



Institute of Transpersonal Psychology

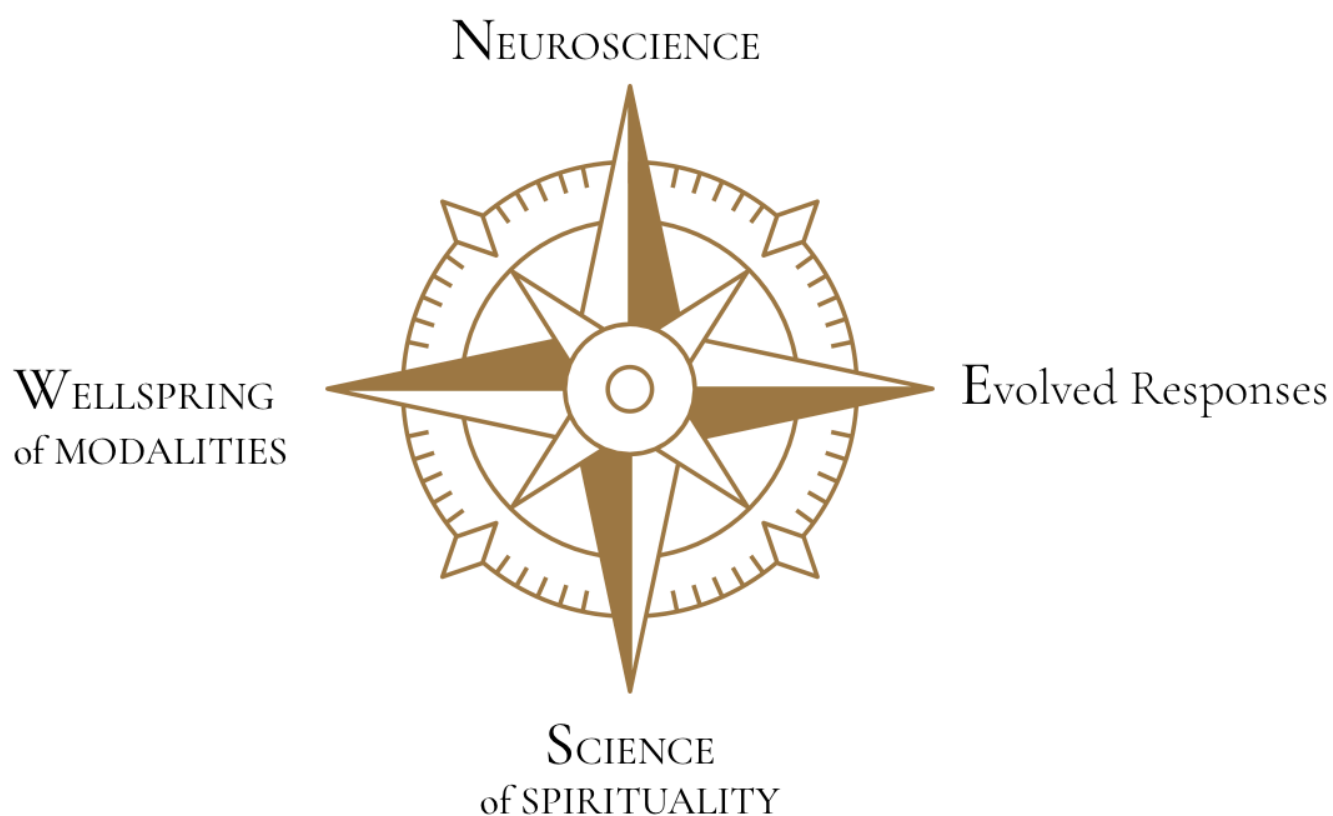
Transpersonal Practitioner Certification
September 19th 2024-July 3rd 2025

Navigating Liminal Experiences with Transpersonal Psychology

Liminal Experiences are thresholds, times of major upheaval and change in a person's life.

Transpersonal Psychology is a field of psychology which offers healing from liminal experiences through the implementation of the Threshold Management Theory (TMT)

The Threshold Management Theory Model is the guiding compass, providing knowledge of Neuroscience, Evolved Responses and the Science of Spirituality, along with the practices from the Wellspring of Modalities.



Neuroscience and Dual Brain Science

Dual Brain Science: Investigation of the distinct roles and functions of the brain's hemispheres, recognising that the left and right hemispheres have different but complementary roles in cognition, emotion, and behavior.

This is an integrated module combining transpersonal psychology and dual brain science, which seeks to bridge the understanding of higher states of consciousness and spiritual experiences with the functional specialisation of the brain's hemispheres. The module aims to provide a holistic understanding of human consciousness, which respects both the scientific and spiritual dimensions of transpersonal experiences. By exploring the interplay between brain hemispheres and higher states of consciousness, the module seeks to present enhanced personal growth, therapeutic practices, and a deeper appreciation of the human mind's potential.

Science & Spirituality

The Science of Spirituality module investigates the neurological, physiological, and psychological underpinnings of spiritual experiences and examines the impact of spiritual practices on well-being, health, and cognitive functions. An integrated model of transpersonal psychology and the science of spirituality seeks to create a cohesive framework, which blends the psychological understanding of transcendent experiences with scientific studies on spirituality. The module also aims to provide a holistic understanding of spirituality that respects both the subjective and objective dimensions of transpersonal experiences. By combining insights from transpersonal psychology and the science of spirituality, the module presents enhanced knowledge of therapeutic practices, personal development, and overall well-being.

Evolved Responses

Evolved Responses relates to our physiological and psychological responses to our lives and our deaths. Biology is the study of life, including our survival response. The Polyvagal System, as part of the Autonomic nervous System, is key to understanding the survival response. Thanatology is the study of death, including how we respond psychologically, socially, culturally, and spiritually. An Evolved Response towards Biology and Thanatology explores transcendent experiences, higher states of consciousness and the life-death continuum.

Wellspring of Modalities

The use of non-mainstream modalities within Transpersonal Psychology offers a broader and more inclusive range of psychospiritual tools, which enables a deeper exploration of the human experience. They support holistic healing, and address the spiritual and transcendent aspects of life that are often overlooked in conventional psychotherapy.

Practical:

Creativity, Expressive Arts and Ecotherapy

Transpersonal Hypnotherapy

Jungian Active Imagination and Archetypal/Symbolic Exploration

EMDR

Meditation

Somatic Sensing

Intuition and Flow Writing

Philosophical Exploration

Dream Work

Breathwork

Plant Medicine

Theoretical:

Mystical Experiences are the encountering of transcendence, unity, or connection with a higher power or the cosmos.

These experiences are spontaneous (such as a Near-Death Experience, or a Shared-Death Experience) or intentional such as breathwork, sensory deprivation, or the use of plant medicines.

Near-Death Experiences occur when a person who has been close to death, or has even clinically died has moved into a realm of peace and joy - (for more information: <https://www.brucegreyson.com> or <https://iands.org/>).

Shared Death Experiences occur when somebody is close to death and a caregiver, family member, friend or even just a bystander reports that they sense certain phenomena which is outside of our daily understanding, such as sensing a different energy in the room, visions of deceased people coming to collect the dying person, or even angels or cosmic beings, come to escort the dying person as they transition beyond this life - (for more information: <https://www.sharedcrossing.com>).

CLASS OUTLINE

12.09.24 - Mental Healthcare Today: Talking therapies, medication, psychotherapy, EMDR.

19.09.24 CLASS 7-8:30pm (UK)

26.09.24 - Introduction to Transpersonal Psychology

03.10.24 CLASS

10.10.24 - The Transpersonal Neuroscience Model (more information below) : Part I, Dual Brain Science

17.10.24 CLASS

24.10.24 - The Transpersonal Neuroscience Model : Part II, Neuroplasticity

31.10.24 - Transpersonal Neuroscience Model : Part III, Psychological Theories of Personality/ Light & Dark Triads

07.11.24 CLASS

14.11.24 - The Transpersonal Science & Spirituality Model (more information below): Part I, Spiritual Competencies and the Psychology of Religion & Spirituality (PRS)

21.11.24 CLASS

28.11.24 - The Science of Spirituality - Part II, Neuroscience & Spirituality

05.12.24 CLASS

12.12.24 - Transpersonal Science & Spirituality Model: - Part III, Evolutionary Spirituality and Spiritual Post Traumatic Growth

19.12.24 CLASS

Holiday Break

02.01.25 - The Transpersonal Thanatology Model (more information below): Part I, Introduction

09.01.25 CLASS

16.01.25 - Thanatology, Part II: Near Death Experiences (NDE's) and Shared Death Experiences (SDE's)

23.01.25 CLASS

30.01.25 - Thanatology - Part III: Reincarnation

06.02.25 CLASS

13.02.25 - Transpersonal Integration Modalities (TIM): TIM-1: Creativity, The Arts & Ecotherapy

20.02.25 CLASS

27.02.25 - TIM-2: Transpersonal Hypnotherapy

06.03.25 CLASS

13.03.25 - TIM-3: Jungian Active Imagination and Archetypal/Symbolic Exploration

20.03.25 CLASS

27.03.25 - TIM-4: Eye Movement Desensitisation and Reprocessing (EMDR)

03.04.25 CLASS

10.04.25 - TIM-5: Meditation and Somatic Practice

17.04.25 CLASS

24.04.25 - TIM-6: Dream Work

01.05.25. CLASS

08.05.25 - TIM-7: Trance

15.05.25 CLASS

22.05.25 - TIM-8: Intuition and Flow Writing

29.05.25 - TIM-9: Plant Medicine

05.06.25 CLASS

12.06.25 - TIM-10: Breathwork

19.06.25 CLASS

26.06.25 - Paths for Transpersonal Practitioners:
General Transpersonal Practice - nine-month programme outlined above.

Specialisation:

-Twelve-week training in Plant Medicine - Theory (July-September 2025)

-Twelve-week training in Active Imagination, NLP and Transpersonal Hypnotherapy (October-December 2025)

03.07.25 - FINAL CLASS - Selected Pathways

This training programme incorporates a 'Flipped Learning' approach, whereby students are provided with learning materials before class and then use class time to discuss and develop their thinking through discussion.

Benefits of a flipped classroom (from: <https://bokcenter.harvard.edu/flipped-classrooms>):

- It is flexible - students can learn at their own pace, encountering new material prior to class time.
- Students take responsibility for their learning.
- There are more opportunities for higher level learning.
- It does not waste time transferring information to students when that information is available to them in books or online.
- Instructors work more closely with students, getting to know students better and providing better assistance.
- There is increased collaboration between students.

Weekly videos and research papers will be provided (approximately a 3-4 hour time requirement), An online platform is available where students are asked to respond to the material prior to class, the forum also allows for interaction with the peer group in between lessons. There are two zoom meetings per month (on the first and third Thursday of the month, from 7pm-8:30pm UK time). The meetings will not be recorded as they are based on student discussion.

Requirements for certification. By enrolling in the programme, students agree to:

- Engage weekly in the online discussion.
- Attend 80% of the zoom meetings.
- Provide four written essays, focusing on - Neuroscience, Spirituality, Thanatology and Integration Modalities.

Continued certification. By enrolling in the programme, students agree to:

- Attend 80% of monthly CPD online meetings for twelve months after completion of the programme.

Upon completion of the training, you will receive professional certification as a Transpersonal Practitioner. This will provide future career opportunities in working with individuals or groups, in the areas of: Neuroscience (Dual Brain Science), Spirituality and Thanatology, using the Integration Modalities.

A Transpersonal Practitioner page will soon be created on the website, a platform which will showcase our graduates.

Programme Instructor:



Diane Elliott

BTA/ITP Founding Director

diane.elliott@britishtranspersonalassociation.org

Diane received her masters degree in Integrative Consciousness and Mental Wellbeing from the University of Buckingham. She also graduated with distinction from the Alef Trust with a Professional Certificate in Transpersonal Psychology.

Diane's background is in alternative education and she has founded schools in Los Angeles and Scotland. Diane studied the Jungian method of Active Imagination with Jungian psychoanalyst Kenneth James and has worked in this capacity with educational institutions, premier football clubs and the US and UK armed forces. She is a trained end of life doula and has worked in cancer support centres and hospices.

Diane is also a certified NLP therapist, trained by founder Richard Bandler.

She believes Transpersonal Psychology is the new psychology for human potential and wellbeing.

Costs: £2,995

To secure a place on the programme, a 10% deposit of £299.50 is requested.

The balance of £2,695.50 to be paid by August 1st, 2024.

The balance can also be paid in three instalments of £898.50 payable by: August 1st, 2024, November 1st, 2024 and February 21st, 2025.

Please direct any questions to: diane.elliott@britishtranspersonalassociation.org
