

The Beingness Institute 2-year - Open Program

Advanced Personal Development, Transformation and Wellbeing (APDTW) - Hours per week, per class

In-Class Themes and Subjects

Details and Exploration Schedule Distribution for the year

APDTW - YEAR 2

1. Subtle Energy Sciences Theme III - 6 in-class hours per week

1.1 Healing Energy Awareness Concepts and Principles (HEACP) III - (3 hours)

Class 1	- Psychological Subtle Energy Dynamics - II - Continued - States of Beingness - Multidimensional Subtle Energy - III	
Class 1 - 5	Physical	In this 2nd year the theme for HEACP is about relationships with the Unmanifest, Infinity and Allness, relationships with the transpersonal and Para personal aspects of your beingness. The focus is on going deeper into exploring the transpersonal, parapsychology and spiritual psychology perspectives of Subtle energy integrated into the psychotherapeutic facilitation of your personal development, exploration, processes, transformation and wellbeing through presentations, experiential learning and practice.
	Electromagnetic (auric)	
	Purpose of Life - Intention	
	Essence	
	Unmanifest	
	Infinite Allness	

1.2 Subtle Energy Facilitation (SEFT) Techniques III - (1 hour)

Class 1	- Effortlessness	In the third year the development continues. You will explore more of your abilities to facilitate the physics and mechanics of subtle energy. You will continue to be able to identify and presence deeper, clearer and more expanded levels, planes, dimensions of your unique qualities and States of Being as this will manifest moment-to-moment for your personal development, transformation and wellbeing.
Class 2	- Inviting	
Class 3	- Expanding	
Class 4	- Creating	
Class 5	- Harmonizing	

1.3 Extra Sensory Perceptions (ESPT) Techniques III - (1 hour)

Class 1	- Shamanic	In this 2nd year of the APDTW program you will continue to be introduced to more themes using theoretical and experiential learning so you can continue to better identify your unique ESP and explore your transpersonal, parapsychological States of Being.
Class 2	- Archetypal	
Class 3	- Metaphorical including dreams	
Class 4	- Mythological	
	- Mystical	
Class 5	- Sacred Geometry	
	- Symbolism	

1.4 Paranormal Abilities (PAT) Techniques III - (1 hour)

Class 1- 5	- Telekinesis	In the 2nd year of the APDTW program the PA journey continues by exploring more PA using theoretical and experiential learning so you can better identify your unique PA and explore your transpersonal, parapsychological States of Being.
Class 2- 5	- Psychokinesis	
Class 3- 5	- Placebo/Nocebo Effect	

2. Psychotherapy Techniques Theme III - 15 in-class hours per week

The journey continues again in the 2nd year of the APDTW program using psychotherapeutic techniques for the benefit of your personal development, transformation and wellbeing in relationship to others, your environment and your transpersonal, parapsychological States of Being.

2.1 Personal Development, Transformation and Wellbeing (PTDW) III - (4 hours)

Class 1 - 5	- Subtle Energy Waves & Life Pulses concepts, principles and practice - Higher self, Lower self, No self
	- Purpose and Intention, Positive, Negative and Effortless
Class 3 & 5	- Positive and Negative Ego, Superego, internalized authorities, No Ego
Class 4 & 5	- Letting Go
	- Joy and Pleasure
	- Innate, natural abilities and qualities

2.2 Uniqueness and Essential Qualities (UEQ) I - (1,5 hours)

During the 2nd year of the APDTW program, you will be continue to explore and consciously become aware of your natural innate and unique qualities and abilities from a transpersonal and parapsychological perspective. You will learn more models defining how these Essential Qualities are at the core of the human condition defining your Life experiences. This again is for your development of empathic, compassionate and altruistic relationship with yourself and others.

Class 1 - 5	Presencing your EQs
Class 1	Humanistic Psychology
Class 2	Spiritual Psychology
Class 3	John Rowan's Sub personalities, Riso and Hudson's Personality Types
Class 4	The Wisdom of the Enneagram
Class 1 - 5	Personality tests

2.3 Creative Arts & Play Therapy (CAPT) III - (2 hours)

Class 1	- Art as Healing from a transpersonal and parapsychological perspective - Play as Healing from a transpersonal and parapsychological perspective
	- Art and Play therapy can be very open and free because of the use of different materials, movement or mediums and no use of language. Different art therapy techniques will be used; drawing, painting, writing, comedy, dancing, theatre, games, etc. as well as adult play therapy techniques. In the 2nd year of the APDTW program your will be exploring Art and Play Therapy in relationship to your transpersonal and parapsychological States of Being.

Optional	- Art and Play Project. You will be invited to create one art project and one play project in-between classes and present these during class 3 SCD
2.4 Movement Therapy (MT) III - (5 hours - Optional)	
Class 1	- Movement as Healing from a transpersonal and parapsychological perspective
Class 1 - 5	These segments include the exploration and practice of a variety of dynamic movement techniques such as yoga, tai chi, Chi Gong, Continuum, stretching, physical exercises, hara, as well as concepts and principles of movement as healing. These will be held inside and outside weather permitting.
Optional	- You will be invited to do 30 minutes of movement per day at home in-between classes.
2.5 Meditation, Contemplation & Mindfulness (MCM) III - (2.5 hours)	
Class 1	- Advanced MCM The effects of continued MCM.
Class 1 - 5	- 2,5 hours per on-site class week of exploration and practice, 5 x 30 minutes
Optional	- You will be invited to do 15 minutes of MCM per day at home in-between classes.
3. Relational Dynamics Techniques Theme III - 20,5 in-class hours per week	
3.1 Relational Dynamics Concepts and Principles (RDCP) III - (3,5 hours)	
Class 1 - 4	As a APDTW participant you will be observing case presentations by PHEF students to experience RDCP in a teaching, learning environment to facilitate your personal journey from an observational perspective.
Class 5	- Temenos - Therapeutic Safety and Security, Altruistic presence
3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) III - (2 hours)	
Class 1 - 4	As a 2nd year APDTW participant you will be observing case presentations by PHEF students to experience SEPCPE in a teaching, learning environment to facilitate your personal journey from an observational perspective.
Class 5	- Sadness, Anger, Fear, Love & Joy in relationship to the Unmanifest, Infinity and Allness
3.3 Social and Communal Development III - (5,5 hours)	
Class 1 - 5	- HEA of Communal Creativity and Manifestation as the theme for the year - Integration into a Communal Creative Process SCD includes whole school gatherings for sharing, mediation, social gatherings for dancing, art and play therapy, projects presentations as well as collective creations presentations either from the faculty or the student body or invited guests.
3.4 Group Psychotherapeutic Process (GPP) III - (9,5 hours)	
Class 1 - 5	- These are open group therapy segments facilitated by faculty members using a wide variety of body oriented psychotherapeutic modalities. You will be invited to process at least once during the year. Group sizes may change.
4. Traditional, Complementary and Conventional Medicine Integration (TCCMI) Theme III - 7,5 in-class hours per week	
4.1 TCCMI evening lectures III - (4 hours)	
Class 1 - 5	Classes 1- 4 the BI will invite professional guests to present 2 different TCCM modalities and their connection or integration with HEA. Class 5, some Year 3 & Year 5 Professional Practitioner program students will be presenting their projects.
4.2 Creating Self-Care and Wellness (CSCW) III - (3,5 hours)	
Class 1	- Basic Human Needs, Fulfilling your Self-Care needs
Class 1 - 5	- Creativity in daily life - Play in daily life - Love in daily life
In-Between Class Optional Themes and Subjects Suggestions	
APDTW - YEAR 2	
- Covering all subjects	
Class 1 - 5 Optional	- During your 2nd year of the Advanced Professional Development, Transformation and Wellbeing program you will receive optional reading suggestions and practice exercises for all the subjects presented during in-class weeks. All of these are optional. As a APDTW student, you are free to not do any of these.