

**Bhadrena C. Tschumi, M.Ed., RCST®, SEP, PPNT**

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Year became RCST in BCTA/NA: 2007

Year became Approved BCTA/NA Teacher: 2007

Business Name: ICSB, International Institute for Craniosacral Balancing®

Primary Location: Bern, Switzerland

Other Locations: Italy, Spain, Czech Republic, Japan, Taiwan, India, Australia

**Biography:** Bhadrena Tschumi has been working in the field of Human Growth and Healing Arts as a therapist and teacher since 1976. Born in Switzerland, she was educated as a teacher and psychologist, lived and trained in the USA and worked internationally as a lecturer and teacher for over 30 years. Her work has been informed by the early Human Potential Movement, Gestalt Therapy, Body-Centered Psychotherapy, Trauma Resolution, Pre- and Perinatal Therapy, Diamond Logos Teachings and System-Centered Therapy. She teaches Craniosacral Trainings since 1986 and has been essential in developing and spreading the method. Her Institute is accredited in Switzerland to educate complementary therapists, a state-recognized profession.

**Teaching style:** Her teaching style is to address all learning channels and neurobiologically smart pathways to sense, feel, perceive, experience, reflect and integrate new information by creating a safe learning environment of exploration. Her early training as an educator allows her to be creative and spontaneous in her teachings while maintaining a direction, orientation and a good structure for easy learning. The relational aspect in the method is integrated in her teaching style, creating many opportunities to be playful, work in small groups and involve the social engagement system.

**Training program:** If not specifically mentioned, the modules are residential. The 3-year program of 1250 hours is broken out into 8 modules. Each module is eight to nine days long (sometimes subdivided into four and five days). There are three modules per year. A practicum of additional 250 hrs. between modules is integrated in the training program.

**Average class size:** 16 - 30 students

**Maximum number of students:** 36 students

**Teaching staff to student ratio:** Four to one. The same team is present for all modules and accompanies students between modules.

**Related courses:** Advanced classes and continuous education are offered regularly, from 5 days with varied subjects to a 3-year program in pre- and perinatal work.

**Tuition:** A total cost of the training is published on the ICBS website. The institute ICBS is accredited by the federation of Switzerland and people get CHF10'500 of the training costs reimbursed by the state.

**Required activities/fees:** All fees for practicum hours, accompanied practice, supervisions, received treatments etc., are part of the training program and included in the payment plan.

**Support material:** Comprehensive workbooks are included in each module. They are written by Bhadrena, translated in 6 languages and contain the necessary information about the method, anatomy, physiology, embryology and practice. Massage table and books are recommended and all support material and prices are published on the ICBS website.

Bhadrena has been actively pioneering and spreading the craniosacral method since the late 70's. Her love for biodynamics and the unfoldment of the work keeps her traveling and bringing it to many different cultures and continents. She has trained over 3000 practitioners and many of them have continued to become teachers in their own right. She keeps in touch with her alumni and creates programs for them to keep the work alive and up to date. She is a supervisor for teachers and often works through skype/zoom sessions.

It is a privilege to be part of the continuous growth and development and contributing internationally to the profession.