

BASIC OF PSYCHOSOMATICS, ICI Berlin

A unique program in psychosomatics aimed at healthier and higher quality living, as well as disease prevention. All contents of this program, including knowledge, techniques, demos, and exercises, are based on science and do not represent any methods of treatment nor a substitute for them. They are a support for healthier living and health improvement. Through this educational program and its application, psychosomatic factors that may cause certain symptoms and diseases can be eliminated. It is also beneficial for balancing, increasing resistance to stress, and stimulating the self-regeneration of the body.

The program will be conducted by Dr. Vesna Danilovac, educator and founder of the Educational Institute of Psychosomatics in Belgrade, unique in Serbia and the region, who is also the author.

The accreditation of the program by the ICI Institute from Berlin confirms the quality and credibility of the content, high standards, and principles of the profession and ethics. Psychosomatics is a very current topic with a tendency to expand into the education doctrines of classical Western medicine. It is a preventive measure and the foundation of future health preservation, as well as the reduction of enormous treatment costs for the sick worldwide.

Target Group for the First and Second Level of Psychosomatics: All people, regardless of age and education, who want to learn more about the holistic approach to health and the connection between psychosomatics, symptoms, and diseases. Also, coaches, psychologists, therapists, doctors, medical staff...

Program Goal: To educate and raise awareness about the importance of psychosomatic causes of symptoms and diseases. To familiarize with ways to detect the exact causes of diseases and their removal. To encourage the process of self-regeneration and self-support and resistance to stress.

The training program has three levels, and each level has its specific goal and application in practice.

The first level of training, basics of psychosomatics, lasts a total of 36 hours and is conducted through 8 live online workshops held once a week, each lasting 4.5 hours.

1. *THE MANY FACES OF ENERGY*
2. *ENERGETIC-EMOTIONAL CENTERS OF THE HUMAN BODY*
3. *MANY DISEASES, SAME CAUSES*
4. *BELIEFS - MEDICINE OR KILLER?*
5. *DUALITY OF MIND AND HEART ENERGY*
6. *TRAUMAS AND THE EPIDEMIC OF STRESS*
7. *EMOTIONS AND CELLULAR MEMORY*
8. *OUR "SHADOW" AND "POLYGRAPH" OF THE SOUL*

Certification:

- Attendance at all workshops;
- Knowledge evaluation through a written test;
- Written concept of health self-support (activities and changes);
- Certificate with ICI stamp, Berlin.

Upon completion of the first level of training and certification, a certificate is issued confirming that the participant has completed the accredited program - BASICS OF PSYCHOSOMATICS, ICI.

Every part of the body carries a message that can help a person heal and better understand themselves. I have spent years learning, researching, and working with the messages of my own body and the bodies of others. This program represents the core of the secret language of the body, which has the wisdom and ability to heal itself if you are willing to work, align with it, and listen to its intelligence. Its most important function is prevention and health preservation.

Program Author and Educator

Dr Vesna Danilovac