Transpersonal approach in psychological consulting and psychotherapy.

Advanced professional training program

Acquaintance with transpersonal concepts of the structure and processes of psychical activity; the ability to use transpersonal instruments - a useful help for practicing psychologists and psychotherapists.

Besides gaining necessary professional knowledge and skills, interactive lectures, group discussions, exercises and training sessions held within the program contribute to the development of creativity, increasing of successfulness, intensification processes of achieving integrity and personal harmony, change the context and quality of life.

Objectives of the program:

- to explore and learn the principles and methodology of the application of transpersonal approaches and psycho-techniques to solve actual problems of psychological practice, such as:

- restoration of integrity and identity of the individual,
- implementation of potentials, evolution and self-actualization of the personality,
- working with life energy and its absence (depression, professional burnout),
- psychological safety and internal defenses,
- working with family and romantic relationships,
- working with fear and lack of self-confidence,
- working with conflicts and crises,
- working with the "dark" side of the personality, negative and destructive emotions
  in interpersonal relationships (aggression, anger, rage),
- working with corporate clients,

- stress & time management,
- prevention of the psychological trauma in difficult life situations,
- working with addicts and co-addicts

- to train the program participants to act creatively, effectively both in trivial and in non-trivial cases;
- to gain skills and meta-skills which are needed for the application of transpersonal psycho-technologies;
- to expand the repertoire of skills used in psychotherapy and psychological consultation, to master transpersonal psycho-techniques:

- processes of active imagination
- breath psychotechniques
- metaphorical and projective games
- the expression of body, theatrical techniques
- working with the mythologems, mythodrama

- to introduce the theory and practice of Free Coherent Breathing,Transpersonal Breathwork and Holotropic Breathwork™ to the students

Goal of the program:

Professional development of specialists that after graduating could apply their newly acquired knowledge and skills in the practice of consulting, training and psychotherapeutic work.

The program consists of 4 training 2,5 days modules (Volgograd, Kazan), or 5 training 2 days modules (Moscow) independent studies, supervisions, consultations, tests.

Total number of training hours – 150, including:
[3] Thematic in-class activities - 80 hours in Moscow (5x16), Volgograd and Kazan (4x20): interactive mini-lectures, group discussions, training sessions using meditation psycho-techniques, art techniques, body-oriented and theatrical techniques, processes of active imagination, role and metaphorical games, plasticism, body expression, psycho-gymnastics, breathing techniques, self-observation and analysis of situations; also original methods developed on the basis of Jungian analysis, psycho-techniques of meditation and process work; the study of

the practice of the trainees, analysis of client cases, supervision, Rebirthing, Free Coherent Breathing,Transpersonal Breathwork and Holotropic Breathwork™ sessions.

- independent studies – 60 hours
- supervisions, consultations, tests 10 hours

Teachers of the program:

Gennady Brevde, PhD, certified European Transpersonal Psychotherapist
German Karelsky, PhD, certified European Transpersonal Psychotherapist, certified Holotropic Breathwork Trainer.

The graduates shall receive:

- International Institute of Exploration of Consciousness and Psychotherapy certificates of advanced professional training;
- EAP (European Association for Psychotherapy) certificates for the training course.

Schedule and curriculum, Volgograd (73,5 KiB)
Schedule and curriculum, Moscow (74,8 KiB)
Schedule and curriculum, Kazan (74,2 KiB)