

The Rosenberg-Rand Institute of Integrative Body Psychotherapy

Jack Lee Rosenberg, D.D.S., Ph.D., CLINICAL DIRECTOR
Marjorie L. Rand, Ph.D., EXECUTIVE DIRECTOR

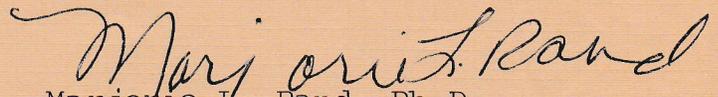
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213-394-0147

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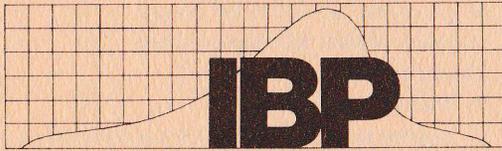
To Whom It May Concern:

Dianne Little attended The Rosenberg-Rand Institute of Integrative Body Psychotherapy from October 1983 through October 1985. In October 1985 she had completed two years (200 hours) of training in Integrative Body Psychotherapy. These hours included a minimum of 12 hours in Human Sexuality education.

Sincerely,


Marjorie L. Rand, Ph.D.
Executive Director

The Rosenberg-Rand Institute



of Integrative Body Psychotherapy

We are an educational center offering a program of instruction for professional psychotherapists in Integrative Body Psychotherapy (IBP)

IBP is a complete system of psychotherapy with an emphasis on breathing as a vehicle for the integration of body, mind, emotions and spirit. In IBP the body is seen as the foundation for psychological and transpersonal therapy and growth. IBP is based on the work of Jack Lee Rosenberg, D.D.S., Ph.D., author of **Total Orgasm** and the newly published (1985) **Body, Self and Soul: Sustaining Integration** with Marjorie L. Rand, Ph.D. and Diane Asay, M.F.C.T.

Residential training and/or degree program at Esalen Institute.

Please call 213-394-0147 for information regarding our program.

The Rosenberg-Rand Institute of Integrative Body Psychotherapy

Directors:

Jack Lee Rosenberg, D.D.S., Ph.D.,
Clinical Director

Marjorie L. Rand, Ph.D.,
Executive Director, Administrator

Academic Standards:

Kati Breckenridge, Ph.D.

Lucinda Gray, Ph.D.

Lynne Saltzman, Ph.D.

Teaching Staff

Jack Lee Rosenberg, Ph.D.

Marjorie L. Rand, Ph.D.

Beverly Morse, M.A.

Clinical Staff:

Kati Breckenridge, Ph.D.

Vera Dunn, Ph.D.

Lucinda Gray, Ph.D.

Joseph MacKenzie, L.C.S.W.

Barbara Molle, Ph.D.

Beverly Morse, M.A.

Harold Oaklander, M.S.W.

Lew Richfield, Ph.D.

Leonora Treglia, Ph.D.

BIOGRAPHIES

Jack Lee Rosenberg, D.D.S., Ph.D.

Dr. Rosenberg received his degree in dentistry in 1958 and his Master's degree in psychology in 1962. He received his doctorate in Clinical Psychology in 1971. He practiced both as a dentist and a psychologist in Northern California until 1974. During that time he was Director of Counseling at the University of the Pacific and taught psychology at the dental school there. He did research and training at the University of California, San Francisco, Langley-Porter Neuro-Psychiatric Institute. He has been an instructor at Esalen Institute since 1967, and a member and trainer at the Gestalt Institute of San Francisco. His professional training includes Gestalt, Reichian, Bioenergetics, Yoga, Movement (with Anna Halprin), meditation and psychoanalytic and Object Relations therapies. After moving to Los Angeles in 1974, he was a trainer at the Center for The Healing Arts, where he worked with life-threatening illness. He is the author of numerous articles on dentistry and psychology and of the books, *Total Orgasm* and the soon to be published, **Body Self and Soul: Sustaining Integration**. He is a member of the Gestalt Therapy Institute of Los Angeles and has practiced Integrative Body Psychotherapy for ten years.

Marjorie L. Rand, Ph.D.

Dr. Rand was a dancer and teacher of the expressive arts before receiving her degree in Psychology. She has been a student and teacher of many body disciplines including dance, yoga, bioenergetics, sensory and breath awareness, tai chi, Reichian therapy and meditation. She is a body and movement therapist and has practiced Integrative Body Psychotherapy since 1976. She has trained in Gestalt therapy, movement therapy, Neo-Reichian therapy, and Object Relations therapy, including six years of training with Dr. Rosenberg. She has written many articles and is the co-author of **Body Self and Soul: Sustaining Integration**. She has taught and lectured extensively in the Los Angeles Area.

Educational Program

The program of instruction is based on a commitment of two years. Groups will begin in January, May and September. A third year of instruction for advanced students is optional and will enable students to become eligible as trainers.

Training consists of two hour weekly groups consisting of eight to ten students. The classes are both didactic and experiential including dyadic and group work with supervision. Classes will be held in Venice and West Los Angeles, California. Additional courses and workshops are available. All courses are taught by Dr. Rosenberg and Dr. Rand unless otherwise noted. Guest specialists and educational consultants will teach selected courses.

Individual therapy in IBP with an approved practitioner is recommended at additional cost. Exceptions will be based on prior therapy and training experience.

Affiliation with degree-granting institutions (based on a tutorial system) in the Los Angeles area makes the earning of an M.A. or Ph.D. in Psychology or Counseling possible at the completion of the program of instruction plus additional requirements (thesis or dissertation, additional classes and/or papers) at an additional cost. Please inquire about these programs. M.F.C.T. and Ph.D. supervision is available.

Who is Eligible?

Basis for admission is licensed or license-eligible psychotherapist or counselor in the State of California. Graduate students in the mental health fields are acceptable if they are currently enrolled in a program of study. Our program of instruction may be used as a partial satisfaction of degree requirements at selected institutions.

Fee Structure

The fee is \$1470 per 10½ month year, payable at \$140.00 per month. \$100.00 deposit required with application. Individual therapy fees to be arranged.

Curriculum

(Courses are not necessarily presented in the order listed)

Introductory Seminar (first year)

Section I — Introduction to Body Therapy

- A. Overview of Integrative Body Psychotherapy Basic Assumptions
- B. Historical Perspective: Reich, Lowen, Yoga, Energetic/Tantric Approach, Gestalt
- C. The Functioning of Armor and Energy Systems
- D. History — The Origin of Psychosomatic Disorders
- E. Nutritional Analysis, Principles of aerobic exercise

Section II — The Body

- A. Ways of Looking At The Body: Muscular, Energetic, Structural
 - B. Anatomy and Kinesiology (includes cadaver visitation)
 - C. Segmental Structure of the Body and Release Techniques*
 1. Ocular (contact and presence)
 2. Oral (implications of fixed oral patterns and habits)
 3. Cervical
 4. Thoracic (Respiratory functions, sense of self and well being)
 5. Diaphragmatic (Breathing and functional disorders)
 6. Abdominal (psychosomatic implications)
 7. Pelvic (Sexuality, grounding, - includes sexual counseling techniques - fulfills requirements for state license renewal in human sexuality)
- *Release methods include muscular (massage), energetic (pressure points) and movement (stress positions)
- D. Movement Therapy for Awareness and Expression
 - E. Massage -

Section III — Physiology and Neurology

- A. Physiology of Breathing
- B. Functions of the Autonomic Nervous System
- C. Neuro-Muscular Anatomy

Intermediate Seminar (second year)

Section I — Psychological Foundations of IBP

- A. Theoretical Bases — Freudian, Reichian, Jungian, Object Relations, Gestalt — these will be taught in relation to the body and to IBP. Applied psychotherapeutic techniques included.
- B. Developmental Theory
 1. Ideal Development
 2. Fragmentation and related defense mechanisms — splitting off (schizoid process) and cutting off (armoring)
 3. Boundary Dysfunctions — as related to body armoring and the body energy field
 4. Positive and negative introjects
- C. Transference and Counter-Transference
- D. Working with Couples - relationship counseling
- E. Group Dynamics

Section II — IBP Approach to Psychosomatic Dysfunctions

- A. Life-Threatening Illness
- B. Breathing Disorders
- C. Sexual Dysfunctions

Section III — Phenomenology of the Transformational Process in IBP

- A. Death and Dying
- B. Meditative Practices
- C. Journal Work
- D. Ritual
- E. Healing and Self-Healing — Visualization and work with the body energy field.
- F. Archetypical Experiences
- G. Changes in Assumptive System
- H. Kundalini and Body Changes - How to work with them
- I. Traps In the Transpersonal
- J. Knowing the difference between transformational experience and psychosis