

## CURRICULUM Transpersonal Training 2021 - 2024

	SUBJECT		Number of hours		
			Theory	Work shops	Total
1.	General psychotherapy Theory	1. Fundamentals of analytical psychology and the Individualization Process (Carl Gustav Jung) 2. Overview of Humanistic Psychology 3. Introduction to Transpersonal Psychology and Transpersonal Psychotherapy/How to work as a transpersonal psychotherapist	100	—	100
2	History of the transpersonal movement	4. Various spiritual traditions	10	—	10
3	Transpersonal theory / spiritual journey	5. Spiritual path and hero's journey (Joseph Campbell) 6. Consciousness, self, I and Ego 7. Philosophical aspects of the transpersonal paradigm 8. Transpersonal cartography of consciousness 9. The transpersonal experiences. Death and dying. 10. Death and rebirth in Stan Grofs work 11. Stan Grofs extended map of the psyche 12. Holotropic Breathwork concept	120	20	140

4	Psychopathology/ Clinical Psychology	<p>13. Classical psychopathology and Transpersonal approach to psychopathology</p> <p>13. A) Spiritual and existential crisis, relief</p> <p>14. Psychospiritual understanding of psychoses (Depression, Mania, Borderline, Narcissism) and other personality disorders. Transference, Projections, shame and guilt.</p> <p>15. Assisting with PTSD</p>	150	—	150
5	Methodology / different approaches	<p>16. Psychodynamic therapy and advanced psychotherapeutic techniques and counseling skills</p> <p>17. Methods working with the inner child</p> <p>18. The principle of body-mind, working with the body, the body as a resource</p> <p>19. Process-oriented Dreambody-Work</p> <p>20. Gestalt therapy</p> <p>21. Psychosomatics/ Bodily symptoms</p> <p>22. Psychology of meditation and states of consciousness</p> <p>23. Energetic work: bioenergetic fields and their visualization through technology.</p> <p>24. The psychology of shamanism/ Shamanic journey</p> <p>25. Relaxation, bodywork, music, sharing</p> <p>26. Mandalas/Transpersonal art therapy</p>	20	100	120
6	Integrative approach in transpersonal psychotherapy	<p>27. Fundamentals of the Process-Oriented Psychology of Arnold Mindell</p> <p>28. Practical skills of working with holotropic states of consciousness</p> <p>29. Body-oriented psychotherapy/Dealing with trauma</p>	40	190	230
7	Practice	1) Group	—	300	300

		2) Individual 3) Familial			
8	Supervision	Feedback and ethical questions	—	150	150
	Final exam	Power Point presentation, Case study, demonstration	5	5	10
	445	765	1210		

**To obtain a diploma, students must independently complete 250 hours of self-development, including 50 hours of personal therapy.**