



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 身體情緒釋放第一階段

SOMATOEMOTIONAL RELEASE 1 WORKSHOP

日期Date : 2026/09/05~2026/09/08

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 :

這是一門顱薦椎進階的研習，研習設計目的在於：進一步提升顱薦椎療法以及其他輔助性療法的治療效果。學員將學習到疾病的生理機制，並參與「身體情緒釋放」實際操作訓練。研習結束後，您將能夠從您的患者/客戶的身、心釋放過往創傷及負面情緒、經驗留下的殘存效應。研習內容包括理論講授、示範及每一種手法的實際操作。

This advanced level workshop offers applications designed to enhance results using CST and other complementary therapies. Participants will learn about the physiological mechanism of disease and will participate in hands-on training to facilitate the SomatoEmotional Release process. By the end of the course, participants should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of your patients/clients. It includes lecture, demonstration, and practice for each technique presented.

■研習重點 Course Highlight :

- 解釋如何運用顱薦椎療法原理來釋放身、心殘存的創傷效應。
Explain how using the principles of CranioSacral Therapy can help rid the mind and body of the residual effects of trauma.
- 示範如何將手法、口語技巧，以及其他自癒療法加以整合，進而運用。
Demonstrate how to integrate hands-on techniques with verbal dialoguing skills and other methods that emphasize self-healing.
- 協助患者辨認及釋放能量囊，並卸除負面情緒經驗，這些負面情緒經驗往往會阻礙組織釋放。
Explain ways to help patients identify and expel energy cysts and resolve negative emotional experiences that may be inhibiting structural releases.
- 如何暢通「表達渠道」—面部的顱骨、硬顎、喉、頸部以及舌骨...等整體結構。
◦ Demonstrate ways to work with the “Avenue of Expression” — the facial bones and the palate combined with the structures of the throat, neck and hyoid bone.
- 示範如何提升觸診、傾聽以及全身評估技巧。
Demonstrate improved palpation, listening and whole-body evaluation skills.

■報名資格 Prerequisite :

已修畢 **CS2 顱薦椎手法第二階** Completed Craniosacral Therapy Level 2 (CS2)

◆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)

研習表Class Outline :

第一天 Day One

9:00 - 10:30

Introduction Outline of Seminar
Overview of Seminar and review of CranioSacral Therapy II
Energy Cyst Definition and History of Discovery
Energy Cyst Formation
Energy Cyst Palpation Arcing
Releasing Energy Cysts from the Tissue Direction of Energy
Regional Tissue Release
Introduction to the concept of the Inner Physician
Role of the Therapist as Facilitator
Significance Detector
Abrupt Stoppage of the CranioSacral Rhythm
Basic Properties
Difference between Stillpoint and Significance
Detector Subtleties of the Significance Detector
Using the Significance Detector to Track the Inner Physician Regional
Tissue Release

10:30 - 10:45

Break

10:45 - 12:00

When to create a barrier vs. when to support movement
SER (SomatoEmotional Release) - How does it differ from simple Energy Cyst
Release
 Recognizing SER when it occurs
 Tissue Reaction and changes in the energy field that signal the onset of an
 SER
Role of the therapist during the onset of an SER
Tissue Memory
 Release of past information from the tissue during SER Role
 of body position in SER
 Release of energy during SER
 Dealing with memory or emotion that comes up during SER
Resistance
 How to recognize Resistance when it arises
 Resistance exhibited in the tissue Resistance
 exhibited in the energy field Resistance exhibited

- in the psyche
- Role of the therapist in regards to Resistance
 - Honoring Resistance
 - Reducing conflict towards healing in the tissue
 - Providing Support so that Resistance feels it is, safe to allow change to occur
- Authentic Release
 - Recognizing Tissue Release Signs Short-term Resolution vs. Long-Term
- Multi-Therapist Treatment
 - Role of the Lead Therapist Role of the Assistant
 - Role of the Client
 - Melding and connecting through the client
- Demonstration with Student illustrating simple Energy Cyst Release vs. SER
- Questions and answers from students regarding the demonstration Supervised Student Practice Sessions
- Working in groups of three - alternating roles as therapist, client, and assistant

第二天Day Two

9:00 - 10:30	<ul style="list-style-type: none"> Review from previous day material, questions and answers Avenue of Expression Definition and Introduction Clinical Implications Anatomy of the soft tissue of the throat <ul style="list-style-type: none"> Muscles of the Hyoid <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Zygomata Maxillae Vomer Palatines
10:30 - 10:45	Break
10:45 - 12:00	<ul style="list-style-type: none"> 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	Review of Day Two material, questions and answers Role
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of the Therapist in SER
Subtleties of the Therapist/Client Dynamic
Importance of Neutrality
Good Therapeutic Intent
Importance of Supporting the Inner Physician as opposed to treating symptoms

Therapeutic Imagery and Dialogue
Definition of an Image Client's Belief System

Need to work within that Belief System How to determine that Belief System Unsolicited

Images vs. Solicited Images
Fleeting Images
Projected Images
Role of Significance Detector stop as an Image

10:30 - 10:45

Break

10:45 - 12:00

Developing the Image
Resistance
Facilitating a Dialogue Common Scenarios Resolution
Patient/Client Connection - a model for understanding SER
Practical Aspects of Therapeutic Imagery and Dialoguing
Demonstration with Student illustrating Therapeutic Imagery and Dialoguing in SER
Questions and answers from students regarding the demonstration

12:00 - 13:30

Lunch

13:30 - 15:30

Supervised Student Practice Sessions

13:30 - 15:45

Break

15:45 - 17:00

Working in groups of three - alternating roles as therapist, client, and assistant

第四天Day Four

8:00 - 10:00

Review of Day 3 material, questions and answers
Introduction to Vectors, Chakras, and Meridians
Discussion of the overall structure of the human energy field
Vectors
History
Function of the Vector System
Therapeutic Implications of Problems in the Vector System Detection (Visually or through Palpation) and Assessment of Vectors
Treatment of the Vector System
Chakras
History
Function of the major Chakras
Therapeutic Implications of Problems in the Chakra System
Palpation and Assessment of the Chakras

10:00 - 10:15

Break

10:15 - 12:00

Treatment of the Major Chakras, Meridians
History
Brief discussion of Traditional Chinese Medicine
Functions of the Meridians
Emotions typically associated with each Organ/Meridian Complex
Therapeutic Implications of Problems in the Meridian System

Palpation and Assessment of the Organ/Meridian Complexes
Treatment of the Organ/Meridian Complexes
Demonstration with Student illustrating treatment of the Vector,
Chakra, and Organ/Meridian Complex Systems
Questions and answers from students regarding the demonstration

12:00 - 13:15

Lunch

13:15 - 15:40

Supervised Student Practice Sessions
Working in groups of three - alternating roles as therapist, client, and
assistant

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)

**國內學員:

★填完報名表,請於5個工作天內完成匯款,我們收到款項後,名字會顯示已匯款→同時寄發SER1

審核Line群的電子通知信件,經實際手法審核通過,名字會納入錄取名單,即完成報名程序。

★注意事項:

若審核未通過,我們會進行刷卡系統或銀行退費,銀行退費會酌收30元手續費。

◆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，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）

Google 地圖

从 Kaohsiung Arena Station (Sanmin Household & Commercial High School Station) 到 高雄市左營區自由二路230號2樓 的步行路线



