



# Institute of Transpersonal Psychology

## Prospectus

Welcome to the Institute of Transpersonal Psychology.

The Institute offers an innovative and integrative approach to studying psychology that includes mind, body, spirit, and consciousness. We seek to cultivate a holistic understanding of the human experience, merging traditional psychological theories with spiritual and transpersonal practices. Our programs are designed for students who want to explore the deeper dimensions of consciousness, personal growth, and psychological transformation.

## Mission Statement

Our mission is to provide comprehensive and transformative education that prepares students to explore the full spectrum of human potential through Transpersonal Psychology. By integrating scientific psychology with spiritual traditions, we aim to cultivate leaders and practitioners who can contribute meaningfully to personal transformation and spiritual development in the fields of: mental health, education, leadership and end-of-life management.

## Core Values

- **Holism:** We recognise the interconnection of mind, body, and spirit and encourage a balanced and integrated approach to understanding and facilitating human growth.
- **Consciousness Exploration:** We are committed to exploring and understanding altered and higher states of consciousness as legitimate aspects of human psychology.
- **Ethical Practice:** Our programs emphasise the ethical application of transpersonal knowledge, with a focus on compassion, integrity, and cultural sensitivity.
- **Personal Transformation:** We believe education should be a journey of personal growth and transformation, encouraging students to evolve intellectually, emotionally, and spiritually.

## Level 6 Diploma in Transpersonal Psychology

This foundational program introduces students to the key concepts and theories of Transpersonal Psychology, whilst also providing a broad overview of traditional psychological science. Students will explore the intersection of psychology and spirituality, learning about consciousness studies, mindfulness, and holistic approaches to mental health.

Transpersonal Psychology is an enriching field that blends psychology with spiritual exploration, self-awareness, and personal growth. It aims to study human consciousness and transcendence, looking beyond the individual ego to explore higher states of being.

Duration: 1 year

Key Modules:

- Exploration of Current Mental Healthcare Provision
- Introduction to Transpersonal Psychology
- Dual Brain Science and States of Consciousness
- Science of Spirituality
- Thanatology, the Study of Death, Dying and Bereavement
- Polyvagal Theory
- Theoretical and Practical Modalities of Transpersonal Psychology

### Introduction to Transpersonal Psychology

Definition: Transpersonal Psychology is the study of the human mind and behavior, integrating spiritual and transcendent aspects of the human experience. It draws on fields such as psychology, philosophy, anthropology, and spirituality.

Founding Figures: The field was pioneered by thinkers such as: Abraham Maslow, Carl Jung and Stanislav Grof. Their work emphasises the potential for individuals to achieve higher states of consciousness and explore the spiritual dimensions of life.

### Course Objectives

By the end of this course, students will:

- Understand the core principles of Transpersonal Psychology.
- Explore theories and models of human consciousness and spiritual development.
- Analyse the intersection of psychology, spirituality, and personal transformation.
- Apply transpersonal concepts in the role of a Transpersonal Practitioner.
- Critically evaluate key research and literature within the field.

## 4. Core Areas of Study

### A: Neuroscience:

- Understanding hemispheric differences and their impact on perception exploring the right hemisphere's role in meaning, connection, and spirituality through the work of Dr Iain McGilchrist.
- Critical evaluation of the dominance of the left hemisphere in modern society.
- Application of hemispheric theories to transpersonal Practice.
- The role of the hemispheres in shaping cultural worldviews.
- Enhancing creativity, intuition, and problem-solving through right hemisphere activation, integrating science, philosophy, and spirituality.
- Understanding the implications for personal growth and self-realisation.

#### • Integrated Consciousness:

Students will learn that focusing on Integrated Consciousness can lead to several profound learning outcomes. McGilchrist emphasizes the need for a balance between the left and right hemispheres, with a focus on holistic, integrated awareness as essential for personal, intellectual, and spiritual growth.

The learning outcomes of studying integrated consciousness based on McGilchrist's work will include:

- Deeper self-awareness and reflective thinking.
- Holistic perception and empathic understanding.
- Increased creativity, intuition, and spiritual insight.
- A balanced approach to problem-solving, rationality, and emotional intelligence.
- Enhanced connection to present-moment awareness and the spiritual or transcendent dimensions of life.
- The left hemisphere and the DMN/Verbal Centre - the Default Mode Network (DMN) and the verbal center of the brain are both primarily associated with the left hemisphere in important ways.
- The ego and self esteem.
- The right hemisphere's connection to spirituality.

### B: The Science of Spirituality, Spiritual Competencies & Spiritual Post Traumatic Growth

- Connection to a higher power.
- Inner Peace and Harmony.
- Values and Ethics.
- Connection to Others and the World.
- Meaning and Purpose.
- Transcendence and Transformation.
- Spiritual Competencies.
- Develop awareness of personal spiritual beliefs and biases.
- Understand the role of spirituality in mental health.
- Apply Cassandra Vieten's Spiritual Competencies.
- Identify and support spiritual development across the lifespan.

- Navigate ethical considerations in addressing spirituality.
- Integrate neuroscientific insights into spiritual practices.
- Manage spiritual crises and existential issues.
- Respect cultural diversity in spiritual and religious practices.
- Use spiritual practices to enhance well-being.
- Foster professional and personal growth through spiritual competency.

### C: Thanatology

- Comprehensive understanding of death and dying.
- Analyse cultural and religious perspectives on death.
- Understanding of grief and bereavement processes.
- Develop sensitivity to end-of-life ethical issues.
- Explore death anxiety and its psychological impact.
- Understand the role of caregivers in the dying process.
- Understand sociological and historical perspectives on death.
- Learn techniques for supporting dying individuals.
- Apply thanatology to crisis and trauma.
- Understand the legal and institutional aspects of death.
- Explore the concept of a "good death".
- Understand thanatology's impact on personal and professional growth.

### D: The Continuation of Consciousness After Death

- Develop critical thinking about the "Hard Problem" of consciousness.
- Understanding of theories on post-mortem consciousness.
- Analyse empirical research on near-death and out-of-body experiences.
- Evaluate cross-cultural beliefs and practices about the afterlife.
- Examine philosophical and metaphysical questions of consciousness.
- Explore spiritual traditions on reincarnation and karma.
- Understand the psychological and existential impacts of beliefs about the afterlife.
- Investigate scientific and skeptical approaches.
- Apply ethical principles to research and practice.
- Integration of personal growth and existential reflection.

### E: Polyvagal Theory

- Understanding the Autonomic Nervous System (ANS).
- Apply Polyvagal Theory to emotional regulation.
- Understanding the Role of Neuroception.
- Application to trauma.
- Explore social engagement and connection.
- Understand Polyvagal Theory's implications for health and well-being.

- Analyse Polyvagal Theory in developmental contexts.
- Cultivate practical skills in autonomic regulation.
- Understand the integration of body and mind.

## F: Modalities

- Creativity, Expressive Arts
- Ecotherapy
- Transpersonal Hypnotherapy
- Jungian Active Imagination
- Archetypal/Symbolic Exploration
- EMDR
- Meditation
- Somatic Sensing
- Intuition and Flow Writing
- Philosophical Exploration
- Dream Work
- Breathwork
- Plant Medicine

## Expectations and Course Structure

- This course will involve a blend of theoretical and experiential learning.
- Students are expected to engage with key readings, participate in discussions, and reflect on their personal experiences related to transpersonal psychology.
- Engagement/Attendance Policy:  
Students are required to watch weekly videos and then respond to the provided questions pertaining to the videos content. Students are encouraged to read and comment on their peers responses.  
Students are also required to attend 80% of the live zoom bi-weekly meetings.
- The time commitment for the Transpersonal Psychology Diploma is 370 hours. This breaks down to approximately 33 hours per month (over 11 months, allowing for holiday time).
  - 4 hours per month in live online meetings (every first and second Thursday).
  - 4 hours per month reviewing course content (delivered once per week via video presentation).
  - 4 hours per month responding to course content
  - 4 hours per month writing essays
  - 17 hours per month on personal study, research, reading books and articles, watching videos, listening to podcasts.

## Why Choose the Institute of Transpersonal Psychology?

### Holistic Education

We offer a curriculum that emphasises the integration of psychology and spirituality, preparing students to apply transpersonal principles in real-world contexts of mental health, and personal development.

### Expert Faculty

Our facilitators are experienced scholars and practitioners, they bring a wealth of academic knowledge and practical experience.

### Flexible Learning

Students receive material to study in their own time, and then we meet to discuss the findings. Online learning allows our students to join us from all over the world. There is an opportunity for students to tailor their studies to fit their personal and professional needs.

### Ethical Considerations

**Non-Dogmatic Approach:** Transpersonal Psychology is not tied to any single religious or spiritual tradition but instead embraces a wide array of perspectives.

- **Responsibility in Practice:** Ethical practice in transpersonal psychology involves respecting the individual's unique path and recognising the profound psychological and spiritual challenges that may arise.

### Self-Care and Reflective Practice

Personal growth is at the heart of transpersonal psychology. Students are encouraged to engage in regular self-care practices, such as:

- Meditation and mindfulness techniques.
- Reflective journaling.
- Grounding practices like yoga or nature walks.

Engage with the course material not only intellectually but also emotionally and spiritually.

Transpersonal psychology invites you to explore your inner world deeply while respecting your personal limits and boundaries.

### Experiential Learning

We believe that personal experience is central to the study of transpersonal psychology. Our programs incorporate experiential components such as guided meditation, reflective practices, dream analysis, and creative exploration to ensure that students not only learn theory but also experience transformation.

### Cutting-Edge Research

Our research programs encourage students to explore the boundaries of human consciousness, investigating altered states, mystical experiences, spiritual crises, and holistic approaches to healing.

Students have the opportunity to conduct original research under the guidance of leading experts in the field.

### Community Spirit

The course develops into a long-term supportive community with monthly meetings. We also offer Peer Networks: Study groups, mentorship programs, and community-building events to support students in their learning and post-learning journey.

### Career Opportunities

Graduates of the Institute can pursue careers in a variety of fields, including:

- **Transpersonal Practice:** Integrating transpersonal principles into therapeutic practices.
- **Mindfulness and Wellness Coaching:** Applying mindfulness and holistic health techniques in personal coaching or group settings.
- **Spiritual Guidance and Education:** Leading workshops, retreats, or educational programs on personal development and spiritual growth.
- **Research and Academia:** Contributing to the growing field of consciousness studies and transpersonal psychology through academic or applied research.
- **Holistic Health Practitioner:** Working in integrative health practices, focusing on mental, emotional, and spiritual well-being.

### Admissions Requirements

We seek students who are passionate about exploring the intersection of psychology and spirituality and who are committed to personal growth and transformation.

Diploma Program:

- Qualification from the psychology fields and/or 5 years experience in a holistic field (experience to be determined by course facilitator).
- Personal statement outlining interest in Transpersonal Psychology.
- Interview with an ITP course facilitator.

### Recognised Prior Learning

We recognise prior learning, whether formal, informal, or experiential, to provide equitable access to the course and reduce redundancy in learning.

Eligibility:

Previous academic qualifications in psychology or related fields.

Professional or life experiences relevant to transpersonal studies, such as counselling, holistic practices, or spiritual leadership.

Professional experience from other fields will also be considered.

### Application Process

Submission of evidence, including transcripts, portfolios, or references.

A reflective statement on how prior learning aligns with course objectives.

### Assessment

Evaluation by a faculty panel to ensure equivalency with course modules.

Potential interview or supplementary assignments.

### Outcomes

Advanced placement or credit for specific modules.

Tailored learning paths to build on existing knowledge.

This policy aligns with the values of inclusivity and respect for diverse learning journeys.

### English as an Additional Language (EAL) Policy

1. Purpose: To support students whose primary language is not English, ensuring they can fully engage with course material and succeed academically.
2. Entry Requirements:
  - Proof of English proficiency, if necessary through standardised tests.
3. Language Support:
  - Access to academic writing workshops and English language resources.
  - One-on-one tutorials to address specific challenges.
4. Assessment Accommodations:
  - Extended deadlines for written assignments.
5. Inclusive Teaching:
  - Simplified language in lectures without sacrificing depth.
  - Encouraging peer support and group activities for language development.
6. Feedback and Monitoring:
  - Regular feedback on progress.
  - Open channels for students to seek help.
7. This policy ensures a supportive, inclusive learning environment that aligns with transpersonal values of empathy and holistic understanding.

### How to Apply

Request an application form (email provided below). The application process involves an online meeting with an ITP facilitator and submitting your cv, personal statement, and references. For more information on tuition fees, please email: [diane.elliott@britishtranspersonalassociation.org](mailto:diane.elliott@britishtranspersonalassociation.org)

### Contact Information

For more information about our programs, admissions, or faculty, please contact us:

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