



WIYS
Walking-In-Your-Shoes™

WIYS TRAINING AND CERTIFICATION PROGRAM

www.wiys-institute.com

www.jblt.nl (Nederland)

WALKING-IN-YOUR-SHOES®

Embodied Knowing and Transformation

"Stating one's intention to be another person and walking with that intention, one is able, through the spontaneous wisdom of the Body/Mind, to deeply and accurately experience that person."

- John F. Cogswell, Ph.D. (Journal of Humanistic Psychology, 1993)

**LEARN THE MOST POWERFUL CUTTING-EDGE TECHNIQUE TODAY FOR EMBODIED
KNOWING, SOMATIC RESOURCING AND TRANSFORMATION**

WALKING-IN-YOUR-SHOES®

(WIYS Embodiment Process)

**For psychologists, therapists, life coaches, mediators, business leaders, artists,
and health care practitioners.**

**This complete WIYS workshop training program will give you the foundation for WIYS
facilitation and practice.**

2018/19 in Holland

WELCOME

If you are a therapist, coach, healing practitioner, or spiritual guide and you are looking for ways to expand your skills, please join us in the Training/Certification Program of the groundbreaking modality **WALKING-IN-YOUR-SHOES®** (WIYS Embodiment Process) given by:

JOSEPH CULP (WIYS Co-founder, Trainer/Facilitator, WIYS Institute of America)

PETER DeVRIES (WIYS Trainer/Facilitator, WIYS Institute of America)

Use the link below to watch a video-message from Joseph Culp and Peter DeVries about the upcoming training in Holland:

WIYS PROGRAM OBJECTIVE

The objective of the program is that the participants shall reach a deeper understanding and working knowledge of WIYS, the groundbreaking empathic embodiment approach that integrates mindfulness, movement and transpersonal experience. This powerful discipline is at the forefront of body-centered psychotherapy, life coaching and spiritual healing practice. The WIYS method was developed in the late 1980s, by psychologist John Cogswell PhD. and actor/director Joseph Culp. WIYS is widely used by therapists, life coaches, creative artists, and facilitators and healers throughout the world. WIYS Institutes are currently located in Germany and U.S.

Click below to watch videos about [WALKING-IN-YOUR-SHOES®](https://www.youtube.com/watch?v=n-Xjf64cuRY&feature=youtu.be)
<https://www.youtube.com/watch?v=n-Xjf64cuRY&feature=youtu.be>

MEETING YOUR CLIENTS IN A DEEPER WAY

The beauty of this healing modality is that it's infused with the values of gentleness, empathy, non-violence, compassion and mindfulness. While many modalities focus primarily on the mind or the spirit, WIYS elegantly blends together the most effective practices in these realms, while also calling upon our body's expansive intuitive wisdom to create an integrative, holistic system for true healing and growth.

If you're like many therapy, coaching or healing professionals, you may be discouraged by not having the kind of direct and intimate relationships with your clients that foster truly meaningful therapeutic dynamics. You might also recognize your client's patterns, habits and blocks conceptually, but may struggle to actually help shift them. Or you may have experienced the transformative power of mindfulness, meditation, yoga, or other mind-body-spirit awareness practices personally, yet are puzzled about how they can best be integrated into a therapeutic relationship. WIYS provides a simple, grounded, somatic basis for this integration. WIYS also gives you a powerful tool for uncovering the core beliefs that govern your client's life. By incorporating the WIYS embodiment practice that illuminates habitual patterns of the body and mind, you gain access to the underpinning beliefs that structure your client's experience, and create the opportunity for deep creative resourcing, and the potential for real empowerment and change.



"You can never know a person until you've walked a mile in their moccasins." -
Native American Wisdom

In addition, you'll expand your toolkit for shifting the emotional state of your clients, fostering self-care and a sense of empowerment. WIYS is very effective for taking a client up to the edge of a challenging emotion and inviting them to open, soften and breathe into it without becoming overwhelmed. This fosters a kind of modulation and flexibility in which the client can build upon their existing resources to more easily face and metabolize charged, and even traumatic, memories and emotions. Through felt-sense and empathic embodiment, WIYS awakens one's innate potential for an expanded sense of self, healthy autonomy and integration.

Best of all, it's an exclusive methodology. You can use the WIYS method to complement and enhance whatever modalities you've built your practice upon, such as psychotherapy, coaching, Systemic Constellation, Focusing, NLP and more. With the WIYS Training Program, you'll learn how WIYS can be utilized effectively by practitioners working with individuals, couples, families and groups.

WIYS is especially helpful with:

- Healing Trauma
- Family Systems
- Relationship and Attachment Issues
- Transcending Defense/Coping Mechanisms, Releasing Obstacles/Negative Patterns
- Transforming Core Beliefs – Finding Missing Experience or Resource
- Developing Empathy and Emotional/Bodily Intelligence
- Life Purpose, Self-Empowerment

The principles and techniques utilized in the WIYS program can be very beneficial in the fields of:

- counseling
- health and wellness
- coaching
- employer/employee relations
- mediation
- business management, team building, developing projects
- creativity, dramatic arts, dance, writing
- naturopathy, acupuncture
- parenting
- politics, social activism
- hospice work
- spiritual practices and more.

The benefits of the WIYS practice include:

Increased Intuition and Empathy - Accessing the Knowing Field - Somatic Resourcing Through Felt Sense - Integrating Dissociative States - Compassion for Self and Other - Clearly Seeing the Next Step - Deepening Perspective, Presence, and Communion - Expanded Creativity - Healthy Autonomy - Whole Brain Integration- Embodying Spiritual Transformation



PRIOR KNOWLEGDE

Prior knowledge of relational Constellation work, trauma therapy, life-coaching, Jungian psychology is recommended, but not necessary to participate in this training.

If you are familiar with reprocessing and reconnecting work in general, or for instance NLP, Gestalt, Somatic Experiencing, body-centered psychotherapy, EMDR and EFT, and Hakomi, this training is for you. Even if you are not a healing practitioner, you are welcome to participate and learn an effective, compassionate and holistic way of working with your own challenges for personal growth and fulfilling your potential in life.

METHODOLOGY – Empathic Embodiment and Transformation

Walking-In-Your-Shoes is a transformational process. It is a method that uses our natural gifts for transcendence and empathy to deeply relate to another being or oneself. The technique is simple yet direct and profound: In a supportive group setting, or with a facilitator in a private session, one states the intention to be another person or given subject, and begins to move in the space, refraining from imitations or cognitive guesswork, and tunes into the energies, feelings, and “wisdom” of the body. During the “Walking”, one experiences a shift of awareness and spontaneously manifests behavior aspects, emotional/psychological states, gifts, obstacles and life-themes of the person or personal subject they are Walking. The information manifested has been found to have a high degree of accuracy whether the Walker has prior knowledge of the person/subject or not. People who have received a Walk frequently report a deep sense of being embraced and accepted, and those who Walk experience a sense of liberation and expansion by temporarily “stepping out” of their often limiting self-concept. The process is often illuminating, transformative and empowering.

The transpersonal Walking method uses a similar orientation as relational Constellation work, but does not use multiple “representatives” to reveal information from the “field”. Instead, a participant from the group (the client) may select a single Walker to explore the subject or role. The empathic Walk is a combination of spontaneous, intuitive physical movement and focus on bodily sensations and psychological attunement. This can be seen as an extension of Hellinger's “Movement of the Soul” combined with deep body-centered inquiry, and facilitation towards creative resourcing through the body. The client is also encouraged to Walk their own issue, to have a direct body/mind experience of one’s own core gifts and obstacles and is facilitated to move through blocks, utilize inner resources, and achieve states of integration. In addition to the client Walking their own issue, another participant can Walk with the client which results in a “Double Walk”, exploring a dynamic energetic relationship and revealing what needs to be seen around any subject or system.



PRACTICE GROUPS AND COMMUNITY



TRAINING AND PRACTICE: To use the WIYS method in your own practice, it is necessary to participate in between the training modules in self-organized *practice groups*. Out of this a community of friends and practitioners is formed that help to deepen, support and actualize the practical experience of WIYS.

THE WIYS® TRAINING AND CERTIFICATION PROGRAM *

This 12 day (4 times 3 days) training is designed to prepare the practitioner for using WIYS with clients in private sessions, consultations and group sessions. The main focus will be practical experience and integration.

*4 Modules completes this foundational training program. If official certification with WIYS Institute of America is desired, participant must take the 5th Certification Module (3 days) for Official Facilitators.

During these 12 days we will share with you the WIYS holistic, dynamic and versatile approach for facilitating empowerment and growth, and working through any self-defeating patterns that cause suffering — creating a more grounded foundation for living. You will learn the creative application and facilitation of WIYS. Each training session will build harmoniously upon the next, so that you'll develop a complete understanding of the WIYS practice and principles you'll need to develop skills that can deepen your relationship with yourself and with your clients.

WIYS® INSTITUTE CERTIFICATION TRAINING PROGRAM:

MODULE 1: Introduction, Overview & Practice

- The Practice of WIYS - Empathic Processing, Listening to the Wisdom of the Body
- Definitions & Categories of Focus
- Walking Others, Walking Yourself, Double Walks, Blind Walks
- 7- Steps of WIYS

- Questions for Exploration & Facilitation of Walks
- Function of Group Process: Holding the container, healthy attachment/empathic mirroring
- Walking Focus: Family, ancestors, relationships to loved ones, personal, animals

MODULE 2: Core Beliefs & Archetypes

- Life Themes –Core Belief & The Missing Experience, the list of Themes, Questions
- Working with Clients: How to find the right Walk? Trusting the Client and the Walk
- Facilitation Practice: The Questions, unfolding, post-Walk processing/feedback
- Walking the Future - The Next Step
- Incorporating Resources - Nature and Creative Resourcing, Balancing,
- Habits & Obstacles of WIYS: Walking with the Greatest Benefit
- Archetypes – Collective, Mythological, Psyche-Alignment, Using Cards
- Walking Dreams - Integrating images, ideas, resources

MODULE 3: Health & Well-Being

- Illness & Recovery: Walking symptoms, disease, recovery & wellness
- Hospice, Transition Walks
- Trauma & Integration: somatic reprocessing in the Walk
- Weight Loss, Optimal Health, Addiction
- Belly Brain/Head Brain: heart center & cranial brain integration
- True Self Embodiment: coping mechanisms vs. healthy autonomy

MODULE 4: Creative Impulse & Transformation

- Business & Work: Walking success, money and obstacles
- Project Alignment Walks
- Creative Projects: Walking creativity, blocks, idea and execution
- Walking for the Artist
- Universal Themes: social, political & environmental
- Group Walks
- Spirituality, Walking Masters & Transformation: Walking the Higher Self

*4 Modules completes this foundational training program. For official certification with WIYS Institute of America the participant must take the 5th Certification Module for Official Facilitators:

MODULE 5: Official Certification as WIYS Facilitator

- Trainee Demonstrations of Facilitation
- Oral Exam on WIYS method – Theoretical and Practical
- Facilitator Presentations on WIYS
- Working with an outside client for the first time – Trainee brings a new client
- Review of final required video and write-ups of Walks

PARTICIPATION AND TUITION

THE 12-DAY WIYS TRAINING/CERTIFICATION PROGRAM

WIYS® TRAINING TUITION PAYMENT OPTIONS:

Full course tuition for 4 training modules: \$2,400 (\$200 discount when paid in full, in advance no later than August 1, 2018)

WIYS® OFFICIAL FACILITATOR CERTIFICATION MODULE

5th Certification Module: \$600

Registration Deposit of \$100 and Tuition Payments can be made via:

Cash in Euros or U.S. is also accepted at start of each training module for remainder of tuition, less deposit. You will receive a bill and payment information after registration.

REGISTRATION AND INFORMATION

If you want to participate please fill in the registration-form.

After we receive your mail we will contact you and send you a confirmation. After this you will receive your billing and payment information.

Registration: send an email to ida@jblt.nl of registrate on:
www.jblt.nl/http://www.jblt.nl/wiys/walking-in-your-shoes-facilitator/ and use the button 'INSCHRIJVEN'

REGISTER NOW:

WHEN:

2018/19 in Holland:

Module 1 October 11,12,13 2018

Module 2 January 10,11,12 2019

Module 3 March 14,15,16 2019

Module 4 June May 16,17,18 2019

Module 5 July 4,5,6 2019 (Certification)

All Modules 10 AM – 6 PM

WHERE:

Deventer

(address provided upon registration)

TUITION: Regular Training Course \$2400 (4 modules in total)

Full Certification \$3000 (5 modules in total)

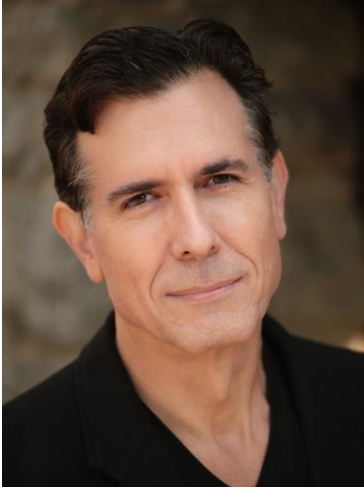
\$200 discount if registered by August 1 2018

Deposits and Full Course payments:

REGISTRATION:

Registration: send an email to ida@jblt.nl of registrate on:
www.jblt.nl/http://www.jblt.nl/wiys/walking-in-your-shoes-facilitator/ and use the button 'INSCHRIJVEN'

JOSEPH CULP – WIYS Co-Founder, Trainer, Facilitator

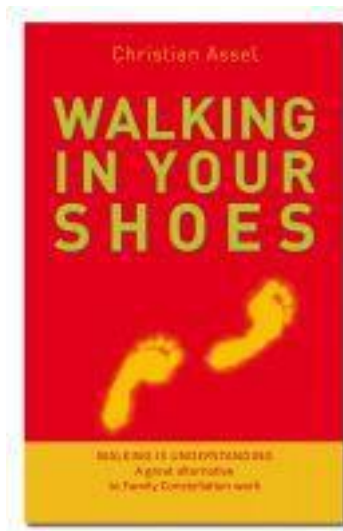


Joseph Culp is an actor, director and filmmaker, working in theatre, film and television for over 35 years. He is best known as the first actor play Dr. Doom in Marvel's *The Fantastic Four*, and as "Archie Whitman" on the hit television series *Mad Men*. As a personal growth coach, Joseph co-founded the *Walking-In-Your-Shoes* body/mind process with psychologist John F. Cogswell, Ph.D. in Los Angeles during the late 1980s. He formed the *Walking Theatre Group* in 1992 to explore the use of WIYS in dramatic arts. Together with Dr. Cogswell, he continued to develop WIYS for use in psychotherapy, coaching, arts, business and community renewal for the next 25 years. Joseph trained Family Constellation facilitator Christian Assel in WIYS who wrote the first book about the WIYS process, *"Walking-In-Your-Shoes": Walking is Understanding* in 2010. Joseph has introduced hundreds of people to WIYS, and trained many therapists and facilitators who have made WIYS part of their practice and life work. He founded the WIYS Institute of America and regularly leads WIYS workshops and certification training groups in both U.S. and Europe. www.josephculp.com

PETER DeVRIES – WIYS Trainer, Facilitator, WIYS Institute of America



Peter deVries lives in Mill Valley, California. He is a Oneness trainer. He has worked closely with Gabrielle Borkan and Joseph Culp to develop "single representation" along with *Walking-In-Your-Shoes®* as a method to directly experience your True Self. He has made a particular study of working with Relational Constellations in the individual context over the last 10 years. He has trained in Somatic Experiencing and brings his understanding of the body as a vehicle for healing family and relational trauma. His work also incorporates practical tools from Oneness University, Diamond Heart of Almaas, Hakomi, IFS internal family systems of Richard Schwartz and the embodied presence work of Philip Shepherd. His private practice is in the San Francisco Bay Area and he teaches workshops and trainings throughout the US, Europe and the Caribbean. www.constellationworks.com



Book on Walking-In-Your-Shoes

Christian Assel: "Walking-In-Your-Shoes - Walking is Understanding" (Forward by Joseph Culp, co-founder WIYS)

International: You can order it on <http://www.amazon.com>



Registration-form

Complete WIYS Training & Certification program

First name.....

Family name.....

Company name.....

Address.....

Zip code and city.....

Country.....

Telephone.....

Email.....

Date.....

Signature:.....