

**The Beingness Institute 2-year Professional Advanced Practitioner Program**  
***Professional Healing Energy Therapist (PHET) Diploma Curriculum - Hours per week, per year***

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

**PHET - YEAR 2**

**1. Subtle Energy Sciences Module V - 6 in-class hours per week**

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

Class 1	- Psychological Subtle Energy Dynamics II - Continued - Group Subtle Energy Dynamics II - Continued	
Class 1 - 5	- Physical - Electromagnetic (auric) - Purpose of Life - Intention - Essence - Unmanifest - Unknown - Infinity - Allness	In the second year the focus is on going deeper into exploration of the transpersonal, parapsychology, humanistic and spiritual psychology perspectives of Subtle energy. This is integrated into the psychotherapeutic facilitation process of a client's or group dynamics. You will be experiencing this learning through presentations, experientials and practices for yourself and/or a client, a group.

**1.2 Subtle Energy Facilitation (SEFT) Techniques V - (1 hour)**

Class 1	- Deepening, Tracking, Perceiving, Sensing, Psychological aspects of Subtle energy	
Class 2 - 5	- Tracking, Perceiving, Sensing <b>Individual</b> Psychological Subtle Energy Dynamics II - Continued	
	- Tracking, Perceiving, Sensing <b>Group</b> Psychological Subtle Energy Dynamics II - Continued	
	- Facilitating <b>Individual</b> Psychological Subtle Energy Dynamics II - Continued	
	- Facilitating <b>Group</b> Psychological Subtle Energy Dynamics II - Continued	
	- You will continue to use PHEF year 1 to 3 SEF Techniques while facilitating individual and/or group psychotherapeutic processes. The goal is to refine and strengthen your unique way of facilitating individual and/or group psychotherapeutic processes.	

**1.3 Extra Sensory Perception (ESPT) Techniques V - (1 hour)**

Class 1	- Integrating the Full Spectrum of ESPT into Individual Psychotherapeutic Process - Continued - Integrating the Full Spectrum of ESPT into Group Psychotherapeutic Process II - Continued																							
Class 2 - 5	<table border="1"> <tr><td>- Physical</td><td>- Clear Mental Concepts</td></tr> <tr><td>- Kinaesthesia</td><td>- Remote Viewing</td></tr> <tr><td>- Emotional</td><td>- Direct Knowing</td></tr> <tr><td>- Intuition</td><td>- Shamanic</td></tr> <tr><td>- Love</td><td>- Archetypal</td></tr> <tr><td>- Hearing</td><td>- Metaphorical</td></tr> <tr><td>- Guidance</td><td>- Mythological</td></tr> <tr><td>- Tasting</td><td>- Mystical</td></tr> <tr><td>- Smelling</td><td>- Sacred Geometry</td></tr> <tr><td>- Seeing</td><td>- Symbolism</td></tr> <tr><td>- Integration</td><td></td></tr> </table>	- Physical	- Clear Mental Concepts	- Kinaesthesia	- Remote Viewing	- Emotional	- Direct Knowing	- Intuition	- Shamanic	- Love	- Archetypal	- Hearing	- Metaphorical	- Guidance	- Mythological	- Tasting	- Mystical	- Smelling	- Sacred Geometry	- Seeing	- Symbolism	- Integration		You will continue to deepen and practice how to perceive and use ESP techniques as well as naming them when needed for the benefit of an individual's and/or group's psychotherapeutic process. The goal is to refine your ESP so that you are clear about what it is you are experiencing.
- Physical	- Clear Mental Concepts																							
- Kinaesthesia	- Remote Viewing																							
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**1.4 Paranormal Abilities (PAT) Techniques V - (1 hour)**

Class 1 - 5	- Integrating the Full Spectrum of PA into <b>Individual</b> Psychotherapeutic Process II - Continued - Integrating the Full Spectrum of PA into <b>Group</b> Psychotherapeutic Process II - Continued													
Class 2 - 5	<table border="1"> <tr><td>- Clairvoyance</td><td>- Telepathy</td></tr> <tr><td>- Clairaudience</td><td>- Telekinesis</td></tr> <tr><td>- Clairsentience</td><td>- Psychokinesis</td></tr> <tr><td>- Distant, Non-local Healing</td><td>- Placebo/Nocebo Effect</td></tr> <tr><td>- Proprioception</td><td></td></tr> <tr><td>- Integration</td><td></td></tr> </table>	- Clairvoyance	- Telepathy	- Clairaudience	- Telekinesis	- Clairsentience	- Psychokinesis	- Distant, Non-local Healing	- Placebo/Nocebo Effect	- Proprioception		- Integration		You will continue to deepen and practice how to perceive and use PA techniques and as well name them when needed for the benefit of an individual's and/or group's psychotherapeutic process. The goal is to refine your PA so that you are clear about what it is you are experiencing.
- Clairvoyance	- Telepathy													
- Clairaudience	- Telekinesis													
- Clairsentience	- Psychokinesis													
- Distant, Non-local Healing	- Placebo/Nocebo Effect													
- Proprioception														
- Integration														

**2. Psychotherapy Techniques Module V - 20.5 in-class hours per week**

**2.1 Personal Development, Transformation and Wellbeing (PTDW) V - (1 hour)**

Class 1 - 5	- Subtle Energy Waves & Life Pulses concepts, principles and practice in the psychotherapeutic facilitation process II - Higher self, Lower self, No self	In the second year of the advanced program you will continue to practice and deepen your unique use of these developmental States of Being for your personal development and wellbeing. As well you will continue to use these as tools to develop your unique facilitation of individual's and/or group processes. The exploration from a coaching, counselling and psychotherapeutic perspective of these themes will be continued.
Class 2 - 5	- 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 negative pleasure - Innate, natural abilities and qualities	

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

Class 1	- Reich/ Lowen and Johnson's Characterologies and Character Styles in the facilitation process - Continued	
Class 1 - 5	- Identifying, Reflecting and Using EQs in the facilitation process	
Class 2	- Transpersonal Psychology	During this second advanced year you will continue to be introduced to different psychotherapeutic modalities that relate to and complement Healing Energy Awareness Concepts and Principles.
Class 3	- Parapsychology	
Class 4	- Spiritual Psychology	
Class 5	- Humanistic Psychology	

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

Class 1	- Art as Healing in the facilitation process - Continued - Play as Healing in the Facilitation process - Continued	
Class 1 - 5	- 2 hours per on-site class week experiential learning, exploration and practice	Different art therapy techniques will be used, drawing , painting, writing, comedy, dancing, theatre, etc. as well as adult play therapy

		techniques. You will have the opportunity to facilitate a creative arts and play therapy short segment.
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 SCD.
<b>2.4 Movement Therapy (MT) V - (5 hours)</b>		
Class 1	- Movement as Healing in the facilitation process	
	- 5 hours per on-site class week of exploration and practice	
Class 1 - 5		This includes the exploration and practice of a variety of 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. You will have the opportunity to facilitate a short movement segment.
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) V - (2.5 hours)</b>		
Class 1	- MCM in the facilitation process	
	The continued exploration of the effects of MCM on individuals and groups in the facilitation process.	
Class 1 - 5	- 2,5 hours per on-site class week of exploration and practice	
GILM	- You are required to do 15 minutes per day at home included in GILM hours.	
<b>2.6 Client-Practitioner Psychotherapeutic Facilitation Practice and Supervision I - (6,5 hours)</b>		
Class 1	- Transference - Countertransference - Projections, Projective identifications	The second year is a continuation of these different <b>psychotherapeutic techniques</b> segments used to focus the teaching, exploration, practice and supervision of in-class <b>Individual</b> client/practitioner facilitation dynamics. These will be held in different contexts such as one-on-one sessions supervised by the faculty or observed and supervised by all the students at the same time.
Class 2 - 5	- Inclusions - Exclusion - Directive, Non directive	
Class 3 - 5	- Emotional language, communication and awareness	
Class 4 - 5	- Behavioural adjustments - Body posture & language, hands language	
Class 5	- Termination	
<b>2.7 Group Process Facilitation Practice and Supervision II - (4,5 hours)</b>		
Class 1	- Transference - Countertransference - Projections, Projective identifications	The second year is a continuation of these different <b>psychotherapeutic techniques</b> segments used to focus the teaching, exploration, practice and supervision of in-class <b>Group</b> client/practitioner facilitation dynamics. These will be held in different contexts such as small group sessions supervised by the faculty or observed and supervised by all the students at the same time.
Class 2 - 5	- Inclusions - Exclusion - Directive, Non directive	
Class 3 - 5	- Emotional language, communication and awareness - Cohesiveness, Sub Grouping	
Class 4 - 5	- Behavioural adjustments - Body posture, language	
Class 5	- Termination	
<b>3. Relational &amp; Professional Practice Techniques Module V - 14 in-class hours per week</b>		
<b>3.1 Client - Facilitator Relational Dynamics (CFRD) V - (1 hour)</b>		
Class 1 - 5	- The unattached observer, Tracking	
Class 2 - 5	- Non verbal techniques, - Interpreting, Analysing - Body language and 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	
	in the second year you will be continuing the deepen your relational facilitation abilities using these new <b>relational techniques</b> segments will be used to focus the teaching, exploration, practice and supervision of in-class Individual client/practitioner and Group facilitation dynamics. Again you will continues to explore the difference between coaching, counselling, psychotherapy, psychology and psychoanalyse.	
<b>3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) V - 1.5 (hours)</b>		
Class 1	- Eros, Sensuality and Sexuality - Map of Consciousness as created by Dr. D. Hawkins	
Class 1 to 5	- Sadness - Anger - Fear - Love - Joy	In the second year you will continue to explore and practice different emotional dynamics using the HEA perspective to refine and clarify your unique psychotherapeutic facilitation abilities for individual client psychotherapeutic and/ or group process facilitation.
<b>3.3 Client/Practitioner Supervision (CPS) V - (1 hour)</b>		
Class 1 - 5	You will have to present an in-between class client at least once during the 2 years. This segment will be supervised by a faculty member and observed by your student colleagues.	
<b>3.4 Social and Communal Development (SCD) V - (4 hours)</b>		
Class 1 - 5	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.	
<b>3.5 Clinical Practice (CP) V - (2 hours)</b>		
Class 1 - 5	- This 2 hours per on-site class week segment includes HEA, SEFT, ESPT, PAT, PDTW, CFRD, SEPCPE techniques exploration and practice with a client hands-on. For some of these sessions, clients will be students from the open programs. These are basic healings and not psychotherapeutic process facilitation.	
<b>3.6 Group Psychotherapeutic Process (GPP) V - (3,5 hours)</b>		
Class 1 - 5	- 1 segment of 2 hours and 1 segment of 1.5 hour per week, These are open group therapy segments facilitated by faculty members using a wide variety of body	

Class 1 - 5	oriented and other psychotherapeutic modalities. You are required to process at least once a year. Group sizes may change and vary during the year.
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#### 4. Biomedical & Applied Sciences Module V - 2 in-class hours per week

##### 4.1 Healing Energy Awareness for Psychopathology (Pathos) II - (2 hours)

	- DSM-V: II
Class 1	- Sleep-Wake Disorder - Sexual Dysfunctions - Gender Dysphoria
Class 2	- Disruptive, Impulse-Control, and Conduct Disorders - Substance-Related and Addictive Disorders
Class 3	- Neurocognitive Disorders - Personality disorders
Class 4	- Paraphilic Disorders - Other Mental Disorders
Class 5	- Medication-Induced Movement Disorders and Other Adverse Effects of Medication - Other Condition That May Be a Focus of Clinical Attention - Multi media dependencies, Residential School Syndrome

#### 5. Traditional, Complementary and Conventional Medicine Integration Module V - 5,5 in-class hours per week

##### 5.1 TCCMI modalities lectures V - (4 hours)

Class 1 - 5	Classes 1- 4 the BI will invite professional guests present 2 different TCCM modalities and their connection or integration with HEA. Class 5, some Year 3 & Year 5 students will be presenting their projects.
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##### 5.2 Creating Self-Care and Wellness (CSCW) V - (1.5 hour)

Class 1 - 5	- Basic Human Needs, Fulfilling your Self-Care needs
Class 2 - 5	- Creativity in daily life
Class 3 - 5	- Play in daily life
Class 4 & 5	- Love in daily life

#### 6. Research Science Module V - 1 in-class hour per week

##### 6.1 Quantitative and Qualitative Research Techniques, Organic, Intuitive and Integrative Inquiry II

Class 1 - 5	- These segments, over the 2 years of the advanced studies, are dedicated to aspects of research techniques specifically for the domain of subtle energy, transpersonal, humanistic, spiritual and parapsychological psychotherapeutic research. This is support for you in your journey for your research paper. The advanced studies project is a full research paper of 40 - 50 pages double spaced studying the HEA of a specific psychopathology to be completed for class 4 of the second year. The goal is the creation of a Subtle Energy Psychopathology Compendium.
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### Guided Independent Learning Modules (GILM) In-Between Class Modules, Themes and Subjects Details and Hours Distribution

#### PHET - YEAR 2

#### Guided Independent Learning Modules V - 990 hours total 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 advanced student you will have <b>5 GILMs</b> for the year including a summer GILM before your second advanced PHET year. - You have about <b>40 in-between classes weeks</b> between the end of your PHEF third year @ 26 hours per week - There is no in-class time allocated. - In-coming 2nd year advanced students will therefore have to do one GILM between the end of a their 1st PHET year and the start of their year 5 between June until October.
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#### 6. Research Science Module V

##### 6.2 Research Project (RS) V - (80 hours included in total GILM hours)

Class 1 - 5	- As a 2nd year advanced student you will be spending your 2nd year research project time completing your project for a 2nd draft presentation for class 3 of the 2nd year and a final paper for class 4 of the 2nd year. The advanced studies project paper is a full research paper of 40 - 50 pages double spaced studying the HEA of a specific psychopathology. Some year 3 and year 5 students will be presenting their projects during the TCCMI segment of class 5. PHET research papers will be made available on the BI web site at the discretion of the student.
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#### 3. Relational & Professional Practice Techniques Module V

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

End of year 4 until year 5 class 5	- As a year 2 advanced student you are required to complete 20 X 1-hour <b>psychotherapy sessions</b> for the year with a qualified therapist. This is 4 sessions to do on average in-between each classes after the end of year 4 until class 5 of year 5 to complete this requirement. This is an average of 2 sessions from September to June of each school year.
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##### 3.5 Clinical Practice (CP) V - (160 hours included in GILMs)

Class 1 - 5	- As a second year advanced student your will have to complete 2 X 1-hour Client/Practitioner Subtle energy Psychotherapeutic <b>practice sessions</b> per in-between class weeks 1 to 5 starting after class 1. You will be using one in person and one distant session out of these in-between class sessions to do a short case write-up for each to send to a faculty member before each class between classes 1 to 5. As a Year 1 advanced student you are required to do a <b>minimum of 80 practice sessions in between classes. 25 of these need to be distance sessions.</b> This is an average of 2 clinical practice sessions per in-between class weeks.
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##### 3.8 Case Studies (CS) Module V - (36 hours included in GILMs)

	- As a second year advanced student you are required to complete <b>8 short case study write ups</b> , two per class (one in-person and one distant session) for classes 1 to 3 & 5 GILMs, with a different client for each and different from your full case client. Each write-up should take maximum 2 hours to write and will be part of the GILM
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Class 1 - 5	write-ups to be sent to a faculty member for review and evaluation before each class. - As a second year advanced student you are required to complete <b>1 full case study write up</b> , for class 4. This is 10 sessions minimum with one client over a period of 3 months. 20 hours total for this write-up to be sent to a faculty member for class 4.
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