



EastWest Transpersonal

TRAINING SCHOOL

Program EastWest Transpersonal Training 2026/ 2027

(Status: 04.06.26)

Red colored topics have been decided, but the dates have not yet been finalized!

Options for 2026 see below

Module 8

Transpersonal Counseling Skills and Holotropic States of Consciousness: Regression, Psychedelics, Trauma

13.01.26: Healing Potential of Holotropic States of Consciousness (Lyudmila Skartsesku)

20.01.26: The Healing Process and Counseling Skills (Lyudmila Skartsesku)

27.01.26: Main Stages of the Counseling Process. Practice 1 (Lyudmila Skartsesku)

03.02.26: Two Stages of Counseling. Practice 2 (Lyudmila Skartsesku)

10.02.26, 6:30 p.m.!: Holotropic Breathwork and the work with Psychedelics (Dr. Ingo Jahrsetz)

17.02.26: Forbidden Wisdom: Psychedelics as a Source of spiritual Experience (Stephan Schillinger)

24.02.26: Introduction and Dangers for Beginners in Using Psychedelics (Stephan Schillinger)

03.03.26: Psychedelics in Recreation and therapeutic Settings (Rita Aguila)

04. – 08.03.26: Intensive in Todtmoos - Holotropic Breathwork and Seminar with Nicolas Cambas: “Harmony in Shadows.” (Traumawork)

10.03.26: Student’s Meeting

17.03.26: Psychedelic Experiences and Expanded States of Consciousness in Therapeutic Context I (Manal Al-Hammadi)

24.03.26: Psychedelic Experiences and Expanded States of Consciousness in Therapeutic

Module 9

Dealing with Clients, Trauma, Music in HB

31.03.26: Love in the context of Psychotherapy (Bernadette Blin)

07.04.26: Demonstration of the Healing Process (Lyudmila Skartsesku)

14.04.26: The Alchemy of Trauma: Forging Transpersonal Gold from Life's Deepest Wounds (Dr. Kisten Cameron, PhD)

21.04.26: Gestalt Work with Chair I (Lilian Gscheidel)

28.04.26: Gestalt Work with Chair II (Lilian Gscheidel)

05.05.26: Gestalt Work with Chair III (Lilian Gscheidel)

12.05.26: Gestalt Work with Chair IV (Lilian Gscheidel)

19.05.26: Gestalt Work with Chair V (Lilian Gscheidel)

26.05.26: Gestalt Work with Chair VI (Lilian Gscheidel)

02.06.26: Music in Holotropic Breathwork (Kati Wortelkamp)

09.06.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

Module 10

Transpersonal Psychotherapy, Individual Constellations, Foundation of Breathwork

16.06.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

23.06.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

30.06.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

01.07. – 05.07.26: Intensive in Todtmoos: Holotropic Breathwork and Seminar with Lyudmila Skartsesku: How to work with a Group

07.07.26: Student's meeting

14.07.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

21.07.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

28.07.26: Individual Constellations in the group (Erik Anderson and Dr. Cathy Geils)

August: Summer Holidays

01.09.26: Setting and concept of Holotropic Breathwork (Kati Wortelkamp)

08.09.26:

15. – 20.09.26: Intensive in Todtmoos Module 11: 15.-17.09. Holotropic Breathwork and from 17.09. afternoon until 20.09. 13:30 Rainer Pervöltz: Working with the Old Central and the Essence

15.09.26: Student's meeting

22.09.26: Strategy of Holotropic Sessions 1 (Lyudmila Skartsesku)

Module 11

Transpersonal Counseling and Foundations of Breathwork, Trauma

29.09.26: Strategy of Holotropic Sessions 2 (Lyudmila Skartsesku)

06.10.26: Strategy of Holotropic Sessions 3 (Lyudmila Skartsesku)

13.10.26: Strategy of Holotropic Sessions 4 (Lyudmila Skartsesku)

20.10.26: no lecture ! Start of **Eurotas PreConference** in Greece

27.10.26: Supervision 5 (Lyudmila Skartsesku)

03.11.26: Supervision 6 (Lyudmila Skartsesku)

10.11.26: **Death and Rebirth in Stan Grofs Work. What is the Death of the Ego? (Ingo Jahrsetz)**

17.11.26: **Integration Therapy (Stephan Schillinger)**

17. – 22.11.26: Intensive in Todtmoos (Module 12): Holotropic Breathwork and Family Constellation with Stephan Schillinger

24.11.26: Integration (Stephan Schillinger)

01.12.26: **Spiritual Emergency and Spiritual Resistance (Tina Lindhardt, PhD)**

08.12.26: **Psychopathology in Grof's Point of View (Kati Wortelkamp)**

Module 12

Transpersonal Counseling and Foundations of Breathwork

15.12.26: **Ken Wilber 1 (Pier Luigi Lattuada)**

22.12.26: **Ken Wilber 2 (Pier Luigi Lattuada)**

23.12.26 – 04.01.27: Christmas Holidays

(not included in the training, but counted as self-exploration)

- 16.-19.04.26: Double Holotropic Breathwork in Todtmoos (English/ German)
- 22.-24.05.26: Eurotas Symposium in Portugal: "Happy Babies – Full Incarnations"
<https://almaeurotas.pt/>
- 29.-31.05.26: Grand Breathwork Day in Bukarest/ Romania with Lyudmila Skarstsescu (English/ Romanian)
- 05.-07.06.26: Summer School in Moldova (Russian/ English/ Spanish)
- 31.07.-02.08.26: Triple Grof Breathwork in Riga/ Latvia with Sigits Duduris (English/ Latvian)
27. – 30.08.26: Double Holotropic Breathwork in Todtmoos with Ursula Boger (English/ German)
- 21.-25.10.26: 26. Eurotas International Transpersonal Conference in Greece: "Myth, Mystery & Transformation" <https://eurotasconference.com/> (Probably with Pre-Conference Holotropic Breathwork with Kati and Lyudmila 19.-20.10.26)
10. – 13.12.26: Double Holotropic Breathwork in Todtmoos with Ursula Boger (English/ German)

2027

Intensives

24. – 28.02.27: **Bodywork in Holotropic Breathwork with Gisela Möhle**
06. – 11.04.27: **Holotropic Breathwork and from 08.04. afternoon to 11.04. until 1:30 p.m. Rainer Pervöltz: Working with the "Old Central" and the "Essence"**
01. – 04.07.27
16. – 19.09.27
18. – 21.11.27

- 05.01.27: Ethics in the work with Holotropic states of consciousness (Kati Wortelkamp)
- 12.01.27: Transpersonal approach to Psychopathology, Psychospiritual understanding of Bipolarity. Psychodynamic technique: Two chair staging for self-interruptiv splits. (Dr. Stefan Dressler)
- 19.01.27: What is therapy and how does that fit with a spiritual journey? (Tina Lindhard)

26.01.27: History of Transpersonal Psychology (Kati Wortelkamp)

02.02.27: How to end the (inner) War (Kati Wortelkamp)

09.02.27: Art Therapy (Ingrida Indane)

16.02.27: Perinatal Experience and its impact on personality development (Lidia Maidan)

- Perinatal Experience and its impact on personality development, Part II (Lidia Maidan)
- Transpersonal approach to borderline. Transference and projections. (Dr. Stefan Dressler)
- Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Shame (Dr. Stefan Dressler)
- Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Fear (Dr. Stefan Dressler)
- Key feelings in dealing with patients and workshop participants – views from a transpersonal point of view: Guilt (Dr. Stefan Dressler)
- Spiritual crisis or psychic disorder? How to deal with it (Dr. Stefan Dressler)
- How sound affects the brain/ Music in Holotropic Breathwork I (Fabio Malizia)
- How sound affects the brain/ Music in Holotropic Breathwork I (Fabio Malizia)

Module 13

Practice, Assistances and Supervision in Breathwork Therapy

Assistances, Exame Groups, Supervision in Holotropic Breathwork

