



Bodydynamic Foundation Training: Standards and Practices for Participation

- Our training structure is designed to provide a balanced blend of theoretical instruction and practical, hands-on experiential exercises.
- Participants are expected to be in a state of stable psychological and physical health. Please note that our trainers are not equipped to manage severe psychological conditions, including but not limited to acute depression, severe anxiety, substance-induced psychosis, or significant personality disorders such as bipolar disorder or borderline personality disorder. Additionally, trainers are not positioned to provide immediate crisis intervention.
- The training may evoke strong emotions, and participants are expected to be able to self-regulate and seek external support if necessary.
- Active participation is essential. Participants should be prepared for and comfortable with engaging in partner or dyad activities, as well as group exercises.
- Punctuality and full attendance are required. In case of unforeseen absences, participants are responsible for retrieving missed content, which may involve collaborating with a fellow participant or an assistant. Please be aware that all absences will be recorded and may impact graduation requirements.
- Our training days are intensive and demanding. Participants are advised to avoid scheduling conflicting commitments on these days.
- Individuals undergoing significant life transitions are encouraged to consider whether this is the appropriate time to participate.
- The curriculum progresses systematically. Staying on pace is crucial, as delays or late queries may impact the group's overall progress.
- The primary objective of this training is instructional and should not be viewed as a working or therapeutic group.
- While trainers are empathetic, they are not responsible for addressing personal emotional triggers

within the group setting.

- It is strongly encouraged that participants work with a Bodydynamic therapist throughout the training to support the processing of any challenging experiences that may arise.
- All participants will be treated equitably; no special accommodations will be provided.
- The Bodydynamic system does not align with promoting specific social agendas or ideologies. Its primary focus is on developmental psychology, and it intentionally excludes broader societal issues from the scope of its training.
- This training may not be appropriate for individuals experiencing significant trauma or difficulties with emotional regulation.
- Establishing inappropriate relationships with students or instructors is entirely unacceptable.
- I, [Full Name], _____ affirm that I have thoroughly reviewed and comprehended the guidelines and expectations for participation detailed above.

Signature

Date