



# Nature Care College

## Introduction to Transpersonal Psychology

### DESCRIPTION

This introductory course provides an overview of the key transpersonal psychological perspectives, concepts and issues which form the foundation of this unique approach to coaching, and the relevance of these perspectives to the personal, spiritual, social and global needs of our time. It also introduces the essential holistic principles and practices of the transpersonal context (eg. experiential, integrative), and begins the process of self-exploration in relation to major life transitions and rites of passage within the journey of transformation.

### DURATION

24 hours

### LEARNING OUTCOMES

By the conclusion of the course students should:

1. Have a basic understanding of the relevance of the key psychological paradigms within the development of modern psychology.
2. Have a basic understanding of the emergence and relevance of the transpersonal paradigm, including its core concepts and approaches.
3. Understand and be able to articulate simply the key concepts of the self and the soul, the importance of soul care, and the journey of transformation.
4. Recognise the significant transitional stages and rites of passage in their own lives.
5. Recognise the key phases of the heroic journey, and how those phases show up in their own lives.
6. Have a personal experience of some of the core processes employed by the holistic and transpersonal approach.

### KEY ICF COMPETENCIES

This unit of study forms the theoretical underpinning and soulful approach of the Diploma of Transpersonal Coaching.

There is no specific ICF competency that addresses this.

This knowledge and understanding gained from this unit will greatly inform, expand and deepen all the competencies, and in particular the following:

3. Establishing Trust and Intimacy with the Client
4. Coaching Presence
8. Creating Awareness

### TEACHING METHOD

Written course material.

Modified lecture presentations.

Whole class and small group discussion.

Experiential and creative learning activities, and self reflection.

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<b>ASSESSMENT</b>	1. Satisfactory attendance and active course participation.	30%
	2. A creative assignment illustrating an aspect of your own transpersonal life journey. You may choose any creative medium of expression. All details and guidelines will be given out in class by the lecturer. To be submitted <u>no later than 3 weeks</u> after the end of this unit of study.	70%

**Pass mark: 60%**

**Each component must be passed at 60% in order to pass this unit of study.  
No grades available**

**Note: To facilitate the return of your assignment you will need to provide a stamped self addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.**

**A maximum extension of one week only may be provided with documentation and at the lecturer's discretion.**

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**ATTENDANCE** 80% minimum.

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**PRE-REQUISITES** Nil

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**CO-REQUISITES** Core Skills for Transformation

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**MATERIALS REQUIRED** Notebook, pen.  
Optional – personal journal

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**TEXTBOOKS** **Compulsory:**  
Nil.  
  
**Recommended Reading / References:**  
Refer to lecture notes.

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### 3 DAY INTENSIVE OUTLINE

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#### DAY 1

Course outline and overview.  
Introducing the transpersonal context.  
The major paradigms in the development of modern psychology.  
The emergence of the transpersonal paradigm.  
Some key concepts of the transpersonal approach - the self, the soul, and the importance of soul care.  
The key principles of transpersonal coaching.  
A brief introduction to life transitions, transformation, and transpersonal coaching.

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#### DAY 2

Introducing the universal story of the hero's journey.  
The phases of the heroic journey.  
Reflecting on how the heroic journey plays out in our personal lives.  
A brief introduction to the heroic journey in transpersonal coaching, and the role of the coach in each phase.

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#### DAY 3

Reviewing the heroic journey through experiential and creative activities.  
Introducing ceremony and ritual as celebrations of major life transitions and rites of passage.

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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