

PRENATAL AND PERINATAL BODY PSYCHOTHERAPY TRAINING (PBPT)

(For adult psychotherapists only)

February 2026 - December 2026, Istanbul (Online and In-person)

Instructors

Prof. Amara R. Eckert, University of Applied Science, Darmstadt/Germany

Kola Brönnér, Dipl.Soz-Päd., Prenatal Psychotherapist, Founder of the Center for Integrative Health, Aachen, and President of the International Society of Pre- and Perinatal Psychology and Medicine (ISPPM)

This experiential training is designed for psychotherapists who want to learn the fundamentals of prenatal and perinatal body psychotherapy and incorporate trauma and family context into their therapeutic work with a focus on resonance.

The main goal of PBPT can be defined as a path to one's core self. This journey can include both painful and joyful experiences. The key is to learn the skills to identify these experiences with the client and then apply them effectively.

Who Can Participate

Psychotherapists who work with adults. Those who are not Birth Psychotherapists must first complete the mandatory "Basic Labor and Birth Training" module, a two-day course on January 24-25, 2026 (provided by an Obstetrician and a Birth Psychotherapist). A brief online interview will be conducted with all applicants. Please fill out the application form to apply.

Birth Psychotherapists who have graduated from Istanbul Birth Academy can apply directly.

Course Objectives

In this training, psychotherapists who already work with adults will learn how to identify and evaluate processes from the prenatal (in the womb) and birth periods during sessions.

You will learn to help clients explore what they experienced as a baby in the prenatal and perinatal periods (starting from the meeting of the egg and sperm) and connect it to their current life problems, such as issues with self-confidence, family and children, relationships, money, work, or sexuality. The goal is to focus on a solution together.

The one common experience that unites all of us is having experienced the womb and birth. Therefore, you will first explore your own womb and birth processes as a psychotherapist. You will then learn how to support your clients from this unique perspective.

Training Content

- Fundamentals of Body Psychotherapy and prenatal and perinatal psychology
- Fundamentals of Trauma Therapy and family history
- The ability to work with various body psychotherapy methods
- The ability to recognize prenatal and perinatal patterns in daily behavior
- The ability to work with prenatal and perinatal patterns using "Body Psychotherapy" and "Trauma Therapy"
- The ability to recognize and resolve blockages and traumas within the family system
- Theory of trauma and trauma-related disorders
- Techniques and methods based on Somatic Experiencing and Trauma Therapy
- Steps to resolution, particularly after birth trauma or other traumatic experiences during conception and pregnancy
- Fundamental principles of order in family dynamics and the order of representatives (who represents whom)

Working Methods

Working methods include movement, conscious touch, sound, deep breathing, visualization, creative trance, play, meditation, dance, and systemic methods. Different techniques, such as working in pairs, in small groups, and open discussions with the entire group, are used.

The work also includes conscious regressions and bioenergetic methods that reactivate the flow of energy in the human body.

Additionally, it includes the theory and practice of body psychotherapy and trauma release based on Somatic Experiencing, such as "pendulation and titration."

When applying prenatal and perinatal body psychotherapy methods, it becomes difficult to imitate something and maintain unconscious defenses as usual. Instead, getting to know yourself and others in a different way becomes surprisingly intimate.

- Working with sculptures, movement, and role-play
- Understanding and using unconscious body impulses/vegetative therapy
- Inner child theme/fear
- Working with "probes" and the "taking possession" method
- Fundamentals of body-emotion resonance dialogue
- Deep body awareness, active meditation, and mindfulness
- Fundamentals of breath awareness and breathwork
- Body-energy work
- Working with deep emotional issues, feelings, and energies
- Using touch and active physical support

- Trauma theory
- The brain: brainstem, midbrain, cerebrum
- The nervous system: sympathetic and parasympathetic nervous system, vagus nerve
- Working with pendulation and titration
- Resolution steps for birth trauma
- Family dynamics: systemic and epigenetic
- The order of representation in the family
- Working with sound
- Limitation and presence - listening with the heart

Completion Criteria

Attendance at the following module dates (theory, practice, and supervision), a written case presentation, and online intervision meetings (after each in-person module, groups of 4-5 people will meet online to share experiences and Q&A, which will be submitted as a report).

Training Dates

(Online and in-person sessions are spaced out to allow time for the training to be practiced and integrated. Attendance at all sessions is mandatory).

Online Dates:

- February 5, 2026, 8:00 PM - 10:00 PM
- April 9, 2026, 8:00 PM - 10:00 PM
- May 7, 2026, 8:00 PM - 10:00 PM
- June 4, 2026, 8:00 PM - 10:00 PM
- July 30, 2026, 8:00 PM - 10:00 PM
- October 8, 2026, 8:00 PM - 10:00 PM

Finalization and Supervision: December 10, 2026, 8:00 PM - 10:00 PM

In-person Dates:

- Times each day: 10:00 AM - 6:00 PM
- February 13-14-15, 2026 (Amara Eckert)
- April 24-25-26, 2026 (Amara Eckert)
- June 26-27-28, 2026 (Kola Brönner)
- September 11-12-13, 2026 (Kola Brönner)

- Finalization and in-person supervision: November 13-14-15, 2026 (Amara Eckert & Kola Brönnner)

Training Materials

A booklet, along with numerous relevant articles and links, will be provided during the training.

Language and Translation

The training language is English. Simultaneous translation into Turkish will be provided.

Certificate of Participation

A certificate of participation will be awarded in English and Turkish, meeting international standards and equivalent to ISPPM certification. Graduates will receive the title of "Prenatal Perinatal Body Psychotherapist."

Training Fee

2450 Euro + 20% VAT Discounted Payment Options:

1. Early Payment: One-time full payment by October 30: 1900 Euro + 20% VAT
2. Early Installment Payment: First installment by October 30, with subsequent installments at each in-person module: 2000 Euro + 20% VAT

For your questions, please contact Esra Küçük via WhatsApp at +90 531 258 5198 or email at bilgi@dogumakademisi.com.

We wish you a productive training journey.

Istanbul Birth Academy and ISPPM