

REGISTRATION COUPON

(Please cut out or take a photo and mail, send or fax to Alfred R. Austermann, Königstuhlweg 23, 12107 Berlin, Germany, Phone: +49-30/69 81 80 71, Fax: +49-30/69 81 80 72 mail@ifosys.de)

I hereby register for the seminar:

Healing The Core Wound – Healing paths for birth, separation and childhood injuries for adults with Aqua-Release®-Healing in Berlin Sunday June 9th-Friday June 14th, 2024

Liability: Participation of the seminar is at your own responsibility. The exercises offered and the therapeutic accompaniment are preventive and complementary psychotherapy, which are not subject to VAT. The seminar can not replace possibly necessary individual medical or psychotherapeutic treatment, but support this. The seminar leaders and the organizers are not liable for damage except in the case of willful intent or gross negligence (accident, property damage, theft, etc.)

Withdrawal conditions: With the submission of the registration coupon the seminar fee is due. If you withdraw from the seminar before 20 May 2024, 50 € cancellation fee will be retained. If you withdraw before 26 May 2024 50% of the seminar fee will be retained. After that date a refund will not be made unless a replacement participant can join in.

I have transferred the seminar fee of €: _____ to account no.:

A. Austermann, Berliner Sparkasse
IBAN DE48 100 500 0006 1019 0300
BIC BELADEVB

Name: _____

Street: _____

ZIP/City: _____

Email/Tel.: _____

Place and date: _____

Signature: _____

Further information will be sent.

Alfred Ramoda Austermann

Certified psychologist, alternative medicine practitioner, Psychodrama training 1982-1987, advanced training in Bioenergetics and Biodynamic Psychology, development of Aqua-Release®-Healing and Life-Dance® body and dance therapy and Soul Release Reimprinting, musician (Afro drums and didgeridoo). Further training in systemic family therapy, with Bert Hellinger, Gunthard Weber and trauma therapy with Fred Gallo and Peter Levine. Training in energetic healing work with Linda Vielau, certified Emotion Code practitioner. Since 1985 facilitator of seminars and therapy groups in the field of humanistic and spiritual psychology. Specialized for 27 years in family and organizational constellations and trauma therapy. Recognized family constellator and trainer, Head of training groups in Berlin, Brussels, Budapest and Wrocław. Father of two children.



Bettina Austermann

Social pedagogue/alternative practitioner (psychotherapy). Caring for young people in therapeutic flat-sharing communities, advanced training in Gestalt and Body therapy, training in NLP, advanced training in systemic family therapy by Bert Hellinger and Gunthard Weber, Albrecht Mahr, advanced training in trauma therapy/Energy Psychology with Fred Gallo and Peter Levine. trained in energetic healing work with Linda Vielau, and Aqua-Release®-Healing, seminar leader and individual counselling since 2000. Certified Matrix Reimprinting therapist. Recognized systemic constellator and training therapist. Mother of two children.



Further information and registration:

IFOSYS-Institut

for systemic constellations and trauma therapy

Alfred Ramoda Austermann

Bettina Austermann

Königstuhlweg 23, 12107 Berlin

Germany

Tel.: +49-30/69 81 80 71 Fax: +49-30/69 81 80 72

www.ifosys.de Email: mail@ifosys.de



Healing The Core Wound

With Aqua-Release®-Healing
Enhanced EFT trauma release therapy



**Healing paths for birth, separation and
childhood injuries for adults**

Balm for body, mind and soul

Seminar held in English/German language

Sunday June 9th-Friday June 14th, 2024

Berlin/Germany

with **Alfred Ramoda Austermann**
psychologist/alternative medicine practitioner

and **Bettina Austermann**
social pedagogue/alternative practitioner psychotherapy

Healing The Core Wound

Healing paths for birth, separation and childhood injuries for adults

With Aqua-Release®-Healing
The healing power of water



When a baby or young child experiences separation from the mother, the resulting deep wounds often persist for a lifetime. Some children have been placed in an incubator or a warming bed. Others are separated from their mother because either the mother or the child was ill. Often, toddlers are sent to the nursery far too early. In some families, tragic events happened and, as a result, the mother and father could not provide the child with warmth, trust and support. Emotional wounds are rarely visible from outside. Children who were separated often stop crying and most of the time give up inwardly. Their ability to love, to trust and to bond is considerably shaken. Many adults are scared by the prospect of intimacy with a partner, hence feeling unfulfilled and unstable ...

Balm for body, mind and soul

In the comfort of warm water you will be lovingly held by a partner. As you float, you start to let go more and more, and you become aligned with who you are, whilst blending with water. Your partner holds you, moves you and gently rocks and massages you. The tension in your muscles starts to soften. Blockages dissolve.



Old psychological wounds, such as separation from the mother, with the associated pain and feeling of abandonment, can resurface and finally heal through being lovingly held. If you feel ready, your partner can support you under water with a nose clip. You will be able to access new dimensions of safely letting go in a space of weightlessness.

You float in the womb, in the ocean, in outer space. Primary images gently emerge to consciousness.

You will be thoroughly guided on to how to hold a partner in water. Likewise, holding a partner during an aqua session is a profound experience. You let go of everything you no longer need. Water takes away gravity, allowing lightness to emerge.



We will spend 4 hours each day in the warm water. There is a pool exclusively for us.

We will spend as much time with each other in the seminar room. The therapeutic exercises out of water reinforce the healing processes initiated in water and help to integrate those.



You will re-experience your birth – but in a different way – this time as an easy birth ending up being safely held and secure in your mother's arms.

Such an experience can overwrite and heal your often numbed feelings of separation and abandonment, as well as the despair associated with your initial memories.

Highly effective EFT tapping deepens the healing process. You can contemplate your life with new clarity on your goals and make new decisions. Your inner child emerges again. Long suppressed joy of life comes back to the surface.

Aqua-Release®-Healing is a gentle revolution in self-awareness and psychotherapy. The elements are deep relaxation in 36°C water with muscle and joint releasing massage, contact-exercises, and playing and in the warm water with a gentle healing processes on land. It was founded by the psychologist Alfred R. Austermann in 1991 and has since then been constantly improved in collaboration with physiotherapists and Watsu-practitioners.



The seminar place: Located in the south of Berlin, only 45 minutes by public bus from the airport is a private house with a specially equipped pool and seminar room surrounded by lush green gardens, small houses and a nearby park.

Accommodation: It is highly recommended to stay close to the seminar place to have time for walks and integration. Berlin is huge and one could spend quite some time in public transport. Hotel Alpinia in Sântisstrasse is 10 minutes away on foot. It is appreciated by participants. There are also private accommodations and holiday apartments within short walking distance. Please check with us if you would like to share a room, we could possibly organize it, or check Airbnb and Booking.com. A simple dormitory accommodation for a limited number of participants is available on the spot. Please check with us.

Meals: Vegetarian lunch is organized by us on the spot. There is a rich snack buffet for the tea/coffee breaks all day.

Fees: Registration and payment by May 5th 2024: 645 €
Registration and payment from May 6th 2024: 695 €
Including pool use and energy cost sharing

Seminar start: Sunday, June 9th 2024 at 4:00 p.m.

End of seminar: Friday, June 14th 2024 at 4:30 p.m.