

PaRama Campus Course Description

BodyPsychology Introduction

Course Overview:

This is an introductory course to the BodyPsychology Series and is a pre-requisite for any of the other courses in the BodyPsychology series.

This course provides the basis of understanding of the relationship between physical wellbeing and psychological well-being of all of the parts of the body. You will experience “a day in the life” of these parts and explore their untold stories. In this introduction we explore the basics of the Shoulders, Hips and Spine, Organs and Endocrines, as well as Water and Fascia.

Understanding these basics will enable you to continue your exploration and gain more detailed knowledge if you participate in any of the other courses in the BodyPsychology series.

Course Description

The BodyTalk System seeks to address the “whole person.” This means that no aspect of the human psyche can be overlooked, be it emotional, mental, physical, or spiritual. The BodyPsychology series delves into understanding the ‘mental’ aspects of physiology. What is the mentality of the heart, or the shoulders, or any part of the body? And how does that mentality play into disease and illness. Have you ever thought, “What would it be like to be the heart?”.

This series of courses will cultivate an understanding of the relationship between physical well-being and psychological well-being of all of the parts of the body. You will experience ‘a day in the life’ of certain body parts and explore their untold stories.

Understanding the psychology of the body will help connect the dots between disease in the body and your life experience. These courses will show you how the body expresses our psychological make-up. This will bring an important shift in awareness for you so that you will recognize how simply profound this concept is. So much so, that you will look back and say “how did I not see that”.

Course Outline

- Introduction
- Details
- Dynamic Systems Theory
- The psychology
- The holographic body
- Nothing is ever in balance
- The environment
- Diagnosis

Course Objectives

Upon completion of this course the student will be able to:

1. Develop an understanding of the holographic bodymind.
2. Learn about the psychology of the body and how it is tied into culture and function.
3. Understand how the psychology of the body relates to personality, reactions to life, and posture.
4. Discover how the environment plays a role in shaping the psychology of the body.
5. Investigate “nothing in the bodymind is ever really in balance”.

Length:

Requires a minimum of 3 hours of study time.

Prerequisites:

None

Qualification:

This course is the prerequisite for any of the BodyPsychology courses.

The student will receive a course certificate upon completion.

This course counts for 1 hours of continuing education for Certified BodyTalk Practitioners.