

Rickie Moore, Ph.D. & Henry Marshall, Ph.D.

Brouwersgracht 192-D · 1013HC Amsterdam · The Netherlands
Tel +31-20-6205228 · Fax +31-20-3303749
Internet www.inpeacenet.com · E-mail inpeace@inpeacenet.com



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Re: **Tri-Energetic Counsellor Training Curriculum**

Basic Assumptions: In a safe, informal and loving atmosphere, students learn counselling techniques through theoretical presentations and practice counselling sessions. Personal growth is accelerated through the exploration of the Self. Students learn through doing, feeling, experiencing, and being. Counsellors can understand the issues and problems of those they counsel when they understand themselves.

Overview: Students meet with R. Moore and H. Marshall for six residential training weeks over a two-and-a-half year period. Between each of these training weeks, students gather in self-designed regional clusters to form study groups. Each 6-day training week involves the following learning experiences:

- Mornings begin with physical exercise and meditation. A different student leads this session each day. Feedback for the group leader follows breakfast.
- Sessions during the day include practice counselling, experiential learning, and theoretical presentations.
 - During the first three weeks, Teaching Assistants counsel students during group sessions. After Teaching Assistants receive supervision, they get feedback from the entire group.
 - From the fourth through the sixth weeks, students counsel each other during group sessions. After they receive supervision, they get feedback from the entire group.
 - Theoretical topics noted in the following curriculum outline are taught in relation to the counselling that's just been done (whenever possible). Tri-Energetic counsellors are taught to appreciate the importance of flexibility and spontaneity, and come to understand that the needs of the group determine the treatment of curriculum topics.
 - Students counsel each other with mentoring/supervision by Teaching Assistants.
 - Students and Teaching Assistants share with the entire group what they learned about counselling.
- Evenings offer creative activities such as deep sharing, theater games, fire ceremonies, trance-dancing, shamanistic rituals, dancing, music making, tarot readings, healing with stones, etc.

Week 1

- **Counselling: Why, Where, When, and How To Counsel**
- **Tri-Energetic Counselling**
 - Needs, Wants, and Intentions
 - Attitudes of Flexibility, Tolerance, and Curiosity
 - Integrating the Body, Mind, and Spirit.
- **Counselling, Psychotherapy and Coaching: Differences and Similarities**
- **Intuition and listening techniques in TE**
- **Understanding Transference/Counter Transference**
- **The Art and Science of Group Leadership**
 - The use of humor in counselling and in leading a group
 - Students lead groups, then give and receive feedback
- **Body Awareness**
- **Physical Techniques for the Release of Tension:**
 - Hand squeeze, arm pull
 - Stress-Reduction Body Work
- **Transactional Analysis (Eric Berne)**
 - Strokes, ego states, injunctions, drivers, games, contracts, trading stamps
 - Types of feelings, Drama triangle

Week 2

- **Transactional Analysis (review)**
- **Psychopathology**
- **Depression and depressive disorders**
- **Personality Types and Disorders**
 - Special attention to Borderline Personality Disorder
- **Meditation Techniques**
- **Assisting in Playshops**
- **Protection & Cleaning of Energy**
- **What counsellors do**
 - Accept, redefine, reframe, empathize, motivate, give permission, inspire, acknowledge, give options, be compassionate
- **Gestalt Techniques (Fritz Perls)**
 - Empty chair, exaggeration exercise, taking responsibility, reversal exercise, playing the projection, rehearsal exercise, staying with feeling, making the rounds
- **Physical Techniques for the Release of Tension**
 - Review
 - Leg squeezes, elbow magic
- **Body Reading**
 - Character analysis (Alexander Lowen), postural diagnosis, intuition
- **S.O.A.P. (problem-oriented record keeping)**
- **Sentence Completion (Nathaniel Brandon)**
- **Development of Intuition**

Week 3

- **Gestalt Techniques**
 - Review
 - Gestalt dream work
- **Cognitive Behavioral approaches**
 - Learned Helplessness, Learned Optimism (Martin Seligman)
 - Checking beliefs, assumptions, myths
 - Controlling the mind: postpone, distract, re-frame, etc.
- **Working with the Chakras**
 - How to balance the chakras
 - How to read the aura
- **Working the Four agreements (personally and with clients)**
 - Don't gossip, don't assume, don't take anything personally, do your best
- **An Experience of Altered States of Consciousness: The Trance Dance**
- **Stages of Relationships**
 - Types of love
 - Conflict resolution/avoidance
- **Self-Esteem**
 - How we lose it
 - How we get it back
- **Using humor and provocation in counselling**

Week 4

- **Review Previously Studied Theories and Techniques**
- **Brief History of Counselling**
- **Ethics in Counselling and Professional Practice**
- **Supervision**
- **The First Counselling Session**
 - What to do, what not to do, and how to avoid catastrophes
- **Multi-Cultural Counselling**
- **Counselling people with addictions**
 - Alcoholism, drug abuse, smoking, eating disorders
- **Re- Parenting**
 - Exercises
 - Theory
- **Re-Decision Work**
- **Group Dynamics / Sub-groups**
- **Regression (How to Cope with or Avoid)**
- **Approaches to Human Development**
 - Psychosexual Stages (Sigmund Freud)
 - Psychosocial Stages (Erik Erikson)
 - Cognitive and Affective Stages (Jean Piaget)
 - Hierarchy of Needs (Abraham H. Maslow)
- **On Death and Dying**
 - Understanding the fear of change
 - Experiencing the power of acceptance

Week 5

- **Jungian Approaches to Counselling and Psychotherapy:**
 - Jungian types (introversion/extroversion) and functions (thinking, feeling, intuition, sensation) and their impact on relationships
- **Types of relationships**
 - Stable/satisfactory
 - Unstable/satisfactory
 - Unstable/unsatisfactory
 - Stable/unsatisfactory
- **Counselling Couples**
 - an introduction to the complexities of counselling couples
 - techniques for coaching and counselling couples
- **Human Sexuality**
- **Person-Centered Counselling (Carl Rogers)**
- **Spiritual Practices for Daily Life**
- **Shamanic Approaches to Counselling**
 - Shamanistic ceremony
 - Shamanic techniques
 - The search for the power animal
- **Students Present Ideas for Final Papers**
- **Teaching Assistants Present their Final Papers**
- **Students Produce a Video Film for Incoming Students**
 - Write, film, and edit a group video using the Tri-Energetic formula

Week 6

- **Students Present Their Final Papers**
 - What they have learned about Tri-Energetics
 - Description of its impact and applications
- **Students Process their Personal Growth**
 - Feedback to each other
 - Discuss and evaluate their personal and group participation
- **Questions and discussion**
 - Theories, counselling, and therapy
 - Future plans for graduates
- **Students Receive a Diploma and Enjoy a Graduation Ceremony**