

**INTERNATIONAL BIOCENTRIC FOUNDATION
REGULATION GUIDE
FOR THE BIODANZA ROLANDO TORO SYSTEM
TEACHER TRAINING SCHOOLS Rolando Toro Araneda**

A) TRAINING COURSE STRUCTURE

Requirements for admission to the Biodanza Rolando Toro System Training Schools

1. Attendance of regular Biodanza session conducted by an appointed Biodanza Teacher. To have partaken of a minimum of 50 hours of vivencia in Biodanza.
2. Provide in written form personal motivations for applying to a Biodanza Teacher Training School.
3. Education: Junior High School diploma, with possible exceptions in specific cases.
4. Be in good general health. And not presenting apparent dissociations according to Biodanza criterion.
5. New students can enrol in a training cycle only through out the duration of its first year, with possible exceptions in specific cases.

Study plan

The full Training cycle in Biodanza has a minimum duration of 3 (three) years, an average duration of three (3) and 1\2 (a half) years and a maximum duration of 4 (four) years.

The full training cycle includes:

- 28 (twenty eight) workshops, distributed in a minimum of 8 (eight) and a maximum of 10 (ten) per 7 academic year;
- a minimum of 3 (three) and a maximum of 8 (eight) conferences on theoretical topics relevant to the Biodanza System (in observance with the given minimum and maximum number allowed the Director can choose the number of conferences to include in the program), every conference is followed by a *vivencia*;
- 1 (one) or 2 (two) Minotaur Projects (both are optional);
- the requirement to present a written report of the theoretical topic presented in each workshop;
- study groups (optional);
- a supervised practical training during the third year and after the Methodology V workshop (provided the student meets all the necessary prerequisites);
- the requirement to present a thesis to gain the title of Biodanza Teacher.

The students of the Biodanza Training Schools are required to attend the workshops of the School they are registered in. Any workshops that they miss for justifiable reasons have to be made up for during the following training cycle conducted at the same School. There is also the possibility to make up for a maximum of two workshops per academic year at a different School.

In spite of the fact that all Biodanza Rolando Toro System Schools follow an the Unique Program, the training course implies a process guided by a Director and within a constant group.

The School Director is required to hand out a certificate of attendance to each student present at all Biodanza Training School events (workshops, conferences and Minotaur Projects). Study of the Theory Knowledge of the theory of Biodanza and its foundations with relation to the sciences of life. The theoretical topics are taught in the order indicated in the Unique Program for the Training of Biodanza Teachers.

In depth vivencial experience

In depth experience of the *vivencia* on an individual and group level.

During the training workshops great importance will be given to the relation between the *vivencia* and the topic of the theoretical lecture given.

It is necessary that the students participate in a weekly Biodanza session through out the duration of the Biodanza Training cycle so as to increase their depth of experience of the *vivencia*.

Practical training

At the end of the second academic year, only those students considered to be in adequate conditions by the School Director will be admitted to the third academic year of training. And will thus be able to carry out the supervised practical training and to present a thesis in order to receive the title of Biodanza Teacher.

Those not considered to be in adequate conditions will not be able to attend the workshops given in the third year of training (the program of which includes the Methodology of Biodanza). And at the end of the second year the Director can give them a certificate of attendance, which does not however, authorize them to work as Biodanza Teachers.

The adequate required conditions, referred to, are the following:

- 70% attendance for the first and second academic years;
- good mental health conditions;
- lack of addiction to alcohol and drugs.

Auditors

Those who are not interested in conferring the title of Biodanza Teacher, but who are interested in furthering their theoretical knowledge of Biodanza, are given the possibility to attend the Training cycle as auditors until the end of the second academic year. After which the School can present them with a simple certificate of attendance which does not authorize them to work as Biodanza Teachers.

Auditing students can not attend the third academic year.

The choice to accept or not auditing students is left to the criterion of the Director of each School.

The auditor is not required to provide written reports of the topics presented nor to attend a weekly Biodanza session, and does not have the right to receive the hand outs (containing the theoretical text) when they are distributed.

When an auditing student decides to become a regular student, he\she will receive the hand outs for the workshops all ready attended and is then required to present the written reports on the topics given in the workshops (including those all ready attended) as well as attending a weekly Biodanza session.

Attendens

The student is required to attend all workshops and theoretical-*vivencial* seminars of the School at which he\she is registered. Absences have to be justified.

In the case where a workshop or seminar of the Training cycle is missed by a student: he \she will have to make up the missed workshop or seminar with the student group of the following cycle conducted at the School he\she is registered at, or in case this is not possible with that of a different School.

A maximum of two workshops can be made up for at a different School per academic year.

In spite of the fact that all Rolando Toro System Biodanza Schools follow a Unique Program, the training course implies a process guided by a given Director within a given group.

The eventual participation in a workshop at a different School may not hinder the course underway at that School.

Every time a student makes up for a workshop or seminar at a different School, he\she will then have to present the respective certificate of attendance to the Director of the School where he\she is registered at.

In the case in which the date of a workshop or theoretical-*vivencial* seminar of the student's Training cycle coincides with the date of a workshop or seminar to be made up for at another School, the student will have to give priority to and attend the workshop or seminar at the School he\she is registered at. And then the student will look for another to make up date and location with the help of the Director of his\her School.

If a student misses a workshop or seminar for a justified reason he\she is none the less required to pay 50% of the full amount due. If the student will make up for the missed workshop or seminar in his\her School of registration, he\she will be required to pay only the remaining 50% due; if, instead, this will occur at a different School the student will be required to pay the full respective amount due at the given School.

The unjustified absence of three or more consecutive training forms (workshops and seminars) will be considered as having given up or abandoned the training course and therefore, the Director is entitled to suspend the student's registration.

Supervised Practical Training

As foreseen by the Unique Training program, to obtain the qualification of Teacher, it is necessary to carry out a period of practical training as a practicing student in training of a Biodanza group.

After the Methodology V workshop and upon a positive opinion of the Director, the authorization to begin the practical training period may be given to the student who:

- has presented 80% of the written summaries relative to the topics presented in the first and second academic year;
- has a maximum number of three workshops or seminars to be made up for;

The Director will have to have provided the student with a written authorization form in order to begin the practical training period. The practical training will have to consist of a weekly sequence of Biodanza sessions conducted by the student, out of which eight sessions will have to be supervised by a Didactic Teacher who is recognized by the School as the

supervisor responsible for the student's practical training itself.

The supervisor responsible is the Didactic Teacher who makes the eight supervisions or a minimum of six out of the eight.

The Director will provide the supervisor responsible with the supervising index form. It is suggested that the supervisions are carried out in the following manner:

- a supervision per week during the first month.

- a supervision every two or three weeks starting at the beginning of the second month and until all eight supervisions have taken place.

The supervisor responsible for the practical training has to be the Teacher of the weekly session attended by the student.

In the case that one's appointed Teacher does not have the qualification of Didactic Teacher, the student will choose with the School's direction, another Didactic Teacher with whom to perform the supervisions.

By request of the student in practical training, a maximum of two out of the eight supervisions may be performed by other Didactic Teachers.

With the written authorization to begin the period of practical training, the student, will also receive the form to be signed by the supervisor's.

The student, who desires to conduct his/her practical training with a group of children, will have to receive a minimum of fourteen supervisions: eight with the group of children and six with a group of grown ups.

The practical training Biodanza sessions may be conducted by one or two students in practical training. Supervisions made for sessions conducted by more than two students in practical training are not valid.

The sessions of supervised practical training carried out together by two students in training are to be conducted jointly by both students.

In the shared conduction the two students in practical training prepare together the eight sessions that are to be supervised, dividing between the two the conduction of each one of the sessions. And they will receive together the supervisor's feed back after each supervised session. In the case of shared conduction each one of the two students in practical training will pay the supervisor half of the cost of each one of the supervisions.

The shared conduction is an effective procedure and it is capable of heightening the results of the supervisions by the value of shared work. As well as facilitating economically the hardships of the students endeavour in the final phase of the formative process.

If the student desires to continue conducting his/her practical training Biodanza group after the eight supervisions, he/she will be able to do so provided that a supplementary monthly supervision will be made until he/she will receive the title of Biodanza Teacher.

In this case the student in practical training will receive from the Director the form that is to be signed for the supplementary supervisions, by the supervisor who will perform them.

The supplementary supervisions will have to be performed by the supervisor responsible for the student's practical training, except in exceptional cases authorized by the School Director.

At the end of the practical training the supervisor responsible for the student's practical training will present the Director with the supervision form fully filled out and with his/her signature of approval for the passing of the student's practical training.

If after the eight supervisions the supervisor's evaluation reveals that there are still some gaps to be filled in, the Direction will request more supervisions to be performed by the same supervisor as before, until the practical training can be approved.

Each student is allowed to conduct only one practical training Biodanza group at a time.

The student in practical training may not conduct Biodanza workshops of any type or duration.

The publicity for the practical training sessions will have to be made in reference to the “model flyer” provided by the Schools Direction (see attachment #5).

The publicity for a the student’s practical training session can not be made to groups of other Teachers or other students.

Social Action

The students in practical training can, optionally, practice social action by conducting their practical training sessions with groups of marginalised groups of individuals of various typologies.

This social action will be an important part of the curriculum in order to opt in the future for the introduction of Biodanza in institutions.

The Schools which might desire to, can organize a program of social action in reference to the local possibilities. And in such case, will have to check on the quality of the activities and of their continuity through time with the different groups.

Thesis

At the end of the practical training the student is required to write a thesis, the subject of which can be related to either a theoretical or a practical aspect of Biodanza.

The subject regarding the theoretical aspects of Biodanza will concern one chosen Biodanza topic and the subject regarding the practical aspects of Biodanza will concern the student practical training experience

The subject of the theoretical thesis has to be previously approved of by the School Director
The thesis will be written with the support of the supervisor responsible of the student’s practical training.

The thesis will have to be corrected first by the supervisor and then by the School Director, before it can be presented to obtain the title and diploma of Biodanza Teacher.

Each hour dedicated to the supervision of the thesis by the supervisor and or by the Director (indications, support and correction), will be paid for in the same amount as for an hour of supervision.

The criterion to be considered for the evaluation of the thesis include the following points:

- theoretical and methodological appropriateness and consistency;
- Coherence with the Biocentric Principle;
- aesthetic presentation and correct editing of the work.

Thesis Presentation Ceremony in order to obtain the title and diploma of Biodanza Teacher

Upon completion of the full training program and before the Thesis Presentation Ceremony and the eventual conferment of the title of Biodanza Teacher, the Director must communicate to the IBF, or to the person or institution appointed by the IBF, the complete training curriculum of the student.

The Curriculum has to include the following:

- the number of practical training sessions with their relative dates and location of the place where they have taken place;
- the name of the supervisor responsible for the practical training and his\her written comments with

regards to the student's carrying out of the practical training;

- the thesis title and the written comments of the supervisor responsible, regarding the thesis;
- the Director's written comments regarding the thesis and the respective approval expressed by the Director.

The IBF, or the person or Institution appointed by the IBF, provided that the above intraining and any other intraining in its possession correspond to the requirements of this Regulations Guide, will give the **authorization** for the student to present their thesis.

The thesis will be presented by the student to a commission composed by the School Director of him\herself and two other Didactic Teachers invited by the Director, one of whom has to be the supervisor responsible for the Student's practical training.

If the Director desires, he\she has the option to invite more than two Didactic Teachers to be part of the commission along with him\her.

During the presentation the student will have to provide a clear exposition of his\her thesis.

The thesis presentation ceremony will be held on the premises of the student's School of enrolment, avoiding collective events with other Schools or conferences or other manifestations.

Once the thesis has been presented and it has been approved of by the Director, The Director him\herself will communicate the commission's judgement to the IBF.

The commission's judgement communicated by the Director will be confirmed by the IBF.

Then the IBF will issue the diploma containing the relative title as well as the list of rights and duties of the qualified Biodanza Teacher.

Biodanza Teacher Diploma

Upon completion of the full training program including all its branches, the International Biocentric Foundation, having examined all the documentation demonstrating the student's training process, will issue the new teacher with the diploma of Biodanza Teacher.

The diploma and its relative title of Biodanza Teacher allow for the right to:

1. use the name "Biodanza"-Rolando Toro System and its logo, both the property of the IBF, always considering the correct application of the Biodanza System.

This right will be granted as long as the Teacher correctly applies the Biodanza Rolando Toro System with orthodoxy.

2. apply the methodology of the Biodanza Rolando Toro System, and therefore diffuse the theory

and the exercises created and ordered by Professor Rolando Toro Araneda in relation to his enunciation of the Biocentric Principle and the Theory Model elaborated by him;

3. exercise the profession of Biodanza Teacher any where in the world;

4. create private Biodanza Centres wherein to conduct Biodanza weekly sessions and or workshops;

5. conduct Biodanza groups in private or public institutions;

6. advertise sessions and workshops through the press or by other means of communication.

Revocation of the right to teach Biodanza

The right to teach Biodanza may be revoked by the International Biocentric Foundation in the following cases:

- incorrect application of the Biodanza Rolando Toro System theory and methodology
- non-observance of the systematic coherence in the application of the Biodanza Rolando

Toro

System theory and the methodology;

- severe lack of ethical behaviour towards ones students, colleagues, the IBF and or the community as a whole.

B.) Unique Program for Biodanza Rolando Toro System Training

A- Mandatory Modules

A.1- Theoretical-vivencial workshops on specific topics of Biodanza

1. Definition and Theoretical Model of Biodanza
2. Vital Unconscious and Biocentric Principle
3. The *Vivencia*
4. Biological Aspects of Biodanza
5. Physiological Aspects of Biodanza
6. Psychological Aspects of Biodanza
7. Mythological and Philosophical predecessors of Biodanza
8. Identity and Integration
9. Trance and Regression
10. Contact and Caresses
11. The Human Movement
12. Vitality
13. Sexuality
14. Creativity
15. Affection
16. Transcendence
17. Mechanisms of Action in Biodanza
18. Applications and Extensions of Biodanza
19. Biodanza, Ars Magna
20. Biodanza and Social Action
21. The Music in Biodanza
22. Methodology I (Musical semantics)
23. Methodology II (The Biodanza session)
24. Methodology III (The Biodanza session – continued)
25. Methodology IV (Biodanza weekly course and workshops)
26. Methodology V (The Biodanza group)
27. Methodology VI (Evaluation criterion of the development in Biodanza)
28. Methodology VII (In depth study of the Official List of exercises, presentations and music of Biodanza)

A.2- Theoretical-vivencial seminars on themes regarding the theory of Biodanza

Within a minimum of three and a maximum of eight, the number of theoretical-vivencial seminars

is chosen with the criterion of the Director of each School. Every seminar is followed by a vivencia.

B- Optional Modules

B.1- Minotaur Project

One or two Minotaur Project workshops through out the training course, both optional.

C) Register at:

Biodanza-School Österreich/Wien

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I am happy to answer all your questions