



Psychosynthesis Life Coach & Leadership Certification Program Syllabus

This psychosynthesis life coach and leadership 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, master coaching skills, leadership skills, the unique expertise of the instructors and other deeply supportive worldly and universal views to enhance its comprehensive nature. Through the course the following content will be covered:

*This is not chronological and material will be presented differently depending on format and orientation.

Psychosynthesis and Related Theory and Application

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

The Guiding Process

- Presence and the synthesis of polarities
- Qualities of self
- Bi-focal vision Support of purpose
- Personal psychosynthesis & Self leadership
- Session dynamics
- Creating the guide subpersonality
- Ethical responsibility
- Awareness training
- Strategies for coaches
- Assessment skills
- Self-healing and maintenance

- Intervention strategies
- Coach / Client relationship
- Transference and countertransference
- Eliciting purpose and will alignment
- Social and Global concerns
- Levels of contact: formal through intimate

Techniques and Strategies

- Guided imagery
- Body awareness and intervention
- Subpersonality integration
- Will work
- Expressive techniques
- Eliciting purpose
- Interpersonal responsiveness
- Awareness
- Yin/yang presence
- Regression
- Uncovering techniques
- Affirmation
- Catharsis
- Ideal model
- Healing the inner child
- Work with the "I"
- Stress reduction
- Wise being and transpersonal guidance
- Meditation
- Identification/disidentification
- Grounding and supplemental "homework" for the client

Psychosynthesis Coaching

- Fundamentals of Coaching
- Coaching Parameters: Who, When, Where and Why?
- Positive Approaches
- Individual Coaching
- Business Coaching
- Specialty Areas
- The Coaching Alliance
- Working with Client will alignment
- Goals, intentions, blocks and success
- Assessing, Honoring, Tracking, Supporting
- Client Resources: Claiming Possibility

- Psychosynthesis Coaching Model
- Coaching Differentiated from Counseling/Psychotherapy/Teaching
- Purpose/Goals of Coaching
- Basics of Coaching Practice
- Principles of Individual and Business Coaching
- The Coach Role and the Relationship
- Finding the Good Fit: the Right Client for the Right Coach
- Screening & Orientation
- The Practice of Presence: Psychosynthesis Principles for the Coach/client relationship
- Accessing Client Purpose: Supporting Will Alignment towards Change
- Coaching Practice: Strategies, Techniques and Skill Sets
- Informed Consent and Client Rights and Responsibilities
- Assessment, Goals and Will alignment
- The Practice and the Process
- The Ethical Practice of Coaching
- Social Responsibility and Diversity in Coaching
- Purpose, Meaning and Values
- Strengths Assessments
- Working Beyond Limitations
- Accessing Inner Knowing
- Intuition
- Defining Goals, Activating Will
- Self-Knowledge, Acceptance & Love
- Supporting the Internal Unifying Center in Clients
- Working with Subpersonalities
- Anchoring into Self: The True I AM
- Empowering Client Goals
- Deliberation: Articulating Client Needs & Concerns
- Choice & Affirmation
- Planning Strategies
- Action: Moving to Chosen Outcomes

EcoPsychosynthesis / Universal Psychosynthesis and Your Call of Self

- Accessing and following your higher calling
- Your gifts for the world
- Universal connectedness
- Transpersonal calling
- Diversity and inclusion
- Expanded identifications
- Building resilience
- Accessing inner truth
- Action and integration

Your Coaching Business and Marketing Skills

- Spiritual Vision / Life Vision
- Your niche
- Authentic enrolling
- Identifying your ideal client
- Irresistible messaging
- Your story
- XYZ
- Branding
- Marketing and promotion basics
- Discovery calls
- Coaching welcome packets
- Initial conversations
- Coaching contracts
- Ethical guidelines