



# DIMUTARA – The Art of Healing

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Training concept for the basic first year study in Healing Arts Therapy®

Module IA *Introduction to the Life-Art Process®:*

Movement Ritual, active Visualisation Process, Movement Exploration, Drawing diary, Creative Writing, the 3 Levels of Awareness and Response, the 5 Part Process.

IB *Body-Mind Awareness:*

Sensory Awareness, Feldenkrais, Gestalt Dialoging, Breath work, The I-Thou Relationship®.

Time frame IA+IB total 10 days, this basic tools we'll be applied and practiced throughout the entire training.

Module II *The shadow within:*

Working with the wounded Child/Self within

Time frame 3 days intense

Module III *Communication skills*

Active Listening, Motivational Interviewing,

Time frame will be practiced throughout the first and second year, 2 days

Module V *Outdoor training in the wilderness:*

Nature as a mirror of our Self: experiencing ourselves as part of nature, we discover each of the elements as an archetype in ourselves.

Time frame summer intensive: 10 days in July/August

Module IV *Journey through our body parts:*

Revealing the mythology of the body parts; feet-legs, pelvis, belly, spine, chest-shoulder, arms-hands, neck-head, left-right side.

Drawing and performing of a life-size Self portrait as a final integration.

Time frame 10 days

In total 35 training days – equivalent to 210 experiential hours

Healing Arts Therapy

Elisabeth Guentert Bay, Expressive Arts Therapist MA, BCATR



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Module VI	<i>The universal language of colour, sound and form:</i> We discover their symbolic and archetypal message and how they relate to each other. Becoming aware of our personal connection to colour sound and form, helps us to understand our individual life themes and goals.
Time frame	4 days (1 day for each subject plus interconnection)
Module VII	<i>Connecting with our inner body:</i> Revealing the mythology of the <b>organs</b> , (kidney, heart, liver, spleen, ovary/prostate, pancreas, lungs, glands (thyroid, thymus, hypothalamus, pituitary), <b>hollow organs</b> (stomach, intestine, gallbladder, urine bladder) and <b>tissues, bones, vessels</b> .
Time frame	10 days intense
Module VIII	<i>Outdoor training in the wilderness:</i> Reconnecting with the Elemental Beings, the Earth energies and the Spiritual Forces in Nature
Time frame	10 days
Module IX	<i>Journey through our energy body:</i> Experiencing, exploring and expressing the energy of the Chakras, the Aura, and the Meridian system.
Time frame	5 days
Module X	<i>The shadow within:</i> Experiencing our karmic body (lucid dreaming)
Time frame	3 days
Module IX	<i>Journey through our spiritual body:</i> Healing Sounds: from the Tibetan/Bon Tradition, Sound Prayer: the Sefirot system from the Kabbala, Movement prayer: from different traditions, finding your personal spiritual practice, the silent, secret space within.
Time frame	3 days

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