



*C*LINICAL *T*ANTRA

www.ClinicalTantra.com

DIPLOMA IN CLINICAL TANTRA
LEARNING PATHWAYS

Diploma in Clinical Tantra

The Method of Clinical Tantra that is taught by the International Institute of Tantra certifies individuals in the methods of Clinical components to Spiritual and psychoanalytic sexology. It is a unique and new approach to understanding the body, mind and energy system of the body to allow for a more profound and powerful way to access the Erotic IQ spectrum.

The teaching involves both theory and experiential training which includes touch, Massage, bodywork, chakra diagnostics, Chakra mapping, education in Body Energetic, breath work, Psychoanalysis and neuroscience. The program is non erotic and has no elements of sexual stimulation or touch and is a foundational training to more advanced and master classes in tantra training.

In 2005-6 a PhD study was conducted to uncover the benefits of Clinical Tantra in a controlled environment in South Yarra – Melbourne, Australia. Over the period of 2 years, each client would fill out a survey after their session and the survey's were compiled and statistics put together and presented at the World Congress of Sexology in Sydney in 2007 as part of the World Conference on Sexual Health. The International Institute of Tantra program in Clinical Tantra showed an 83% improvement in psychosomatic ailments relevant to sexual function.

A 3 level program designed for practitioners to offer this service to the novice in Tantra who are curious and want to learn more. This is a modality offered to the beginner. Practitioners who are trained in this modality are also working from an ethical framework and code of conduct outlined in the training to work from a space of education and therapy and not a sexual service or any type of intention for arousal.

CERTIFICATE IN TANTRA MASSAGE

Professional Training

Module One	Level 1 Bodywork (Massage Table) Chakra Diagnostics	8 Hours face to Face 12 Hours Home study
Module Two	Level 2 Bodywork (Massage Table) Body Dynamics	8 Hours Face to Face 12 Hours home Study
Module Three	Level 3 Bodywork (Futon) Surrender	8 Hours Face to Face 12 hours Home Study
Module Four	Theory & Integration	8 Hours Face to Face 12 Hours Home Practice

Description of Training

This course prepares practitioner to teach the foundations of Tantra to clients who are curious and want to learn more about their body and experience an alternative way to approach their energy. Teaching Baseline Tantra theory, participants learn a variety of Bodywork techniques that are presented to their clients including Chakra Diagnostics, Energy Movement, Pranayama, Body dynamics, sublimation, Psychoanalysis, Bio hacking, neuroscience – Namely Neurogenesis, Energy Controlling Techniques.

These are taught by attending the training with a 'Model' or 'Body' to practice on throughout the training. The Face-to-Face training involves the somatic hands-on training and home study includes self-experience and client practice. The learning is individual. There is no sharing or exchange of energy in the training. Each student brings their own participant for the training with whom they have discussed boundaries with, and home study is with who they choose to participate with. The students do not touch each other in the training – this is a strict boundary.

The Training involves group training on the participants massage table as well as on the futon in all the elements of the bodywork. There is an extensive 260 page professionally written Manual in full color including over 15 handouts. There are also slides, extensive exercises, written references and materials to read and study over before, during and after the training period.

There is also a 3-month period of after study assistance, supervising and mentoring offered to the students for when they begin to offer sessions or want to practice further to polish their skills. We welcome diversity in age, culture, background, life experience, sexual orientation and gender identities, characteristics, or expressions.

Course Structure

There are Four Modules. 4-5 Days of Face-to-Face Training and 48 hours of home practice which also includes the set up and design of their temple space.

Module One

12 Hours Home Study

8 hours Face to Face Study

Set reading in Tantra is given to participants prior to attending the Module 1 Training. Reading includes

Philosophy, History & Ethics – including an intro to the Upanishads, Bhagavad Gita, Yoga Sutra's, Advaita Vedanta, Tantra Yoga, 8 Limbs of Ashtanga, Ethics, Pranayama, Anatomy & Physiology, Bandhas, Koshas,

Tantra Perspectives – Hindu Tantra Perspectives, Buddhist Tantra Perspectives, Western and Neo Tantra Perspectives.

Psychoanalysis – Vegetotherapy, Bioenergetics, the Self.

Neuroscience – Neurotransmitters, Neurochemistry of sex and Chemistry

Cognitive Biohacking – NeuroGenesis, Toxins, Detoxing, Shadow Walk, NeuroSynchronicity.

Face to Face Study involves hands on Training in Level 1 Chakra Diagnostics and the Full Body Sequence of the Clinical Tantra Program. Together with their 'Model', they are hands on learning. We encourage students to also practice with one another in their own time to be able to 'Experience' the program for themselves also – giving them the opportunity for 'personal practice'. Education in Chakras and Psychoanalysis of the energy centers are focused on.

Module Two

After 18 hours of training: both hands on and home study, students and faculty come together to learn the level 2 sequence. The training includes instruction and practice in level 2 sequence in attunement, massage, breath and pranayama, body dynamics and movement, how breath is utilized in tantric sexual practices and Primary, Secondary, and tertiary Erogenous zones. Emphasis is put on how to educate clients in the breath and movement aspects of Tantra.

The training is conducted with the student and their 'Model' or 'body' which they bring into the training with them. Home study involves practice of level 1 and 2 with 12 hours of practice at home. We recommend students practicing with other students to personally 'experience' the sessions 1 and 2 also. Emphasis is on Conscious Breath-work – 7 breaths of Tantra in different postures and positions to promote the power of energy movement in the body and energetic sublimation.

Module Three

Students participate in the training of level 3 with their 'Model' or 'Body'. This is the Asanas, movement and Embodiment session. The aim of this session is to promote surrender to their body energy. The practitioner is conducting the session in an experiential manner involving movement, dance, Asanas, Yoga, and Bioenergetics and Vegetotherapy. This session is an encompassing of session 1 of the diagnostics and the level 2 of the body dynamics.

Module Four

Module four involves the implementation of the Clinical Tantra practice. This includes creating oil blends, Creating Temple Space, Maintaining the Temple, Good Booking Skills, Communication during a session, Advertising and Marketing, Insurance and Association membership, Code of Professional Conduct, Wheel of consent and boundaries. Module four also includes handouts on Massage intake form, Informed consent, client feedback form, case history, privacy statement, onsite guidelines, referrals, and incident report form.

Supervised Practicum

Students complete a minimum of 12 hours of Clinical Tantra sessions with individuals and, if possible, with another student to polish and learn the program and experience it for themselves. The supervision involves a report on their experience of the practice sessions and any questions that arose during this session. Including the psychoanalysis of the client in which to improve in the ability to ask the right questions and open and close the energetics of trauma, PTSD, personal experiences, Shadow work and unconscious programming. Students can arrange a mentorship program for 3 months with their facilitator to better perfect their leanings and teachings in Tantra fundamentals.

Course Learning Objectives

- Tantra teaches us that the most profound way of learning is through self-education and understanding of the Self. The self as a larger component of the universe and the universe within the self. This will enable the students to be able to teach baseline Tantra principles to clients who are new to Tantra exploration.
- Participants learn to practice touch, energy exchange and movement through powerful breath work and a deeper understanding of how the chakra system works.
- Participants learn to understand more of the self through a deeper psychoanalysis of the energy systems of the body.
- Participants learn powerful breathing techniques and how these breaths work in different tantric sexual postures and positions
- Participants learn the difference between Eastern and Western tantra and the difference between classical tantra and neo tantra
- Participants learn fundamentals of healing and therapy by understanding how neurotransmitters work and how neuroscience influences how we think and function in the world.
- Participants learn to understand how bio hacking is a powerful tool to accomplish outcomes in shorter amounts of time
- Participants learn how the nervous system works and the difference between the sympathetic and parasympathetic nervous system
- Participants learn to encompass a deeper empathy to all humans.
- Participants learn how to teach others about chakras, pranayama, movement, touch, sound, awareness, consciousness, and self-love.
- Participants learn how to structure sessions by time keeping, intake forms, clarifying objectives, client communication, and voice.
- Participants learn how to help clients with psychosomatic disorders that other professionals may not be able to assist with especially in the area of sexuality.
- Participants learn how to begin a successful Clinical Tantra professional practice.
- Participants can teach tantra and tantric fundamentals without the use of erotic or sexual services.
- Participants can learn the baseline practices of Clinical Tantra and teach this to their clients to prepare them for more advanced or master classes of tantra.
- Participants teach clients the Erotic IQ Spectrum and work to clearing, healing and helping their clients by learning skills to enhance their personal lives.
- Participants are involved in the upgrade and enhancement of their clients lives in the area of personal, sexual self-development utilizing Tantric skills, tools, techniques and practices
- Participants learn the importance of boundaries, consent, and professionalism in therapeutic tantric practices
- Participants learn the importance of marketing and advertising and the power of social media in promoting their work.
- Participants are offered Association Membership which enables further education and support as well as insurance cover for their tantra massage practice for added peace of mind.

CERTIFICATION

Upon completion of all requirements students are awarded the Diploma in Clinical Tantra

Prerequisites For Enrollment

The training is designed for individuals who have a deep interest in helping others. You are not judgmental or prejudice and accept all humans from all walks of life and sexual orientation. Your intention is to provide a therapeutic service to clients without any sexual interaction with the client through this three-level program. You're interested in Eastern practices and have has some understanding of Tantra and Energy Centers of the body and want to add to, and improve, this understanding through a sequential 3 level professional program. You want to add this as a modality to a new practice or a current practice.

Course Fees

The course fees are on the website and can vary from country to country.

Enrollment

Please email any questions not already outlined on the website www.clinicaltantra.com that you may have and once you choose to, Enrollment can be done via the Eventbrite of Trybooking link found on www.clinicaltantra.com

Refund Policy

There is a non refundable deposit of \$400 which secures your spot in this training.

Faculty – 2023-2024

Jaida Simone BA, B.Litt, MA, PhD Registered and licensed Psychotherapist. Published Author, TEDx speaker, workshop facilitator and teacher's trainer.

Violet Silver: Energy Worker, Somatic Bodywork and Founder of Intimacy School.

Sasha Steele: Co-Founder of Kink Academy. Facilitator, Trainer and Mentee for up-and-coming kinksters both privately and professionally. KinkTantra co-facilitator.

Ezel Doruk: Actor, Comedian, Event Manager, Embodiment and Group Focused Facilitator.

Chloe PI: Kama Sutra Dance Facilitator, Bodyworker & Movement Expert.

Brittany Aurora: Breathwork Facilitator, Yoga Teacher.