



## Professional Certificate in Psychosynthesis (30 CPD Hours)

*30 hours' Professional Certificate Programme (delivered over 5 days)*

Psychosynthesis is a method of psychological development and self-realization for those who refuse to remain the slave of their own inner phantasms or of external influences, who refuse to submit passively to the play of psychological forces which is going on within them, and who are determined to become the master of their own lives.

Roberto Assagioli (*Italian psychiatrist and pioneer in the fields of humanistic and transpersonal psychology, 1888-1974*)

At ICPPD, we endeavour to provide educational and training services of the highest quality in an atmosphere that is intellectually exciting, supportive of personal needs, and spiritually inspiring. This dynamic and stimulating programme provides theory, skills and techniques that have a direct application to both personal and professional development, and is a unique opportunity to further your personal journey.

Psychosynthesis Psychotherapy developed early last century by Dr Roberto Assagioli, aims to help us discover our true spiritual nature and then to effectively use this discovery in everyday life. It helps us to realise our creative potential, increase our ability to function harmoniously in the modern world, and improve the quality of all our relationships.

Psychosynthesis brings together the two traditions of psychology and mysticism.

Psychology is then infused with a sense of soul and meaning, whilst the mystery traditions benefit from the grounding and reflective qualities of psychology. A deeper sense of meaning and value is revealed, which creates a psychic environment or 'field' in which we are enabled to make decisions about who we are and how to live our potential, always guided by the heart qualities of courage and compassion.

Psychosynthesis, being heart-centred, integrative and holistic, is an important psychology for the 21st Century. Each of us has our own unique way of perceiving and interacting with the world influenced by our past, childhood experiences. Psychosynthesis asserts that we also have potential, a 'future' within us, a connection which brings purpose and meaning to both individual and collective acts.

This 5 day training in Psychosynthesis is for any mental health professional/educator/counsellor/psychotherapist/coach interested in Psychosynthesis within a therapeutic or educational setting.

### Aims and Objectives

The aim of this 30 hour programme is to

- enable participants to acquire knowledge and understanding of the theoretical models, principles and practice of Psychosynthesis
- relate these to either clinical counselling/psychotherapy settings or other applied settings
- embark on and participate in a process of self-exploration and personal/professional development in ways that complement Psychosynthesis.

### Application Process

To secure a place on this programme please submit an application form accompanied by a non-refundable deposit of €50. Following review of your application we may call you to arrange an interview, which may be conducted by telephone or Zoom.

### Learning Outcomes

On successful completion of this programme you will be able to:

- describe the Psychosynthesis map of the psyche
- recognise sub-personalities operating in your life and in work situations
- use some Psychosynthesis techniques to help self and others.



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### Indicative Syllabus

The programme covers:

- What is Psychosynthesis? The basic principles of synthesis and evolution
- The nature and development of the human psyche, personality organisation and sub-personalities
- Consciousness and will and the importance of developing intuition
- Psycho-spiritual development, the connection between the personal and transpersonal selves
- Self-actualisation and self-realisation
- Psychosynthesis techniques, including use of symbols, imagery and visualisation

### Teaching & Learning Strategies

This course is a blend of experiential and theoretical work and comprises an intense experience. All theory is grounded and amplified through personal exercises, work with fellow learners, inner process and group-sharing. It is considered essential that practitioners “walk-the-talk” and the goal is of optimal well-being and self-realisation.

**Note:** Individual work/attendance with a counsellor/psychotherapist is not required on the course but is highly recommended as a way of further integrating learning.

### Assessment

- A creative portfolio and a 1,000 word reflection on personal awareness and learning during the module.
- An essay (2,000 words) demonstrating knowledge and understanding of the theoretical underpinnings of Psychosynthesis and its uses in the learner's relevant profession.

Support work includes reading in Psychosynthesis and related fields, as well as exercises and writing, to ground the training.

### Post-programme Progression

Graduates of the programme may apply Psychosynthesis principles to all aspects of counselling, including private practice, pastoral counselling, social work and psychiatric emergency services. It can also be implemented in educational, medical, and religious fields; business; the arts; conflict mediation; bodywork; dance and life!

### About the Programme

|              |   |
|--------------|---|
| Duration:    | 30 hour course, delivered over 5 days (and usually over 5 weeks), 10am-5pm  |
| Venue(s):    | Colaiste Chiarain, Summerhill, Athlone, Co. Westmeath, N37 AH97   |
| Dates:       | For specific commencement dates and delivery times refer to <a href="http://www.icppd.com">www.icppd.com</a>  |
| Fee:         | €650 <i>Payment plan options are available – please contact ICPPD for more information.</i><br>Applications must be accompanied by a non-refundable deposit of €50.<br>Once an applicant accepts a place on an ICPPD programme, any fees paid become subject to ICPPD's Financial Terms & Conditions, which are outlined in the <a href="#">ICPPD's Quality Assurance policies</a> in relation to refunds, payment plan, etc. |
| Award:       | Satisfactory completion of this course leads to the award of an ICPPD Professional Certificate in Psychosynthesis   |
| Application: | To be considered for a place on this programme please submit an application form. To download an Application Form, visit our website: <a href="http://www.icppd.com">www.icppd.com</a> , or telephone 090 6470484 for further details.  |

*Our vision is to inspire, encourage and support you in your journey towards wholeness*

*ICPPD reserves the right to cancel, suspend or modify in any way the matters contained in this publication.  
The College reserves the right to amend the list of modules being offered for any programme.*