

JOURNEYLINES

Journeylines is offering

Level 1 of the Training in Transpersonal and Emotional Release Counselling

commencing in June 2012

This program is being run over 18 months for the first time. This is to provide a wider spread of time (rather than the usual 12 months) so that those that have wanted to train and have been unable to due to work commitments, can now do so.

The Level One is the first of a three level program that is run over a minimum of 3 years. The Level One and Level Three comprise of 60 days each of face to face training. The Level Two requires to trainee to meet commitments externally in a variety of formats. Level One and Level Two only commence if there are a sufficient number of suitable applicants.

This form of counselling is somatic and emotion focussed and incorporates as methods of practice the theory and methodologies of **Symbol work (including Dreamwork and Sandplay), Voice Dialogue, Body work, Transpersonal breathwork, Journaling, Meditation**. TERC supports depth work for clients and seeks to address life issues holistically including mind, body, emotions and spirit. The training includes a component on adapting the work to counselling children. This component is incorporated into the third year of the training.

The nature of the TERC approach to the practice of psychotherapy and counselling evokes in clients various levels of consciousness, including non-ordinary states of consciousness through which the client discovers and addresses issues in the deep structures of the psyche. These levels cannot be sufficiently understood through theory and skills-based training only. Hence the method of training is experiential, so that theory, understanding and professional skills are integrated in the student's consciousness, making the journey through the training a deeply transformative one for students.

Please read through the accompanying material should you be interested in applying for entry into this course please follow the Application Process. You are welcome to discuss any questions you may have. You can contact Martha Calhoun on 02 66888242, 0429492945, martha@journeylines.com.au.

Warm regards,



Martha Calhoun (Director of Training)

JOURNEYLINES

258 Warby Rd, Jiggi NSW 2480

Email: journeylines@bigpond.com

Ph: 02 66888242 0429492945

About the Course:

The Transpersonal and Emotional Release Counselling (TERC) training incorporates a range of counselling perspectives. It draws on the Humanistic therapies of client-centered therapy, somatic-focused therapy, emotion-focused therapy along with influences from psychoanalytic theory, and incorporates these with a Transpersonal model of counselling.

Specific to the Transpersonal model is working with the healing and transformational potential of ordinary and non-ordinary states of consciousness (NOSC). Trainees will experience non-ordinary states of consciousness themselves and understand the breadth of experiences that are possible in these states. Understanding and working with clients who access these states requires personal experience, it cannot be learned from study alone. Therefore the training delivery is experiential with Level One placing a strong emphasis on the personal journey of the trainee. Trainees learn in a supportive environment where they will have the opportunity to observe, learn, do, reflect, and thus develop a base of knowledge grounded in their own and the group's experience. Level one supports the development of theory and practice in core modalities of TERC to the level of being able to support other trainees proficiently.

Philosophy, Principles and Core Modalities

TERC has evolved around set of core modalities underpinned by a common philosophical perspective and set of principles.

The core modalities are evident in the training program as providing the framework and processes whereby the trainees experience their own growth process, learn of the philosophy and principles, and develop practical skills in facilitation and counseling. The core modalities include Sandplay, Dreamwork, Reaction process work, Breathwork, Body focused work, Voice Dialogue, Meditation. The wholistic approach incorporates mind, body, emotions, and spirit, with a focus on the innate healing potential within all people.

The Training Team:

Martha Calhoun is Director of Training at Journeylines. Dave West is a crucial member of the team, assisting in training and providing essential logistical support. Wendy Eveleigh is also considering being part of this dynamic team, and hopes to be undertaking her trainer apprenticeship year.

Other trainers or professionals may occasionally provide lectures or support, adding to the diversity of the training experience. At times trainees from level 3 and graduate level training may join in assisting the training group in order to gain experience facilitating.

Program Structure

Level One is the first level of a Three level training program in Transpersonal and Emotional Release Counselling. Level One consists of 60 days of face to face intensives, reading, study and assignments are undertaken between intensives.

Level One can be undertaken as a year of supported intensive personal development.

Level one only commences if there are a sufficient number (6) of suitable applicants.

Level Two. This year has no face to face teaching requirement. Trainees intending to advance to Level Three undertake and record a variety of specified activities and completed a set independent study unit during this time.

Successful completion of Level One and Level Two is a pre-requisite for entry to Level Three.

Level Three consists of 60 days of face to face intensives. Reading, study and assignments are undertaken between intensives.

Level three only commences if there are a sufficient number of suitable applicants.

Successful graduates of Level Three that have also completed the required number of client contact and supervision hours will be eligible to apply for full membership to the Association of Transpersonal and Emotional Release Counsellors Inc (ATERC). ATERC is a constituent member of the Psychotherapy and Counselling Federation of Australia (PACFA) - and members of ATERC that met further additional client contact and supervision hours automatically join PACFA's National Register with the associated benefits.

The completion of the training program to the end of Level Three must take place over a minimum of 3 years.

Training Fees

Fees for 2012 / 2013 are \$8,400 (\$140 per training day)

This fee structure includes:

Payment of fees:

- Full payment upfront.
- Payment by instalment. Usually paid prior to the commencement of each intensive.

Payment includes:

- Tuition and facilitation costs
- 60 days accommodation and food (you are invited to stay with us from the evening before a training intensive, to the afternoon on the final day)
- Course notes and handouts
- Misc (sandplay photos, extra training materials)
- Graduation
- Use of library

Fees do not include:

- Travel costs (small fee charged for collection Ballina/Lismore)
- Text books
- Personal journals, art pads, drawing and writing materials
- Personal items and toiletries
- Special dietary requirements (soy, vegetarian, gluten intolerant is catered for upon request at no extra cost)
- Extra accommodation (\$30 per night).

Number of trainees: It is expected that there will be between 6 and 12 trainees. This will allow for a rich group experience while also maintaining close interaction between trainees, and between trainee and trainer.

Commencement of training is dependent on a suitable number of successful applicants enrolling in the training program. The training will not commence if there are less than 6 suitable applicants.

Application Process: 2012/13 The Next steps

- Complete and submit application form (see below).
 - a. Provide copies of certificates and transcripts of previous Higher Education.
 - b. Pay deposit of \$200. (If training does not commence this deposit is fully refundable).
 - Complete 10 days pre-requisite requirement for entry to this program
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Level One Training in Transpersonal and Emotional Release Counselling Application Form

Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth _____ Male / Female

Please provide information regarding your fulfilment (or intention of fulfilment) of the pre requisite 10 days of counselling or workshop experience in TERC modalities over the last 18 months.

Cultural background: -

First language:

Current significant relationships:

Children (if any) including step children (include ages):

Educational (highest level completed; provide copies of certificates and transcripts):

Current occupation:

Reasons for wanting to enrol in this training:

(please attach an additional page in needed)

Overview of your life story:

Please include an overview of your personal life story as part of your application to the level one training program. The following suggestions may help you. Include your observations of your early childhood (significant events, places, illnesses, homes, religion, people), sibling relationships, relationship with your parents, any information you may have about your birth. Include any history of personal growth you have undertaken. Comment on your capacity for current relationships (intimate and social), any areas of difficulty. What is your current living situation, what nourishes and supports you in your life? Any information provided will be kept strictly confidential and is for the purpose of helping to determine the suitability of engaging in TERC training for you at this time. In addition, should your application be successful, this writing can be supportive as preparation for the training program.

Signature: _____ Date: _____

Please include your deposit fee

\$300

This fee is fully refundable if the training does not commence.

Payment can be made by cheque, or EFT.

EFT details:

Acc name: David West and Martha Calhoun

BSB 802185

Acc No 95180

Southern Cross Credit Union

Please include an identifier of your surname and 2012L1.

Also send a confirmation email to journeylines@bigpond.com