

# *Essential Psychotherapy*

*Curriculum  
the condensed training  
for psychotherapists*



*Hung*

*institute for Essential Psychotherapy*

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## ***Introduction: A Psychotherapy of liberation***

This training is a condensed training in Essential Psychotherapy, which is essentially an integration of psycho-therapeutic work with Buddhist mind training, a path of liberation.

With this training we want to give experienced colleagues the opportunity to get to know and learn how to work with Essential Psychotherapy. Here, the professional experience of the colleagues as active and already trained psychotherapists is recognized as already achieved qualification for further training.

Accordingly, the teaching of many therapeutic methods and interventions is significantly reduced compared to the three-year training in Essential Psychotherapy.

However, the detailed curriculum of the three-year advanced training course in Essential Psychotherapy can provide a good orientation and overview of the training. You can find it on the website [www.essentielle-psychotherapie.de](http://www.essentielle-psychotherapie.de) in "download" check "Training program three-year training". Reference is also made to the presentation given by Dr Tilmann Borghardt in Basel in September 2013, which can be downloaded from the website. It gives an informative insight into the origin and objectives of Essential Psychotherapy.

In this abbreviated training course in Essential Psychotherapy are therefore in the focus:

- your personal awareness training, specifically explained in the chapter "Mind training, contents of the Dharma part",
- a deeper understanding of what an integration of Dharma and psychotherapy means, and
- the actual implementation in psycho-therapeutic work in a two-on-two setting (psychotherapist/client).

The participants will be trained in an inner attitude that enables them to deepen their awareness of the true nature of the mind, the timeless, open awareness and also the qualities inherent in all of us ("Buddha nature") and to use this as a profound resource and source of healing for themselves and the client. In the process, mindfulness and awareness are trained, personal mind training and special healing methods are learned, in such a way that they become a useful tool in the therapeutic process.

In Essential Psychotherapy we work with clients on different levels, on the one hand on the personality level (this includes all psychodynamics, the classical field of psychotherapy based on depth psychology) and on the other hand on the "mind" level (this includes the perceptual structures and mechanisms, the classical field of insight meditation).

It is our concern to stimulate inner maturation and to strengthen the competence of the participants in psycho-therapeutic work through a high degree of self-exploration.

## ***Structure of the training***

In November 2020 another, this time an English speaking cycle in Essential Psychotherapy as in-service training (**EPT XII**) in the condensed form for psychotherapists. This further training is therefore primarily aimed at professionally experienced psychotherapists. The **conditions** are:

- a completed psycho-therapeutic training,
- a written application and
- a personal interview.

the training cycle extends over one and a half years: November **12th 2020 till 7<sup>th</sup> of June 2022**, divided in 6 seminars - each over 6 days. Participation in the individual seminars and in the overall training is certified.

the **place** for all modules is **Aarhus, Denmark**. We have rented premises in the Lifeacademy for this purpose. (The "Institute for Essential Psychotherapy" itself is located at D-53773 Hennef, Eichkuhle 22).

in addition to the training **personal daily exercises** of at least 15 min, such as meditations, imaginations and study on the literature are recommended. Part of the training are **individual lessons** (at least 10) in Essential Psychotherapy, as well participation in „*peer group meetings*“ for practicing among the participants, as well as participation in guided **supervision meetings**.

the training includes 36 seminar days with 6 hours daily which sums up to 216 hours in terms of unity of 45 min, 288 training hours

on request it is possible to receive a certificate at the end of the training **Certificate** with the title „**Therapist for Essential Psychotherapy**“ The conditions for recognition are:

- full participation in all training seminars,
- participation in at least 10 individual lessons in EPT or at least 5 guided group supervisions (3 hours)
- regular participation in the peer group meetings
- the elaboration of a written project work, which documents your own psycho-therapeutic work with Essential Psychotherapy
- and passing an oral examination.

In all those above mentioned points we follow the criteria of the three-year-long-training in Essential Psychotherapy.

**Quality assurance:** The further training is collegially supervised. The overall management of the training is in the hands of Wolfgang Erhardt. Dr. Tilmann Borghardt is responsible for the Dharma part. The title Essential Psychotherapy is protected by copyright. The training modules will be included. These audio recordings can be made available to participants free of charge.

**Accreditation:** The head of the training Wolfgang Erhardt is in Germany recognized and accredited supervisor and self-experience leader by the Psycho-therapeutic Association North Rhine-Westphalia. Thus German participants can acquire up to 340 advanced training points for the entire advanced training. This is particularly important for established medical and psychological psychotherapists. However, accreditation can also be useful for participants from professional groups organized in other associations to recognize the training seminars. Accreditation in Denmark is not yet available for this first course of its kind.

**Further prospects:** We have made a point of ensuring that this training remains within a manageable framework in terms of both time and money. Those who wish to further deepen their skills have the opportunity to attend in-depth seminars on selected topics.

## **Speakers**

**Dr.med. Tilmann Borghardt (Lama Tilmann Lhündrup)** is a meditation teacher of the Tibetan Buddhist tradition with knowledge also of the Theravada tradition. He has been living in southern Germany since 2012 and heads the "Ekayana Institute for Contemporary Buddhism" in the Upper Black Forest. Previously, he was in charge of the three-year retreats at Dhagpo Kundreul Ling Monastery in France for 17 years. He teaches in several countries, is translator and publisher of Buddhist texts, leader of conferences and working groups on "Dharma and Psychotherapy" and web author for contemporary Buddhism. As co-founder and deputy director of the Institute for Essential Psychotherapy he is **responsible for the spiritual part of the training** . In addition to his own teaching, this includes the selection of additional Dharma instructors, the selection of Buddhist literature and the development of scripts for self-study. His address: Raitenbucher Str. 17, D-79853 Lenzkirch, **E-Mail:** [tilmann@ekayana-institut.de](mailto:tilmann@ekayana-institut.de) **website:** [www.ekayana-institut.de](http://www.ekayana-institut.de)

**Dirk Frettlöh (Lama Gelek)**, meditation teacher living in Brazil He is married, born in Aachen. Studied sports science in Cologne. Studied Buddhist philosophy and the Tibetan language in India and Nepal. He spent many years at the monastery Le Bost in the Auvergne, France, where he completed 2 classical three-year retreats. Experience in meditation for over 20 years. Teaching in Brazil and Germany for over 10 years. Training in Somatic Experiencing according to Peter Levine and Integral Somatic Psychology according to Raja Selva.

**Wolfgang Erhardt**, Psychological psychotherapist, practice in Bonn: Beethovenstr. 60, 53115 Bonn, Tel. 0228/690339; licensed for behavioural psychotherapy, further training in psychosynthesis and in all common psychotherapy procedures. Supervisor and self-experience leader (PTK NRW), more than 38 years of experience in Buddhist meditation, setting up and leading working groups and conferences on "Dharma and Psychotherapy". Co-author of the book "Buddhist Psychology" As head and owner of the Institute for Essential Psychotherapy **he is responsible for the psychotherapy part and the overall further training.** E-mail: [info@essentielle-psychotherapie.de](mailto:info@essentielle-psychotherapie.de), Web page: [www.essentielle-psychotherapie.com](http://www.essentielle-psychotherapie.com)

Other lecturers (the whole team of lecturers of the three-year advanced training courses in Essential Psychotherapy, see web page) can under certain circumstances contribute to individual advanced training days. The extent to which this will be the case will depend on the progress of the training and the needs of the participants.

Additionally , advanced training assistants can assist the work.

## ***Part one: Dharma for psychotherapists***

Tilman Borghardt and Dirk Frettlöh are responsible for this part.

*"In the mind of awakening lies the power to work with the mind of others".*

Thus the Tibetan teacher Jamgon Kongtrul Rinpoche began the exchange between Buddhist teachers and psychotherapists in New York in the eighties: By "mind of awakening" here is meant the nature of mind, the unity of compassion and wisdom. It is the source of the deep motivation to uncover the awakened qualities in each person. With this motivation, Essential Psychotherapy is practiced and also taught.

One aim of the training is to bring to the participants an understanding of their own mind. That means to see through the emotionally and cognitively veiled dynamics of one's own perceptions and to be able to gradually liberate them into a clear awareness. Thanks to an increasing understanding of these processes the participants can deepen their own inner path. This understanding will enable the capacity to accompany clients in their processes. This is happening in accordance to the inner path to awakening.

The thematically structured seminars begin in each case with presentations of core aspects of the Buddhist path with respect to their relevance therapeutic practice. This is followed by exchanges of questions and personal experiences. The days are interwoven with practical exercises where we go into the silence of meditation or thematic contemplation. This deepens our exchange. Optionally in the morning silent meditations or meditations on the Medicine Buddha are offered .

Daily introductions familiarize with basic contents of traditional Buddhist psychology. In a second step we relate our understanding directly to ourselves and the healing work with our clients. Bridges are constantly being established between the traditional Buddhist training of the mind and the therapeutic process. The following topics are covered in the training:

The *four noble truths* as basic model of therapeutic procedure: What are the true causes at the root of our dissatisfaction and the gross and subtle forms of suffering? What is awakening? How can therapeutic work facilitate this awakening?

The question about the *meaning and orientation of our life* ("refuge"): What qualities truly matter in life? What is most important? What do we want to focus the healing process on? What is true support? How can therapy contribute to finding a reliable refuge?

The *five aggregates (skandhas)* and the *question about the self*: What are our most important identifications, the strongholds of ego-centeredness, which delay the healing process? How can we free ourselves from such unfortunate identifications? Is there an I without a self? What do you mean by, "not-me"? What would our life be like without self-centeredness?

The *six liberating qualities (Paramitas)* as model of a healthy personality: What is a healthy me, a healthy personality? How can we strengthen beneficial force and wisdom within the framework of a therapy? Wholesome behaviour, meditation and wisdom as central elements of the path of holistic healing.

The *formative forces which make up our experience* and the *eight levels of consciousness*: What are neutral, wholesome and unwholesome states of mind? What is mind? What is consciousness? We will work on mapping out mind. What is the difference between a veiled and an awakened mind? What moves from one life to another? Which mental forces need to be strengthened in the therapy? How can we deliberately cultivate healing states of mind? What is the deepest cure in a human being? How can we find access to it in ourselves and others?

The *five steps in working with emotions*: What possibilities are there for working with disturbing emotions? How can we stop them, meet them with helpful means, transform our vision, recognize their true nature and even use them as a path of awakening? In the context of these questions the five step model of Karma Tschagme Rinpoche is presented.

The application of the *Four Basic Contemplations* as help for the inner orientation and for making decisions: How can contemplations on the preciousness of our life, on the omnipresent change, on the effects of actions and on the disadvantages of remaining stuck in entanglement (samsara) support the therapeutic process? How do these four contemplations help to clarify priorities in our lives?

Contemplations on the teaching of *Karma*: To what extent do forces from previous lives affect our experience? How can karmic veils be dissolved? How can we stabilize healing processes in the long term? To what extent can therapy also include preparation for dying and the experience afterwards? What are the necessary ethical foundations for a life to come back into balance?

the *fourfold cultivation of awareness*: What does practice in mindfulness and awareness do in the healing process? How can we practice mindfulness and also help others to develop peace of mind and insight? How can we focus and align the mind with simple methods? How can we meditate in the presence of a person seeking help? What is prayer? When and how does a mantra help?

What *simple methods of meditation* can we teach clients? Introduction to breathing and walking meditation, opening of all six senses, attentive action in everyday life, development of concentration and relaxation, awareness of intense emotional states, simple visualizations for everyday life...

The *Four Immeasurable Qualities*: How can we release an ever deeper experience of love, compassion, joy and equanimity in ourselves and others? How can love and compassion become the centre of therapeutic practice?

What is the mind of awakening (Bodhicitta)? How exactly does it express himself? How can we awaken and strengthen it within the framework of a therapy? Introduction to Mahayana Mind Training (Lodjong) with its radically different view of human problems.

The mind training of Mahamudra: How can we ourselves become more familiar with the nature of being? Introduction to reflections on the nature of the mind, the three aspects of reality (imaginary, conditional and incomprehensible) and silent meditation without a concrete reference point.

The own process and also the work with clients become considerably more effective, if we dedicate ourselves personally in study and practice to a daily mental training, because this will make possible the necessary developments in peace of mind, motivation and view. The meditation methods must be practiced patiently and regularly over long periods of time. They contribute decisively to the personal development of the therapist and thus have a great influence on the therapy, but their direct application to clients will always be limited to quite simple forms. Which methods we can use in therapies and when should be discussed with the trainers. An in-depth application of these methods of Buddhist mind training is always dedicated for one's own personal path of awakening.

## ***Part Two: Integration into psychotherapeutic work***

Wolfgang Erhardt is responsible for this part.

In principle in the context of the further training an additional essential basis for one's own psychotherapeutic work is imparted: a deeper understanding of one's own mind. This includes an understanding of the structures and mechanisms of our perception and ultimately a familiarity with the "basic level of being".

As we become familiar with the mechanisms of grasping and rejecting we notice how the dual mind almost automatically divides the experience into subject (observer) and object (perceived). Our comprehension deepens proportionally to our deepening insight in our own nature. Likewise the client experiences the same liberating mechanism and finds out of the shackles of clinging. The more we understand our own mind we usually find gradually into a fundamentally different attitude towards the client in the course of the training. It also has many influences and consequences for psychotherapeutic work.

How these "insights" into one's own mind and the new view can be integrated into the participants' own psychotherapeutic work, we will work out as a group and also if necessary with each participant individually.

For it we will teach some psychotherapeutic exercises and interventions that were especially developed in Essential Psychotherapy. To it belong the well-known "count-the-breath" as therapeutically stabilizing exercise, the Tonglen exercise of accepting and giving with the Inner Child, as well as exercises in which one's own aspect of wisdom is represented by symbols in order to find easier access to it, for example by placing a chair for the "aspect of wisdom" in the subpersonality work, building up a "healing field" and the like.

We convey how to integrate our awareness training and comprehension of the mind into the understanding of psychodynamic processes. Those are the processes that lead to structural, mostly unconscious distortions of perception due to identifications. We will repeatedly connect to therapeutic work with hand of self-experience like the work with the "inner child" and the "parent-introject" and the "subpersonalities"—.

We will also facilitate an understanding of the approach of Essential Psychotherapy through supervision of the participants' work with their clients and through demo sessions in the group.

## **Dates**

The six Further training blocks for "Awareness training in the EPT with integration in one's own therapeutic work" start each on Thursday at 10:00 and end on Tuesday at 16:00. They take place on the following dates:

1. 12.-17.11.2020...
2. 04.-09.03.2021...
3. 17.-22.06.2021
4. 04.-09.11.2021...
5. 03.-08.03.2022...
6. 02.-07.06.2022...

## **prices**

It is only possible to share the whole training (no single training block for itself). It costs 5,400 €. Individual seminar days correspond to 150 € and the fees for each of the six-day blocks amount to 900 €. The fees are to be paid 4 weeks before the seminar.

For early payment there is **cost reduction**:

If you pay the whole training in one sum until 31.5.2020 10% discount is granted, i.e. instead of € 5.400 only 4.860 € have to be transferred.

Will the entire advanced training be completed before the 1. training module, a 5% discount is granted, i.e. the training costs only 5.130 €.

A 2% discount is granted for annual payments in advance (2020 and 2021). Then altogether 5.292 € are to be paid; i.e. for 2020 before the 1. Block 2.646 € and before the 4. Block at 4.9.2021 als 2. Tarif 2.646 €.

The costs for additional **individual lessons** in Essential Psychotherapy (self-experience or supervision) are € 100,- (for 50 min.) The individual lessons or group supervisions have to be paid to the institute after each session.

An additional 100 euros or so are incurred in the course of further training for literature editions.

## **contact**

### **Institute for ESSENTIAL PSYCHOTHERAPY**

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Further information can be found on the website.

[www.essentielle-psychotherapie.com](http://www.essentielle-psychotherapie.com)