



# PSYCHOSPIRITUAL COACHING

## **Psychosynthesis Coach Training Program Syllabus 120 hr Florida Hybrid Training (9 months)**

**Level 1 & 2** (in person and via teleconference)

### **Psychosynthesis and Related Theory and Application**

Psychosynthesis training draws on the rich theory and tradition of psychosynthesis from its inception in the 1920's through present theory and practice. It also draws on allied transpersonal approaches and supportive traditional views to enhance its comprehensive nature. The theory and practice of psychosynthesis can be applied to all forms of the helping professions, personal growth, business and educational settings and more. The training currently orients towards a coaching framework as the basis for this work, though its application to other fields is fully relevant. Topics include:

- Philosophy and history
- Dimensions of growth
- Principle of synthesis
- Qualities, blocks and emerging purpose
- Aspects and nature of the psyche
- Subpersonality theory and application
- The nature of I: Awareness and Will
- Transpersonal maps and models
- Identification/disidentification
- Higher Self and transpersonal will
- Will and the act of will
- Psycho-spiritual Developmental Models
- Purpose, Meaning and Values
- Stages of self-realization
- Dynamics of the unconscious
- Psychological functions: intuition, thought, imagination, feeling, impulse, & sensation

### **The Guiding/Coaching Process**

Psychosynthesis guiding, in all helping relations, emphasizes the role of the guide's presence and quality of being. The guiding process is considered to be co-created, unique to each situation and ultimately guided by the purpose of the client in his or her life's unfolding. This process of guiding (noting that the "client" is seen as the traveler), is both a professional orientation for those in all helping relationships and a life practice, with ongoing support practices, for guide and traveler.

- Presence and the synthesis of polarities
- Qualities of self (guide's)
- Bi-focal vision
- Support of purpose and traveler Call of Self
- Personal (guide's) psychosynthesis
- Session dynamics
- Creating the guide subpersonality
- Being in the I-Thou relationship
- Awareness training
- Strategies for helpers
- Self-healing and maintenance
- Intervention strategies
- The process of psychosynthesis work
- Guide/traveler relationship (Helper/client)
- Transference, countertransference and authenticity
- Eliciting purpose and will alignment
- Social and Global concerns
- Formats, professions and roles in psychosynthesis guiding

### **The Role of the Guide**

The role of the guide varies in different fields of application. For those practicing in any specific field (counseling; psychotherapy; coaching; pastoral work; education; medicine; energy healing; body work, and more) the teaching methodology of the program orients towards applications in the one on one helping relationship, applicable to all fields.

- Defining coaching as a field
- Applying psychosynthesis to chosen profession
- Assessment/screening skills
- Unique applications
- Building a professional Identity
- Work with varying populations: from one on one, to group, to business orientation
- Understanding ethical guidelines
- Supervision, referrals, team approaches
- Promoting one's own work

### **Techniques and Strategies**

Psychosynthesis draws on the six psychological functions for its techniques. Thinking, feeling, sensing, desiring, imagining and intuiting are all areas for work. In addition, techniques are considered to be secondary to presence and the being of the guide, thus any technique in service of psychosynthesis principles may be used. Techniques are part of the creative edge of counselor self-creation.

- Guided imagery
- Body awareness and intervention
- Subpersonality integration
- Autobiography
- Will work
- Expressive techniques
- Eliciting purpose
- Dream work
- Interpersonal responsiveness
- Awareness
- Yin/yang presence
- Regression
- Micro-counseling skills
- Uncovering techniques
- Affirmation
- Catharsis
- Ideal model
- Healing the inner child
- Work with the “I”
- Stress reduction
- Wise being and transpersonal guidance
- Meditation
- Identification/disidentification
- Goals manifestation, performance, and success outcomes
- Grounding and homework

### **Certification**

All training at the Center leads to **Psychosynthesis Life Coach Certification**, as well as the Nationally accredited **Board Coach Certification**, for those who meet other criteria (BA, BCC test). Advanced Training is available. Each level of training offers a **Certificate of Completion**.