



ITI ACADEMY - INTEGRAL TRANSPERSONAL PROGRAM

INTEGRAL TRANSPERSONAL PSYCHOTHERAPY AND COUNSELING SCHOOL (BTE methodology)

The Methodology

The Biotransenergetics path is suited for anyone who wants to start a journey towards a more profound discovery of one's own true nature...

The Transpersonal Movement

For several decades now, a new school of thought has been developing in various fields of knowledge, particularly within the worlds of psychology and pedagogy, in medicine and in ethno-psychiatry, in anthropology and in the arts. Supported by the new discoveries in modern physics, by researches on the states of consciousness and ancient spiritual traditions based on meditation, this movement deals not only with the individual's problems, but – most importantly – with the individual's potentialities and higher qualities.

This is the Transpersonal Movement, founded on the premises of the new science and ancient traditions, as well as on what Bohm defined as “an understanding of a new order”, as the result of mastering one's own inner experience, arisen from insight.

During this explorative path, the Transpersonal Movement integrates the experience of Western scientific thought with ancient traditions based on meditation. In addition, the Movement encompasses shamanic practices based on ecstatic experience and on the direct contact with the forces of nature.

The Integral Vision

In ancient times, the human being's primordial yearning to comprehend nature and harmonize with it created the first “religions of nature”, according to which *the mineral, vegetable, animal and human worlds, as well as the subtle world of spirit and divinity, exist one inside the other and one for the other.*

The term Integral derives from the Latin *integrum*, a term composed of *in*, which stands for *non*, and of *tan-gere*, which stands for *touch*: to not touch, to whom nothing has been removed, to whom nothing is lacking; that which is whole, pure, or uncorrupted.

Thanks to its scientific development, humanity has made progresses that weren't even remotely imaginable in the pre-scientific era. However, due to its development, it has chosen to abandon its integrity, it has been corrupted, it has needed to remove and to become contaminated/impure.

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The very emphasis on self-knowledge has been derailed to the knowledge of instruments, as well as from learning how to know/experience, to knowing the other from oneself. From teaching oneself to know oneself, to transmitting knowledge without teaching how to obtain it.

The Transpersonal Movement aids in returning to one's original values, which have been lost along the road of hastiness and urgency, of mania (*delusions of grandeur*) and ignorance, greed and presumption. The Integral Vision takes on the Christic *Medice cura te ipsum* and the Socratic *γνοθισεαυτόν, know thyself*. Moreover, the teachings of the seven wise men (Ancient Greece 620 BC and 550 BC), dating back to the religious tradition of Delphi, resonate with the Integral Vision: "*Too much of nothing, great is the measure, do not seek the impossible, know who you are and do not presume to be more than who you are, do not offend the deity by pretending to be like God.*"

Since it is not identified with scientific thought and an epistemology that focuses only on matter and, consequently, the "contact with the divine", today the Integral Vision can be considered the repository of the ancient "original tradition".

On the contrary, the Integral Vision operates affirms the new science and a new epistemology based on the mastery of the inner experience, as well as participation and sharing. Moreover, through the Integral Vision, one does not neglect the highest and genuinely human qualities such as love, compassion, awareness, responsibility, trust, acceptance.

In fact, it should be noted that having an integral approach does not mean doing "everything a little", as many often believe. Nor does it mean practicing a set of integrated techniques. Instead, it suggests having a unified vision, a vision that is expressed through a *modus operandi*, which is able to recognise and teach to realise the creative potential and the evolutionary thrust that every event, crisis, symptom, problem or suffering contains in itself.

Biotransenergetics

The discipline of Biotransenergetics is a poetic act, whose intent is to teach to recognize the sacredness of the creative impulse of life in all its manifestations, as well as to conform to its laws.

Biotransenergetics proposes a methodology based on inner experiences, exploration of the dimensions of consciousness and on participation and sharing. Its intention lies in the realisation of awareness, which is disclosed in the most authentic dimensions of the heart, beyond the thought processes of the ordinary mind. An integral and transpersonal therapeutic model is oriented to the realization of the self, making one able to intervene effectively in the processes of transformation of consciousness.

The Content

The content is derived from the phenomenological experience of different states of consciousness and Biotransenergetics allows us to access these participatory or hands-

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on inner experiences. We define participatory inner experience as a set of personal experiences such as feelings, moods, emotions, feelings, desires, needs, thoughts, memories, images, intuitions, and transpersonal experiences such as extra-sensorial perceptions, experiences spiritual, mystical, ecstatic, archetypal visions, mythological dreams, revelations, insights, openings of the heart, non-ordinary states of consciousness, near-death experiences, and so on.

The Process

With Biotransenergetics, the Transpersonal Counselor and the Counselor Trainer acquire skills to accompany the client or student by means of learning a theoretical framework and a body of transpersonal practices, which derive from spiritual disciplines such as meditations, chants, dances, psychophysical and breathing exercises, ritual ceremonies, visualizations, etc. This long process allows the student into an initial exploration of one's inner world manifested through sensations, emotions, perceptions without apparent meaning. Moreover, it leads to the investigation and gradual release from one's personal history, passing through experiences of radical transformation and by accessing the transpersonal dimension, the place of spiritual qualities and "true nature".

The Context

The *Transpersonal Context* denotes the framework used to read the events through the transpersonal lens.

The recognition of the transpersonal context coincides with the recognition of the true nature of the individual, which is always independent of the personality, unconditioned by biographical history and, instead, has to do with the "descent of the spirit on the plane of material reality", or with the emergency in the "individual psyche of an archetype from the collective unconscious".

BTE Zero

The discipline of Biotransenergetics is a poetic act, whose intent is to teach to recognize the sacredness of the creative impulse of life in all its manifestations, as well as to conform to its laws.

Biotransenergetics proposes a methodology based on inner experiences, exploration of the dimensions of consciousness and on participation and sharing. Its intention lies in the realisation of awareness, which is disclosed in the most authentic dimensions of the heart, beyond the thought processes of the ordinary mind. An integral and transpersonal therapeutic model is oriented to the realization of the self, making one able to intervene effectively in the processes of transformation of consciousness.

To Whom is it Addressed?

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Within every doctor, psychologist, health practitioner, teacher, educator, manager, artist, man and woman of good will, lives a human being who often neglects or hides their truest parts.

- BTE ZERO offers specific training courses for the application of soft skills in different contexts:
 - helping relationships
 - spiritual realisation,
 - realisation of one's creative and artistic potential
 - education organizations

Key Concepts

Biotransenergetics Integration

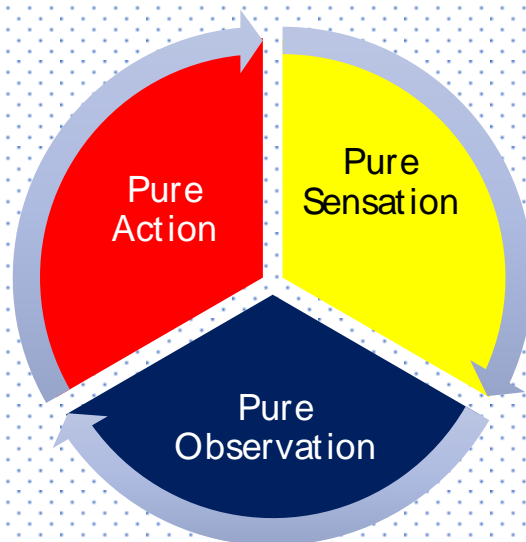
Further Mode

Second Attention

The Three Methodological Cornerstones

Integral Thinking

BIO TRANSENERGETICS INTEGRATION

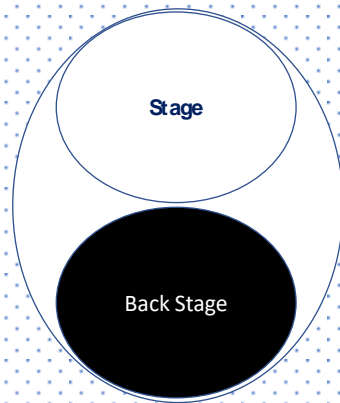


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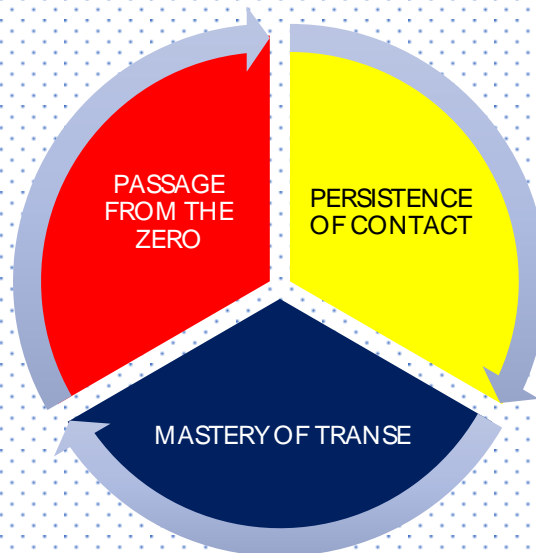
MODO ULTERIORE- THE FURTHER MODE

SECOND ATTENTION



BTE ZERO

THE THREE METHODOLOGICAL CORNERSTONES



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Ways of thinking

The difference that makes the difference

- Thinking: creating beliefs
- Wishful Thinking: being guided by beliefs
- Critical Thinking: making beliefs coherent with evidence

- Lateral thinking thinking: restructuring beliefs with creativity.
- Intuitive Thinking: Bypassing beliefs
- Conscious thinking: Observing beliefs

- Integral Transpersonal Thinking: Observe the contents of the
- Organismic self, the state of consciousness, the data of the external
- world and of the field.



R. L. Lattuada M. D., PSY.D., Ph. D.

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Transe Learning



Transe Learning is an integral teaching methodology capable of creating the conditions for insights, for the understanding of a "new order". This was considered by the ancient traditions of humanity as the only way for an authentic knowledge, which is realised through the whole body, within the cells, as well as in the emotions and in the mind. A teaching that is reached through the mastery of the "felt sense", (the awareness of proprioceptive signals, from kinesthetic to visceral), the ability to pass through pain and wounds (personal emotional history, empathic identification). ITI-SSLS integrates the learning design of UU (facts, self-mastery, impact) with the corpus of the BTE maps, models and practices, of the integral thought and the wisdom of the ancient traditions of humanity.

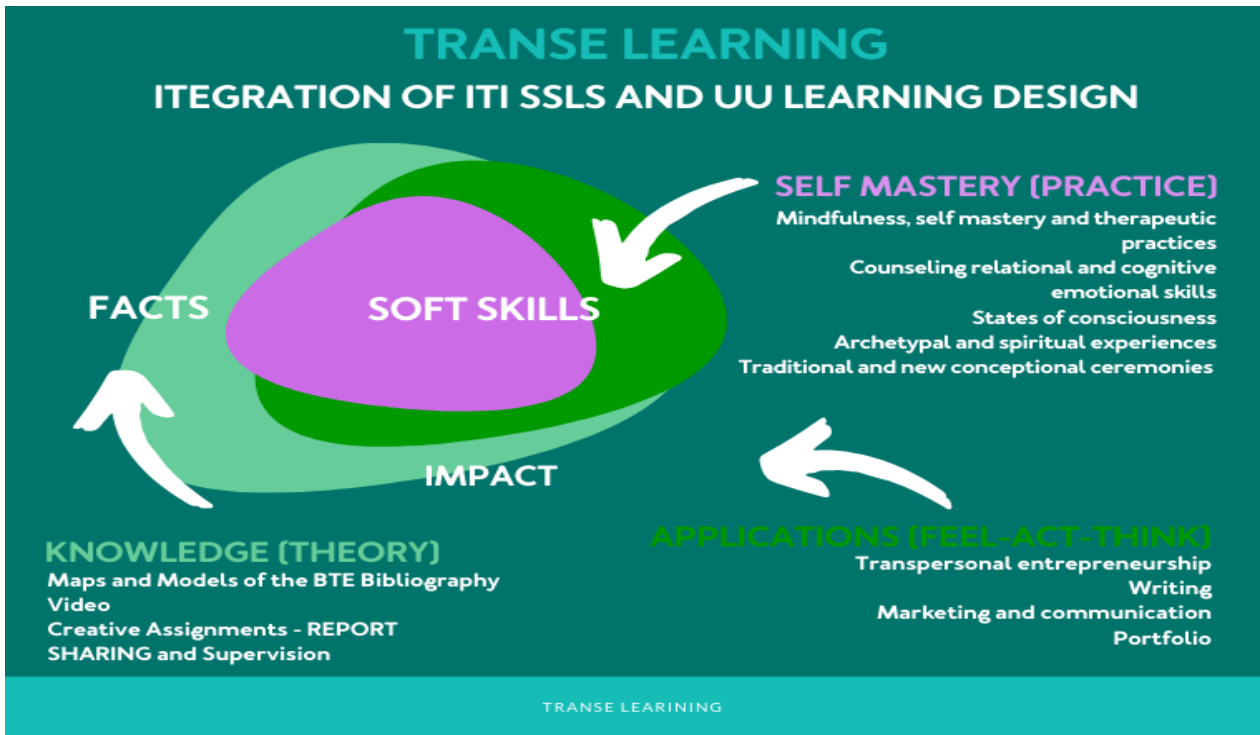
ITP is designed for "young people" at heart who know they come from afar and that they have a present and a future as protagonists, innovators, and creatives. They can be the pioneers of a new culture of sharing, which is capable of transcending and including dualisms, as well as the differences and conflicts of the wider system that includes them.

A Further Mode: The separation between theory and practice, between mind and body, between action and feeling, between male and female, between past and future,

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between matter and consciousness, traditional and scientific, academic and experiential, is overcome in a transformative didactic methodology, a Further Mode that teaches how to "make two into one".



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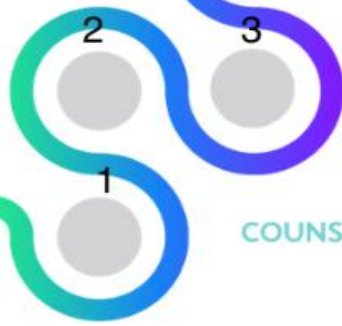
BTE ZERO

ITI soft skills learning system (SSLS)
Soft Skills in action

ITI CARD
ITI CERTS
ITI SKILLS PASSPORT

SOFT SKILLS IN ACTION

PERSON + SOFT SKILLS



COUNSELOR

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ITI ACADEMY - INTEGRAL TRANSPERSONAL PROGRAM

Certifications – Professional Specialty Program Pathways in partnership with Meridien University

The Professional Specialty Programs allow you to choose from The Macro Courses that are the core of all ITI programs and take them individually.

Macro Courses 12 Weeks Single courses (Online) 3 credit each

The student can either take only one course to obtain the single certification or take all of them to obtain the 30 credits required for ITP skills certification

Courses are offered in Independent Studies or Live mode.

Live mode courses start periodically, independent mode courses can be taken at any time.

They are deeply transformational courses dedicated to specific topics of integral transpersonal vision, and Biotransenergetics.

They are aimed particularly at foreign students who want to approach an integral transpersonal therapeutic model oriented towards self-realization.

They offer credits to get ITI and ITP (Integral Transpersonal Psychology) Degrees.

ITP Degrees - in partnership with Ubiquity University

Degrees MA ITP (30 Credits)

ITIP Macro Courses (10 courses 30 credits)

UU **Creative Journey to Dissertation" coursework = 4 credits

UU Dissertation Writing phase w/ advisor = 10 credits

Prerequisites Include a BA degree

PhD ITP (60 Credits)

ITIP Macro Courses (10 courses 30 credits)

UU Core Courses with Ubiquity = Chartres Academy Pilgrimage (In-person/Virtual) AND Great Books = 7 credits

UU Dissertation Writing phase w/ advisor = 36 credits

UU Prerequisite Includes MA degree and the following core courses

Combined MA/PhD track: (80 Credits)

ITIP Macro Courses (10 courses 30 credits)

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UU “Creative Journey to Dissertation” coursework = 4 MA credits (Required for all graduate students writing dissertations)

UU Chartres Academy Pilgrimage (In-person/Virtual) (4 MA credits)

UU Great Books - 3 credits

UU Electives (8 credits) = 8 credits

UU Dissertation Writing phase w/ advisor = 36 credits

ITCP Degrees – Hybrid MA degree Integral Transpersonal Counseling and Psychotherapy Training (ITCP)

This program qualifies both to obtain the Diploma in Integral Transpersonal Counseling and Psychotherapy (BTE Methodology) and the MA Degree in Integral Transpersonal Psychology.

TO OBTAIN ITCP DIPLOMA through ITI (50 Credits)

ITICP Online Macro Courses (5 courses 10 credits)

ITICP In-Person Learning Journeys (36 Credits)

Assignments (Monthly Reflection Journal both on the personal experience and of the reading (1500 and 1500 words)

Final Examinations Test (4 credits)

TO OBTAIN UU MA ITP DEGREE (60 CREDITS)

ITICP Online Macro Courses (5 courses 10 credits)

ITICP In-Person Learning Journeys (36 Credits)

Assignments (Monthly Reflection Journal both on the personal experience and of the reading (1500 and 1500 words)

UU **Creative Journey to Dissertation” coursework = 4 credits

UU Dissertation Writing phase with advisor = 10 credits

Prerequisites Include a BA degree

To obtain the Master’s in Integral Transpersonal Psychology, Degree, after completing the ITCP Training the coursework is complemented by Ubiquity University’s Core Course in Dissertation Writing.

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Upon completion, you'll transition to the Thesis writing phase with Ubiquity University, culminating in the award of an MA Degree in Integral Transpersonal Psychology. Please note, that this degree does not lead to professional licensure but represents a significant academic achievement in the field.

Course Details

Courses can be taken both in live and stand-alone mode (independent study). One can subscribe to individual courses or to the different programs. At the end of each course, you receive certification of completion. Each program is completed when the necessary credits are obtained. Upon completion of the program, the corresponding diploma is obtained.

Macro Courses 12 Weeks Single courses (Online) 3 credit each

- Integral Transpersonal Psychology Essentials
 - Integral Transpersonal Psychology Roots and Methods
 - Integral Transpersonal Skills (BTE Essentials).
 - Life Span Development and Human Experience
 - Creativity, Critical and Integral Thinking
 - Integral Transpersonal Counseling
 - Working with Archetypal Forces
 - The Shift: Integral Transpersonal Mindfulness
 - Integral Transpersonal Soft Skills in Corporate
- Integral Transpersonal Body-Mind Work

In-Person Learning Journeys (36 Credits – 6 credits each)

- Mandatory (both UU and ITI degrees)
- Beyond the Mind 1 (6 in-person credits) ITI
- Beyond the Mind 2 (6 in-person credits) ITI
- BTE Body Work (6 in-person credits) ITI
- BTE Body Work (6 in-person credits) ITI

Elective

- BTE Breath-Sound Work
- BTE Eye work
- BTE Freedom from the Known 1
- BTE Freedom from the Known 2
- BTE Constellation 1
- BTE Constellation 2
- BTE Beginning's PerI Ceremony
- BTE Mastering of Transe
- BTE Transe Learning

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- BTE Further Mode 1
- BTE Further Mode 1
- BTE Archetypal Forces 1
- BTE Archetypal Forces 2

Micro Courses (Online) 3 credits all

Micro Courses: 15 Independent Mode Lessons each
(Only available in Italian – English version available soon)

1. Introduction to Biotransenergetics
2. 10 steps Toward Integral Well-being
3. Inner Peace
4. 8 Keys of Awareness

Micro Courses: 10 Independent Mode Lessons each
(Available both in Italian and English version)

- E-BTE Masterclass 1 – Earth
- E-BTE Masterclass 2 – Life
- E-BTE Masterclass 3 – Salt Water
- E-BTE Masterclass 4– Fresh Water
- E-BTE Masterclass 5 – Metal
- E-BTE Masterclass 6– Air
- E-BTE Masterclass 7– Fire

Fees:

- Micro-Courses : 15 Independent Mode Lessons (2500 ITI Points *) – 180 €
- Micro-Courses : 10 Independent Mode Lessons (1500 ITI Points *) – 90 €
- Macro-courses : 12 Independent Mode Lessons – 250 €
- Macro-courses : 12 Live Mode Lessons – 350 €
- In-Person Learning Journeys 5-day courses € 1200 + VAT
- In person 4-day courses € 950 + VAT
- In person 3-day courses € 750 + VAT

Forms:

Here you can download the courses syllabus
Here you can fill the application form.

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ITCP Degrees – Hybrid MA degree

**MASTER INTEGRAL TRANSPERSONAL
COUNSELING AND PSYCHOTHERAPY**

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MITCP

(BTE Methodology)

*Free from the past, rooted in the present, ready for
the future*

BTE SOFT SKILLS



KEY COMPETENCIES

COLLABORATION

CREATIVITY

EMOTIONAL COMPETENCIES

CONNECTION TO SELF

INTEGRAL THOUGHT

TOLERATE UNCERTAINTY

SERVICE

COMMUNICATION

FLUIDITY

MASTERY OF STATES OF CONSCIOUSNESS

ARCHETYPAL EXPERIENCE

WILLINGNESS TO CHANGE

TRUST

LISTENING



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Instructor's Teaching Philosophy

Integral comes from the Latin “integrum”, from *in*, that is “not” and *tang-ere*, that is “to touch”. It refers to that which is “not touched”, where nothing has been taken away, nothing is missing. It is full, pure, honest, uncorrupted. The transpersonal approach, which moves beyond the person, proposes a new post-conventional mode of thinking, which overcomes the dualisms of the rational mind. It is supported by a new unitive consciousness, which is also intuitive and aims towards a new way of being. This is the way in which we can grasp the unity beyond dualisms. The combined approach of integral and transpersonal psychology offers the proper tools to move with pure intent and an open mind in a dynamic world, unified and interconnected, while simultaneously understanding and respecting the laws that regulate it.

Course Description

MITCP is designed for “young people in the heart”, for those who are seeking a new way of learning that considers their personal self-growth and self-realisation journey in order to create a present and a future as change-makers, innovators, and creative. They can be the pioneers of a new culture of sharing that can transcend and include the dualisms, as well as the differences and conflicts of the larger system that includes them.

A FURTHER MODE

The separation between theory and practice, mind and body, action and feeling, male and female, past and future, matter and consciousness, traditional and scientific, academic and experiential is overcome in a transformative teaching methodology. This is called a *further mode*, because it moves further and beyond the dualistic conventional rationale and aims to teach how to make the two into one.



ITI Accreditations

ITI – Scuola di Formazione in Psicoterapia Transpersonale (Transpersonal Psychotherapy School - TPS) is recognized by Italian Ministry of Education, University and Research, since 2002.

ITI - Integral Transpersonal Counseling School (ITCS) is recognized by AssoCounseling. AssoCounseling is a professional association pursuant to the Law of 14 January 2013, n. 4.

ITI is an Accredited Institute by EUROTAS.

In order to protect consumers and guarantee the transparency of the professional services market, AssoCounseling issues its members with a certificate of quality and professional qualification of services pursuant to art. 4 of the same Law.

AssoCounseling is a member of the Free Professional Associations Coordination (CoLAP), FederCounseling and the International Association for Counseling (IAC). AssoCounseling is also a UNI member.

<https://www.assocounseling.it/>

Programs and Certifications

A high collaborative synergy

This program qualifies you to obtain both a bachelor's and a Master's Degree in Integral Transpersonal Counseling and Psychotherapy (BTE Methodology)

To access an MA Program prerequisites Include a BA degree

To complete the program students must get 60 Credits

All Courses are also accredited as Professional Specialty Program Pathways at Meridien University.

Requirements

The training program provides for the following activities to be carried out at the acquisition of credits.

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To Obtain UU MA Degree (60 credits)

* (10000 points 1 credit)

** UU courses are delivered directly by Ubiquity University.

ITICP Online Macro Courses (3 courses 10 credits)

ITICP In-Person Learning Journeys (36 Credits)

UU **Creative Journey to Dissertation” coursework = 4 credits

UU Dissertation Writing phase with advisor = 10 credits

Prerequisites Include a BA degree

To Obtain ITI BA Degree (40 Credits)

- ITICP Online Macro Courses (5 courses 10 credits)
- ITICP In-Person Learning Journeys (18 Credits)
- Assignments (Monthly Reflection Journal both on the personal experience and of the reading (1500 and 1500 words)
- Final Examinations Test (3 credits) (100)
- Dissertation (6 credits) (70 to 120 pages,
- ITI Dissertation Writing phase with advisor = 3 credits

To Obtain an ITI MA Degree (60 Credits)

- ITICP Online Macro Courses (5 courses 15 credits)
- ITICP In-Person Learning Journeys (36 Credits)
- Assignments (Monthly Reflection Journal both on the personal experience and of the reading (3000 world)
- Final Examinations Test (3 credits) (200)
- Dissertation (6 credits) (120 to 180 pages)
- ITI Dissertation Writing phase with advisor = 9 credits

Internship and Supervision

Will be included in both Online and in-person long seminars

Assignments

The required monthly reports must be carried out as per the guidelines and submitted in electronic format to the following email address: scuolapsicoterapiabte@gmail.com.

Attendance

Students in good standing with the documentation, the payment of the registration fee (ITI Card Student), and the annual fee have the right/duty to attend the lessons both online and in presence in order to get the required credits.

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Examinations

Evaluation takes place by:

- Reflection Journals
- Practical tests along the seminars
- Final Examinations (Test)
- Dissertation

Dissertation

The Final Master's Dissertation must be carried out as per the guidelines and submitted in electronic format to the following email address: scuolapsicoterapiabte@gmail.com.

Macro Courses 12 Weeks Single courses (Online) 3 credit each

Mandatory (both UU and ITI degrees)

- Integral Transpersonal Psychology Essentials
- Integral Transpersonal Psychology Roots and Methods
- Integral Transpersonal Skills (BTE Essentials).

Elective for (ITI degrees)

- Life Span Development and Human Experience
- Creativity, Critical and Integral Thinking
- Integral Transpersonal Counseling
- Working with Archetypal Forces
- The Shift: Integral Transpersonal Mindfulness
- Integral Transpersonal Soft Skills in Corporate
- Integral Transpersonal Body-Mind Work

In-Person Learning Journeys (36 Credits – 6 credits each)

Mandatory (both UU and ITI degrees)

- Beyond the Mind 1 (6 in-person credits) ITI
- Beyond the Mind 2 (6 in-person credits) ITI
- BTE Body Work (6 in-person credits) ITI
- BTE Body Work (6 in-person credits) ITI

Elective

- BTE Breath-Sound Work
- BTE Eye work
- BTE Freedom from the Known 1
- BTE Freedom from the Known 2
- BTE Constellation 1
- BTE Constellation 2
- BTE Beginning's Perls Ceremony

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- BTE Mastering of Transe
- BTE Transe Learning
- BTE Further Mode 1
- BTE Further Mode 1
- BTE Archetypal Forces 1
- BTE Archetypal Forces 2

The first year covers both the theory and practices of Biotransenergetics (BTE). We'll learn, among others, the Passage from the Zero, the Persistency of the Contact and the Mastery of the Transe.

Transe is that state or field that allows the individual to have a felt sense of direct contact with the Self, our true nature and its spiritual dimension. The word, Transe, describes a non-ordinary state of consciousness, from a psychological perspective, can be seen as an integral state of being on all the five levels of experience: physical, energetic, emotional, mental and spiritual.

Beyond the Mind Modules will provide:

All days include lectures, group discussions, in-depth experiential practice, supervised work with the skills and practices of Biotransenergetics, and learning how to effectively incorporate the use of BTE as Self-Mastery Soft Skills in your daily life or into your coaching or counseling practice.

Lectures on the theory, development, and practice of Biotransenergetics, maps of consciousness, non-ordinary states of consciousness, the five levels of experience, and theoretical models of psychotherapy, Keys of Awareness, Pillars of Transformation.

Experiential practice of archetypal movements to improve personal awareness of proprioceptive, visceral, and kinesthetic signals, and symbolic, archetypal, and imaginal processes accompanied with drumming and breathing to intensify sensorial experience
Passage from the Zero, Persistency of the Contact, Mastery of the Transe, Freedom from the Known, Shamanic Journey Archetypal, symbolic, imaginal process with drumming and breathing

Medicine circle: Self-mastery and Mindfulness practices, Captation, Auto-captation, mirroring.

Process of verbal and non-verbal communication in BTE through Four Dialogical phases and Five Maieutics categories

Integration through group sharing of the weekend insights, experiences, and learnings

Mandatory Readings

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- Walsh R. (2014). *The World of Shamanism, New view of an ancient tradition*, Llewellyn Publications Woodbury, USA, eBook part. I, II, III, IV.
- The Way of the Psychonaut (2019), Encyclopedia for Inner Journeys Volume One (MAPS) Santa Cruz, CA
- The Superconscious and the Self (1971), by Roberto Assagioli/Vargui, handed out by the Psychosynthesis and Education Trust, London
- Charles T. Tart (1992) *Transpersonal Psychologies: Perspectives on the Mind from Seven Great Spiritual Traditions*
- Lattuada P. L., (2012), *Biotransenergetics* 2nd Edition, ITI Edizioni, Milano, e-book
- Lattuada P.L. (2016), *Beyond the Mind: Theory and Practice of Transpersonal Psychology*, ITI Edizioni, Milano e-book
- Handbooks - BTE Maps and Models (provided every module to follow the lessons)

Elective Readings

- Harner M., (1980) *The way of The Shaman*, Harper and Row, NY
- Assagioli, R. (1969). Symbols of transpersonal experience. *The Journal of Transpersonal Psychology*, 1(1), 33-45.
- Tart, C. T. (1975). States of consciousness and state-specific sciences. *Journal of Altered States of Consciousness*, 2(1), 87–105.

- **BTE Body Mind Work (4 credits in-person) ITI**
- **BTE Body Mind Work (4 credits in-person) ITI**

BTE Body Mind Work Modules will provide:

Dreaming Body:

Psyché expresses the totality of the individual in its aspects of, among others, biological (Bios), emotional (pneuma), and mental (logos). In the practices of the Dream Body through the integration of ritual movements (mudras), breathing and sound (mantras) and mental visions (yantras), the mastery of psychic events (persistence of contact and mastery of transe) is realised, which creates the conditions for the increase of vital energy and access to the forces of the spiritual world.

Art of self-giving:

Working on the body means working on the psyche, which is why we speak of the Body mind. The different touches of the art of self-giving correspond to different elemental forces and convey their qualities in a path that accompanies the individual in his process of gradually identifying and overcoming his personal knots (contact, mobilisation, direction, transformation).

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Working with Archetypal Forces

According to BTE, working with the archetypal forces of nature means:

- Honoring the sacredness of every manifestation of the living
- To find and maintain contact with the spiritual dimension of the Self.
- To offer an archetypal cartography of the spiritual dimension of the Self.
- Offering unifying organizing principles of *Psyché*.

Eskimos are said to have many names for different types of snow, Indians likewise have many definitions for different types of consciousness that specify the differences.

When we cross the thresholds of ordinary, linear consciousness and access transpersonal dimensions we encounter contents of consciousness that are often ineffable and difficult to organise in cognitive terms. Imagine entering a garden full of a variety of plants and flowers that we have never seen before, or accessing a cavern full of tunnels in which we encounter living forms unknown to us.

Having a name to organize the different contents of consciousness, to put them in their place throughout our evolutionary day, to make them dialogue with each other and integrate them cognitively into the unifying principle of the Self means having at our disposal extremely useful tools to master our inner experience.

Owning a cartography of archetypal constellations in the same way as having the mapping of any territory, allows you to operate with mastery on that territory.

In our case the territory is represented by the dimensions of consciousness in its various components:

- Unconscious (linked to the shadow cast by sub-personalities),
- Conscious (related to personality traits),
- Super-conscious (repositories of the highest qualities of the spiritual Self).

• BTE Breath-Sound Work (4 credits in-person) ITI

BTE Breath-Sound Work will provide:

There are innumerable practices based on the breath, from the Vipassana of Buddhism to the Pranayama of Yoga, to the rebirthing and holotropic breathing of the most recent experiential psychotherapies.

The esoteric Taoist tradition speaks of internal breath to indicate the essential, transpersonal component of vital energy conveyed by the breath, Tibetan Tantric Buddhism uses the Voice as the third element between Mind and Body, to indicate the soul, we might say, the most authentic and profound dimension that in psychology we might indicate with the Self and that the Oriental tradition masters through mantras.

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The BTE proposes various practices based on breath and sound that can lead to deep experiences of transformation of consciousness, liberation from personal history and development of potential.

These include, among others: Freedom from the Known, Separation of Waters, Golden Thread, Recapitulation, Beyond the Boundaries, Transpersonal Spectrum, Grand Gesture, BTE Sound, Archetypal Breaths.

- **BTE Eye work (4 credits in-person) ITI**

BTE Eye work will provide

The use of the gaze in BTE offers a very incisive tool for tapping into depth, bypassing the defenses often used with speech, behaviour or writing in the body.

There are several practices able to get in contact with the depth of the soul, offering a direct access to one's true Self. Such as:

Eye Mirroring: One, None, One hundred thousand

Therapist observes the "masks", the identifications, the sub-personalities emerging from the other's gaze and from their voice, dialoguing with them through the Four BTE Dialogical phases and Five BTE Maieutics Categories.

Therapist, then, sees, beyond the defensive masks, the light of the Self, of the qualities, of the highest aspects of the person and, in the same way, gives voice to them through the Four BTE Dialogical phases and Five BTE Maieutics Categories.

In the third phase the therapist, in contact with the higher dimensions of his/her Self, leaves a message, an indication, a teaching to the client.

Archetypal looks

Every state of mind, every sub-personality is evident has its own view of the world and this obviously determines our experience of the world.

Accessing the dimensions of the Self through contact with the qualities of different archetypal forces helps to awaken these qualities and to recognize the shadows, the complexes that limit their recognition and expression within us.

In the practice of Archetypal Looks the therapist comes into contact with the client's eyes with a specific look, an expression for example of the mother's compassion or the firmness of the warrior. The client will thus be able to reflect and gradually adjust his or her gaze, recognising any limitations that may hinder him or her.

Mandatory Readings

- Walsh, R. & Vaughan, F. (1993) Paths beyond ego: The transpersonal vision, Tarcher/Putnam: New York.
- Wilber K. (1979), No Boundary: Eastern and Western Approaches to Personal Growth, Shambala, Boulder, Colorado.

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Wilber K. (1980), *The Atman Project*, Quest, Wheaton.

- Goswami, A. (1995). *The Self-Aware Universe*. Los Angeles: Tarcher. Graham, H. (1986) *The Human Face of Psychology*. Milton Keynes: Open University
- Lattuada P.L. (2022), *The Psychotherapy of the Future*, Cambridge Scholars Publishing.
- Lattuada P.L. (2010). *Second Attention Epistemology*. *Integral Transpersonal Journal*, 0, 7-52
- Handbooks - BTE Maps and Models (provided every module to follow the lessons)

Elective Readings

Tart C. (1987), *Waking Up: Overcoming the Obstacles to Human Potential*, iUniverse.com, Inc. Lincoln, NE.

Grof S. (2000), *Psychology of The Future: Lessons from Modern Consciousness Research*, SUNY Press, Albany, New York.

Soft Skills in Action

Characteristics of the Integral Transpersonal Psychotherapist and Counselor

- Mastery of inner experience (ecstatic ability, exploration of states of consciousness, knowledge of the transpersonal dimension)
- Awareness and compassionate love (persistence of contact, here and now, desiring the others' wellbeing)
- Overcoming one's personal history (freedom from the known, from emotional fullness)
- Empathic transidentification and comprehension (mastery of the Transe)
- Courage of imperfection (ability to make mistakes)
- Sacred attitude (trust, humility and devotion)
- Responsibility and creative will
- Participation and sharing with each other and the environment

Tasks of the Integral Transpersonal Psychotherapist and Counselor

- Responsibility (acceptance of one's own freedom)
- Creative will (potential development)
- Acceptance of one's uniqueness (to become what one is)
- Entelechy: courage to realize one's true Self
- Unity between one's conscious self and the various levels of the unconscious
- Evolutionary commitment to common well-being
- Affirmation of spiritual tension and acceptance of the difference between things as they are and how they should be.

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- Creative use of the influences of personal history, family and social environment
- To develop empathy.
- To develop self-awareness through inner experience
- To develop compassionate love through participation and sharing
- To explore and master non-ordinary states of consciousness

Boundaries of Integral Transpersonal Psychotherapist and Counselor

- Objective listening
- To help the client to "confess"
- To help the client understand and honour their nature
- To assist the client on their journey towards the realization of their creative and psycho-spiritual potentials
- To provide contexts that help to "dissolve" the problems towards a new vision of oneself, of others and of the world

Achievements

- Facilitate the intrinsic processes towards the healing of the organism, towards the maintenance of health and prevention of disease.
- Educate oneself to health and self-healing.
- Promote the recognition of one's creative potential.
- Influence the biochemical activity of the organism by mastering one's mental attitudes and states of consciousness
- Developing emotional intelligence and de-identifying from one's personal history
- Enhancing one's spiritual dimension and realising one's truest nature and live from the heart
- Freeing the creative expression of one's talents
- Mastering the inner experience and exploring States of Consciousness, the archetypal and transpersonal dimensions of the Psyche.
- Feeling, acting and thinking in an integral way (from knowledge to insight)
- Transcending the past and future in the present time (from Kronos to Kayros)



**INTEGRAL TRANSPERSONAL COUNSELING
SOFT SKILLS IN ACTION ACHIEVEMENTS**

THE EIGHT PILLARS OF TRANSFORMATION

- **Observing rather than... Thinking**
- **Staying rather than... Leaving**
- **Feeling instead of... Understanding why**
- **Facts, not Problems**
- **Trust instead of Control**
- **Allies, not Symptoms**
- **Acceptance instead of... Fighting**
- **Responsibility rather than... Delegating**

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Learning Outcomes Summary Achievements

General Subjects

History of Psychotherapy and Counseling

From the perennial philosophy to Rollo May, to Rogers, to Humanistic, Integral and Transpersonal Psychology. Theoretical Foundations, variables that intervene in the helping relationship, basic conditions.

Fundamentals of Integral Transpersonal Psychotherapy and Counseling

Being an Integral Transpersonal practitioner: the quality of the *dasein*, skills and micro-abilities; working on sensory, emotional, cognitive and relationship awareness; reflections on the setting and the therapeutic relationship. From transference, countertransference, empathy, intersubjectivity to Transe.

Communication, Choices and Change

Evolutionary maps and models, psychodynamics of processes, verbal approaches in the helping relationship, obstacles for change, chronicization, conservative structures, resistances, and defences.

Other Human Sciences, Holistic Paradigm, New Science

The Integral Vision, the holistic systemic vision, the new paradigm, the living systems, self-renewal and self-organisation, morphogenetic fields, implicate order, autopoiesis, the acquisitions of quantum physics.

Professions of the Helping Relationship: Boundaries and Elements of Psychopathology

Elements of psychopathology, recognition and delimitation of the scope of intervention.



Specific Subjects

BTE Methodology I, II, III, IV

Psychodynamics of the transformation process; the true nature of the healing relationship; maps, models and methods for a journey of Self-Realisation.

New perspectives in the humanistic and transpersonal approach: essential traits, historical roots, interpretative and intervention models; keys of awareness in BTE; clinical methodology, psycho-spiritual experiential practices.

Maps and Models, eight pillars of transformation; matrices and positions; archetypal constellations. Five Maieutic Categories, Four Dialogical Phases, Eight Pillars of Transformation. Clinical methodology, psycho-spiritual experiential practices. Essential lines of Biotransenergetics.

Olosomatic Principles

Within the problem there is the solution, within the disease there is potentiality, within the discomfort lies the resource. Understanding the meaning of physical discomfort to facilitate transformation. Every disturbance or disease can be understood in its meaning and in the message, it carries in itself. This will help to heal. Thus, the forces of self-healing are within us, and we can stimulate them to (en)act. The system of the body, the energetic body, emotions, mind, and soul.

Technologies of the Sacred

The original tradition, shamanism., The culture of the transe. Drumming, chanting, dancing, ceremonies. The Orixàs, A transcultural reading of the Archetypal Constellations. Mastering entheogenic experience.

Integral Transpersonal Self-mastery

The experiential therapies. The transpersonal model. The spiritual dimension in therapy. The management of "transpersonal crises". Recognition and enhancement of the creative potential of the symptom. Phenomenology of holotropic states.

Technologies and intervention models for the prevention and management of "stress". The helping relationship. Principles and methods of counseling and coaching; Counseling in the humanistic and transpersonal approach.

Elements of Diagnostics Codes

Matrices and positions in Biotransenergetics. Traditional diagnostic models. Wrists and meridians, chakras, aura. Body reading. Contact practices, integrated diagnosis, the art of self-giving.

Humanistic and Transpersonal Psychology

History, Assumptions and Identity of Transpersonal Psychology. States of consciousness and the Self.

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Principles and methods of humanistic and transpersonal psychology. Essential traits. Transpersonal models of evolution Transpersonal Psychologies Paths beyond ego.

Integral Transpersonal Vision

Integral Theory of Consciousness Integral Transpersonal approach
Transe-cognition, Second Attention. Further Mode, Integral
Transpersonal Thinking.

Course Director

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

He is a Medical Doctor.

He studied Chinese traditional medicine, homeopathy, iridology and psycho-corporeal therapies

Founder of Biotransenergetics, Pier Luigi is the Director of the Transpersonal Psychotherapy School in Milan, which has been fully recognized by the Ministry of Education University and Research since 2002.

He is Faculty and chair of the Department of Integral Transpersonal Psychology at Ubiquity University.

He is President of EUROTAS, Global Transpersonal Network.

Pier Luigi has published twenty books and several scientific articles

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