



IKON INSTITUTE  
OF AUSTRALIA

# GRADUATE CERTIFICATE OF GROF DEPTH PSYCHOTHERAPY

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.

## Grof Depth Psychotherapy in Australia

Grof therapy has had a presence in Australia for over 30 years linking in with a long tradition of somatic focused psychotherapies and breath based psychotherapies that are now becoming recognised as powerful and effective therapeutic methodologies.

Grof Depth Psychotherapy and its application of Holotropic Breathwork, the practical therapeutic technology, both developed by Stanislav Grof, will meet a growing community interest in new and innovative ways to explore the mind-body relationship.

## The Graduate Certificate in Grof Depth Psychology at IKON

The Graduate Certificate in Grof Depth Psychotherapy at IKON, addresses the need for a well regulated approach to training in less mainstream psychotherapies. This rigorous course is nationally recognised, meeting AQF and national training standards to an emerging industry in alternative therapies.

It will provide students with an evidence based and critical understanding of Grof's therapeutic technology as well as the acquisition of skills and attributes required to practice proficiently in this area.

## Graduate Opportunities and Employment Pathways

The Graduate Certificate in Grof Depth Psychotherapy has two specific aims:

1. to provide practitioners with the therapeutic framework and core skills required to provide depth psychotherapy; and
2. to teach the application of Stanislav Grof's specific technique and methodology.

Graduates of the Graduate Certificate in Grof Depth Psychotherapy will acquire and apply specialised, technical knowledge in breath and body based therapeutic interventions. The Graduate Certificate will provide students with core generic skills and specific technical training to practice therapeutically and to gain additional expertise and a higher qualification in their chosen career. The qualification also provides the opportunity to continue on to higher level Masters study in applied psychotherapy, through Grof Transpersonal Training, the sole certifying body for Holotropic Breathwork practitioners worldwide.

# GRADUATE CERTIFICATE OF GROF DEPTH PSYCHOTHERAPY

Topic 1:	Introduction to Transpersonal Psychology and Grof Depth Psychology (GDP)	<b>Course Name:</b> Grof Depth Psychotherapy <b>Qualification:</b> Graduate Certificate of Grof Depth Psychotherapy (10193NAT) <b>Study Location:</b> SA, QLD, NSW & VIC <b>Course Duration:</b> 12 months
Topic 2:	Introduction to GDP Experiential Practice 1 (Residential)	
Topic 3:	Introduction to GDP	
Topic 4:	Introduction to GDP Experiential Practice 2 (Residential)	
Topic 5:	Somatic Dimensions to Psychotherapy	
Topic 6:	Introduction to GDP Experiential Practice 3 (Residential)	
Topic 7:	Integrating Breath and Process Work into Psychotherapy	
Topic 8:	Stages and Steps to Breath and Process Focussed Psychotherapy	
Topic 9:	Professional Practice	

## Course Duration

12 months - 364 nominal hours

## Delivery Format & Methods

To achieve this qualification, the learner must successfully complete 8 core topics. These will be delivered over 1 year, through 4-day weekend workshops plus tutorials. (the tutorials will be facilitated by a combination of workshop setting and online delivery).

The course is delivered through a combination of facilitated class based delivery, online tutorial sessions and residential workshops.

Students should allow for approximately 7 hours per week of self directed learning.

## Entry Requirements

1. A relevant undergraduate degree or higher qualification in Counselling, Psychotherapy, Psychology, Social Work, Social Science or discipline deemed appropriate by the IKON Institute of Australia Head of Counselling and Psychotherapy, awarded no more than 10 years prior to commencement of course;

OR

A VET Diploma or Advanced Diploma in Counselling or a related qualification, awarded no more than 10 years prior to commencement of course, and deemed appropriate by the IKON Institute of Australia Head of Counselling and Psychotherapy;

OR

A minimum of 5 years' previous experience in a counselling environment in a job role involving the self-directed application of knowledge with substantial depth in some areas, the exercise of independent judgment

and decision making, and a range of technical and other skills as deemed appropriate by the IKON Institute of Australia Head of Counselling and Psychotherapy.

2. 500 word essay outlining reasons for applying for the Graduate Certificate in Grof Depth Psychotherapy course.
3. Interview – this may be face-to-face or by video conference.
4. Fluency in verbal and written English language.

## 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.

## Tuition Fees

Please contact IKON to confirm the current tuition fees or visit our website [www.ikoninstitute.edu.au](http://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)



## TOPIC 1

### Introduction to Transpersonal Psychology and Grof Depth Psychology (GDP)

This topic is designed to provide an overview of the lens of transpersonal psychology. It traces the tradition from its origin in the work of William James through the impact of Eastern spiritual traditions and traditional shamanic practices on psychotherapy in the 1960s and 1970s to more modern iterations within the field of consciousness studies and state change technology. We will cover discussion of recent research by Michael Mithoefer in the application of MDMA for PTSD as a case example. We introduce generic factors necessary in the ethical application of transpersonal methods.

- The origins of transpersonal psychology
- The psycho-physiological relationship to state related knowledge
- The rationale for how state change creates therapeutic opportunities for clinical change
- The non-specific factors relating to the therapeutic container

## TOPIC 2

### Introduction to GDP Experiential Practice 1 (Residential)

This topic is the first of three residential workshops. In this weekend we go through an introduction to the basic techniques of setting up and running a Holotropic Breathwork (HB) process, managing it and integrating the material. HB provides a safe and supportive way of exploring work with non-ordinary states and is an analogue for work with traditional medicines and other forms of non-ordinary state induction.

- Outline the key concepts, methods and structure in a Holotropic Breathwork (HB) session
- Outline the possible contraindications for participating in a HB session
- The ethics of touch and the importance of these principles as they are applied in a HB session
- Introduction to group facilitation as applied within the principles as they are applied in a HB session
- Theory and practice of integration following HB session
- Presence, attunement and resonance as applied to HB
- Rationale and practice of bodywork

## TOPIC 3

### Introduction to GDP

This topic introduces the work of Stanislav Grof in more detail. We explore his theory of the cartography of the psyche, with particular reference to the birth experience. We look at the history of his practice beginning with Nationally accredited work at Maryland Psychiatric Hospital with structured LSD psychotherapy and moving to the development of HB whilst Scholar in Residence at Esalen Institute, Big Sur, California. We will review Grof's notions of spiritual emergency/emergence and introduce his understanding of the healing potential of non-ordinary states through his understanding of an inner healing mechanism.

- Introduction to Grof's COEX system and the therapeutic resolution according to GDP
- Introduction to the Peri-natal matrices and their utility as a framework in exploring client's presenting issues and experiences
- Apply GDP to address spiritual emergence/emergency
- Describe Grof's cartography of the psyche
- Humanistic approach
- Implicit healing potential mechanism
- Transference and counter-transference
- Examine the interrelationship between GDP and other therapeutic models and techniques

## TOPIC 4

### Introduction to GDP Experiential Practice 2 (Residential)

This weekend residential continues the personal exploration of HB. All participants will have opportunities to experience HB and to support their colleagues during an HB session. We will also discuss the importance of music in HB and the various methods of structuring and utilising the music for a HB session.

- Structure of music sets used in HB session
- Group facilitation skills
- Theory and practice of integration following HB session
- Presence, attunement and resonance as applied to HB
- Rationale and practice of bodywork

## TOPIC 5

### Somatic Dimensions to Psychotherapy

This topic introduces the notion of somatic trauma and the role and limitations of body work in assisting integration. We explore the general theories of bodywork and their relationship with HB. We detail the ethical requirements of working with the body.

- Exploring the way in which trauma is held in the body
- Strategies for working with the body and trauma
- Mindfulness in relation to somatic therapy
- The importance of providing a safe and supportive environment for working somatically
- Discerning appropriateness/readiness for a client to work somatically

## TOPIC 6

### Introduction to GDP Experiential Practice 3 (Residential)

Third residential experiential workshop. This weekend will consolidate and build on the experience of the previous two. Under supervision, students will be invited to explore their own use of music for this workshop.

- The content for this topic will incorporate the content from the previous experiential topics and will focus on consolidating the insights and learning from the Experiential Practice 1 and 2.

\* Residential - Topics 2, 4 & 6 require the student to stay on site for 4 days, 3 nights (Friday to Monday)



## TOPIC 7

### Integrating Breath and Process Work into Psychotherapy

This topic builds upon and develops skills required for the support and maintenance of therapeutic relationships beyond the non-ordinary state work.

We review counselling from the Humanistic perspective and explore the relationship of these skills with current technologies such as Cognitive Behavioural Therapy or Acceptance and Commitment Therapy. We explore the notion of support through the Grof lens.

- Refresh of basic counselling skills and provision of supplemental strategies to support the client in integrating their experiences
- The importance of the therapeutic relationship in achieving optimal outcomes for clients
- The importance of facilitator self-reflection in working with non-ordinary states of consciousness
- The concept of 'doing, not doing'

## TOPIC 8

### Stages and Steps to Breath and Process Focussed Psychotherapy

In this topic we focus on the core skills required to facilitate group work. We look at the role of facilitation from the Grof perspective and contrast it with other modes of conducting group process, including therapeutic groups. Emphasis will be given to the role of safety and support both in session and outside.

We explore the role of mindfulness and awareness in the integrative phase as well as creative means of integration including art, movement and music. The role of ethics is integral to this work and we will look at ethical boundaries and guidelines that are essential to working in this area. This will include decision processes around referring on to other professionals or other services and when this is necessary.

- Refresh on group facilitation skills
- Mindfulness Based stress reduction
- Processes for integration and application of other transpersonal technologies to support integration
- Facilitation versus therapy
- Ethical guidelines
- Referral processes
- Set and setting and the importance of safety and support

## TOPIC 9

### Professional Practice

This is mainly a practical module in which the skills acquired to date are explored and reinforced. Participants will reflect on their learning and present case studies that have been developed throughout the course. These may include self-studies. The role and purpose of supervision will be elaborated and we will discuss the further steps required to become a recognized Holotropic Breathwork facilitator.

- Group and triad facilitation
- Completion of 3 Case Studies
- Professional written summaries of Case Studies
- Supervision

### Course Outcomes

#### Vocational:

- Detailed understanding of the application of Grof depth psychotherapy and Holotropic Breathwork.
- Detailed understanding of how to apply therapy skills to individual and group settings.
- Understand how to assess suitability for this form of therapy and exclusion criteria.
- Assess and assist with the integration of therapeutic experience into the improvement of client's everyday life.

#### Educational:

- Knowledge of applied transpersonal therapeutic practice.
- Knowledge of Grof's model of the psyche.
- Understanding of the transpersonal model of individual crisis.

#### Community:

- Public education of models of psychotherapy.
- Public education of the range of non-pathological personal crises.
- Increasing public awareness of psychotherapeutic methodologies.