

# The London School of Biodynamic Psychotherapy

We at LSBP are delighted that your Association of Holistic Biodynamic Massage Therapists has accepted our training as valid, so that our students can now apply to join, once they have the LSBP Certificate of Competence in Biodynamic Massage. As yet, few of our students have gained the certificate, but are delighted with the prospect of joining eventually.

Our students will benefit enormously from the work that has already been done by AHBMT and from belonging to a biodynamic massage network. We also hope to contribute to the organisation and help promote Biodynamic Massage.

## Who are we?

The London School of Biodynamic Psychotherapy was established in 2000, when Gerda Boyesen closed her Centre and asked some of her

associates there to set up a new school to take over the professional training. LSBP is a member of the Humanistic and Integrative Psychotherapy section of the United Kingdom Council of Psychotherapy (UKCP), as the Gerda Boyesen Centre had been previously.

The LSBP directors are: Clover Southwell (training director) and Richard Cleminson (membership). The training committee members are: Clover Southwell, Claudia de Campos and Carlien van Heel. LSBP also has members, ethics and publicity committees. Gerda herself is now connected to the Gerda Boyesen Institute.

## LSBP Diploma courses:

LSBP started running professional training courses in September 2001. For our first two groups the workshop programme is spread over five years, with 30 training days per year. The workshops are held near Archway, North London, mainly as three day weekends. This year, for the first time, one of the week-ends was residential, at the Whitehall Centre. Next summer all our groups will have a week-long residential in France, where we join the French biodynamic school.

Our first group (DC1 – seven students) has just finished its third year of training. The next course (DC3) will start in January 2005.

LSBP teaches massage as an integral element of Biodynamic Psychotherapy. Students are required to practice the massages between the workshops and Friday afternoons are devoted to group supervision for these sessions.



ABOVE: Carlien van Heel, Claudia de Campos and Clover Southwell


In the five year workshop programme, Biodynamic Massage is taught in the first two years of the training, after which students can apply to be assessed for the certificate of competence in Biodynamic Massage. In the new four year structure (39 training days per year) students can be assessed after the first year of training.



ABOVE: Massage tables set up in the training room

Anatomy and Physiology and its relation to the biodynamic massage theories is covered in ten Friday morning seminars and our students have much enjoyed Kathrin Stauffer's teaching. Friday morning lectures continue throughout the training and give a theoretical frame work for the strongly experiential workshop programme.

If you'd like to know more about LSBP you can look us up on our web site: [www.lsbp.org.uk](http://www.lsbp.org.uk) or phone: 0700 079 4725 or email: [enquiries@lsbp.org.uk](mailto:enquiries@lsbp.org.uk).



**LSBP**  
London School of  
Biodynamic Psychotherapy

**Diploma Course in  
Biodynamic Psychotherapy  
(UKCP approved)**  
Starts 28 January 2005

- Introductory Weekends  
28 – 29 August  
27 – 28 November
- Introduction to Biodynamic Massage  
23 – 24 October
- Biodynamic Experiential ongoing group  
Blocks of 6 Friday evenings  
17 September 5 November

Biodynamic Psychotherapy is a humanistic body psychotherapy, based on an appreciation that body, mind and spirit function as a unity. Biodynamic therapy embraces a variety of methods involving language, body awareness and touch.

**The London School of Biodynamic Psychotherapy  
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