



IKON INSTITUTE
OF AUSTRALIA

ADVANCED DIPLOMA OF TRANSPERSONAL COUNSELLING

IKON is Australia's leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you'll gain more than a nationally recognised qualification, you'll gain a rewarding career where you can make a positive difference in your life and the lives of others.

What is Transpersonal Counselling?

Transpersonal means 'transcending the personal', or moving beyond the ego. The study of transpersonal therapies involves the recognition, understanding, and utilisation of unitive, spiritual, and transcendent states of consciousness - in other words, paying attention to our normal and everyday experience, AND also to that which is beyond the surface. The core focus of transpersonal work is the bridging of our social, cultural and personal spheres to create a higher degree of functioning, meaning, connection and happiness.

Transpersonal counselling addresses all of the common and broad human dilemmas encountered by those who work in the helping-professions, including children and youth, Aboriginal health, mental health, schools, correctional services, community services, and aged care.

It blends evidence-based psychological theory with a grounded and functional approach to human-centred counselling, facilitating an authentic, passionate method of practice that is expansive, integrated and meaningful.

Advanced Diploma of Transpersonal Counselling

The Advanced Diploma of Transpersonal Counselling offers students an integrated approach to dealing with issues and matters that arise in a wide range of counselling settings. The course has a deep foundation in academic theory, as well as a strong emphasis on key themes of authenticity, self-realisation, power and meaning. At the same time as deepening their theoretical knowledge and practical skills in counselling, students will develop an acute understanding of themselves and their relationship to others.

IKON's rigorous approach to the delivery of this course and its commitment to the personal growth of students makes this a sought after course by those who have a passion for self realisation and for helping others achieve their fullest human potential.

ADVANCED DIPLOMA OF TRANSPERSONAL COUNSELLING

Module 1:	Foundations of Transpersonal Studies – The Spectrum of Consciousness
Module 2:	State Specific Knowledge and Techniques – Dreams, Images and Symbols
Module 3:	State Specific Knowledge and Techniques – Mind Technologies (meditation, focusing and hypnosis)
Module 4:	Ritual, Myth and Healing
Module 5:	Healing and Human Potentials
Module 6:	Mental Health and the Transpersonal Perspective 1 – Mental Health Paradigms
Module 7:	Mental Health and the Transpersonal Perspective 2 – Transpersonal Emergence and Crises
Module 8:	Counselling and Communication Skills 1
Module 9:	Counselling and Communication Skills 2
Module 10:	Paradigms of Transpersonal Practice
Module 11:	Ethics & Politics in Professional Practice
Module 12:	Practicum

Course Duration

We offer two delivery formats. Please check if your preferred delivery format is available in your state. Modules 1-11 are coursework, and module 12 is a 100 hour work/field placement in an approved organisation with training supervision. Placement is undertaken at the conclusion of the coursework modules and is in addition to the advised course duration.

Online Learning

This course has an online component, to provide for some of the knowledge acquisition being done off site, through short video lectures, readings and workbooks allowing the in-class time to be devoted to exercises, projects discussions and the practicing of skills. Additionally all IKON courses have a deliberate 'face to face' component, to ensure the quality of learning is not compromised, allowing our students to learn to work with people, from people, together with the support of their peers.

Delivery Format 1 - Duration 12 months

Modules 1-11 are 4 weeks in duration. In weeks 1 & 2, students attend 2 consecutive days per week, each week. Weeks 3 & 4 consist of self directed learning, allowing students to complete readings and assessments. There is one optional 2 hour, online support session in weeks 3 or 4, of each module.

Delivery Format 2 - Duration 24 months

Modules 1-11 are 6 weeks in duration. In weeks 2 & 4, students attend 2 days per week. Weeks 1, 3, 5 & 6 consist of self directed learning, allowing students to complete readings and assessments. There will be one optional, 2 hour online support session in weeks 5 or 6, of each module.

Student Support

IKON offers comprehensive student support including a student counsellor to support your learning needs. In addition, our dedicated placement officer provides student support, advice and guidance through the lifecycle of your work/field placement.

Recognition of Prior Learning (RPL)

RPL is a process whereby knowledge and skills you already have may be recognised, irrespective of where or how they were acquired. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute if you require information on the RPL application process and associated fees.

Tuition Fees

Please contact IKON to confirm the current tuition fees or visit our website www.ikoninstitute.edu.au

Payment Options

This qualification is not currently on the eligible student loans list. Alternative payment methods include;

1. Monthly / Periodic payments through Direct Debit
2. Full upfront payment
3. Payment through an external student loan (i.e. with a financial institution)



Course Name: Holistic Counselling
Qualification: Advanced Diploma of Transpersonal Counselling (52698WA)
Study Location: SA, QLD, WA, VIC, NSW & TAS
Course Duration: 12 or 24 months
* Please enquire if your preferred format is available in your state.

The following concepts will be explored:

MODULE 1

Foundations of Transpersonal Studies: The Spectrum of Consciousness

- History of transpersonal concepts, theory, research and practice from 19th century to present
- Analysis of the differences between the transpersonal and other major healing paradigms in psychotherapy and counselling
- Presentation of the shamanic model of practice as a foundation paradigm
- Exploration of the notion of a 'spectrum' of consciousness through psychobiology, religious, psycho-spiritual and philosophical systems
- Practical exploration of the spectrum of consciousness in relation to the phenomenology of experience
- Application of findings to personal life transitions utilising transpersonal concepts.
- Understanding the nature of healing (versus curing)

MODULE 2

State-Specific Knowledge and Techniques 1: Dreams, Images and Symbols

A detailed examination of some major dream work processes, including the history of dream work and current trends in dream research and application (e.g. neuropsychology of dreams).

- History of modern dream work
- Current research and practice in dreams applied to therapy
- Experiential, psychoanalytic and shamanic dream work for individuals and groups
- The nature of symbolic process
- Mental imagery as a process and healing resource; contemporary imagery/symbol therapy

MODULE 3

State-Specific Knowledge and Techniques 2 Mind Technologies: meditation, focusing and hypnosis

- The psychology and psychobiology of meditation
- Meditation within religious and psycho-spiritual traditions
- Meditation explored within the 'spectrum' concept
- State enhanced exploration and learning
- Focusing as an uncovering and exploration tool
- Imagery and symbol therapies: Shamanic work

MODULE 4

Ritual, Myth and Healing

- The nature of metaphor and metonymy
- Psychosomatics, sociosomatics, psychologies and sociologies
- Myth and story defined
- Understanding story, myth and symbolic process in human consciousness and society
- Ritual defined
- The relationship between myth and ritual
- The relationship between symbolic process, myth, ritual and healing
- What is meant by healing outcomes
- Shamanic perspectives on ritual, myth and healing

MODULE 5

Healing and Human Potentials

Exploring the contribution that parapsychology and consciousness research has made to the understanding of human experience/behaviour, especially in relation to healing. This module includes coverage of the nature of psi-phenomena, mediumistic and other state-specific phenomena, healing and energetic systems.

- Defining human potentials: Parapsychology and contemporary consciousness research
- What are psi-phenomena
- Psi-phenomena and the shamanic approach to healing
- State-specific approaches to healing: Meditation, mediumistic and shamanic formats
- Psychoenergetics and healing
- Contemporary research on psi, healing and consciousness

MODULE 6

Mental Health and the Transpersonal Perspective 1: Mental Health Paradigms

Explores the major 20th century paradigms of mental health, including the rise of the DSM, the diagnostic process, anti-psychiatry, existentialism and humanism.

- Introduction to the history of abnormal psychology and psychiatry
- Psychoanalytic, humanistic, existential, behavioural, and anti-psychiatry approaches to understanding mental illness
- Introducing DSMV
- Biological psychiatry and psychology
- Social constructionism
- Transpersonal perspectives on mental illness

MODULE 7

Mental Health and the Transpersonal Perspective 2: Transpersonal Emergence and Crises

Approaches to illness, suffering, life transitions and problems with living from a transpersonal perspective. The module includes a detailed coverage of spiritual crisis and spiritual emergence literature and practice implications.

- Process versus diagnosis
- Introduction to the history of transpersonal thinking about 'madness'
- The psyche as a self-organising and creative adaptive system
- Madness in a cross-cultural context: Lessons for practice
- What is meant by spiritual emergence?
- What is a spiritual or transpersonal crisis?
- Differential diagnosis in transpersonal practice
- Managing spiritual emergence and crisis situations

MODULE 8 & 9

Communication and Counselling Skills 1 and 2

- Fundamentals of effective communication in counselling practice
- Basic & advanced counselling techniques
- The phenomenology of human experience
- Transpersonal counselling: self-realisation as a primary outcome
- State-specific techniques in counselling
- Extended empathy and encounter in transpersonal work
- Transpersonal resources and exchange

MODULE 10

Paradigms of Transpersonal Counselling Practices

Detailed analysis of the major approaches & core concepts of Transpersonal Counselling practice.

- Managing different kinds of clients, problems and strategies
- Major transpersonal thinkers concerning transpersonal practice
- Practice with individuals, groups and communities
- Case studies
- Role playing simulations
- Demonstrations of practice techniques
- Understanding & selecting different healing strategies
- Developing a personal style
- Individual and group work modalities

MODULE 11

Ethics & Politics in Professional Practice

- Explores the current climate of professional practice in Australia, ethico-legal matters, inter-professional relationships and integrative practice.
- Transpersonal counselling as a practice option in Australia
- Professional and academic responses to the transpersonal approach
- Relationships with other professions and professionals
- Networking
- Duty of care legislation
- Ethical parameters of practice
- Professional indemnity, public liability and other legal issues

MODULE 12

Practicum

- Placement in an appropriate agency for acquisition of experience and skills concerned with agency structure, service delivery protocols, legislative framework (where relevant)
- Experience in direct service delivery to individuals and/or groups and/or communities
- Supervision by appropriate agency personnel
- Assessment of performance by appropriate agency personnel
- Analysis of agency work in terms of a written report
- Specific and separate report on case work

Graduate Outcomes

Graduates of the Advanced Diploma of Transpersonal Counselling will be equipped with a strong foundation in transpersonal counselling theory and practice.

Transpersonal counselling skills are readily transferable to a broad range of job roles including children and youth, Aboriginal health, mental health services, schools, correctional services, community services, and aged care.

IKON graduates are employed in Government and private agencies and many are self-employed therapists. Graduates will be able to practice as counsellors in Australia and will become eligible for membership with a variety of professional associations.