



CYPRUS BIOSYNTHESIS CENTRE - PROFILE

The Cyprus Biosynthesis Centre was founded in 2016 by Dr. Vassilis Christodoulou, who is a clinical psychologist, with over 35 years of experience, accredited psychotherapist, supervisor and senior trainer. Dr Christodoulou was trained as a psychologist in Lyon University France and later completed his PhD thesis in Greece, in the National Kapodistrian University, Athens and his Biosynthesis somatic psychotherapy training in the Greek Biosynthesis Centre in Athens.

The Institute is based in Limassol and provides training in Body Psychotherapy. The first two five-year educational programs are already completed and the third 5-year training programme will soon begin.

The CBC offers:

- 4-year training programme, offering theoretical and practical knowledge of the approach and awarding a certificate of attendance, for those who wish to use this knowledge for their own personal development
- 5-year training programme offering a full theoretical, practical training with full supervision, awarding the Diploma in Biosynthesis Body Psychotherapy, which allows graduates to work as Biosynthesis Psychotherapists in compliance with the regulations, standards and criteria set out by the European Association for Psychotherapy (EAP) and the Pancyprian Association for Psychotherapists (PAP)

The aim and purpose of the Cyprus Biosynthesis Centre, CBC, is the introduction of body psychotherapy in Cyprus, presenting to our society the importance of both the theoretical but also the practical application of this deep psychotherapeutic method of healing trauma, an approach that is very widespread internationally.

For this purpose, the CBC has organised several presentations in Limassol and Nicosia and a number of full-day workshops open for those interested in getting to know this method, as potential clients as well as for people who would like to be trained in body psychotherapy with the method of Biosynthesis as potential professionals.

Our psychotherapists take part in international conferences, seminars and meetings, as attendees, for CPD purposes, but also presenting their own work. In 2019, the CBC organized the 1st International Meeting of Biosynthesis psychotherapists, online, due to the pandemic, with the participation of all Biosynthesis Institutes internationally, facilitating translation to all languages involved, with great professionalism and success.

An important further contribution to body psychotherapy is the first book published by Dr Vassilis Christodoulou, *Treating Trauma in the Eternal Present of Now*, which has been translated into English, Spanish and Portuguese and his second book which is soon to be published. Both are based on his clinical experience applying the principles of Biosynthesis body psychotherapy and how these help clients.

Our efforts and our contribution focus to the development and acknowledgement of our profession and most of all to the wellbeing of those in need. The Cyprus Biosynthesis Centre, is actively involved as a member of the European Association of Biosynthesis, as an Organisational Member – Accredited Psychotherapy Training Institute - of the Pancyprian Association for Psychotherapists (PAP), as well as a Member of the European Association for Psychotherapy (EAP).