

History, Training and Therapy

EVA REICH, M.D., coined the term *Gentle Bio-Energetics* to describe her development of the work of her father, Wilhelm Reich. The process evolved from: 1) assisting her father and watching his gentle work with infants and children in the 1950s; 2) her development of Butterfly Touch Therapy working with premature babies while in residency at Harlem Hospital (1951-1952) and in her rural medical practice in Maine; and 3) teaching workshops worldwide (1975-1992), when she continued to refine and develop *Gentle Bio-Energetics*.

RICHARD C. OVERLY, M-Div., LMBT, has been practicing psychotherapy since 1972. He began training in *Gentle Bio-Energetics* with Eva Reich, MD, in 1985 and is endorsed by her to practice and teach her concepts along with his own. He conducts various training and educational programs for those desiring to learn *Gentle Bio-Energetics* theory and tools. Richard works with individuals, groups and families in conjunction with the *Gentle Bio-Energetics Institute* in Asheville, North Carolina.

GENTLE BIO-ENERGETICS is an excellent model for families to become aware of how each member's traumas and armoring influence relationships. Programs that help organizations to explore how armoring prevents their systems from growing. "Spiritual Healing with Love and Touch" workshops are available to churches and other groups.



Publications by Richard Overly:
Eva Reich's Gentle Bio-Energetics: Theory and Tools for Everyone
Eva Reich's Butterfly Touch Massage (DVD & book)
Healing with Love and Touch CD
Polarity Therapy with Gentle Bio-Energetics, co-author, Sandra Tompkins

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Gentle Bio-Energetics

*Restoring the
Natural Flow of Life Energy
for Growth and Healing*



developed by
Eva Reich, M.D.

taught by
Richard C. Overly

Education, Training and Therapy

Gentle Bio-Energetics

TREATMENT TECHNIQUES

GENTLE BIO-ENERGETICS USES many techniques to promote healing, including:

Butterfly Touch Massage is a bonding and healing technique for babies, children, and adults. This technique stimulates life energy to flow from the core to the surface of the body. This level of touch is used in all the work.

Segmental De-Armoring works with gentle touch to melt armor from head to foot in a systematic way to restore the flow of life energy.

Gentle Bio-Energetics Energy Balance is used to reconnect the flow of life energy, restore balance, and gain access to body memories. This tool is excellent for helping abuse survivors and substance abusers to reconnect with body sensations, emotions, and memories. It is of great value to use following any medical trauma.

Metamorphosis is a technique used to recall and heal in-utero trauma, to help energize the womb in pregnancy, and to assist child development.

Psychodrama Birth is used to re-experience birth memory through psychodrama in a gentle process with assistance from friends or a group.

Grief Work helps to resolve present and past losses and heartaches.

Verbal Therapy Tools are used to search out and heal character defenses and to integrate body memories into current life patterns. . Other tools may be used by a therapist, depending on his or her discipline, provided they are consistent with Gentle Bio-Energetic principles. They may include massage, as well as nutritional, physical, medical, and spiritual therapies.

GENTLE BIO-ENERGETICS

It is an educational and therapeutic model that integrates mind and body therapies for healing and growth. The *gentle* aspect refers to the non-invasive role of the therapist/helper, who nurtures with both touch and verbal interventions. *Bio-Energetics* refers to the individual's life energy, how it flows freely or is blocked by armor resulting from traumatic life experiences.

LIFE ENERGY

AT OUR CENTER, OUR CORE, IS LIFE ENERGY. It pulsates, expanding and contracting—a normal, healthy characteristic of all living things. We can experience the flow of our life energy through our emotions and sensations. Joy and anger are experiences of expansion, while sadness, fear, and pain are experiences of contraction. Giving and receiving love are also expressions of energetic pulsation.

TRAUMA

FROM CONCEPTION ON, we experience traumas that may affect the flow of our life energy. Examples of traumas include: problems at conception, in the womb, or at birth; parents' emotional experiences during the pregnancy; drug abuse by parents; difficult birth, anesthesia, caesarean birth; separation from mother after birth; sexual, physical, emotional, or spiritual abuse; circumcision, operations, illness, and injury; drug or alcohol abuse; deaths and other grief situations.

ARMOR

AS A RESULT OF EXPERIENCING TRAUMA, an individual might develop armor, to prevent painful events or emotions from reoccurring. Armor is the sum of all the ways we protect ourselves in life. When we were children, we sometimes instinctively decided to armor in order to survive. However, the armor also inhibits the flow of life energy. Armor and

trauma are connected and the memory of trauma is maintained in the body. Armor may manifest itself in repetitive life patterns, ill health, painful or tight muscles, lack of life energy or emotional distress. Some traumas, such as surgeries experienced in adulthood, may not result in armor, but still shut down the energetic flow.

HEALING



WHAT CAN I EXPECT?

THE AIM OF GENTLE BIO-ENERGETICS IS to restore the natural flow of life energy by: 1) applying techniques to prevent trauma; 2) applying techniques immediately when a trauma occurs to avoid having to do therapy many years later; and 3) helping individuals to recover and heal memories of trauma sometimes held for years in the body. Gentle Bio-Energetics practitioners use gentle, non-invasive techniques designed to melt armor, heal the underlying memories, release blocked emotions, and understand how past experiences influence present life patterns. When touch is used by the therapist, it is gentle like that of the butterfly and is designed to melt armor than break it down. Together client and therapist seek out the survival issue(s) around armoring so that the client can heal and move on.

Clinical research and experience reveal that many life memories are stored within the body and that the key to healing is to treat both verbal and body armoring. Gentle Bio-Energetics techniques enable the client to relax and permit life energy to come to the surface bringing into awareness even the earliest experiences that do not have verbal memories. The client is urged to stay cognitively aware during the process and to maintain control by reserving the right to say "stop" at any time.



Preserving Dr. Eva Reich's vision, Richard Overly teaches Eva's **Gentle Bio-Energetics™** theory and techniques developed from the work of her father, Wilhelm Reich. These masterful healing tools will change both your personal life and professional work!

Students will: understand the natural flow of life energy and how the energy becomes blocked as the result of trauma and armoring; learn gentle healing methods: to restore the energetic flow following injury, surgery, anesthesia and other unconscious states; to heal primal trauma, including abuse; and to help infants and children develop healthy ways to respond.

Introduction to Gentle Bio-Energetics™

September 16, 2009	3 contact hours	SGD\$44 (early bird payment)	SGD\$49
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Gentle Bio-Energetics™ I Modules 1-4

September 17-20, 2009	32 contact hours		
	New Students	SGD\$539 (early bird payment)	SGD\$599
	Review Students	SGD\$359 (early bird payment)	SGD\$399

Gentle Bio-Energetics™ II Modules 5-8

September 21-24, 2009	32 contact hours		
	New Students	SGD\$539 (early bird payment)	SGD\$599
	Review Students	SGD\$359 (early bird payment)	SGD\$399

Butterfly Touch Massage™ Instructor Certification Program

September 26 2009	8 hours	SGD119 (early bird payment)	SGD131
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**If you register for Gentle Bio-Energetics I & II, it includes "Introduction to Gentle Bio-Energetics" lecture and "Gentle Bio-Energetics: Theory for Everyone" reference book by Richard C Overly.*

- Early bird Fee: When new/review students registered with payment at least 40 days before class starts.
- Class size is limited to 24 ONLY, please register early to avoid disappointment
- Cancellation Policy
 - If you cancel your class spot greater than 14 business days before the workshop, we will refund 100% of your fees minus a SGD\$50 administrative fee.
 - If you cancel your class spot between 8 and 14 business days before the workshop, we will refund 50% of your total fee minus a SGD\$50 administrative fee.
 - If you cancel your class spot 7 business days or less before the workshop, or you do not come to class, there will be no refund.

Private session Dates/Time

Richard C. Overly is available for private session. Duration: 1½ hours at USD\$90.

For information, including course descriptions, newly added classes, registration or private session, Please contact Sylvia Koh at Tel: (65) 94558891, Email: sylvia@palmcentric.com Blog: palmcentric.wordpress.com

Testimonials

Hi Sylvia,
Thanks for bringing Gentle Bio-Energetics and Richard C. Overly to us. I find myself a happier person after the class. Thank you.

Beh

For me, Gentle Bioenergetics was a wonderfully respectful and profound way of shedding deep conditioning that masks our authentic spirit. Its techniques gently penetrated through to the heart of past unresolved pain. I feel more alive and present in my body and more attuned to life.

Li Anne

Through the process of this course I realized that each of our presence is so precious.

That truth made love blossom within myself
The process is very deep and full of love.

I want to invite my dear friends to this course.

Yuko Aogaki

Very good self healing tools to help yourself and others. If someone hurls an unpleasant comment or remark at you and you are hurt. You can resolve it by saying the hurtful words into a cushion or towel and "returning" it to the person by throwing a cushion or towel on the wall. This is an experiential course. You learn and heal in the course.

Doreen Lai

Gentle Bio-Energetics class has uniquely married the strengths of psychotherapy and energy work. This become a powerful tool to work with trauma issue. This course is not exactly revolutionary, but definitely evolutionary!

Shao Ern

庆幸自己有机参加这个八天的 Gentle Bio-Energetics 课程。它不只给了我一连串的震撼和惊喜，并且在个人的身心灵康复道路上也有了更深一层的突破及成长。课程内容精彩，老师的爱心也让我感动。

庆联

非常感恩 Richard 到来与教导，让我认识到另一类将内在情绪通过肢体表达出来的方法。这对一些不善言语的人或小孩与老人很有帮助。Richard 教导的态度非常好，很有耐性和用心。他有像鹰一般敏锐的观察力和反应。Richard 对恩师 Dr Eva Reich 的尊敬让我非常感动。不能忘记感谢 Sandra 在旁耐心的教导，也谢谢秀珠把 Richard 带到新加坡与马来西亚。最后祝福他们平安健康，顺顺利利地把 Butterfly Touch Massage 带到更多的国家利益更多的人。

Yee Bee

这八天的课程，让我学了很多，可以应用不同的技术释放隐藏很久的情绪等等，同时也提升了身心灵的康复。感谢秀珠邀请 Richard 和 Sandra 过来，让我们有机会学习到这么有用的技术。

黄莉荔

从来没有想过那么轻柔的按摩技术能带给我那么大的震撼，它让我能回到胎中，感受妈妈当时的记忆，以及我自己的记忆与感受。我感受到妈妈当时的悲伤情绪，而我也因为妈妈的悲伤而感觉悲伤。当我了解了情绪的来源之后，我就可以接受并释放这份无名的悲伤。我也深信，只要我持续不断地接受老师轻柔的按摩，我会康复的。

何丽萍

惊讶！在同学轻轻的点按中，体内因自卫而筑起的无形防卫系统（盔甲）竟在无痛中融化。盔甲融化/解除后，我感觉到体内的系统（消化和循环系统等）更顺畅实在。

谜解开了。曾经解不开的谜，例如久治不愈的，无来由的背痛；手颤抖；一听到歌曲中提到“家”或者 home 就会被触动。。。等等，在八天的学习和各种疗法中，我逐点逐点地明白，逐点逐点地被“点”醒，我终于能够把过往散乱零星的片段串连起来，而知道了自己的故事。我也多了踏实感。

感恩秀珠与老师 Richard 主办这课程。这课程不只在班上能够立刻在同学间应用，回家也能够马上应用在家人身上。若此课再次举办，就别再错过了！

LWJ

最轻柔的，却是最有力的。

八天的课程，几乎让我目瞪口呆。我见证和体验了轻柔的碰触，如何融化了自孩提时候我们为了自卫而加诸在自己身上的盔甲。盔甲融化后，我们可以窥见和重新联系上盔甲下的那份光明；我们对人生可以有新的定义；生命能量得以再次顺畅地舒展；忘记了的，或者放弃了了的梦，再次鲜明。

导师李察有一种谦和的慈悲，改善人类心灵和婴儿出生方式的宏伟大业，他做起来，仿佛就像吃饭走路那样的理所当然，令人感动和尊敬。

感谢李察，感谢秀珠把李察带到新马，也感谢雷久南博士四年前就开始介绍李察所从事的工作，当时种下的种子，今天已经在新马发芽成长。但愿更多人能够从这份轻柔的礼物中受益。

洪美卿