



# SAM

 **Swiss**  
**Alternative**  
**Medicine**

**An Initiative By:**  
**Inclusive Brain Health (IBH) &**  
**Swiss Alternative Medicine (SAM)**



**BBGM**  
**2022-2023**  
**ENROLLMENT**  
**IS OPEN**

# **Brain-Based** **Geometric Meditation**<sup>TM</sup> **Courses**

**Track 1:** Foundational Course  
**Track 2:** Advanced Course  
**Track 3:** Applied Course

<https://www.swissaltermed.ch/en/ibh/>



FG Meditation

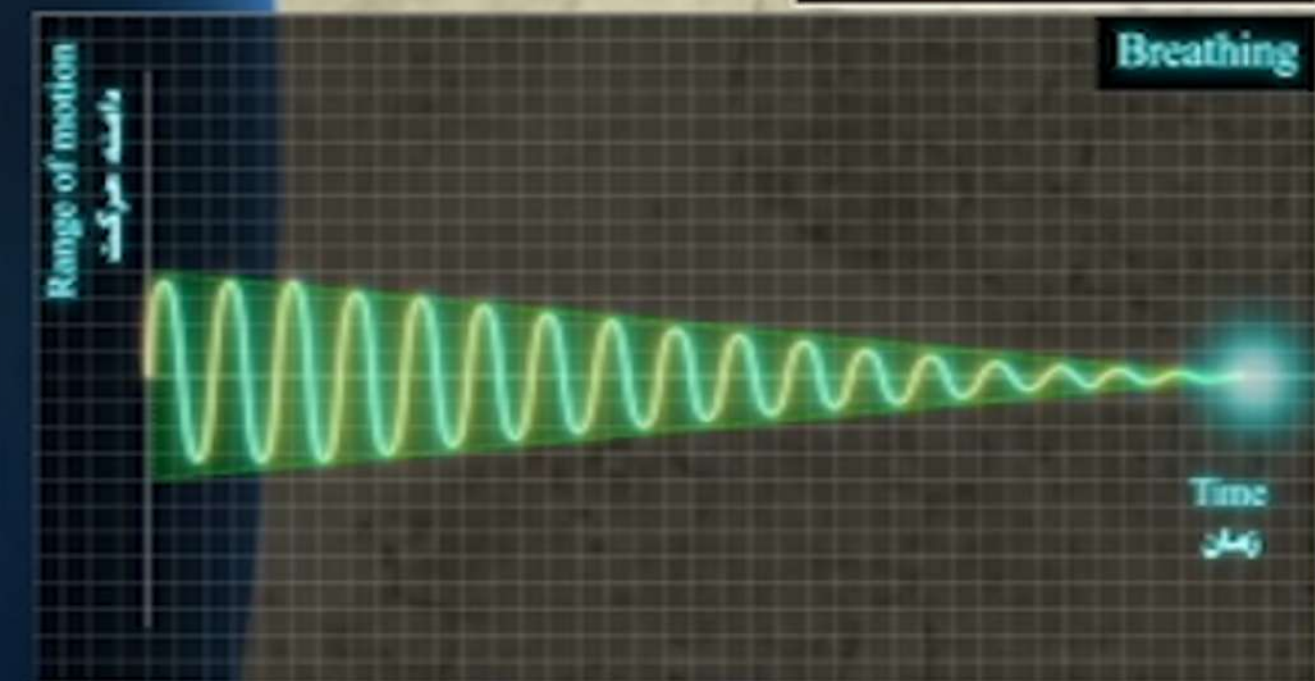
# An Inclusive Brain Health (IBH) Approach to Well-Being

## Brain-Based Geometric Meditation



*Where Brain Science  
and  
Inner Peace Embrace*

$$r=f(t)=\frac{1}{(t+1)} \sin t$$







# Educational Course to Become a BBGM Practitioner (Part 1)

## Track 1: Foundational Course

**Duration:** 5 months

**Total course hours:** 70 hours

**Learning hours per week:** 3.5 hours

**Learning sessions per week:** 2 sessions

(one theoretical and one practical)



## TRACK 1 OVERVIEW



Theoretical: 15 sessions, total of 30 hours  
Practical: 20 sessions, total of 30 hours  
Lab Workshops: 6 sessions, total of 10 hours





# TRACK 1 SYLLABUS

## **Theoretical:** 15 sessions, total of 30 hours

- Introduction to Geometric Meditation (GM) - 2h
- Theoretical principles of Geometric Somatic Breathing Based Meditation - 2h
- Theoretical principles of Geometric Introspective Based Meditation - 2h
- Theoretical principles of Geometric Mindfulness Based Meditation - 2h
- GM and multidisciplinary subjects - 2h
- GM and philosophy of mind - 2h
- GM and cognitive neuroscience - 2h
- Introduction to Brain Based Geometric Meditation (BBGM) - 4h
- GM based stress management - 2h
- GM and inclusive brain health - 2h
- GM, mind, and creativity - 2h
- GM and holistic health - 2h
- GM and other mind-based skills - 2h
- Emotional regulation through GM - 2h





# TRACK 1 SYLLABUS (continued)

## **Practical:** 20 sessions, total of 30 hours

### Geometric Somatic Breathing Based Meditation techniques

Linear Concentrative techniques:

- Horizontal Linear Concentration (HLC), one session - 1.5h
- Nasal Angular Concentration (NAC), one session - 1.5h

Three-Dimensional Concentrative techniques:

- Spheral Concentration (Abdomen), one session - 1.5h
- Bi-Spheral Concentration (Abdomen-Head), one session - 1.5h
- Horizontal Bi-Conical Concentration (Abdomen-Head), one session - 1.5h
- Vertical Bi-Conical Concentration (Abdomen-Sternum-Neck-Head), three sessions - 4.5h

### Geometric Meditation Based Mindfulness techniques

Pendular Movement of Attention (PMA), two sessions - 3h

Geometric Meditation Based Mindfulness (HLC-NAC), two sessions - 3h

Detached Mindfulness Based Meditation (Meditative Metaphors), three sessions - 4.5h

### Geometric Introspective Based Meditation techniques

Three-Dimensional Expansion of Attention, one session - 1.5h

### Geometric Somatic Based Meditation techniques

Unilateral Movement of Attention (Right-Left), one session - 1.5h

Jumping Movement of Attention (Joint to Joint), one session - 1.5h

### Geometric Breathing Based Meditation techniques

Idea-Motor technique (Supine Pose-Upright Pose), two sessions - 3h





## TRACK 1 SYLLABUS (continued)

### Lab Workshops:

6 sessions, total of 10 hours

QEEG and GM - 2h

Neurofeedback and GM - 2h

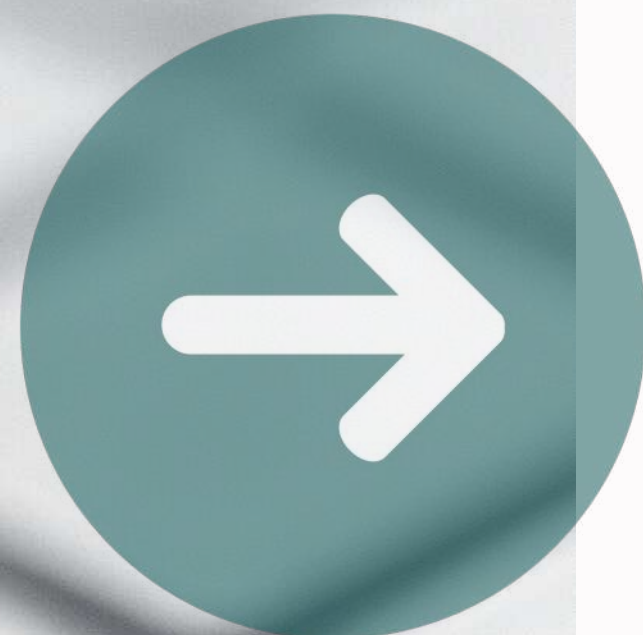
Biofeedback and GM - 1.5h

TMS, rTMS, and GM - 1.5h

Virtual Reality and GM - 1.5h

Neurocognitive tools and GM - 1.5h





# Educational Course to Become a BBGM Practitioner (Part 2)

## Track 2: Advanced Course

**Duration:** 10 - 12 months

**Total course hours:** 110 hours

**Learning hours per week:** 4 hours

**Learning sessions per week:** 2 sessions  
(one theoretical and one practical)

**Practicum:** 50 direct hours + supervision





## TRACK 2 OVERVIEW

“

Theoretical: 25 sessions, total of 50 hours

Practical: 20 sessions, total of 30 hours

Clinical/Case-Specific Workshops: 16 sessions,  
total of 30 hours

Practicum: 50 direct hours + supervision





# TRACK 2 SYLLABUS



## Theoretical: 25 sessions, total of 50 hours

- Neuroanatomy - 10h
- Neurophysiology - 10h
- GM based Cognitive Therapy - 2h
- GM based relaxation (physical, emotional, and mental) - 2h
- GM, biofeedback, and neurofeedback - 2h
- GM and phenomenology - 2h
- GM, inner experiences, and existential awareness - 2h
- Cognitive and metacognitive considerations in GM - 2h
- GM in psychotherapy - 2h
- GM in Complementary and Alternative Medicine - 2h
- Medical and psychological considerations while teaching GM - 2h
- GM and sleep disorders - 4h
- GM and stress related disorders - 4h
- GM and psychophysiological disorders - 2h
- Other clinical applications of GM - 2h



# TRACK 2 SYLLABUS (Continued)

## Practical: 20 sessions, total of 30 hours



### Geometric Somatic Breathing Based Meditation techniques

Linear Concentrative techniques:

- Vertical Linear Concentration (VLC), one session - 1.5h

Three-Dimensional Concentrative techniques:

- Lateral Bi-Conical Concentration (Abdomen-Sternum-Neck-Head), three sessions - 4.5h
- Single Conical Concentration (Head), three sessions - 4.5h

### Geometric Meditation Based Mindfulness techniques

Open Monitoring (Attention Scope: 360 Degrees), two sessions - 3h

### Geometric Introspective Based Meditation techniques

Spiral Movement of Attention (Forehead), one session - 1.5h

Horizontal Bi-Conical Concentration (Forehead), one session - 1.5h

### Geometric Somatic Based Meditation techniques

Emotional Awareness Enhancement technique, two sessions - 3h

Tracing the Gravity Centers of Body, one session - 1.5h

### Geometric Breathing Based Meditation techniques

Idea-Motor technique (Supine Pose-Upright Pose), two sessions - 3h

### Mind-Body Based Meditation techniques

Figure-Background technique, two sessions - 3h

### Mixed Geometric Concentrative techniques

four sessions - 6h

## TRACK 2 SYLLABUS (Continued)

### **Clinical Workshops: 6 sessions, total of 10 hours**

Educational protocol - 2h  
Homework guidelines - 2h  
Two-week and Four-week educational protocols - 1.5h  
Two-week and Four-week homework guidelines - 1.5h  
One-month and Two-month educational protocols - 1.5h  
One-month and Two-month homework guidelines - 1.5h

### **Case-Specific Workshops: 10 sessions, total of 20 hours**

How to write a BBGM protocol - 4h  
How to write a BBGM research protocol - 2h  
How to write a clinical protocol through GM - 6h  
GM based stress management protocols - 2h  
GM based Cognitive Therapy protocols - 4h  
Relaxation Based GM protocols - 2h



## TRACK 2 SYLLABUS (continued)

**Practicum :** 50 direct contact hours implementing BBGM coaching with at least 5 clients over 6 months.

Develop a brain based protocol for each client (and update protocol as is applicable).

Submit each protocol to your mentor to review synchronously with you, prior to your third session with client.

Record and transcribe three sessions, including the brain based protocol you developed for each client:

- an initial evaluation session
- a session from week 4, 5, or 6 (include updated protocol if applicable)
- a last session, or a session from week 8, 9, or 10 (include actual or conceptual discharge plan)

Attend every other week 1:1 Phone/Video sessions with your mentor

Attend group Video sessions (every 4-6 weeks, 4 in total)

You're allowed to charge a fee for sessions provided to clients; you need to inform clients this is part of your practicum as a BBGM coach-in-training.



# Research Course to Become a BBGM Scholar

## Track 3: Applied Course

**Duration:** 6-9 months  
(including 1:1 mentorship)



# BBGM SCHOLARSHIP FOR RESEARCH ASPIRANTS

## TRACK 3 OVERVIEW



Theoretical/Practical: total of 30 hours  
Field Work: 4-6 months (estimate)  
Applied Course in Entirety, including 1:1 mentorship: 6-9  
months (estimate)



## TRACK 3 SYLLABUS

### Theoretical/Practical: 30 hours

Research methodology - 16h  
How to write a research paper - 6h  
Research proposals - 8h

### Field Work: 4-6 months

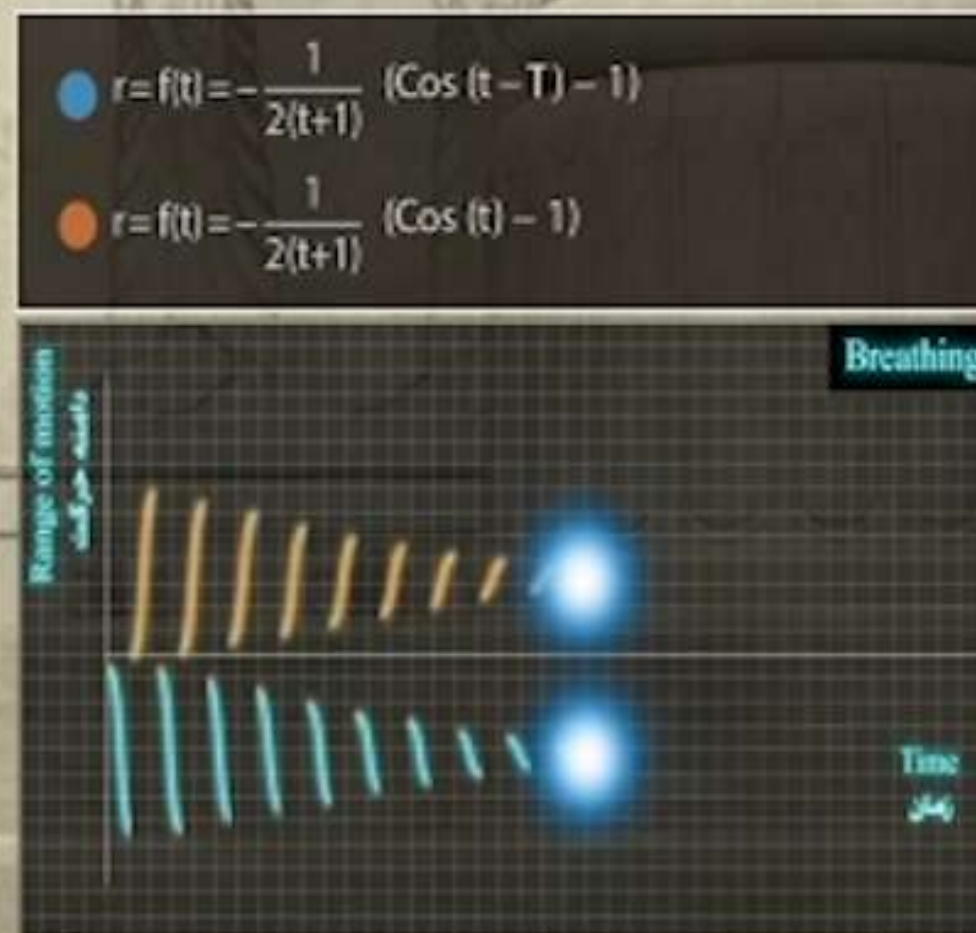
### Complete BBGM Applied Research: Individualized (estimate 6-9 months)

Research: Review of the Literature, Method, Results, Discussion – Individualized  
Hypothesis, Proposal, optional Publication support - Individualized  
1:1 Mentorship (including statistical analyses oversight) - Individualized





# Becoming a BBGM Trainer



Level 1  
Level 2  
Level 3





# Becoming a BBGM Trainer

## Level 1

Successful completion of practitioner training part 1 & 2  
Co-teach BBGM practitioner training part 1 & 2 (twice)  
Supervised Solo-teach BBGM practitioner training part 1 & 2 (twice)  
Mentor a minimum of 5 students through the practitioner practicum  
Endorsement from IBH



# Becoming a BBGM Trainer

## Level 2

- Successful completion of BBGM scholar training
- Successful completion of BBGM trainer level 1
- Mentor a minimum of 5 students through the applied research  
(under supervision for the first 2-3 students)
- Endorsement from IBH

# Becoming a BBGM Trainer

## Level 3

Successful completion of BBGM trainer level 1 & 2  
Train a minimum of 3 trainers through level 1 & 2  
(under supervision for the first 1-2 trainers)  
Endorsement from IBH





Core Faculty (A-Z):  
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