

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 2

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

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

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| Class 1 | - States of Beingness - Multidimensional Subtle Energy II - Quantum Physics Basis of Subtle Energy | In the second year the theme for HEACP is about relationships with other humans and sentient beings. These States of Being will now start to be introduced, explored and experienced from a subtle energy relational dynamic perspective with humans and sentient beings. |
| Class 2 | - Physical - Electromagnetic (auric) | |
| Class 3 | - Purpose of Life - Intention | |
| Class 4 | - Essence - Unmanifest - Unknown | |
| Class 5 | - Infinity - Allness | |

1.2 Subtle Energy Facilitation (SEFT) Techniques II - (2 hours)

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| Class 1 | - Removing - Replacing | In the second year you will continue to develop your abilities to facilitate the physics and mechanics of subtle energy to be able to gradually create your unique techniques as they will manifest moment-to-moment when facilitating subtle energy. You will be introduced to non-local, distant facilitation techniques. |
| Class 2 | - Transmitting - Synchronizing | |
| Class 3, 4 & 5 | - Restructuring - Subtle Energy Surgery | |

1.3 Extra Sensory Perception (ESPT) Techniques II - (2 hours)

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| Class 1 | - Tasting - Smelling | You will be introduced to these 2nd year themes using theoretical and experiential learning so you can better identify your unique ESP. |
| Class 2 | - Seeing | |
| Class 3 | - Clear Mental Concepts | |
| Class 4 | - Remote Viewing | |
| Class 5 | - Direct Knowing | |

1.4 Paranormal Abilities Techniques (PAT) II - (2 hours)

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| Class 1- 5 | - Distant, Non-local Subtle Energy Facilitation - Healing | You will continue to be introduced to more themes using theoretical and experiential learning so you can better identify and use your unique PA. |
| Class 2- 5 | - Clairvoyance | |
| Class 3- 5 | - Telepathy | |
| Class 4 - 5 | - Full sensorium spectral perception | |

2. Psychotherapy Techniques Module II - 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) II - (1.5 hours)

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| Class 1 - 5 | - Subtle Energy Waves & Life Pulses concepts, principles and practice II - Shadows, Positive, Negative |
| Class 2 - 5 | - Higher self, Lower self, No self |
| Class 3 - 5 | - Purpose and Intention, Positive, Negative and Effortless |
| Class 4 & 5 | - Positive, Negative Ego, Superego, internalized authorities, No Ego |

2.2 Psychological Defences, Uniqueness and Essential Qualities (EQs) II - (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.

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| Class 1 - 5 | Embodying your Essential Qualities The Big Five |
| Class 2 - 5 | 12 personality types corresponding to the 12 main acupuncture meridians |
| Class 3 - 5 | 12 Jungian Archetypes |
| Class 1 - 5 | Personality test |

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

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| Class 1 | - Art as Healing in relationships - Play as Healing in relationships |
| 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. |
| 2.4 Movement Therapy (MT) II - (5 hours) | |
| Class 1 | - Movement as Healing in relationships |
| Class 1 - 5 | - This segment includes 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/or outside weather permitting. |
| GILM | - You are required to do 30 minutes of movement per day at home included in GILM hours. |
| 2.5 Meditation, Contemplation & Mindfulness (MCM) II - (2.5 hours) | |
| Class 1 | - The science of MCM The effects of MCM on our physical dimension; i.e. the brain. |
| 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. |
| 3. Relational & Professional Practice Techniques Module II - 19 in-class hours per week | |
| 3.1 Client - Facilitator Relational Dynamics (CFRD) II - (2.5 hours) | |
| Class 1 - 5 | - The unattached observer, Tracking |
| Class 2 - 5 | - Non verbal techniques, Interpreting, Analysing - Body & Hand language |
| Class 3 - 5 | - Transference, Countertransference, What's real and what isn't. - Boundaries and Healthy limits |
| Class 4 - 5 | - Communication with Supportive, Integrative Language - Questioning techniques - reconstructive questioning |
| 3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) II - (2.5 hours) | |
| Class 1 | - Map of Consciousness as created by Dr. D. Hawkins - Eros, Sensuality and Sexuality |
| Class 1 to 5 | - Joy - Anger - Fear - Love - Sadness The experience of exploration and practice using a HEA perspective including experiential learning continues this time in the context of relationships with others inviting a deeper embodiment and integration of your emotions, being able to share and express your emotions with others without having to act them out. |
| 3.3 Client/Practitioner Supervision (CPS) II - (1 hour) | |
| Class 1 - 5 | You will have to present a client at least once during the 3 years. This segment will be supervised by a faculty member. |
| 3.4 Social and Communal Development II - (4 hours) | |
| Class 1 - 5 | - Introduction to the Healing Energy Awareness of Society as the theme of the year - Work and Social Environments 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. |
| 3.5 Clinical Practice (CP) II - (6 hours) | |
| Class 1 - 5 | - These 3 segments of 2 hours per on-site class week include HEA, SEFT, ESPT, PAT, PDTW, CFRD, SEPCPE techniques exploration and practice with a client. At least 3 client/practitioner sessions per class per student supervised by the faculty. For some of these sessions, clients will be students from the open programs. In year 2 these are a <i>blend of laying of hands, hands-on and non-local sessions</i> . |
| Class 2 - 5 | - 1 CP long distance session practice per in-class week with a client in between classes 2-5 |
| 3.6 Group Psychotherapeutic Process (GPP) II - (3 hours) | |
| 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. |
| 4. Biomedical & Applied Sciences Module II - 2 in-class hours per week | |
| 4.1 Healing Energy Awareness of A&P (A&P) II - (1 hour) | |
| | - The Subtle Energy dynamics of The Human Body II |

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| | Class 1 | - Introduction | Starting in the second year the external A&P course will be complemented with the studies of the Human Anatomy and Physiology from a subtle energy perspective exploring and facilitating the subtle energy of each of these themes. The full spectrum of the human A&P will be covered in the next two years. |
| | | - Physics and Chemical Foundations of Life | |
| | | - The Cell | |
| | Class 2 | - Tissues | |
| | | - Integumentary System | |
| | | - Squeletal System | |
| | Class 3 | - Muscular System | |
| | | - Nervous System Introduction | |
| | | - Neurons | |
| | Class 4 | - Synapses and Receptors | |
| | | - Central Nervous System | |
| | | - Peripheral Nervous System | |
| | Class 5 | - Autonomous Nervous System | |
| | | - Senses | |

4.2 Healing Energy Awareness of Pathology (Pathos) II - (1 hour)

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| Class 1 | - The Subtle Energy dynamics of Health and Disease II - continued | Starting in the second year the external Pathology course will be complemented with the studies of Human Pathology from a subtle energy perspective exploring and facilitating the subtle energy of each of these themes. |
| | - Working with Specific Diseases, Introduction | |
| Class 2 | - Working with Bone diseases | |
| Class 3 | - Working with Clients Undergoing Surgery | |
| Class 4 | - Working with the Muscular system | |
| Class 5 | - Working with the nervous system and mental illness, neuroscience | |

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

5.1 TCCMI evening lectures II - (4 hours)

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| 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. |
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5.2 Creating Self-Care and Wellness (CSCW) II - (1.5 hour)

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| Class 1 | - Basic Human Needs, Identifying and Fulfilling your Self-Care needs |
| Class 2 | - Stress |
| Class 3 | - Relaxation, Meditation, Contemplation and Mindfulness in daily life |
| Class 4 | - Cleansing and Detoxification |
| Class 5 | - Water and Its Role in Health |

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

7.1 Self-Employment Business Techniques (SEBT) II - (1 hour)

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| Class 1 | - Comprehensive Assessment and Documentation |
| Class 2 | - Communications |
| Class 3 | - Spatial environment, office space |
| Class 4 | - Marketing |
| Class 5 | - Supervision |

7.2 Business Integration Techniques (BIT) II - (.5 hour)

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| Class 1 - 5 | - This segment is reserved for BI's administrative forms signatures by you for the evaluations 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. |
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Guided Independent Learning Modules (GILM)
In-Between Class Modules, Themes and Subjects
Details and Hours Distribution

PHEF - YEAR 2

Guided Independent Learning Modules GILM) II - 920 hours for the year

- 5 GILM covering all departments

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| Class 1 - 5 | <ul style="list-style-type: none"> - GILM include 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 write-ups, reading, research, clinical practice sessions, meditation, movement, art & play projects, personal psychotherapeutic process. - As a 2nd year student you will have 5 GILMs for the year including a summer GILM before year 2. - There are about 40 in-between classes weeks between the end of year 1 and the start of year 2 @ 26 hours per week. - There is no in-class time allocated for GILM. - In-coming Second years students will therefore have to do one GILM between the end of year 1 and the start of their year 2 between June until October. |
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6. Research Science (RS) Module II

6.1 Project II - (80 hours included in total GILM hours)

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| Class 1 - 5 | As a first year student you have to complete 1 short project paper (7 pages double spaced) about <i>a new discovery you have made</i> about Healing Energy Awareness Concepts and Principles sent to a faculty member for class 5. |
| 3. Relational & Professional Practice Techniques Module II | |
| 3.7 Personal Psychotherapeutic Process (PPP) - (20 hours included in GILM hours) | |
| End of year 1 until year 2 class 5 | - As a year two student your are required to complete 20 X 1-hour psychotherapy sessions with a qualified therapist. You have 4 sessions to do on average in-between each class after the end of year 1 until class 5 of year 2. This is an average of 2 sessions per month from September to June of your school year. |
| 3.5 Clinical Practice (CP) II - (160 hours included in GILMs) | |
| Class 1 - 5 | - As a Year 2 student you are required to do a minimum of about 2 Client/Practitioner in-person practice sessions per week during the end of Year 1 and in-between class weeks during year 2 for a total of 80 practice sessions for year 2. This is an average of about 2 clinical practice sessions per in-between class weeks . - 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 each class for classes 1 to 5. |
| 3.8 Case Studies (CS) Module II - (28 hours included in GILMs) | |
| Class 1 - 5 | - As mentioned above in section 3.5, as a year 2 student you have to complete 4 short case study write-ups (2 in-persona and 2 distant sessions), one per class for classes 1 to 3 and one for class 5 GILM. These need to be with a different client for each and different from your full case study client. 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 evaluation before each class. - As a year 2 student you are required to complete 1 full case study write-up, for class 4. This is a summary of 10 sessions minimum with one client over a minimum of 3 months. 20 hours total for this write-up |