

Lectures for holotropic specialization (updated May 2025)

1. Hero's and heroine's journey according to Joseph Campbell and Maureen Murdock (Kati Wortelkamp)
2. Transpersonal approach to Psychopathology, Psychospiritual understanding of psychoses, focus on Depression and Mania. The central drama map (Stefan Dressler)
3. Stan Grof – his life (Kati Wortelkamp)
4. Archetypes from the point of view of Stan Grof (Kati Wortelkamp)
5. Transpersonal approach to Psychopathology, Psychospiritual understanding of Bipolarity. Psychodynamic technique: Two chair staging for self-interruptiv splits. (Stefan Dressler)
6. Transpersonal approach to borderline. Transference and projections. (Stefan Dressler)
7. The archetype of the Trickster (Nicolas Cambas)
8. How to end the (inner) war (Kati Wortelkamp)
9. Perinatal Experience and its impact on personality development, Part I (Lidia Maidan)
10. Perinatal Experience and its impact on personality development, Part II (Lidia Maidan)
11. About the Shadow (Kati Wortelkamp)
12. Interview with Stan Grof: the healing potential of non-ordinary states of consciousness (Video with Russian subtitles)
13. About the breath (Kati Wortelkamp)
14. Ethics in the work with Holotropic states of consciousness (HB Theory I) (Kati Wortelkamp)
15. Grof's extended map of the human psyche: biographical level, COEX-systems, perinatal level, transpersonal level, dynamics of the perinatal matrices (HB theory II) (Kati Wortelkamp)
16. Spiritual Emergency and Spiritual Resistance (Tina Lindhardt)
17. Spiritual crisis or psychic disorder? How to deal with it (Stefan Dressler)
18. Healing means waking up. (Ingo Jahrsetz)
19. Healing potential of holotropic states of consciousness (Lyudmila Skartsesku)
20. Grof's Theory: Coex Systems (HB theory III) (Kati Wortelkamp)
21. Music in Holotropic Breathwork (HB theory IV) (Kati Wortelkamp)
22. Set and Setting of Holotropic Breathwork (Kati Wortelkamp)
23. Death and Rebirth in Stan Grof's Work. What is the Death of the Ego (Ingo Jahrsetz)
24. Bodywork in Holotropic Therapy (Lyudmila Skartsesku)
25. Holotropic States of Consciousness I (Lyudmila Skartsesku)
26. Holotropic States of Consciousness II (Lyudmila Skartsesku)
27. Holotropic States of Consciousness III (Lyudmila Skartsesku)
28. Holotropic States of Consciousness IV (Lyudmila Skartsesku)
29. Psychopathology in Grof's view (Kati Wortelkamp) It is necessary to study the presentation for this lesson.
30. Setting and concept of Holotropic Breathwork (HB theory V) (Kati Wortelkamp)
31. Holotropic strategy I (Lyudmila Skartsesku)
32. Holotropic strategy II (Lyudmila Skartsesku)
33. Holotropic strategy III (Lyudmila Skartsesku)
34. Holotropic strategy IV (Lyudmila Skartsesku)
35. Holotropic strategy V (Lyudmila Skartsesku)