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# Nature Care College

## Transformation & Change

<b>DESCRIPTION</b>	This unit explores how we process change and transformation, with an emphasis on the innate wisdom of the body. Students are introduced to the felt-sense and focusing models and the role these play in wholeness and healing. It considers the links between our energetic/chakric development and psychological development. Life transitions will be explored from the perspective of spirituality, healing and wholeness
<b>DURATION</b>	24 hours
<b>LEARNING OUTCOMES</b>	By the conclusion of this unit students should be able to: <ol style="list-style-type: none"> <li>1. Understand the basic models of life stages and how they relate to the development of the chakras</li> <li>2. Outline The Hero's/Heroine's Journey and its value in transformation &amp; change</li> <li>3. Describe spiritual emergence, spiritual emergency, trauma and the felt-sense</li> <li>4. Demonstrate competency in selecting and using the focusing approach</li> </ol>
<b>TEACHING METHOD</b>	The primary teaching methods used are: <ol style="list-style-type: none"> <li>1. Lecture presentations with videos and group discussion</li> <li>2. Experiential learning – including skills practice in pairs and triads.</li> </ol>
<b>ASSESSMENT</b>	There are three assessment requirements: <ol style="list-style-type: none"> <li>1. A written assignment on theoretical frameworks and personal perspectives.</li> <li>2. Skills Competency assessment in the focusing approach (Week 11)</li> <li>3. Satisfactory attendance and participation in the course.</li> </ol> <p><b>Pass / fail grades will be given only</b></p>
<b>ATTENDANCE</b>	80% minimum
<b>PRE-REQUISITES</b>	Introduction to Energetic & Spiritual Healing Communicate with Clients
<b>CO-REQUISITES</b>	Nil.
<b>MATERIALS REQUIRED</b>	Notebook, pen.
<b>TEXTBOOKS</b>	<b>(a) Compulsory:</b> Nil.  <b>(b) Recommended Reading / References:</b> <i>Eastern Body Western Mind: Psychology and the Chakra System as a path to self</i> Anodea Judith (latest edition) <i>Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences</i> Peter A. Levine

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*Emotional Clearing: An East/West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness* John Ruskan  
*Emotional Clearing: Releasing Negative Feelings and Awakening Unconditional Happiness* John Ruskan  
*The Hero with A Thousand Faces* Joseph Campbell  
*The Heroine's Journey: Woman's Quest for Wholeness* Maureen Murdock  
*The Power of Focusing: A Practical guide to emotional self-healing* Ann Weiser Cornell  
*The Radical Acceptance of Everything: Living a Focusing Life* Ann Weiser Cornell  
*Focusing: How to open up your deeper feelings and intuition* Eugene Gendlin

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## WEEK-BY-WEEK OUTLINE

<b>WEEK 1</b>	Course overview
<b>WEEK 2</b>	Life Stages & Development of the Chakras
<b>WEEK 3</b>	Life Transitions, The Hero/Heroine's Journey & Transformation
<b>WEEK 4</b>	Life Transitions, The Hero/Heroine's Journey & Transformation
<b>WEEK 5</b>	Overview of Spiritual Emergence & Spiritual Emergency
<b>WEEK 6</b>	Overview of trauma. Introduction to somatic awareness & the felt-sense
<b>WEEK 7</b>	Focusing – Theory, Video/Demonstration
<b>WEEK 8</b>	Skills Practice: Focusing Class Sharing/Feedback
<b>WEEK 9</b>	Skills Practice: Focusing Class Sharing/Feedback
<b>WEEK 10</b>	Skills Practice: Focusing Assessment Preparation
<b>WEEK 11</b>	Skills Assessment: Focusing
	<b>Written Assessment Due</b>
<b>WEEK 12</b>	Review and closure.

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