



## CERTIFICATION GUIDELINES

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### Certification Working Group:

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## DEFINITIONS

For the purpose of these guidelines, the following definitions apply.

The **Teaching Team** refers to the entire faculty involved in teaching the program including the international and local faculty.

The **Local Teaching Committee** includes the Teaching Team and other members of the society such as the director of training involved in the facilitation of the training program.

The **IIBA Teaching Committee** oversees all areas related to teaching and teaching policies. This committee includes international faculty and CBT's. It is an international committee, appointed by the ~~Board of Trustees~~ **Executive Committee** (amended by the BOT 2006)

A **mature society** is one that has been established and functioning well for at least ten years with local faculty having at least five years of experience as local teachers. Requests for mature society status may be made to the IIBA Teaching Committee.

## MINIMAL CERTIFICATION REQUIREMENTS

1. Students must participate in an IIBA training program of at least four or five years. A four- year program must have at least twenty training days per year and a five-year program, at least fifteen training days per year.
2. Each student is required to be involved in an ongoing psychotherapeutic process. This process includes a minimum of one hundred and forty hours of bioenergetic therapy with a certified bioenergetic therapist. At least seventy of these hours will be done with one therapist.  
**A maximum of forty-five hours can be in ongoing group therapy. The hours for group therapy will be calculated by taking twice the number of hours divided by the number of group members.” (added BOT Feb 2006)**
3. Each student is required to do fifty hours of bioenergetic supervision. Of these, a minimum of thirty-five hours must be individual supervision and the remaining fifteen hours may be in group supervision. The hours for group supervision will be calculated by taking twice the number of hours in group supervision divided by the number of group members.  
It is recognized that supervision may be done in various ways. The appropriate form of supervision will be determined by the student and the supervisor. Wherever possible a large percentage of the supervision should be live. To avoid dual relationships, a student's therapist cannot be used for supervision.  
In the case of disagreement between student and supervisor, the student may request the Teaching Team to review and resolve the conflict. The Teaching Team's decision is final.
4. To be certified, a student must have the basic knowledge of bioenergetic analysis including:
  - bioenergetic analytic theory including character structure
  - psychoanalytic theory including transference and countertransference
  - developmental theory
  - the therapeutic relationship between therapist and client
  - the history of bioenergetics from Freud to Reich to Lowen

5. To be certified, a student must demonstrate working level competence in the knowledge and use of bioenergetic skills, including the ability to:
  - make a diagnosis using a variety of methods including body reading
  - use bioenergetic techniques
  - work with energetic processes
  - integrate physical and analytic work
  - be in relationship with the client
  
6. To be certified, a student must possess the personal qualities necessary for therapeutic work including:
  - professional and ethical behavior
  - respect for boundaries
  - understanding own character structure
  - awareness of and the ability to contain and express impulses and feelings appropriately
  - comfort with own and the client's emotions and sexuality
  - attunement, empathy, compassion
  - capacity for aliveness and the ability to be grounded
  - awareness of cultural, gender, economic, religious and race issues in therapy
  - commitment to ongoing learning and personal growth

#### Exceptions

- a. Where modifications to the overall training program are requested by the local training group, the Teaching Team must have the approval of the IIBA Teaching Committee.
  
- b. Upon request and where appropriate, the Teaching Team may make modifications to the length of training, personal therapy or supervision requirements for individual students.
  
- c. An applicant who claims to be fully trained, but not through a formal IIBA training program, may be considered for CBT recognition, provided he/she meets the requirements for certification outlined above. The applicant will be required to demonstrate to the IIBA Teaching Committee or to someone the Committee designates, readiness for certification as outlined in Guidelines number two to number six. The applicant may also be required to participate in workshops, bioenergetic therapy and/or supervision before being certified.
  
- d. Participants in full or partial training, who do not seek certification, may be recognized for their training. Standard letters of recognition of this partial training will be issued by the IIBA. The Local Teaching Committee may also issue letters of recognition. The letters of recognition will be signed by the two constant teachers, one of whom is IIBA faculty. Other members of the Teaching Team as decided upon by the Local Teaching Committee may sign as well. This recognition does not constitute certification and these participants may not call themselves bioenergetic therapists.

<b>TEACHING FACULTY</b>
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7. Each training program will be coordinated by an international teacher. In mature societies, the coordination may be the responsibility of a local member of the Teaching Team. Decisions made by the coordinator require the approval of the other members of the Teaching Team.
  
8. Two-thirds of the required teaching must be done by IIBA faculty. One-third may be done by local faculty.

**The Coordinating Trainer** (added by BOT Feb 2006)

«The coordinating trainer is responsible that a training program meet the IIBA standard. That faculty member is responsible that the program is in accordance with the IIBA outlined curriculum.

Therefore the coordinating trainer has the final decision on the teaching content of the training program he or she coordinates.

If the coordinating trainer is a local trainer ( in a mature society ), the content must have the explicit approval of the teaching team (all faculty involved in the program).

The coordinating trainer must inform the Teaching Committee about each new training program.

The coordinating trainer is selected and contracted by the local society.

A collaboration spirit must characterize the relationship between the coordinating trainer, the local teaching committee and the society. Each partner will relate to the other in a way to guarantee this spirit.

The Coordinating Trainer should make a point of keeping regular contact (by phone, Email or encounter) with the elected representative(s) of the Society.”

9. Each program shall have a Teaching Team of at least two constant teachers over the four or five years to ensure continuity and consistency of training. One must be IIBA faculty and the remainder may be local faculty.

**Exceptions**

Upon request, exceptions may be made by the IIBA Teaching Committee in the following situations:

- a. Where local experienced faculty are available and are interested in greater involvement, the percentage of local teaching may be increased. In all cases, a minimum of fifty percent of the required teaching must be provided by IIBA faculty.

<b>APPLICATION FOR TRAINING</b>
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<b>Selection Criteria</b>
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10. To be accepted to the bioenergetic training program, the candidate must satisfy the following requirements.
  - **Personal Attributes**: Candidates should be mature, confident, sensitive and compassionate. They should have the capacity for empathy and the ability to relate with others.
  - **Education**: Candidates should have an advanced diploma or graduate degree in the fields of mental health, physical health or social services. Candidates may be accepted into the program without these degrees on the condition that the degrees be completed prior to entering the clinical phase of the training program. In order to satisfy local professional requirements, this diploma or degree must enable the candidates, upon graduation, to practice in the country or specific geopolitical area of a country such as province, state, region, etc. in which they live.
  - **Experience**: Candidates should have experience as a clinician and/or bioenergetic client. It is recommended that before starting a training program, applicants have experienced forty hours of bioenergetic therapy. These hours may be counted toward the training requirements.

### Exceptions

- a. On rare occasions, an outstanding candidate with many years of experience as a practicing clinician may be exempt from completing the educational requirements. This will be decided upon by the Local Teaching Committee.
  - b. There may be instances when a student cannot finish the required academic degree prior to entering the clinical phase of training. In such instances, upon application by the student, an extension may be considered by the Local Teaching Committee.
11. In order to be accepted into the program, there must be no restrictions in the way of legal or ethical actions against an applicant that prohibit the applicant from practicing bioenergetic therapy in the country, province, state, region, etc... in which the applicant practices.

## **Rejection of Applicants**

12. The Local Teaching Committee has the authority to reject applicants for a training program if they do not meet the selection criteria.
13. Rejected applicants may appeal this decision.
14. Appeals will be reviewed by the Local Teaching Committee. If additional mediation is needed, appeals may be reviewed by either the IIBA Teaching Committee or the Regional Federation. The group reviewing the appeal will advise all parties involved of its decision and the reasons for it.

## **Training Group Size**

15. A training group should not exceed sixteen students.

### Exceptions

- a. Exceptions to the group size may be considered by the Local Teaching Committee. In no case shall a training group exceed twenty students.

## **EXPULSION OF STUDENTS DURING TRAINING**

16. A student may be expelled from the training program for the following reasons:
  - failure to fulfil training requirements
  - failure to meet conditions of acceptance
  - unethical behavior
  - continuous disruption to the training
  - failure to pay fees
  - decision by court or professional body restricting practice
17. Expulsion will be determined by the Teaching Team.

18. The expelled student may appeal this decision.
19. Appeals will be reviewed by the Local Teaching Committee. If additional mediation is needed, appeals may be reviewed by either the IIBA Teaching Committee or the Regional Federation. The group reviewing the appeal will advise all parties involved of its decision and the reasons for it.

## **EVALUATION AND CERTIFICATION**

20. Students will be evaluated during and at the end of the training program.

Ongoing evaluation may include observation of work in the training group, case study reports and observations from the faculty and students in the group. The observations may also include self-evaluation and feedback on this evaluation.

Final evaluation may be based on a written or experiential final examination, observation of the candidate's work with his/her own clients by the faculty and/or a case study presentation to the training group including a video of a bioenergetic session. The final evaluation will also be based on information from the ongoing evaluation and supervision and the completion of the required hours of personal bioenergetic therapy.

21. The final evaluation will be made by the two constant teachers, one of whom is IIBA faculty, in consultation with the other members of the Teaching Team.
22. Standard certificates will be issued to graduates by the IIBA. The Society may also issue local certificates.
23. Certificates will be signed by the two constant teachers, one of whom is IIBA faculty. Other members of the Teaching Team as decided upon by the Local Teaching Committee may sign as well.

## **Grandfather Clause**

These guidelines apply to all students entering training program in 2001. Those students enrolled in training program prior to 2001 will follow the 1988 guidelines unless there is full agreement between students and the Local Teaching Committee to abide by the 2001 guidelines or a particular aspect of the 2001 guidelines.