

TOWARDS A PSYCHOLOGY OF THE FUTURE

# BIOTRANSENERGETICS

*A psychology of presence: here, now and all around*



*Creating an Integral Transpersonal Life*

# ABOUT

BTE was founded in Milan in 1982 by Pier Luigi Lattuada M.D., Psy.D. Ph.D and dr. Marlene Silveira, Brazilian psychologist and psychotherapist.

Pier Luigi is a medical doctor, psychologist, psychotherapist, but he would more willingly be defined as a poet, a dreamer, a traveler, a troubadour.

He directs the Training School in Transpersonal Psychotherapy recognized by the MIUR, Ministry of Education University and Research of Italy since 2002, and the Training in Transpersonal Counseling.

He also teaches at Sofia University, Palo Alto California and Ubiquity University. It serves on the board of EUROTAS, the European Transpersonal Association. As co-vice-president.

He has been elaborating and perfecting the BTE model through clinical and educational work for over forty thousand hours.

He has written several books and articles on transpersonal psychotherapy, integral medicine, biotransenergetics.

He was recently mentioned among the most influential transpersonal authors and therapists of all times, by a Saybrook University research.



**No matter what kind of  
flower you may be,  
your destiny is to bloom**

Pier Luigi Lattuada M.D., Psy.D., Ph.D.



*Pick the BTE flower...*

*"Zero" is recognizing you're at Home*



**EDUCATION**



**TRAINING**



**MASTERS**



**EXPERIENCE &  
EVOLUTION**



**INTEGRAL  
WELL-BEING**



**INNER PEACE  
& MINDFULNESS**



**ONLINE  
PROGRAMS**



**INDIVIDUAL &  
GROUP  
SESSIONS**

## THE PATH

The path is everything. But it cannot be told.  
There is a place where you can go and see things as they are, beyond the illusions of the mind.

There are allies able to lead you there. The path.  
The Dreaming Body.



## THE METAPHOR

Different traditions have tried to indicate that place with different metaphors:  
Supreme Consciousness, Akasha, Way, Tao, Dharma, Kingdom of Heaven, Foundation, Aruanda, Orùm, Nirvana, etc.

Both Australian aborigines and Biotransenergetics speak of the Dreaming Body.

# THE DREAMING BODY

Biotransenergetics is one of the many paths towards the mastery of awareness and transformation and it can lead to the Dreaming Body, where all paths meet as One and individually at the same time.

---

BTE works to develop both the First and Second Attention.

The First Attention operates in everyday ordinary life.

The Second Attention leads to accessing the Dreaming Body and walking the path of the heart.

This is a journey that does not limit itself to reaching well-being, but rather it seeks challenge, personal power and freedom. It is open to love and losses, deaths and rebirths, and it considers them as a part of the process towards awareness and fulfillment.

This is a journey that considers responsibility as the first condition in order to be in contact with the spiritual meaning of existence and the forces of nature, heal, be free and preserve the sacred power of life.



# WHAT IS BTE?

## TOPICS AND HIGHLIGHTS

**BTE is a psycho-spiritual discipline that provides methodological maps and practical tools to nurture one's own true nature, in order to favor integral well-being and full self-realization.**

**BTE is based on inner experience and on the exploration of the various dimensions of consciousness.**

**It is focused on participation and sharing.**

**Biotransenergetics aims to reach awareness by revealing the most authentic dimensions of the heart, overcoming the processes of the ordinary mind.**

**BTE is an integral and transpersonal therapeutic model oriented to accessing the most genuine human qualities and developing purest talent and highest potential, intervening effectively in the processes of transformation of consciousness.**

**BTE considers ecstatic and mystic experience as the primary tool for spiritual evolution.**

# CHOOSE YOUR BTE PATH

*Biotransenergetics Methodology since 1982*

## EDUCATION

Specialization for  
Psychologists  
and Medical doctors:  
Scuola di Formazione in  
Psicoterapia Transpersonale  
(Recognized MIUR).  
4 years

For other graduated  
students:  
Training di Formazione in  
Counseling Transpersonale  
(Accredited AssoCounseling)  
4 years

## TRAINING

To become a Transpersonal  
Psychotherapist Supervisor.  
Perfezionamento in  
Psicoterapia Transpersonale  
3 years

To become a Transpersonal  
Counselor Trainer.  
Perfezionamento in  
Counseling Transpersonale  
3 years

## MASTERS

For Psychotherapists  
of other orientations:  
Master  
di Psicoterapia  
Transpersonale  
2 years

For Counselors  
of other orientations:  
Master  
di Counseling  
Transpersonale  
2 years

## INTERNATIONAL

For ITI sponsored students:  
Bachelor of Arts  
Completion in Integral  
Transpersonal Psychology  
at  
Ubiquity University.

Learn about the course and  
partnership on  
[www.ubiquityuniversity.org](http://www.ubiquityuniversity.org)

# OUR FORMER STUDENTS ARE NOW LEADING THE FOLLOWING ITI UNITS:

ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI KIDS

*Integral Transpersonal Kids UNIT*

LA VISIONE INTEGRALE TRANSPERSONALE NEL  
LAVORO CON I BAMBINI, I RAGAZZI E LE LORO  
FAMIGLIE.

Coordinatore Responsabile di Unit:  
Dott.ssa Emanuela Fonticoli



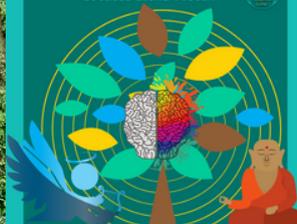
ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI EMERGENCY

*Integral Transpersonal Emergency UNIT*

LA ITI UNIT DEDICATA ALLE CRISI SPIRITUALI

Coordinatori Responsabili di Unit:  
dott.ssa Loretta Illuminati e  
dott.ssa Elena Toscan



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI BIRTH

*Integral Transpersonal Birth UNIT*

LA VISIONE INTEGRALE TRANSPERSONALE CHE  
ACCOMPAGNA PROCESSI DI NASCITA E RINASCITA  
DEI GENITORI E DEI FIGLI.

Coordinatore Responsabile di Unit:  
dott.ssa Vanessa Rebeschini



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI SPORTS

*Integral Transpersonal Sport UNIT*

LA DIMENSIONE INTEGRALE TRANSPERSONALE  
NELLA PERFORMANCE SPORTIVA

Coordinatore Responsabile di Unit:  
dott. Stefano Albano



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI YOGA

*Integral Transpersonal Yoga UNIT*

LO YOGA INTEGRALE TRANSPERSONALE  
(LO YOGA DEL CUORE)

Coordinatore Responsabile di Unit:  
Dott.ssa Elena Casiraghi



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI CORPORATE

*Integral Transpersonal Corporations Unit*

LA VISIONE INTEGRALE TRANSPERSONALE  
NELLE ORGANIZZAZIONI

Coordinatore responsabile di Unit:  
dott.ssa Sara Gambelli



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI DANCE

*Integral Transpersonal Dance UNIT*

LA DANZA OLTRE LA DANZA.  
UNA PROSPETTIVA INTEGRALE TRANSPERSONALE

Coordinatore Responsabile di Unit:  
Lorella Formica



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI PASSAGE

*Integral Transpersonal Passage UNIT*

LA VISIONE INTEGRALE TRANSPERSONALE CHE  
SUPPORTA I PROCESSI DI PASSAGGIO E FORTE  
CAMBIAMENTO.

Coordinatore Responsabile di Unit:  
dott.ssa Paola Gares



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI WRITING

*Integral Transpersonal Writing UNIT*

L'APPROCCIO INTEGRALE TRANSPERSONALE ALLA  
SCRITTURA CREATIVA.

Coordinatore Responsabile di Unit:  
Dott.ssa Simona Vigo



ITI - INTEGRAL TRANSPERSONAL  
INSTITUTE PRESENTA:

## ITI TRAVEL

*Integral Transpersonal Travels Unit*

IL VIAGGIO INTEGRALE TRANSPERSONALE

Coordinatore responsabile di Unit:  
Cinzia Quintiliani





# LEARNING OUTCOMES

*BTE could teach you how*

## **Observing rather than...thinking.**

The activity of thinking is a set of waves and Observation is the ocean.

Following our thoughts means following the waves. Observing means being able to understand the true nature of the water, that is to say life, and not getting lost in the waves.

## **Staying rather than...leaving.**

"Staying" means developing qualities such as listening, accepting and being able to respond to anything you might be faced with (responsibility).

## **Feeling instead of...understanding why.**

Connecting with how I feel, instead of purely trying to understand why something happens, gives us the chance to grip the "felt sense", the relevant characteristics of the events and access a new order of comprehension: the Insight.

## **Facts, not problems.**

Problems come from the way we use our mind.

Awareness allows us to understand the true nature of each event and to grasp its creative potential.

### Trusting rather than...controlling.

We can truly comprehend a situation and make the best of it, going beyond the mind and objectivity boundaries, when we are able to let go of control.

### Accepting rather than...fighting

The aware observation of the waves of the ocean of consciousness, the firm will to get in touch and lovingly listen to every message from our body will teach us to accept each emotion, each ache, each symptom without fighting it.

### Allies, not symptoms

If we stop and listen firmly enough and long enough to to our inner world, we would discover that the solution is right inside the problem, and that an ally dwells in each symptom, full of creative potential willing to express itself.

### Responsibility rather than ... delegation

The integral vision of the "Further Mode" remarks the importance to take full responsibility for our lives. If we listen to every event, if we recognize allies within the symptoms, if we observe with awareness what illness is telling us, and if we accept that it is pointing us towards a deeper comprehension of our existence, we can discover our intimate calling, our blooming destiny, our true nature, and fully achieve it.



# BTE IS

## MEDITATION

BTE teaches the Zero, that is to say the ability to recognize that you are at Home. Being empty and awake you learn how to be present, in contact, to observe and see each other, truly listen and feel, be silent and nourish yourself and the "Field".

## ORIGINAL TRADITION

BTE shares the founding principles of the original traditions such as shamanism, the "religions of nature" and perennial philosophy. They all have in common the belief that a "fundamental unity of creation" exists.

## INTEGRAL TRANSPERSONAL PSYCHOTHERAPY

Transpersonal psychology is the contribution of the most recent scientific acquisitions to the study of transcendental inner experiences.

## INTEGRAL TRANSPERSONAL COUNSELING

A path of BTE is a journey towards home, towards ourselves. It's an opportunity to learn tools to change and manage the change, and skills to establish a participative, non-directing professional helping relationship.



## **INTEGRAL MEDICINE**

**BTE operates in alliance with the vital force, respecting the body's ability of self-renewal and self-transcendence, hence self-healing and full realization of the Self.**

## **BODY-MIND PRACTICES**

**BTE Body-Mind practical tools through which we can experience all the Elemental Forces acting within us, have an enormous transformational power, being authentic medicines for our body and soul.**

**These archetypes we access through the BTE practices, are real "organizational principles" of our inner life.**

## **DRUM DANCE, SONG, DRAWING AND MOVEMENT**

**Drum medicine resounds since the dawn of time, human beings have been singing around a fire and dancing to the moon for tens of thousands of years.**

**BTE recognizes the creative and therapeutic potential of all artistic expressions.**

# **BTE IS**

# Also find out more about Valentina Lattuada:



## ITI GENERAL MANAGER

Transformational Manager,  
Transpersonal Counselor,  
Life & Acting Coach  
Actress, director, producer,  
proud mum of 2.  
"Untiring dreamer,  
unstoppable doer."



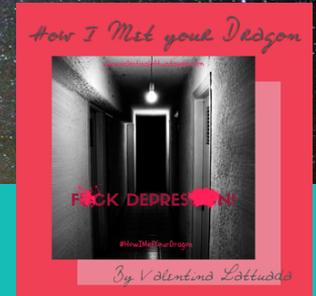
## BIG DREAM SURFING

From Dreamers to Doers  
@BigDreamSurfing



## ITActing

Integral Transpersonal Acting  
#ITActing



## F\*CK DEPRESSION

#HowIMetYourDragon

[www.valentinalattudaweb.com](http://www.valentinalattudaweb.com)



Creating an Integral Transpersonal Life



ITI - Integral Transpersonal Institute's mission is "Creating an Integral Transpersonal Life" through the constant and passionate action in the fields of education and training, personal development, Self Mastery, transpersonal psychotherapy & counseling, medicine & health, integral well-being and inner and outer peace.

ITI wants to be a place that transcends and includes the best applications of Biotransenergetics, BTE since 1982, focusing on high-quality content, service and synergy with a deeply connected national (italian) and international network, close to the Transpersonal Movement.

We constantly create opportunities for partnerships and chances for amazing like-minded and like-hearted professionals to share their work, vision and soul, such as Feeding The Soul events, where people from 35 different countries participate.

ITI publishing and ITI Research are also fundamental channels for connection, dialogue, exposure and development of the Integral Transpersonal Vision.

You can find more information and details on [www.integraltranspersonallife.com](http://www.integraltranspersonallife.com)



*Creating an Integral Transpersonal Life*

# ITI INTEGRAL TRANSPERSONAL INSTITUTE

---

VIA VILLAPIZZONE 26, 20156 MILANO, ITALY  
VIA MONTALBINO 7, 20159 MILANO, ITALY  
TEL. +39(02)8393306  
EMAIL [INFO@ITI-LIFE.COM](mailto:INFO@ITI-LIFE.COM)  
[WWW.INTEGRALTRANSPERSONALLIFE.COM](http://WWW.INTEGRALTRANSPERSONALLIFE.COM)  
[@BIOTRANSENERGETICA](https://www.instagram.com/BIOTRANSENERGETICA)