



Nature Care College

Transpersonal Counselling in Practice

DESCRIPTION	This unit offers knowledge and skills relating to a range of counselling therapies with emphasis on the transpersonal and body-centred approach. The experiential practices explored are to assist clients in dealing with a variety of life issues. Creative media is a key component of this unit.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this workshop, participants should be able to: <ol style="list-style-type: none"> 1. Demonstrate the understanding and use of a range of counselling interventions. 2. Demonstrate an understanding of the benefits and limitations of different counselling techniques and processes in different contexts. 3. Effectively apply and combine counselling techniques and processes from different therapies from an holistic perspective. 4. Develop an awareness of the creative process in counselling and the importance of creating a supportive environment for the containment and expression of self in the counselling relationship. 5. Critique their experience of the use these approaches upon themselves, their peers and the therapeutic relationship. 	
TEACHING METHOD	The primary teaching methods used will be: Lecture presentations, roles plays, DVDs, class discussions, experiential exercises and recorded student reflections.	
ASSESSMENT	Practical Assessments	Weeks -11
	Written assignment:	Week -12 - In Class
ATTENDANCE	80% minimum	
PRE-REQUISITES	Introduction to the Holistic Perspective, Counselling and the Therapeutic Relationship, Counselling 1A, Counselling Theories, Emotional Development and Healing and Counselling 1B.	
CO-REQUISITES	Counselling Skills in Practice A and Ethics, Cultural Diversity and Referral.	
MATERIALS REQUIRED	Notebook, pen	
TEXTBOOKS	<p>Compulsory: Weiser Cornell, Ann (Phd), (1996), <i>The Power of Focusing</i> A Practical Guide to Emotional Self-Healing. New Harbinger Publications, CA</p> <p>Recommended Reading / References: Nil</p>	
COMPETENCIES PARTIAL COMPLETION	<p>This subject is in partial completion of the following competency/competencies within the Diploma of Counselling (CHC51708):</p> <p>CHCCSL506A-Apply counseling therapies to address a range of client issues</p>	

WEEK-BY-WEEK OUTLINE

WEEK 1 Introduction to the Course and the Transpersonal Perspective

WEEK 2 The Transpersonal Perspective (part 2)
DVD by Dr Frances Vaughan

WEEK 3 Introduction to Carl Jung and his theories

WEEK 4 Life as a Story, Journey and Quest
The Hero's Journey
Transitions and Transformations

WEEK 5 Creativity in Therapy

WEEK 6 Somatic Therapy: Mindfulness and Body Awareness

WEEK 7 The Use of Working with Selves
Sub Personalities and Inner Child work

WEEK 8 An introduction to the Felt Sense and the Focusing Technique

WEEK 9 Gendlin Video
Focusing Practice

WEEK 10 Healing through focusing (video)
Focusing Practice

WEEK 11 Focusing Assessment

WEEK 12 Class written assessment and revision of course

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.

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