



2026 PROFESSIONAL TRAINING

INFO PACK

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1

INTRODUCTION

Introduction	2
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2

COURSE CONTACTS

General Contact Information	3
Andrea Alexander	3
Sarah Pickup.....	4

3

COURSES

Course Topics	5
Course Structure	13

4

REQUIREMENTS

Eligibility and Pre-requisites	15
Assessment and Evaluation	15

5

PROFESSIONAL DEVELOPMENT

Required Texts	17
Certification and Practice as a Practitioner.....	17

6

COURSE FEES AND ENROLLMENT

Fees and Registration	19
Fourth Year Program	20
Graduate Internship Program	20

7

OTHERS

Frequently Asked Questions	21
----------------------------------	----

INTRODUCTION

We are an Experiential Learning Centre, situated at Kelvin Grove, Brisbane. Although we are non-accredited, we offer a three-year practitioner training course. We are affiliated with IICT (International Institute for Complementary Therapists) and upon successful completion, graduates are able to practice as Practitioner offering Body Psychotherapy/Core Energetic modalities.

The training is a three-year, part-time training and there are four x two-day workshops and four x online classes per academic year with reading, homework, and sometimes, webinars in between. The cost of the training is \$4,800 per year (payable in four installments). Additional costs are sixteen (16) individual therapy sessions per year with a body psychotherapist, required reading book list, and ten supervision sessions in year 3. Upon completion of the third year of coursework, students have an additional year to complete course material and clinic hours.

Classes are held at 17A Bishop Street, Kelvin Grove, Brisbane.

The emphasis of the training is on self-awareness and personal growth, working with the interplay of the emotional mind and the physical body, trauma resolution, relationships & intimacy, and leadership. The course is theoretical, experiential, and practical

I believe our 3 year training is the most healing experience ever! There is something about fully immersing in the material amongst the same group of people for three years that creates lasting transformational change.

Come and join us!

Regards



Andrea Alexander

Director

COURSE CONTACTS

GENERAL CONTACT INFORMATION

Website: www.instituteofbodypsychotherapy.com

Address: 17A Bishop Street, Kelvin Grove (Brisbane) QLD 4059.

Email: info@instituteofbodypsychotherapy.com

2

ANDREA ALEXANDER – Institute Director and Senior Teacher

The Institute of Body Psychotherapy is owned by Andrea Alexander as sole Director, with faculty who are all experienced and established body psychotherapists.

Andrea Alexander started this learning centre in 2011 with the vision of offering a course that was experiential, theoretical, and healing. Prior to opening this institute Andrea was an established and experienced body psychotherapist with a vibrant practice specializing in working with trauma, relationships, psychosomatics, anxiety, depression and other human conditions.



She has been in private practice for twenty years and has completed five years of training with the former Australian Institute of Core Energetics and four years with the Institute of Energy Science. In addition she has an undergraduate degree and honours degree in psychology. She has also participated in trainings world wide in specialised areas such as attachment and infant movement. Andrea has held a board position for the international association of Core Energetics (IACE), has sat on their ethics committee and spear headed the curriculum and standards committees. Most of all, Andrea loves teaching and growing this unique heart centered training program where there is an emphasis on authentic expression, care, support and the opportunity to establish meaningful and lasting relationships.

SARAH PICKUP - Training Coordinator



Sarah has been a client of Body Psychotherapy since 2010 and completed her 4 year training at the Institute.

Sarah has experienced first-hand the gradual and powerful ways that a commitment to Body Psychotherapy can improve sense of self, relationships, mental & physical health, and the ability to be more fully in life.

Her experience as a client sparked Sarah's interest in becoming a therapist.

Sarah brings patience, compassion and intuition to her sessions with clients and creates a non-judgemental space to heal and grow.

Sarah practices from Robina on the Gold Coast and is contactable on 0422 942 029. You can find out more about Sarah and make a booking through her website almondtree.com.au

COURSES

Course Topics

3

ENERGY AND CONSCIOUSNESS

An introduction to the Core Energetics model of energy and consciousness and exercises to help students experience charge and discharge, expansion, contraction, flooding, leaking and stasis. Principles of pain and pleasure, including breathing, movement, feelings, grounding, pulsations, life force and energy streaming. Energy centres and the energy field are introduced.

THE PERSONALITY

An overview of Core Energetics Personality theory including the mask (pseudo personality), lower self (shadow) and higher self (real self, truth, love and gifts) and the qualitative energetic and personality differences of these aspects. An introduction to the model of Core Energetics where mind, body, feelings, will and spirit interact holistically.

CHARACTEROLOGY – SCHIZOID (FRAGMENTED) DEFENCE

Understanding the effects of parental hatred or disinterest on a pre-ego, pre-verbal development. Observation and assessment of the physical structure of the schizoid defence. Experiential work to fully understand the developmental factors responsible for the schizoid personality. Techniques and approaches for working with these characteristics in the therapy room.

Course Topics

CHARACTEROLOGY – ORAL (UNDERCHARGED) DEFENCE

Understanding abandonment and attachment issues and the resulting neediness or counter-dependence in pre-verbal development. Observation and assessment of the physical structure of the oral defence. Experiential work for understand the development factors responsible for orality. Approaches and techniques for working with these characteristics in the therapy room.

CHARACTEROLOGY – MASOCHISTIC (OVERCHARGED) DEFENCE

Understanding enmeshment and autonomy issues. Observation and assessment of the physical structure of the masochistic defence. Experiential work to gain understanding on the developmental factors responsible for the masochistic wound. Approaches and techniques for working with these characteristics in the therapy room.

CHARACTEROLOGY – PSYCHOPATHIC (UPPER DISPLACEMENT) DEFENCE

Understanding the role of seduction and betrayal in the developmental wound. Observation and assessment of the physical structure of the psychopathic defence. Experiential work concerning the development factors responsible for psychopathy. Working with this defence in the therapy session.

CHARACTEROLOGY – RIGID (ARMOURED) DEFENCE

Understanding oedipal issues and the resulting split between the heart and the pelvis. Observation and assessment of the physical structure of the rigid defence. Experiential work concerning the development factors responsible for rigidity. Approaches for working with this defence in the therapy session.

Course Topics

WORKING WITH NON-CHARACTEROLOGICAL TRAUMA

This module teaches how to settle an unsettled nervous system using soft techniques. Included in this module is understanding the markers that indicate when a client is outside of their window of tolerance, and responding with appropriate techniques. This module covers non-characterological trauma, such as PTSD and complex PTSD.

INTRODUCTION TO SEGMENTAL ARMOURING

An orientation to the body. An explanation of Reich's seven body segments (ocular, oral, throat, chest, diaphragm, abdomen, and pelvis). An overview of how the different segments related to specific character defences. Introduction to the techniques used in unblocking frozen energy of the segments.

CORE ENERGETIC BODY READINGS

Students learn body reading techniques to interpret characterology and devise a treatment plan for clients.

SENSING ENERGY AND SOFT TECHNIQUES

Using touch in therapy. Learning about the use of ethical touch and when it is appropriate and when it is not. Soft techniques and healing techniques for working with the energy of the aura and the physical body. This includes human energy systems including the energy field and chakra systems. Reading energy as an assessment tool, using sensory awareness. Appropriate uses for soft techniques and energy work in the therapeutic relationship. Energy techniques to aid therapists in relating to their clients.

Course Topics

EGO FUNCTIONS AND THEIR RELATIONSHIP TO THE CORE

An in-depth exploration of the concept of ego in the Core Energetic model including the body as ego, transforming the ego, principles of self-responsibility, the selfish aims of the negative ego, helping the ego to be in service of the Core and the higher self and ego development and wounding in the different character structures. Emphasis placed on the little ego and the big ego; the ego as it works for higher good and the ego as it fulfills selfish and unrealistic aims.

BREATHING, MOVING, FEELING

Theories of breathing in CE. Techniques for using breathing to open physical and emotional blocks. Breathing differences among the character structures. Staccato breathing. Relationship of breath to feeling, characterology as disruption of natural movement patterns. The movements that integrate the body.

ENERGY ECONOMY

Core Energetic and Reichian concepts such as grounding, flooding, charging, discharging, flow, resistance, and containment are taught. Demonstrations illustrate each energetic concept in relation to the different character structures. Physical techniques are provided for working with different forms of energy. Students work in dyads in order to directly experience the concepts and their uses in Core Energetic therapy.

SEGMENTAL ARMOURING 2

Provides working experience of using techniques of using techniques in every area of segment of the body (occipital, oral, throat, thoracic, diaphragm, abdomen, pelvis). Discovery of subtle aspects of each segment (skin colour, temperature, hair growth, texture of the skin, smell). Specific techniques for each segment of the body depending on the character structure. Hand on experience in working to unblock armoured segments of the body.

Course Topics

APPLYING TECHNIQUES FOR CHARACTER STRUCTURES

An intensive class focusing on using various techniques as they would apply to specific character structures. Further training in techniques with the emphasis on helping students integrate the appropriate techniques with the developmental history of the person. Working in dyads helps students access their knowledge of Core Energetic methods and integrate the teachings of the second year. Hands on experience in the methods and concept soft the Core Energetics model.

CONFRONTING & PENETRATING THE MASK THROUGHWORK WITH TRANSFERENCE

An exploration and teaching of transference as it is displayed by each character structure in terms of mask or pseudo behaviour. Focus will be on working with transference in a therapeutic setting, and learning to confront attitudes of denial, negative intent, vicious circles, and destructive patterns as they relate to transference issues.

BODY TECHNIQUES TO TRANSITION RESISTANCE

Approaches to recognise resistance in therapy (verbal, behavioural and physical). Students will learn to perceive resistance in the musculature, respiratory, digestive, and other systems together with learning physical techniques for expressing and transforming negative feeling.

Course Topics

ANGER, RESISTANCE AND THE UPPERBODY

Techniques to work with anger and resistance held in the upper body. Core Energetic techniques for the head, neck, shoulders, arms, chest, back and diaphragm. Teachings about the manifestation of anger in different character structures and specific approaches to working with it are demonstrated and experienced by students.

THE HIGHER SELF

The theory of the higher self will be taught together with techniques for accessing the higher self and helping the client meet his/her higher self through lower-self release. Experiential work to help students understand and access their own higher self in service of assisting clients to access their higher self, gifts, and creativity.

WORKING WITH SEXUAL BLOCKS

Sexuality is studied in connection to the life force, blockages to that force, and the developmental process as it affects the sexuality of each of the five character structure. The course emphasises exploration of belief system developed in childhood, as well as gender and identity issues. Physical techniques for working with the pelvis; techniques for integrating sexual energy in the segments of the body; methods for working with the pelvis; techniques for integrating sexual energy in the segments of the body; methods for joining the head, heart and pelvis, and sexual issues in therapeutic relationship in terms of transference and countertransference are explored.

Course Topics

PSYCHOSOMATICS AND BODY PSYCHOTHERAPY

Emphasis is on the interplay of the body, mind and spirit as they relate to illness, disease, injuries and wellness. Exploration of the relationship between the sympathetic and parasympathetic nervous systems, between the immune system and emotion, and between life energy and physical health.

ATTACHMENT AND SELF REGULATION

The introduction of insecure attachment and learning the characteristics of avoidant, anxious ambivalent and disorganized attachment. Experiential work to gain understanding and insight into these traumas, together with some primarily healing responses.

BUILDING A TREATMENT PLAN

This class builds on the knowledge from the first and second years to help the student more expertly assess and plan. Focus includes learning about the scope of body psychotherapy and being able to assess when clients are outside of our scope and when to refer to other professionals. Topics of mood disorders and personality disorders are introduced.

RELEASING AND TRANSFORMING THE LOWER SELF

Work will concentrate on therapeutic methods to make true contact with the lower self including the concepts of denial, destructiveness, cruelty, hate and terror. There will be practice therapy sessions to help therapists in training receive and accept the lower-self process of their clients, particularly when the lower self is directed at the therapist.

Course Topics

MARKETING AND MANAGING A PRACTICE

This unit covers the setting up of a practice, including formulating your message to your ideal clients, as well as developing skills to reach your audience, and attending to the day to day running of a professional practice.

INTRODUCTION TO WORKING WITH GROUPS

An introduction to group dynamics including building safety and creating aliveness in the group. Emphasis will be on how to create an ongoing process group.

COURSES

3

Course Structure

TERM	DATES FOR 2026 In Person: Saturday & Sunday *Online: Sat 8-10am AEST	TOPICS
Year 1 Term 1	In Person: 28-29 March Online Class: 2 May, 8-10 am*	• Introduction to Core Energetics • Energy and Consciousness • Characterology - Schizoid • Introduction to counselling
Year 1 Term 2	In Person: 20-21 June Online Class: 25 July, 8-10 am*	• The Personality – High Self, Lower Self, Mask • Characterology - Oral • Counselling Skills
Year 1 Term 3	In Person: 12-13 September Online Class: 17 Oct, 8-10 am*	• Characterology – Masochistic (overcharged) defence • Characterology – Psychopathic (upper displacement) defence • Counselling Skill practice
Year 1 Term 4	In Person: 5-6 December Online Class: <u>2027</u> 30 Jan, 8-10am*	• Characterology – Rigid (armoured) defence • Non-characterological trauma and trauma resolution
Year 2 Term 1	2027 (Dates TBA)	• Introduction to Segmental armouring • Core energetic body readings, assessment and therapeutic planning
Year 2 Term 2	2027 (Dates TBA)	• Sensing energy and soft technique • Ego development • Universal Life Plan • Breathing, Moving, Feeling

COURSES

Course Structure

TERM	DATES In Person: Saturday & Sunday *Online: Sat 8-10am AEST	TOPICS
Year 2 Term 3	2027 (Dates TBA)	• Client in Crisis • Energy Economy • Segmental armouring 2 • Applying techniques or character structures
Year 2 Term 4	2027 (Dates TBA)	• Movement through the 4 stages of Core Energetics • Working with transference • Body techniques to transition resistance • Anger, resistance and the upper body • The Higher Self
Year 3 Term 1	2028 (Dates TBA)	• Working with Sexual blocks • Ethics • Readiness to Practice
Year 3 Term 2	2028 (Dates TBA)	• Psychosomatics • Attachment and self-regulation
Year 3 Term 3	2028 (Dates TBA)	• Psychopathology • Part One –Manage a practice
Year 3 Term 4	2028 (Dates TBA)	• Groups • Client/therapy relationship and professional identity of core energetics practice • Managing and marketing a practice

We are committed to continuous improvement of our curriculum and content with a focus on student outcomes and emerging research and techniques. As a result, there may be changes to this program with an intention to benefit you.

REQUIREMENTS

4

Eligibility and Pre-requisites

- English proficiency.
- Commitment to your personal healing and growth.
- Access to sufficient internet to access course materials (including webinars) and submit online assessments.
- Sufficient emotional stability to participate fully in group process.
- Letter of recommendation from your current therapist or mentor to participate in the program.
- Completion of at least 2 sessions with a body psychotherapist prior to commencement.

Assessment and Evaluation

CLASS PARTICIPATION AND ATTENDANCE

Punctual and full attendance is required at all training weekends. During the training days you will be observing and practicing new skills with your student colleagues with support.

Participation in-person at training weekends is essential. If there is a genuine emergency or illness and you are unable to attend, we can arrange an alternative such as making up the class with the next available intake typically one year later. Wherever possible, it is important to prioritise attendance at each scheduled training class.

Your in-class participation will help to grow your experience and confidence working with clients. Your teachers and teaching assistant/s will offer support and guidance through this process as well as feedback. Your practical participation in the morning movement sessions also form part of your overall participation assessment. Student clinic where you undertake real sessions with a client from the public also makes up part of the practical in class assessment.

Assessment and Evaluation

OTHER PARTICIPATION REQUIREMENTS

External to classwork, students are required to complete sixteen (16) personal body psychotherapy sessions with an approved body psychotherapist each academic year. You will be provided with a log for these.

In addition, you are required to complete ten (10) supervision sessions in your third year while completing your client clinic hours. Students are required to complete a minimum of 10 client clinic hours.

WRITTEN ASSESSMENTS

There are a range of written assessments to be completed and submitted to the online learning platform. These written assignments are less academic and more focused on the depth of understanding of concepts, theories, and skills as they relate to your own process and how to work with clients as a Practitioner.

Each term has relevant readings and a brief book review. Again, the focus here is on how you integrate what you have read rather than offering an academic book review. You can find a list of the current required texts below.

PROFESSIONAL DEVELOPMENT

5

Required Texts

The below readings are paced across the three years of professional training.

- *The Five Personality Patterns*, by Steven Kessler
- *Bioenergetics*, by Alexander Lowen
- *The Betrayal of the Body*, by Alexander Lowen
- *Core Energetics*, by John Pierrakos
- *Depression and the Body*, by Alexander Lowen
- *Characterological Transformation (The hard work miracle)*, by Stephen Johnson
- *A General Theory of Love*, by Thomas Lewis
- *The Gift of Therapy*, Irvin D. Yalom
- *Reichian GrowthWork*, Nick Totton and Em Edmondson
- *Character Styles*, Stephen M. Johnson
- *Bent out of Shape*, Elizabeth Michael M.D
- *Love's Executioner and Other Takes of Psychotherapy*, Irvin D. Yalom
- *Fear of Life*, Alexander Lowen
- *Sexual Aliveness*, Edward Smith

Certification and Practice as a Practitioner

The Institute of Body Psychotherapy is an approved training provider with the International Institute of Complementary Therapists (IICT). As students enter their third year and have achieved proficiency in their first two years, they may join the IICT as a student member to attain insurance and commence their client clinical hours. Upon graduation, students can become a full member of the IICT as a Practitioner.

Certification and Practice as a Practitioner

Our practitioner training is recognised as meeting the international standard for Core Energetics practitioner training by the International Association of Core Energetics. Andrea has held positions on both the standards and curriculum committee of the International Association of Core Energetics and has been actively involved in maintaining and improving professional standards for Core Energetics practitioners internationally.

COURSE FEES AND ENROLLMENT

6

Course Fees

The cost of the training is \$4,800 per year (you can pay this as a yearly fee or in four quarterly installments of \$1,200). Alternative payment schedules may be set up with your individual circumstances on request.

Additional costs of the course include sixteen individual therapy sessions per year with a core energetic body psychotherapist and ten supervision sessions in Year 3.

The required reading books are also an additional cost.

Registration

We would love to have you apply to join our 2026 intake!

If you would like to register, simply email info@instituteofbodypsychotherapy.com and return your completed registration form, a scan of your identification as well as your letter of recommendation. Your place is secured once your \$500 deposit is received (bank transfer details are provided on the registration form). This deposit is deducted from your first tuition payment. Please ensure that you use '[Your name] Deposit' as your description/reference.



Fourth Year Program

Graduate students have the opportunity to participate in the fourth-year program aimed at deepening their personal and professional processes with clients.

Graduate Internship Program

Upon graduation of the fourth year, graduates can apply to intern at the Institute to support the teaching and learning of new students. Interns act as teaching assistants for the cohort group. This is a pathway for graduates who would either like to train as teachers in core energetics/body psychotherapy or those who simply would like to continue to build their capacity as body psychotherapists in a group setting.

OTHERS

7

Frequently Asked Questions

I'm coming from outside of Brisbane. Are there any accommodation options available near the school?

Yes. Most students tend to opt for AirBnb accommodation as the most cost-effective option. Each cohort usually has a number of students from outside of Brisbane – as students get to know each other they often choose to share accommodation.

How many hours will I need to commit to the study a week outside of class time?

This depends largely on each student. Many students complete their training alongside full-time work or study. Our intention with studying outside of class time is not to be overly cumbersome but to support the continual theoretical and practical learning throughout the course. We recommend establishing a regular reading routine and completing relevant written assessments within the weeks following the practical class time, so content remains fresh – this often reduces the time needed to complete written assessments. We support students to write frankly and fluidly from their growing understanding, new learning, and personal and professional reflection.

Do I need to pay if I miss a weekend?

Yes. Although invoices are generally sent quarterly in sync with the training weekends, the yearly tuition investment remains the same whether you attend a weekend or not.

Frequently Asked Questions

My professional background is completely unrelated to body psychotherapy. Is the course appropriate for me?

Absolutely! We have a mix of students coming from many different professional backgrounds. This course allows you to build your skill set from the ground up. In our experience, both students from related and unrelated fields facilitate wonderful individual and group sessions both in class and after graduation in the community.

Changes that may occur.

Andrea Alexander is the main teacher for the school alongside other Australian and International guest teachers. At this stage, international guest teachers teach via Zoom. If Andrea has a last-minute health or family emergency that coincides with your training date we will need to reschedule. We will do our best to ensure that you are not impacted, but please understand that neither Andrea Alexander nor the Institute of Body Psychotherapy will be responsible for any out-of-pocket expenses that you may experience.

Minimum Class Numbers

It is usual that we have a small attrition rate in our courses. However, if there is a larger than normal dropout rate, this may affect the continuation of your group class. If this were to occur, you would be invited to join the following year's cohort, or whenever there was the next viable intake. If for some reason there were no further intakes at our Institute, students who were up to date with their homework could receive a recommendation to another core energetic-based institute overseas.