

Embodied Awareness Training
Level 1 Schedule

Embodied Awareness Training Level 1 Course Syllabus
(Scroll down for Course Descriptions)

- September 12:** Embodied Awareness: Healing from Trauma: Emotional Healing and Community Renewal**
- September 13:** Energetic First Aid**
- September 14:** Ego Death and the Human Stress Reactions**; Transpersonal Psychology**
- October 17:** Whole-Body Listening**
- October 18:** Personal Work ** Innerwork Guidelines T-R-U-S-T and 13 Guardians on the Threshold of Awakening**
- October 19:** World Work**, Know Your Shadow, Grieving and the 5 A's of Acceptance
- November 14:** Grass Roots Healing**, Compassion Fatigue, and Burnout Prevention
- November 15:** Ethics and the Development of Your 5-Step Grass-Roots EA Program
- November 16:** and your 5-Step Grass-Roots Program

**Trainees are expected to complete all On-Demand course work and exams.
We recommend reading and reviewing the lectures and workbook exercises prior to each experiential seminar. (**The Lectures and Workbook materials are included in your Embodied Awareness package which you will receive after registering for the program).

Level 1 30 hours of Supervised practicum: 15 hours (minimum) of Self-Study (completing workbook assignments) plus 15 hours (minimum) practice with a cohort; and participation in monthly supervised group sharing with co-facilitators.

Level 2 - 20 hours of Supervised practicum- Deepen skills through demonstration and practice with cohorts; and develop strategies to ethically integrate new skills into your professional practice with your patients, clients, students, community circle, coworkers, agency, or institution.

Optional 3-month participation in 2-hour monthly Level -3 embodied wisdom sharing circle with peer consultation Master Class upon conclusion of Level 2 is included in Level 1+2 package. Monthly Wednesday Level 3 Master Class Dates & Times TBD.

<p>September 12: Seminar # 1 What is Embodied Awareness: From Trauma Recovery to Deep Inner Healing and Community Renewal</p> <p>Practicum Assignments Self-Study workbook exercises Share reflections with Cohort</p> <p>Reading Assignment WCEA EA On-demand Module 1 Betrayal Trust and Forgiveness Chapter 1</p>	<p>Experiential Seminar #1: This experiential training is designed to create safety, build consensus and group cohesion by integrating multiple dimensions of Self-Awareness that help you embody the capacity for deep inner healing of the body, mind, heart, and spirit energies.</p> <p>Didactic Content. Learn both the theoretical background and the contemporary practical methods to integrate 5 dimensions of Self-Awareness that help you embody the capacity for healing the body, mind, heart, and spirit energies. You will then learn to train others to do the same. We will explore how <i>trauma induced spiritual awakenings</i> are activated as a catalyst for five phases of positive personal growth and community renewal during ancient and indigenous rites of passage. We will then examine how they can provide a template for healing through various stages of recovery from mass trauma. Explore methods to integrate all lessons into a program for individual and community recovery from mass trauma, betrayal, and injury.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Name the 5 dimensions of Self-Awareness that comprise embodied awareness 2. Identify methods to support healing in each of the five phases of positive personal growth after trauma 3. Compare how the five stages of growth correspond to stages of mass trauma recovery
<p>September 13: Seminar # 2 Energetic First Aid: Breathwork, <i>Pranic</i> Healing and Energy Medicine</p> <p>Practicum Assignments Self-Study workbook exercises Share reflections with Cohort</p> <p>Reading Assignment WCEA EA On-demand Module 2 EA Breathwork Workbook Exercises</p>	<p>Experiential Seminar #2: Practice Western and Asian breath work practices to regulate stress with energy, mental focus and observing subtle signals. Practice <i>pranic</i> healing, blended with Buddhist mindful aware-ness to help yourself and others relax the body, soothe emotions, calm the mind, and enliven the spirit.</p> <p>Didactic Content: The workbook includes theoretical content, compares and contrasts the Western concept of the <i>placebo effect</i>, to ancient healing modalities that employ: 1) energy, 2) mental focus, and 3) embodied awareness. Learn specific Western and Asian breathwork practices to regulate stress, then get training in the practice of Hindu breathwork and <i>pranic</i> healing techniques, blended with Buddhist mindful awareness practices to help yourself and others relax the body, soothe emotions, calm the mind, and enliven the spirit. You will acquire knowledge and experience applying expanded sensory awareness, including sensory awareness described in ancient Egyptian lore as 1) <i>sight</i>, 2) <i>sound</i>, 3) <i>taste</i>, 4) <i>touch</i> and 5) <i>smell</i>, 6) <i>transmission of feelings</i> [as in interoceptive felt-sense or <i>gut feelings</i> clairsentient awareness], 7) <i>transmission of emotion</i> [as in empathy and telepathy], 8) <i>transmission of ideas</i> [intention or clairaudience], 9) <i>clear seeing</i></p>

	<p>[clairvoyance and symbolic process], 10) <i>spiritual discernment</i>, 11) <i>intuition</i>, which opens into an energetic sense of 12) Self-realization.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Define the placebo effect 2. Identify at least two ancient Asian spiritual healing practices that are used to regulate stress and have been validated by Western scientific methods 3. List 7 of the 12 senses described by the ancient Egyptians that foster embodied awareness
<p>ON-DEMAND COURSE WORK Transpersonal Psychology for Integrative Healing: Theory and Practice</p> <p>Practicum Assignments Self-Study workbook exercises Share reflections with Cohort</p> <p>Reading Assignment WCEA EA On-demand Module 4</p>	<p>Experiential Seminar #4: Identify methods to address distinct human needs along a broad continuum of concerns: body, heart, mind, spirit and energetic dimensions by distinguishing the impact of biological, personal, inter-personal (and intergenerational), transpersonal and non-personal conditions on human consciousness.</p> <p>Didactic Content: The word ‘transpersonal’ breaks down into two roots: ‘trans’, meaning ‘beyond or through’, and ‘personal’, which is derived from the word ‘persona’ i.e. <i>our identity, mask, or personality</i>. Learn methods to evaluate and address distinct needs along a broad continuum of concerns: body, heart, mind, spirit and energetic dimensions by distinguishing the impact of biological, personal, interpersonal, transpersonal and nonpersonal conditions on human consciousness. By the end of this seminar, you will be able to identify five dimensions of consciousness along a continuum of distinct human needs, which coincide a range of psychological stress reactions, unknown strengths, and or contact with greater resources within one’s being.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Distinguish the impact of biological, personal, interpersonal, transpersonal and nonpersonal conditions on human consciousness 2. Identify stress reactions along a continuum of needs 3. Name methods to address distinct human needs and or psychopathologies along a broad continuum of concerns: body, heart, mind, spirit and energetic dimensions

<p>September 14: Seminar # 3 Existential Crisis, Ego Death, and Instinctive Stress Reactions</p> <p>Practicum Assignments Self-Study workbook exercises Share reflections with Cohort</p> <p>Reading Assignment WCEA EA On-demand Module 3</p>	<p>Experiential Seminar #3 Practice distinguishing distinct stress reactions and the evolution of the human stress response ranging from fight-flight-freeze-faint, to tend-and- befriend, to polyvagal self-regulation and social strategies, to heart-centered neuro-cardiological responses.</p> <p>Didactic Content: Through the lens of case studies, the WCEA Module 2 enables you to distinguish distinct stress reactions as they relate to evolution of the human stress response ranging from instinctive fight-flight-freeze-faint, to tend-and- befriend, to polyvagal self-regulation and social strategies, all the way to heart-centered neurocardiological responses that build coherence between the heart and the cranial brain and engage broader intuitive, psychic, and spiritual resources to regulate stress and create safety. Learn and practice breathwork techniques that build the electrochemical magnetic (em) field of the heart-brain, to calm limbic emotional reactivity and enhance communication between the left and right hemispheres of the brain to further develop cognitive thinking and intuitive capacities.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Define existential crisis and ego death and name four instinctive strategies to create safety 2. Compare case studies and their different strategies for creating safety 3. Name and apply two breathwork techniques that reduce stress by regulating the heart’s em fields to build coherence between the heart’s ECGs and brain’s EKGs
<p>Monthly Supervision September 27</p>	<p>Self-Study – Share with Cohort</p>
<p>Monthly Supervision October 11</p>	<p>Self-Study -Share with Cohort</p>
<p>October 17: Seminar # 5 Whole-Body Listening</p> <p>Practicum Assignments Workbook Self-Study Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 5</p>	<p>Experiential Seminar # 5: Whole-Body Listening & the 12 Senses of Embodied Awareness: This seminar focuses on using inner resources to receive Self-directed guidance, insight, and healing. Explore how to use and teach <i>guided imagery</i> as a healing tool to deepen all that inner work. Emphasis will include learning to distinguish between a) genuine intuitive guidance and b) personal emotional projections, needs, fears, and fantasy.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Integrate and apply each of the 5 steps in the T-R-U-S-T embodied method of innerwork 2. Define the term <i>image</i> as applied in guided imagery 3. List 3 ways symbolic process and guided image are used to deepen inner healing

<p>October 18: Seminar # 6 T-R-U-S-T inner work contemplative meditation</p> <p>Practicum Assignments Workbook Self-Study Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 6 and</p>	<p>Experiential Seminar: Practice the T-R-U-S-T inner work contemplative meditation. Trace and track energy in thoughts, sensations, emotions and intuitive perceptions as guides to inner, archetypal healing energies by befriending the 13 Guardians on the threshold of awakening</p> <p>Didactic Content: Applying C.G. Jung definitions for the 4 functions of the psyche, persona, shadow, the archetype of Self, in this seminar we can have fun introducing the unique Celtic concept of the Guardian archetype and other ancient psychological systems. 13 distinct Guardians on the threshold of awakening will be identified using symbolic iconography from the tarot. We will analyze the paradoxical nature of the psyche and the role played by the <i>Guardians</i> as both psychological blocks and catalyst for psycho-spiritual liberation. will help trainees integrate beneficial aspects of the Guardian archetype.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Name Jung’s 4 functions of the psyche 2. Identify 13 distinct existential crises associated with the Archetype of the Guardian 4. Integrate beneficial aspects the Guardian Archetype by applying the T-R-U-S-T Contemplative Mediation method of inner work
<p>October 19: Seminar # 7 Know Your Shadow: World Work, Grieving, and the 5-A’s of Acceptance</p> <p>Practicum Assignments Workbook Self-Study Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 7</p>	<p>Experiential Seminar # 7: This seminar compares and contrasts the Jungian concept of the personal, tribal and collective shadow to the basic human need to belong, social ostracism, rejection, and judgmental criticism of others. Practice using observational skills to engage whole-body listening to feelings and process emotions, recognize ‘shadow’ elements, including recognizing spiritual by-pass. Gain facility processing deep emotional feelings of loss, grief, traumatic grief, and survivor’s guilt through the practice of Whole-Body Listening using the 5-A’s: 1) Acknowledge; 2) Assimilate; 3) Appreciate; 4) Allow New Awareness to Inspire; 5) Action</p> <p>Didactic content: We will evaluate the impact of unconscious shadow material producing unconscious, implicit biases filtered through personal, familial, tribal, and collective shadow projections. Identify and list 10 distinct target populations who typically receive these projections as defined by Dr. Pamela Haye’s A-D-D-R-E-S-S-I-N-G model. Define and describe the impact of <i>intersectionality</i>. Case studies explore the impact of intersectionality and implicit bias expressed as prejudice to privilege between social groups, and define lateral violence within one’s own social group to form energetic patterns of oppression rooted in inter-generational trauma.</p> <p>Objectives</p>

	<ol style="list-style-type: none"> 1. List the 10 target populations identified in the acronym A-D-D-R-E-S-S-I-N-G 2.. Define lateral violence, oppression, and inter-generational trauma 3. Evaluate and assess your own and your client’s experience of being rejected, ostracized, targeted, oppressed, and or having privilege similar to or different from those identified Haye’s A-D-D-R-E-S-S-I-N-G model
Monthly Supervision Friday November 1st	Whole Body Listening Practice with Cohort
<p>November 14: Seminar # 8 Group Work, Compassion Fatigue, and Burnout Prevention</p> <p>Practicum Assignments Workbook Self-Study Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 10 <i>Self-Ecology</i></p>	<p>Experiential Seminar # 8 Develop a personal self-care ‘burnout prevention’ plan through the application the 5-step embodied awareness facilitation model identifying personal self-care practices and universal healing practices employed globally.</p> <p>Didactic Content: Evaluate and distinguish between burnout and compassion fatigue. Identify methods to address and prevent burnout and compassion fatigue. We will review a case study that demonstrates how to integrate all 5 dimensions of embodied awareness (energetic, cognitive-thinking, emotional feelings, intuitive-spiritual guidance, and behavioral change) using the 5-step embodied awareness model to support personal healing and community renewal.</p> <p>Objectives</p> <ol style="list-style-type: none"> 1. Assess and differentiate burn-out from compassion fatigue 2. Prepare a strategy for self-care along 4 dimensions to engage personal and community resources in spiritual self-care; emotional self-care; mental self-care, physical self-care 3. Design a customized 5-step embodied healing and community renewal program for your clientele. private practice, agency, workplace or community
<p>November 15: Seminar # 9 Ethics and the Development of Your 5-Step Grass-Roots Embodied Training Program</p> <p>Practicum Assignments</p>	<p>Experiential Seminar: Keeping in mind that Embodied Awareness Training has included practitioners from multiple disciplines, this course invites exploration of interdisciplinary, cross-cultural ethical principles to provide a moral framework of universally acceptable ethical principles based on human values shared globally. As a starting point for discussion, we will compare and contrast The Universal Declaration of Ethical Principles based on shared human values identified as <i>respect, competence, integrity,</i> and <i>responsibility</i> by Psychologists, and adopted by the Assembly of the International Union of Psychological Science in Berlin on July 22nd, 2008 to Indigenous principles of <i>respect, relevance, responsibility,</i> and <i>reciprocity.</i></p>

<p>Workbook Self-Study Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 9 Guidelines for Inner work</p>	<p>Objectives:</p> <ol style="list-style-type: none"> 1. Compare the <i>Universal Declaration of Ethical Principles</i> adopted by the Union of Psychological Sciences with ethical standards of trainees across cultures and disciplines. 2. List 4 ethical principles that are based on shared human values 3. Apply the 4 Universal Ethical principles to facilitating a 5-step grass roots community renewal programs
<p>November 16: Seminar #10 Sharing Circle Methodology and your 5-Step Grass-Roots Program</p> <p>Practice Listening and Sharing with Cohort</p> <p>Reading Assignments: WCEA EA On-demand Module 10</p>	<p>Experiential Practice: Review and Assess Embodied Awareness 5-Step Programs and the development and introduction of your 5-Step Grass-Roots Embodied Training Program into your workplace. Practice using the sharing circle model to facilitate group process, sharing and closure.</p> <p>Didactic Content: Identify methods to 1) connect to healing resources, 2) observe and assess needs, 3) listen to yourself and others with your whole body, 4) engage intuition and creativity and 5) empower extending care to yourself, others and communities when building a 5-step grass roots community renewal programs for individuals and or groups within your workplace.</p> <ol style="list-style-type: none"> 1. Apply sharing circle methodology for group process when integrating self-ecology and self-care practices for Trauma recovery, emotional healing and community renewal 2. Name 2 methods to activate connection to inner healing resources when beginning a group 3. Prepare a strategy for beginning and closing emotional healing and community renewal groups