The theory of morphogenetic fields. Boundaries versus Oneness
- Study of emotional structures

3. Methodological level, instruments of Grof® Breathwork

- The setting of Grof® Breathwork
- Creating evocative music for Grof® Breathwork
- Bodywork, body-focused energy work
- Drawing mandalas
- Sharing as part of Grof® Breathwork.
The place of psychotherapy and the inner healing intelligence in Grof® Breathwork

4. Level of Integration





**// My light, your light, world fulfilling light
the dancing core of my life,
the sky opens, the wind blows
wildly and laughter goes over the earth.**

Tagore

CURRICULUM SCHEDULE

Year 1	FALL	Year 1	SPRING
2022	Module 1	2023	Module 3
OCTOBER 23 – 28	Self-exploration 3 HB sessions and sharing	MARCH 26 – 31	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Reflection of personal and transpersonal experiences Therapeutic guidance of the process and Holotropic consciousness		The Transpersonal - Spiritual Guidance and Theory Meditation Practice. What is meditation? What is mindfulness? Lecture
	Psychology of Consciousness Different aspects of Transpersonal Psychology and Psychotherapy		Psychology of Consciousness Self-healing intelligence
	Setting, Tools, and Concept of Grof® Breathwork Introduction of Grof® Breathwork and its setting		Setting, Tools, and Concept of Grof® Breathwork Bodywork of HB
	Self-study The history of Psychonautics. Chapter 1		Self-study Architecture of emotional and psychosomatic disorders. Psychonaut 1/4
2022	Module 2	2023	Module 4
OCTOBER 28 – NOVEMBER 2	Self-exploration 3 HB sessions and sharing	MARCH 31 – APRIL 5	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Self-inquiry		The Transpersonal - Spiritual Guidance and Theory Authentic Movement
	Psychology of Consciousness Levels of consciousness (1) Perinatal matrices and CoEx systems		Psychology of Consciousness Following the “inner wisdom” (“inner healer”) and understanding the concept of therapeutic transference / counter-transference
	Self-study The revision and re-enchantment of psychology. Psychonaut Chapter 2		Self-study Maps of consciousness in depth psychology. Psychonaut Chapter 3

Year 2	FALL	Year 2	SPRING
2023	Module 5	2024	Module 7
OCTOBER 22 – 27	Self-exploration 3 HB sessions and sharing	MARCH 24 – 29	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Meditation Practice Introduction to Buddhism. The four Noble Truths		The Transpersonal - Spiritual Guidance and Theory Meditation practice. Introduction to Buddhism. The four Brahma Viharas
	Psychology of Consciousness Spiritual crises – Psychosis and/or transcendence		Psychology of Consciousness Narcissism. Psychopathology. Narcissism, shadow of the TP.
	Setting, instruments and concept of Transpersonal Breathwork Grof® Breathwork Music. Introduction to the energetic aspect		Setting, Tools, and Concept of Grof® Breathwork Sharing. Group dynamics and position of the facilitator
	Self-study Spiritual Emergency. Psychonaut 1/5		Self-study Holotropic States of Consciousness. Psychonaut 2/9
2023	Module 6	2024	Module 8
OCTOBER 27 – NOVEMBER 1	Self-exploration 3 HB sessions and sharing	MARCH 29 – APRIL 3	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Meditation practice		The Transpersonal - Spiritual Guidance and Theory Self-inquiry
	Psychology of Consciousness Levels of Consciousness. (2) Spiral dynamics		Psychology of Consciousness Shame and guilt
	Setting, instruments and concept of Grof® Breathwork Music		Setting, instruments and concept of Grof® Breathwork Sharing. Supervision small-group sharing
	Self-study Synchronicities. Psychonaut 2/8		Self-study Archetypes. Psychonaut 2/11

Year 3	FALL	Year 3	SPRING
2024	Module 9	2025	Module 11
OCTOBER 20 – 25	Self-exploration 3 HB sessions and sharing	MARCH 29 – APRIL 3	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Death and dying: What is ego? Western and Eastern perspectives on death and dying. Ars moriendi and the Tibetan Book of Death		The Transpersonal - Spiritual Guidance and Theory Mythology of the body
	Psychology of Consciousness Borderline – Who am I?		Psychology of Consciousness Who am I? Ramana Maharshi and other sages
	Setting, Tools, and Concept of Grof® Breathwork Facilitating groups and supervision		Setting, instruments and concept of Transpersonal Breathwork Supervision sharing and facilitating groups
	Self-study Psyche and Thanatos. Psychospiritual dimensions of death and dying. Psychonaut 2/13 Roots of violence and greed. Transpersonal perspective on the current global crisis. Psychonaut 2/12		Self-study The Cosmic Game. Psychonaut 2/14
2024	Module 10	2025	Module 12
OCTOBER 25 – 30	Self-exploration 3 HB sessions and sharing	APRIL 3 – 8	Self-exploration 3 HB sessions and sharing
	The Transpersonal - Spiritual Guidance and Theory Inquiry: What is ego death?		The Transpersonal - Spiritual Guidance and Theory Finding the personal mythology
	Psychology of Consciousness The psycho-spiritual process. Reflection and feedback		Psychology of Consciousness What does Oneness and non-duality mean?
	Setting, Tools, and Concept of Grof® Breathwork Facilitating groups and supervision		Setting, Tools, and Concept of Grof® Breathwork Certification
	Self-study Sogyal Rinpoche: The Tibetan Book of Living and Dying		Self-study Welwood, John: Toward a Psychology of Awakening: Buddhism, Psychotherapy and the Path of Personal and Spiritual Transformation

CERTIFICATE



GROF[®] LEGACY TRAINING

Information and Registration:

International Institute for
Consciousness Exploration Freiburg

Heimbachweg 1A | D-79299 Wittnau | GERMANY

Phone: + 49 (0) 761 47 58 46
mail@consciousness-exploration.org

Office: Mon – Fri 9.30 – 12.30 am

www.consciousness-exploration.org