

**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 3**

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

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

Class 1	- States of Beingness - Multidimensional Subtle Energy III - Metaphysics of subtle Energy	In the third year, the theme for HEACP is about relationships with the Un Manifest, Infinity and Allness, subtle energy relationships with the trans and para personal aspects of our beingness and all.
Class 2	- Physical - Electromagnetic (auric)	
Class 3	- Purpose of Life - Intention	
Class 3-5	- Essence	
	- Unmanifest - Unknown	
	- Infinity - Allness	

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

Class 1	- Effortlessness	In the third year you will continue to develop your abilities to facilitate the physics and mechanics of subtle energy to be able to identify and presence your unique techniques as they will manifest moment-to-moment when facilitating subtle energy. You will continue to practice in-person laying-of-hands, hands on healings and non-local, distant facilitation techniques.
Class 2	- Inviting	
Class 3	- Expanding	
Class 4	- Creating	
Class 5	- Harmonizing	

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

Class 1	- Shamanic	You will be introduced to these 3rd year themes using theoretical and experiential learning so you can continue to better identify your unique ESP.
Class 2	- Archetypal	
Class 3	- Metaphorical including dreams	
Class 4	- Mythological - Mystical	
	Class 5	

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

Class 1- 5	- Telekinesis	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	- Psychokinesis	
Class 3- 5	- Placebo/Nocebo Effect	

**2. Psychotherapy Techniques Module III - 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) III - (1.5 hours)**

Class 1 - 5	- Subtle Energy Waves & Life Pulses concepts, principles and practice III
	- Letting Go
	- Joy and Pleasure
	- Innate, natural abilities and qualities full integration and presence

**2.2 Psychological Defences, Uniqueness and Essential Qualities (EQs) III - (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 - 5	Presencing your Essential Qualities John Rowan's Sub personalities
Class 2 - 5	Riso and Hudson's Personality Types
Class 3 - 5	The Wisdom of the Enneagram
Class 1 - 5	Personality test

**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

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) III - (5 hours)</b>		
Class 1	- Movement as Healing from a transpersonal and parapsychological perspective	
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.	
<b>2.5 Meditation, Contemplation &amp; Mindfulness (MCM) III - (2.5 hours)</b>		
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	
GILM	- You are required to do 15 minutes per day at home included in GILM hours.	
<b>3. Relational &amp; Professional Practice Techniques Module III - 19 in-class hours per week</b>		
<b>3.1 Client - Facilitator Relational Dynamics (CFRD) III - (2.5 hours)</b>		
Class 1 - 4	CFRDs will be evaluated during students' <b>Case Studies presentations whether you are presenting or observing.</b>	
Class 5	- Temenos - Therapeutic Safety and Security, Altruistic presence	
<b>3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) II - (2.5 hours)</b>		
Class 1 - 4	SEPCPE will be evaluated during the students' <b>Case Studies presentations whether you are presenting or observing.</b>	
Class 5	- Sadness, Anger, Fear, Love & Joy in relationship to the Unmanifest, Infinity and Allness	
<b>3.3 Client/Practitioner Supervision (CPS) II - ( 1hour)</b>		
Class 1 - 4	- CPS will be evaluated during students' <b>Case Studies presentations whether you are presenting or observing.</b>	
Class 5	- Regular Supervision	
<b>3.4 Social and Communal Development III - (4 hours)</b>		
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.		
Class 1 - 5	- As a 3rd year student some of you will be presenting your research project. As well, during your 3rd year the whole class will be creating a collective presentation for everyone presented in class 5.	
<b>3.5 Clinical Practice (CP) III - (6 hours)</b>		
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 3 these are <i>a blend of laying of hands, hands-on and non-local sessions.</i>	
Class 2 - 5	- 1 CP long distance practice session per in-class week with one of your in-between classes client.	
<b>3.6 Group Psychotherapeutic Process (GPP) III - (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 III - 2 in-class hours per week</b>		
<b>4.1 Healing Energy Awareness of A&amp;P (A&amp;P) III - (1 hour)</b>		
	- The Subtle Energy dynamics of The Human Body III	
Class 1	- Endocrine System	
	- Circulatory System - The Blood	
	- Circulatory System - The Heart	
Class 2	- Blood Vessels and the Lymphatic System	
	- Physiological Defences	
	- Respiratory System	
The external A&P course continues , in this third year, to be complemented		

	Class 3	- Digestive System - Anatomy and Mechanics - Digestive System - Chemical Mechanics and Absorption - Metabolism, Nutrition and Temperature Control	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.
	Class 4	- Urinary System - Water and Electrolytic Balance, Acid-Alkaline Balance, Homeostasis	
	Class 5	- Reproductive System, Pregnancy - Pregnancy, Foetal Development and Heredity	

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

Class 1	- The Subtle Energy dynamics of Health and Disease III - continued - Working with the endocrine system, diabetes, shock and trauma	The external Pathology course continues to be complemented in the third year with the studies of Human Pathology from a subtle energy perspective exploring and facilitating the subtle energy of each of these themes.
Class 2	- Working with the circulatory system, heart disease	
Class 3	- Working with the respiratory system, death and dying	
Class 4	- Working with the digestive system	
Class 5	- Working with pregnant women	

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

#### 5.1 TCCMI evening lectures III - (4 hours)

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) III - (1.5 hour)

Class 1	- Basic Human Needs, Fulfilling your Self-Care needs - continued - Creativity in daily life
Class 1 - 5	- Play in daily life - Love in daily life

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

#### 7.1 Self-Employment Business Techniques (SEBT) III - (1 hour)

Class 1 - 5	- Building a business plan
Class 2	- Ability to integrate and adapt into any environment (ecopsychology principles)
Class 3	- Building a Marketing plan - Protocols for Referrals
Class 4	- Presenting yourself and Ability to describe Healing Energy Awareness Concepts and Principles
Class 5	- Starting your practice

#### 7.2 Business Integration Techniques (BIT) III - (.5 hour)

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 3**

#### Guided Independent Learning Modules GILM) III - (920 hours for the year)

##### - 5 GILM covering all departments

Class 1 - 5	- 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 <b>40 in-between classes weeks</b> between the end of year 2 and the start of year 3 @ 26 hours per week. - There is no in-class time allocated for GILM. - 3rd year students have 5 GILMs per year including a summer GILM before year 3. - In-coming Third years students will therefore have to do one GILM between the end of a year 2 and the start of their year 3 between June until October.
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### 6. Research Science (RS) Module III

#### 6.1 Project III - (80 hours included in total GILM hours)

Class 1 - 5	As a third year student, you have to complete 1 full research project (15-20 pages double spaced) about a service you have offered including HEA techniques or a scientific project related to HEA with a first draft presented for class 2, a 2nd draft presented for class 3 and the final paper completed for class 4 sent to a faculty member. Some year 3 and year 5 students will be presenting their projects during the TCCMI segments of class 5.
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### 3. Relational & Professional Practice Techniques Module III

#### 3.7 Personal Psychotherapeutic Process (PPP) - (20 hours included in GILM hours)

End of year 2 until year 3 class 5	- As a year three student your are required to complete 20 X 1-hour <b>psychotherapy sessions</b> with a qualified therapist. You have 4 sessions to do on average in-between each class after the end of year 2 until class 5 of year 3. This is an average of 2 sessions per month from September to June of your third school year.
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5 class 5	third school year.
<b>3.5 Clinical Practice (CP) III - (160 hours included in GILMs)</b>	
Class 1 - 5	<p>- As a Year 3 student you are required to do a minimum of about 2 Client/Practitioner in-person practice sessions per week during the end of Year 2 and in-between class weeks during year 3 for a total of 80 practice sessions for the third year. This is <b>an average of about 2 clinical practice sessions per in-between class weeks.</b></p> <p>- 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.</p>
<b>3.8 Case Studies (CS) Module III - (28 hours included in GILMs)</b>	
Class 1 - 5	<p>- As mentioned above in section 3.5, as a year 3 student you have to complete 4 short case study write-ups (2 in-person and 2 distant sessions), from classes 1 to 5 GILM, with a different client for each and different from your full case study client. Each short 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. - You</p> <p>also have to complete 1 full case study write-up and <b>presentation</b>. This is the summary of 10 sessions minimum with one client over a minimum of 3 months. 20 hours total for this write-up.</p> <p>- <b>Case study presentations</b> will be held one day per in-class week from classes 1 to 4. Students presenting their case study will not have to do a regular short case study write-up for the class week they are presenting. All full case study write-ups and presentations in year 3 have to be completed for class 4.</p>