



PSYCHOSOMATICS INSTRUCTOR®, ICI Berlin

Entry Requirements

The prerequisite for participation in the **Psychosomatics Instructor, ICI** training, as well as for the development of an individual Basic Psychosomatics program, is the successful completion of all four levels of the accredited ICI Berlin Psychosomatics program, comprising a total of **188 hours**:

- **Basic Psychosomatics® ICI** - 36 hours
- **Advanced Psychosomatics® ICI** - 36 hours
- **Psychosomatics Coach® ICI** - 84 hours
- **Mindfulness Psychosomatics® ICI** - 32 hours

Training Objectives

The **Psychosomatics Instructor, ICI** training enables participants to acquire the knowledge, competencies, and skills required to independently develop and deliver their own educational program in the field of psychosomatics, as well as to educate and certify participants within their approved program.

The program is intended for professionals who wish to develop their role as educators in the field of psychosomatics and create their own structured educational program, with the possibility of professional practice and international recognition within ICI standards.

Structure and Duration of the Training

The training is conducted through professional supervision and individual work on the development and writing of the participant's own program.

The supervision component comprises a total of **24 hours**:

- three group supervision sessions totaling **18 hours**;
- individual supervision totaling **6 hours**.

Individual work on the development and writing of the participant's individual program comprises **30 hours**.

The total duration of the Psychosomatics Instructor, ICI training is 54 hours.

Development of an Individual Educational Program

Each participant, under professional supervision, independently develops and prepares their own specific basic educational program in the field of psychosomatics, with a duration of **36 to 40 hours**.

The program must represent a clearly structured and methodologically grounded educational unit containing:

- relevant theoretical knowledge in the field of psychosomatics;
- defined methods and tools;
- practical exercises and methods of practical application;
- content aimed at developing an understanding of the connection between psychological and bodily processes;
- methods aimed at promoting and maintaining health and personal resources;
- a clearly defined structure and learning outcomes.

For the field of Basic Psychosomatics, the thematic areas, content, and methods that each program must include are defined in advance. Building upon this common foundation, the participant develops their own specific topic, approach, and methodology and creates an individual program, which is subsequently submitted for accreditation.

All programs are **exclusively educational in nature**. They do not constitute medical or psychotherapeutic treatment, diagnosis, or a substitute for medical, psychological, psychotherapeutic, or other professional healthcare services, nor do they exclude or replace such services.

Completion of the Program and Accreditation

Upon completion of the written program and after the supervisor has assessed that the program meets the defined professional, methodological, and ethical criteria, the participant applies for accreditation of their educational program with **ICI, Berlin**.

Upon receiving accreditation for their own program, the participant becomes eligible to deliver the education within that program and to issue participants an accredited certificate/confirmation of completion bearing the **ICI seal**.

The first **three training programs** are conducted under professional supervision. Following successful completion of this supervised phase, the instructor becomes eligible to independently deliver **only the program for which they have received approval/accreditation**.

Any new psychosomatics program subsequently developed by the instructor is subject to the same defined process of professional evaluation and accreditation.

The deadline for completing and submitting the individual program is determined by each participant according to their own circumstances and pace of work, provided that all defined program requirements are fulfilled.

Certification Requirements

In order to complete the training and obtain certification, the participant is required to:

- develop their own psychosomatics educational program in accordance with the defined guidelines, content, and professional standards;
- prepare a written training manual;
- prepare a written workbook containing exercises, tools, methods, and meditations for practical application;
- prepare a detailed training concept and structure comprising **36 to 40 hours**, with the schedule and content defined for each segment of the training;
- successfully complete the professional supervision process;
- receive a positive assessment from the supervisor;
- obtain accreditation/approval of their individual program from **ICI, Berlin**.

Certificate

Upon fulfillment of all the above requirements, the participant receives the certificate:

PSYCHOSOMATICS INSTRUCTOR, ICI

The total education forming the basis for obtaining this qualification comprises:

- completion of the four previous levels of ICI Psychosomatics - **188 hours**;
- Psychosomatics Instructor, ICI training - **54 hours**.

Total training hours - 242 hours.

Program Creator and Trainer

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