



Heartfulness Education Ltd.

高雄市左營區自由二路230號2樓, 台灣

2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)

Tel : 886 75581026

UI 身體情緒釋放第二階段

SOMATOEMOTIONAL RELEASE 2 WORKSHOP

日期Date : **2026/09/11~2026/09/14**

語言Language : **中英文講義、英文演講English speech、中文口譯Consecutive interpreting**

研習時間Time: 9:00 a.m. to 5:30 p.m. Days 1-3

(中文口譯研習內容需時較長可能延至p.m.6:30下課)

9:00 a.m. to 3:30 p.m. Day 4

(中文口譯研習內容需時較長可能延至p.m.4:30下課)

一、研習簡介Course Description :

這是一門進階的研習，研習設計目的在於：教會學員如何整合SomatoEmotional Release技術與各種心像和對話方法。學員會更加精熟SER技術，並專注於治療心像對話技能的發展。本研習還將複習和延伸溝通表達方式技巧；目標是舒適的整體介入患者的身，以解決與病人/客戶進步和成長有關的問題與障礙。研習包括演講，示範和練習。

This advanced level workshop was designed to teach participants how the SomatoEmotional Release technique may integrate with various creative imagery and dialoguing methods. Participants will become more proficient in the SER techniques and focus on the development of therapeutic imagery and dialoguing skills. This workshop will also review and enlarge upon the release techniques for the avenue of expression. The goal is a comfortable wholistic mind-body approach to the resolution of problems and obstacles related to patient/client progress and growth. It includes lecture, demonstration, and

practice for each technique presented.

研習重點 Course Highlight :

- 指出病史、關鍵概念和心理綜合法的治療過程，完形治療與榮格心理學。
Locate the history, key concepts and therapeutic process of psychosynthesis, Gestalt and Jungian psychology
- 演示以身體情緒釋放、心像對話整合與介入心理綜合法、完形治療與榮格心理學。
Demonstrate application of the integration of psychosynthesis, Gestalt and Jungian psychology with SomatoEmotional Release and therapeutic imagery and dialogue
- 區分咽喉和硬顎的技術以釋放發聲器官。
Classify the throat and hard palate techniques for releasing vocal apparatus
- 區分邀請圖像的方法、維持非邀請圖像和發現圖像目的的方法。
Differentiate methods for inviting a solicited image, maintaining an unsolicited image and discovering an image's purpose
- 進行促進患者和意識之間的對話技術。
Conduct skills for facilitating dialogue between the patient's levels of consciousness
- 命名心像對話十部曲。
Name the 10-Step Protocol for imagery and dialogue
- 演示主動心像、原型、自我意識之間的對話和促進心像。
Demonstrate exercises in active imagination, archetypes, self awareness and dialogue and facilitated imagery
- 處理介入夢境功課。
Solve approaches to dreamwork
- 結合持續關注顱薦律作為重要指標。
Match continued focus on craniosacral rhythm as significance indicator
- 回答任何相關課前問題。
Answer any questions regarding the prerequisite courses.
- 解釋 CST 與SER 之間的關聯性。
Explain the continuum of information and techniques of CST and SER.
- 詳述 CST 與SER 的基礎解剖、技巧、原則和實踐。
Describe the basic anatomy, techniques, principles and practice of CST to SER.
- 比較SER 和心理學理論及實踐的差異。
Compare the difference between SER and Psychology in theory and practice.
- 區辨SER 的適應症。
Identify contraindications for SER.
- 解釋個案和治療師角色的自我責任。
Explain the role of self responsibility both as a client and a therapist.
- 解釋「內在醫師」原則在SER 的關鍵角色。
Explain the key role of the principle of "Inner Physician" in SER.
- 列出IP (內在醫師) 在不同治療層級的各種形式。如：身體、能量、情緒、精神。
List the various forms the IP takes at various levels of Therapy. Ex. Physical, Energetic,

Emotional, Spiritual.

- 治療過程中追蹤關鍵偵測點。
Track the Significance Detector within therapeutic processes.
- 描述你在不同治療層級的各種形式達到「中立」。如：身體、能量、情緒、精神。 Describe you to attain 'Neutrality' at various levels of therapy. Ex. Physical, Energetic, Emotional, and Spiritual.
- 演示治療中如何適當地融入。
Demonstrate how to Meld appropriately in the therapy.
- 解釋意念的角色以及與 CST 和SER 的關係。如：意念接觸以及和心像對話之間的關係。
Explain the role of intention as it relates to CST and SER. Ex. Intentional touch and its relationship to imagery and dialogue.
- 演示如何跟隨身體組織、動作和模式進入關鍵釋放擺位。
Demonstrate how to follow body tissues, movements and patterns into significant positions of release.
- 解釋弧動和如何促進能量囊釋放。
Describe Arcing and how to facilitate Energy Cyst Release.
- 解釋內在醫師、意念、中立、融入和促進的治療協同作用。
Describe the therapeutic synergy of Inner Physician, Intention, Neutrality, Melding, and Facilitating.
- 解釋SER 中如何整合各經絡的基礎理論和臨床實踐。
Explain how to integrate very basic acupuncture theory and practice with SER.
- 傾聽其他人分享並顯示每個SER 過程的獨特性。
Listen to others share their experiences and appreciate the uniqueness of each individual SER process.
- 解釋如何探索整體和身體特殊部位的圖像經驗意義。
Describe how to explore the experiential meanings of images in general and as specific body parts.
- 演示觸診身體與個人和原型圖像之間的關聯。
Demonstrate palpating the soma in relationship to individual and archetypal images.
- 描述身體心像過程和個案的其他角色。
Describe the somatic imaging process of others in the role as client.
- 以療癒為目的，連結以個體人或原形形式的內在醫師。
Engage the Inner Physician in the individual and archetypal forms it takes for healing.
- 解釋Upledger 完成生物過程的模型。
Explain the Upledger model of Completion of Biological Processes.
- 描述心理綜合模型，因為它涉及整體和整合醫療保健和福祉。
Describe the Psychosynthesis model as it relates to holistic and integrated healthcare and wellbeing.
- 演示如何促進顱薦椎系統整合身體-心智-靈魂的過程。
Demonstrate how to facilitate the CranioSacral System' s Integration of body-mind-spirit processes.

報名資格Prerequisite :

已修畢UI身體情緒釋放第一階段(SER1)。

講師介紹 Instructor : Dr. Chas Perry, Ph.D., CST-D



Dr. Chas Perry 1983年在洛杉磯國際學院得到心理學博士學位。他的論文主題是「自我感知的解剖」(An Anatomy of Self-Perception)，並在臨床實踐中強調有助於身體的系統功能，並構成意識的動力和自我形象的感覺和情緒。

Dr. Chas Perry於1972年學習顱薦椎療法，並於臨床中，廣泛的以治療創傷經歷提高患者的生活。此外，他還研究內臟鬆動術、Reichian Therapy、身體感覺意識(Somato-Sensory Awareness)、海豚及馬輔助治療、世界整合療法(World Integrative Therapy)。他同時在精神科醫院教授、組織和推動許多支持小組。

1994年起，Dr. Chas Perry加入HealthPlex Clinical Services，成為專職顱薦椎治療師。他是許多Upledger Institute許多課程，如：SER2和高階顱薦椎治療系列、水中生物探索等課程的專業講師。他還積極參與Upledger基金會針對越戰老兵的創傷後壓力症候群的治療計劃。

課前參考資料Required Advance Reading:

《*SomatoEmotional Release and Beyond*》 by John E. Upledger, DO, OMM

(本書心意識全人學苑有販售，歡迎洽詢)

課程表Class Outline :

第一天 Day One

9:00 - 10:30	Introductions Outline of seminar Overview of SomatoEmotional Release (SER), review of SomatoEmotional Release 1 (SER1) Comparison and contrast between SER and energy cyst release Patient/Client (P/C) - teacher/facilitator connection and process Intentional touch Melding and being present Significance detector Use of dialogue - both conscious and non-conscious Following the P/C inner wisdom/non-conscious through the therapeutic process Review of meridia The Viscero emotional relationships Methods of opening the 6 yin meridia Integration with SER Multi-therapist team work Teacher/Facilitator and Assistant roles Melding and connecting through the P/C
10:30 - 10:45	Break
10:45 - 12:00	The Avenue of Expression lecture Definition and introduction Clinical implications Preliminaries to avenues of expression protocol Techniques protocol (chart per workbook) Demo with skull Hard palate Maxillae Vomer Palatines Suprahyoid tissues Tongue Teeth and gums Zygoma Nasal bones Rebalance hard palate
12:00 - 1:30	Lunch
1:30 - 3:30	Demonstration with student Thoracic inlet Infrahyoid tissues Retrohyoid tissues Hard palate

Suprahyoid tissues
Tongue
Teeth and gums
Zygoma
Nasal bones
Rebalance hard palate
Rebalance mandible

3:30 - 3:45 Break

3:45 - 5:00 Demonstration with student to include TA in assistant role to demonstrate multi-therapist session
Questions and answers from students
Practice - student supervision

第二天Day Two

9:00 - 10:30 Review from previous day material, questions and answers
Avenue of Expression
Definition and Introduction
Clinical Implications
Anatomy of the soft tissue of the throat
Muscles of the Hyoid
Retrohyoids
Suprahyoids
Infrahyoids
Tongue
Teeth and Gums
Treatment of the Retrohyoid tissues
Treatment of the Infrahyoid tissues
Review of Hard Palate Protocol from CranioSacral Therapy II
Zygomata
Maxillae
Vomer
Palatines

10:30 - 10:45 Break

10:45 - 12:00 Treatment of the Suprahyoid tissues
Treatment of the Tongue
Treatment of the Teeth and Gums
Treatment of the Nasal Bones
Rebalance of Hard Palate
Release of the Mandible
Demonstration with Student illustrating Avenue of Expression Protocol
Questions and answers from students regarding the demonstration

- 12:00 - 13:30 Lunch
- 13:30 - 15:30 Supervised Student Practice Sessions
- 15:30 - 15:45 Break
- 15:45 - 17:00 Working in groups of three - alternating roles as therapist, client, and assistant

第三天 Day Three

- 9:00 - 10:30 Morning discussion; question and answer session
Carl Jung and SomatoEmotional Release
 Introduction and general background
 Freud, Jung, and Helmholtz
 Clarify our use of words “unconscious” and “non-conscious”
- 10:30 - 10:45 Break
- 10:45 - 12:00 Have students do exercise #1 (page 33 of study guide)
 Personal unconscious
 Collective unconscious
 Persona
 Anima/animus
 Shadow (review exercise #1)
 Individuation
 Active imagination (exercise #2 optional)
- 12:00 - 1:30 Lunch
- 1:30 - 3:30 Completion of biological processes
 Development of theory
 Reproduction
 Pregnancy
 Labor, delivery and bonding
 Fetal development
 Conception to death
 Facilitation process
 Demo with student
 If possible, select a student who has a biological process to complete
- 3:30 - 3:45 Break
- 3:45 - 5:00 Use imagery and dialogue to facilitate completion
 Demonstrate multi-therapist session by having TAs and students participate in the session per the student demo’s request to have everything “just the way they want it”
 Questions and answers
 Supervision of student SER

第四天Day Four

- 9:00 - 10:30 Morning discussion; question and answer sessions
The psychosynthesis model and SomatoEmotional Release
Psychosynthesis introduction and general background
Practical application
Draw diagram (page 43 on chart)
- 10:30 - 1:45 Break
- 10:45 - 12:00 Cover basic categories (1 through 7, page 43)
Relate to SER
Inner physician and guidance
Coma experiences
Trauma recovery
Life enhancement
Vertical mobility
- 12:00 - 1:00 Lunch
- 1:00 - 3:30 Variations of mind-body-spirit models
Integration of models
Truth vs. model and accepting change
Brain Speaks examples
Recent developments in CranioSacral Therapy, SER and related subjects (dolphins, vibration therapy, Brain Speaks, etc.)
Show and discuss Post-Traumatic Stress Disorder video (optional)
- 3:30 - 3:45 Break
- 3:45 - 4:30 Facilitate closure of workshop (demonstration optional)
Supervision of students SERs
Complete evaluations
Review evaluations with TAs if possible.

二、主辦單位Organizer：心意識全人學苑 Heartfulness Education Ltd.

三、協辦單位Co-organiser：嘉衡健康研究中心

四、研習地點Study place：高雄市左營區自由二路230號2樓

Well Balanced Physiotherapy Clinic: 2F., No. 230, Ziyou 2nd Rd., Zuoying Dist.,
Kaohsiung City 813, Taiwan (R.O.C.)

五、人數上限: 30 人(含複訓 4 名)。

Maximum number of class student: 30 people (including 4 people of refresher training)

※複訓者：請填寫資料在備註欄裡註明<複訓,以及第一次上課的年月份>。

※For those who are returning training to the class: Please fill in your information and indicate < refresher training, and the year /month of the first class> in the remarks column.

六、報名方式與費用The way to register and fee

■研習費用:**36000元**

費用不包括午餐，課間休息時間提供茶水及小點心。

■Course fee: **NT\$ 36000**

The fee does not include lunch. Tea、water and snacks available during breaks.

■付款方式：線上刷卡/ATM轉帳/銀行匯款（須於 5 個工作天內完成）

Payment methods: Online card payment/ATM transfer/bank transfer (must be completed within 5 business days)

◆匯款資料如下:

→國內匯款帳號如下:

台新銀行代號:(812)北高雄分行

帳號: 2046-01-0002601-0

戶名:心光塾有限公司

→國外匯款指引：International Payment Instructions

一、受款人資料 (Beneficiary Information)：

受款銀行(A/C with Bank)	Taishin International Bank (SWIFT Code : TSIBTWTP)
受款銀行地址(Bank Address)	No. 360, Bo-ai 2nd Rd, Zuoying District, Kaohsiung City, 813
分行別(Branch)	North Kaohsiung Branch
受款人姓名(Beneficiary's Name)	Heartfulness Education Ltd.
受款人帳號(Beneficiary's A/C No.)★	<u>2046-01-0002601-0</u>
受款人電話(Beneficiary's Tel No.)	07-5581026
受款人地址(Beneficiary's Address)	2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 81358, Taiwan (R.O.C.)

★國外報名學員 (For International Applicants):

請於 5 個工作天內完成匯款，並將匯款單照片 (或憑證截圖) 及匯款日期，發送至我們的電子信箱：
wellbalanced0001@gmail.com。經核對款項後，您的名字將進入「已匯款名單」，即代表完成報名。

Please complete your payment within 5 working days. Once paid, email a photo of your remittance receipt and the payment date to: wellbalanced0001@gmail.com. Upon verification, your name will be updated to the "Paid" list, finalizing your registration.

◎ 國外匯款帳號與匯差說明 (Payment Accounts & Exchange Rate Policy):

匯款幣別 (Accepted Currencies):

我們接受美金 (USD) 或 台幣 (TWD) 匯款。

We accept payments in both USD and TWD.

匯差與金額調整 (Exchange Rate & Balance Adjustment):

因各課程研習費用不同，且受匯率波動影響，我們採「多退少補」原則。若匯入金額與實際課程費用有差額，請於研習期間洽詢櫃檯人員辦理。

Due to currency fluctuations and varying course fees, we operate on a "balance adjustment" policy. Any difference between the transferred amount and the actual tuition fee will be settled (refunded or collected) during the workshop. Please contact our reception desk on-site for assistance.

七、住宿資訊 Accommodation Information :

(一) 世奇商旅：高雄市左營區裕誠路450號/電話：[07 557 2299](tel:075572299)，步行500公尺。Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299。550 meters by walking distance.

(二)理歐 111 計時空間：[地址](#)：高雄市左營區立信路111號/[電話](#)：[0982 170 885](#)，步行500公尺。

(三)帕可麗酒店：高雄市鼓山區文信路192號/[電話](#)：[07 962 8800](#)，步行750公尺。Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800, 750 meters by walking distance

(四)巨蛋旅店：高雄市鼓山區文忠路1號/[電話](#)：[07 586 8388](#)，步行800公尺。
Hotel R14: No. 1, Wenzhong Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.)
/+886 7 586 8388, 800 meters by walking distance

(五)御宿商旅 明華館：高雄市鼓山區明華路257號/[電話](#)：07 522 2658，步行1100公尺。Royal Group Hotel : NO.257, MINGHUA RD, GUSHAN DISTRICT, KAOHSIUNG, TAIWAN(R.O.C.)，1100 meters by walking distance

八、注意事項 matters need attention

(一)主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及 Line 群組為主，不另行個別通知。

The organizer will provide tea and snacks, please bring your own eco-friendly cups. If a natural disaster reaches the standard of suspending classes, announcements on the website and Line groups will be the main ones without any individual notification.

(二)退款機制:繳費後申請退費者

退費規定 | Refund Policy

若需取消報名，退費金額將根據提出申請的時間（以研習首日為基準）進行計算：

Refunds for cancellations will be processed according to the following schedule, based on the number of days prior to the course start date:

1. **研習60日前**提出退費者，酌收行政作業費 **NT\$2,000 元**後退還餘額。

60 days or more prior: Full refund minus a NT\$2,000 administrative fee.

2. 研習前第59日至30日提出退費者，退還當期開班約定繳納費用總額百分之 80。

30 to 59 days prior: 80% refund of the total tuition fee.

3. 研習前第30日至第7日提出退費者，退還當期開班約定繳納費用總額百分之 50。

7 to 29 days prior: 50% refund of the total tuition fee.

4. 研習前第6日到前1日提出退費者，退還當期開班約定繳納費用總額百分之 30。

1 to 6 days prior: 30% refund of the total tuition fee.

5. 實際研習第 1 日（包含第 1 日）後，恕不退費。

On or after the first day of the course: No refunds will be issued.

注意事項：Important Notes

銀行手續費：國際退款所產生之銀行手續費或匯費，需由申請人自行負擔。

Bank Fees: For international refunds, any applicable bank intermediary fees or wire transfer charges will be borne by the applicant.

(三)研習開始前兩個月，若報名人數未達 6 成，主辦單位保留舉辦與否的權利;如遇特殊因素，以致研習停止舉辦，則全額退費。

If the number of registrants does not reach 60% two months before the start of the course, the organizer reserves the right to cancel the course. In case of special circumstances leading to the cancellation of the course, a full refund will be issued.

(四)錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

In the admission list, if there is a cancellation of registration, the candidates will be admitted in order from the waiting list.

(五)為避免觸犯 BI 總部著作權之規定，研習進行中請勿拍照及錄影。

To avoid violating the copyright regulations of UI headquarters, please do not take photos or videos during the course.

(六)研習時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

If there are any changes of class time and location, we will notify you respectively. Please be sure to fill in the relevant contact information.

(七)請著舒適、寬鬆的衣服，便於研習中的操作練習。

Please wear comfortable, loose-fitting clothing to facilitate the practice during the course.

九、交通位置

【大眾運輸工具 - 捷運】

→搭乘捷運：高雄捷運紅線至「R14 巨蛋站」，由 4 號出口 出站。

→步行路線（約 700 公尺，步行約 10 分鐘）：

出站後，沿著 裕誠路 往東步行（朝自由二路方向）。

直行約 600 公尺至 自由二路 路口。

右轉進入 自由二路，前行約 100 公尺即可抵達目的地。

中心地址：高雄市左營區自由二路230號2樓（心意識全人學苑）



