

**The Beingness Institute 3-year Professional Practitioner Program**  
**Professional Healing Energy Facilitator (PHEF) Diploma Curriculum - Hours per week, per year**

**In-Class Modules, Themes and Subjects**  
**Details and Teaching Schedule Distribution**

**PHEF - YEAR 1**

**1. Subtle Energy Sciences Module I - 9 in-class hours per week**

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

Class 1	- Premise, Hypothesis, Introduction to the Physics and Mechanics of Subtle Energy - States of Beingness - Multidimensional Subtle Energy I	
Class 2	- Physical - Electromagnetic field (auric)	Through these States of Being segments you will be exploring Subtle Energy integrated into laying of hands, hands-on and non-local healing techniques for the facilitation of a your own and a client's wellbeing. These will be explored through presentations, experiential learning and practice. The purpose of Subtle Energy Sciences in the PHEF 3-year program is to help you the Facilitator determine a <i>Subtle Energy Healing Response</i> in the moment for a client. Subtle Energy Science is also called by some as Paranormal Science, PSI, psychic abilities. HEACP also includes philosophical aspects of metaphysics and ontology. You will be introduced to different scientific, academic and esoteric models that have existed and still exist in the world. How HEACP was elaborated will be introduced, described and explained. You will also be introduced to the controversy that has existed and still exists about subtle energy and paranormal sciences.
Class 3	- Purpose of Life - Intention	
Class 4	- Essence - Unmanifest - Unknown	
Class 5	- Infinity - Allness	

**1.2 Subtle Energy Facilitation (SEFT) Techniques I - (2 hours)**

Class 1	- Introduction - Balancing - Neutral	SEFTs will cover specific techniques from different models (Asian, Theosophy, Brennan, Esalen, etc.) such as the chelation(energy balancing), energy surgery, cord healings, past life healings, incarnation healings, etc. The purpose is not necessarily to focus on specific techniques but the actual <i>physics dynamics and mechanics of Subtle Energy</i> so that <b>you can develop your own specific techniques in the moment</b> when needed. Each moment is a unique creation in itself. The goal is to promote the development of your unique ability to create the technique needed in the moment for yourself, a client or any situation.
Class 2	- Inducing - Stabilizing	
Class 3	- Clearing	
Class 4	- Opening	
Class 5	- Charging - Closing	

**1.3 Extra Sensory Perception (ESPT) Techniques I - (2 hours)**

Class 1	- Introduction, Tracking, Perceiving, Sensing, Clarity	ESP is also know as psychic abilities, high sense perception (Brennan Healing Science), a part of paranormal science, the 6th sense. The scientific term ESP is used since this is common for the scientific, academic and esoteric worlds. The goal is to differentiate clearly ESP from Paranormal Abilities because there is a scientific and subtle energy difference. Subtle energy is beyond our body, mind and spirit. ESP is one of the main tools to experience subtle energy beyond the body, mind and spirit. You will be introduced to these 1st year themes using theoretical and experiential learning so you can better identify and practice your unique ESP by being clear about your unique experience.
Class 2	- Physical - Kinaesthesia	
Class 3	- Emotional - Intuition	
Class 4	- Love - Hearing	
Class 5	- Guidance	

**1.4 Paranormal Abilities Techniques (PAT) I - (2 hours)**

Class 1	- Introduction, Tracking, Perceiving, Sensing, Clarity	PAT are timeless, space less and not necessarily related to any specific energy vortex (chakra). You will be introduced to these using theoretical and experiential learning so you can better identify your unique PA for your personal wellbeing and your client's. Subtle energy is beyond the mind, body and spirit. PAT are another set of the main tools to facilitate your experience of subtle energy beyond your mind, spirit and body. The goal is to give yourself clarity about your unique experience.
Class 2	- Proprioception	
Class 3	- Clairaudience	
Class 4 & 5	- Clairsentience	

**2. Psychotherapy Techniques Module I - 12 in-class hours per week**

These subjects will be introduced, explained, explored and practiced during the 3 years for the benefit of your personal development, transformation and wellbeing. As well these techniques will support you in the development of your empathic, compassionate and altruistic relationship with yourself and your clients.

**2.1 Personal Development, Transformation and Wellbeing (PTDW) I - (1.5 hours)**

Class 1 - 5	- Subtle Energy Waves & Life Pulses concepts, principles and practice I
Class 1 - 5	- Traumas and wounds - Child consciousness concepts and principles
Class 2 - 5	- Beliefs systems including epistemological concepts
Class 3 - 5	- Images and idealized self-images
Class 4 - 5	- Masks, Defining Authenticity and Non Authenticity

**2.2 Psychological Defences, Uniqueness and Essential Qualities (EQs) I - (1 hour)**

During the 3 years of the PHEF program, you will be invited to explore and consciously *become aware of your natural, innate, and unique qualities and abilities*. You will learn different models defining how these Essential Qualities are at the core of the human condition defining our life experiences. This again is for yourself and the development of your empathic, compassionate and altruistic relationship with your clients.

Class 1	Introduction to the Healing Energy Awareness Integrated Personality Concepts and Principles.
Class 1 - 5	Introduction to Concepts and Principles of Psychological Defences, Uniqueness and Essential Qualities (EQs) Identifying your Essential Qualities
Class 2 - 5	Reich/Lowen's 5 characterologies & Johnson's 7 character Styles
Class 3 - 5	Myers-Briggs' 16 type of personalities
Class 1 - 5	Personality test - You will be invited to take different personality tests throughout the 3 years.

<b>2.3 Creative Arts &amp; Play Therapy (CAPT) I - (2 hours)</b>		
Class 1	- Art as Healing - Introduction - Play as Healing - Introduction	
Class 1 - 5	- Different Art and Play therapy techniques will be used; drawing, painting, writing, comedy, dancing, theatre, games, etc.	
GILM	- Art and Play Project. You will have to create one art project and one play project during your GILM hours and present these during class 3 Social & Communal Development segments. The in-between classes Guided Independent Learning Modules' hours are not included in the in-class hours.	
<b>2.4 Movement Therapy (MT) I - (5 hours)</b>		
Class 1	- Movement as Personal Healing	
Class 1 - 5	- This segment includes the exploration and practice of a variety of <i>Dynamic Movement</i> 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/or outside weather permitting.	
GILM	- You are required to do 30 minutes of movement per day at home included in GILM hours.	
<b>2.5 Meditation, Contemplation &amp; Mindfulness (MCM) I - (2.5 hours)</b>		
Class 1	- Introduction to Meditation, Contemplation and Mindfulness What are each of these and the difference between them.	
Class 1 - 5	- 2,5 hours per on-site class week of exploration and practice, 5 x 30 minutes	
GILM	- You are required to do 15 minutes per day at home included in GILM hours.	
<b>3. Relational &amp; Professional Practice Techniques Module I - 19 in-class hours per week</b>		
<b>3.1 Client - Facilitator Relational Dynamics (CFRD) I - (2.5 hours)</b>		
Class 1	- Introduction and techniques practice - Listening	During the 3 years of the PHEF program these subjects will be specifically related to your personal development and mostly to develop your <i>abilities to be with and facilitate a client's healing journey</i> by becoming clear of what subtle energy healing response is needed for yourself first and then your client moment-to-moment.
Class 2	- Contact	
Class 3	- Empathy	
Class 4	- Compassion	
Class 5	- Unconditional Love	
<b>3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) I - (2.5 hours)</b>		
Class 1	- Introduction - Major emotions, different models - Plutchik, Hawkins, Shaver et al., etc.	Different "Emotion" concepts, models and principles will be introduced and studied. These different emotions will be presented, explored and practiced using a HEA perspective including experiential learning. As a 1st PHEF participant, you will be invited to let yourself feel your emotions continuously. The idea is to let the subtle energy waves of your emotions flow freely in and out of your being without acting them out.
Class 1 to 5	- Sadness	
	- Anger	
	- Fear	
	- Love	
	- Joy	
<b>3.3 Client/Practitioner Supervision (CPS) I - (1 hour)</b>		
Class 1 - 5	You will have to present a client at least once during the 3 years. This in-class segment will be supervised by a faculty member.	
<b>3.4 Social and Communal Development (SCD) I - (4 hours)</b>		
Class 1 - 5	- Introduction to the Healing Energy Awareness of Society as the theme of the year - Family 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, the student body, invited guests or a combination of these.	
<b>3.5 Clinical Practice (CP) I - (6 hours)</b>		
Class 1 - 5	- These 3 segments of 2 hours per on-site in-class week include HEA, SEFT, ESPT, PAT, PDTW, CFRD, SEPCPE techniques exploration and practice with a client. <i>There are at least 3 client/practitioner sessions per class</i> per student supervised by the faculty. For some of these sessions, clients will be students from the open programs. In year 1 these are all <i>laying of hands, hands-on sessions with an in-person client</i> .	
<b>3.6 Group Psychotherapeutic Process (GPP) I - (3 hours)</b>		
Class 1 - 5	- 1 segment of 2 hours and 1 segment of 1 hour per on-site in-class week. These are open group therapy segments facilitated by faculty members using a wide variety of body oriented and/or other psychotherapeutic modalities. You are required to process at least once a year. Group sizes may change and vary during the year.	
<b>4. Biomedical &amp; Applied Sciences Module I - 2 in-class hours per week</b>		

<b>4.1 Healing Energy Awareness of A&amp;P (A&amp;P) I - (1 hour)</b>	
	- The Subtle Energy dynamics of The Human Body I - Introduction
	- Electromagnetic Energy Field (Auric) Defences and the Human Body
Class 1 - 5	During the first year, you will be introduced to different energy defences models (i.e. as per Dr. B. A. Brennan) in relationship to the Anatomy and Physiology of the human body. As a year 1 student, you are required to take an external university accredited Human Anatomy, Physiology and Pathology course during your first year of studies. The A,P & P course is to be completed before the start of the second year. For this reason the A&P segments of the first year are concentrated on exploring the general HEA aspect of Human A&P through the introduction of subtle energy defences. The goal of this in-class segment is to complement your external A&P studies.

<b>4.2 Healing Energy Awareness of Pathology (Pathos) I - (1 hour)</b>	
	- The Subtle Energy dynamics of Health and Disease I - Introduction
	- Electromagnetic Energy Field (Auric) Defences and the Human Health and Disease process
Class 1	During the first year, you will be introduced to different energy defence models (i.e. as per Dr. B. A. Brennan) in relationship to different Pathologies of the human body. This year you are required to take an external university accredited Pathology course to be completed before you start your second year. For this reason the Pathology segments of the first year are concentrated on exploring the general HEA aspects of Pathology with the introduction of energy defences. The goal of this segment is to complement your external Pathology course.
Class 2	- Being With Clients Who Are Healthy
Class 3	- Being With Clients in Crisis and/or Who Are Ill
Class 4 - 5	- Determining Possible Life-Threatening Illnesses

**5. Traditional, Complementary and Conventional Medicine Integration (TCCMI) Module I - 5,5 in-class hours per week**

<b>5.1 Introduction to TCCMI evening lectures I - (4 hours)</b>	
Class 1 - 5	For 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 students will be presenting their research projects.

<b>5.2 Creating Self-Care and Wellness (CSCW) I - (1.5 hour)</b>	
Class 1	- Introduction to Self-Care concepts and principles using a HEA perspective
Class 2	- Basic Human Needs, Identifying your Self-Care needs
Class 3	- Creating a Self-Care and Wellness Team
Class 4	- Movement as Self-Care
Class 5	- Nutrition as Self-Care

**7. Business & Administration Module I - 1,5 in-class hours per week**

<b>7.1 Self-Employment Business Techniques (SEBT) I - (1 hour)</b>	
Class 1	- Introduction, Forms
Class 2	- The Interview and Client Intake Process
Class 3	- Client files management
Class 4	- Ability to present yourself
Class 5	- Ethics, Protocols and Principles of Professional Practice

<b>7.2 Business Integration Techniques (BIT) I - (.5 hour)</b>	
Class 1 - 5	- This segment is reserved for BI's administrative forms signatures by you for assessment purposes at the end of each class week 3-5. This time will also include discussions about BI's Administration process and how you would like to improve it.

**Guided Independent Learning Modules (GILM)  
In-Between Class Modules, Themes and Subjects  
Details and Hours Distribution**

**PHEF - YEAR 1**

**Guided Independent Learning Modules (GILM) I - 1120 hours for the first year**

<b>- 4 GILM covering all departments</b>	
Class 2 - 5	<ul style="list-style-type: none"> <li>- GILM include all in-between class study hours related to each in-class segment as well as study hours not related to in-class segments such as: case studies write-ups, reading, research, clinical practice sessions, meditation, movement, art &amp; play projects, personal psychotherapeutic process.</li> <li>- As a 1st year student you will have <b>4 GILMs</b> for the year starting after class 1.</li> <li>- You have about <b>32 in-between classes weeks</b> @ 30 hours per week between classes 2 - 5 including your A,P&amp;P hours.</li> <li>- There is no in-class time allocated for GILM.</li> <li>- A,P&amp;P has 200 hours external of the BI curriculum starting after class 1 until the start of Year 2 over 48 weeks at an average of 4 hours per week. Students may start their A,P&amp;P course before they start their BI studies.</li> </ul>

<b>6. Research Science (RS) Module I</b>	
<b>6.1 Project I - (80 hours included in total GILM hours)</b>	
Class 2 - 5	- As a first year student you have to complete 1 short project paper (7 pages double spaced) about <i>your overall first year experience</i> and Healing Energy Awareness Concepts and Principles sent to a faculty member for class 5.
<b>3. Relational &amp; Professional Practice Techniques Module I</b>	
<b>3.7 Personal Psychotherapeutic Process (PPP) - (20 hours included in GILM hours)</b>	
Class 2 - 5	- As a year one student your are required to complete 20 X 1-hour <b>psychotherapy sessions</b> for the year with a qualified therapist. You will start these sessions after class one. This means you will have 5 sessions to do on average in-between classes 2 to 5 to complete this requirement. This means an average of about 5 sessions per 8 weeks in-between classes.
<b>3.5 Clinical Practice (CP) I - (160 hours included in GILMs)</b>	
Class 2 - 5	- As a Year 1 student you are required to do a minimum of 2 Client/Practitioner <b>in-person practice sessions</b> per week during 32 in-between class weeks for a total of 64 practice sessions in between classes 2 to 5. This is <b>an average of 2 clinical practice sessions per in-between class weeks</b> . - You will use one of these in-between class sessions to complete a short case study write-up to send to a faculty member before classes 2 to 5.
<b>3.8 Case Studies (CS) Module I - (8 hours included in GILMs)</b>	
Class 2 - 5	- As mentioned in section 3.5 as a Year 1 student your have to complete 4 short case study write-ups, one per in-between class GILM, with a different client for each write-up. Each write-up should take a maximum of 2 hours to write and will be part of the GILM write-ups to be sent to a faculty member for review and assessment before each class.
<b>4. Biomedical &amp; Applied Sciences - 200 hours included in Year 1 GILMs hours - (Year 1 specific)</b>	
<b>4.3 Anatomy, Physiology and Pathology (APP)</b>	
Class 2 until the start of Year 2 class 1.	- The Human Anatomy, Physiology & Pathology course is <b>external to the BI curriculum</b> and it is taken in an accredited university to be completed before class 1 of the second year. If this course is not available with all 3 subjects in one module, it can be taken in 2 modules; 1. Human Anatomy & Physiology 2. Human Pathology. Both courses need to be a minimum of 20 - CATS or 10 ECTS credits.