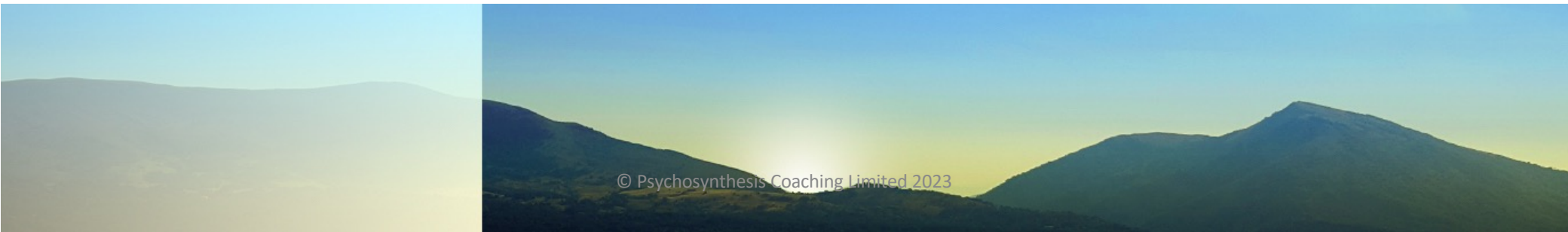


Psychosynthesis Coaching – overview of programmes

Aubyn Howard

June 2023

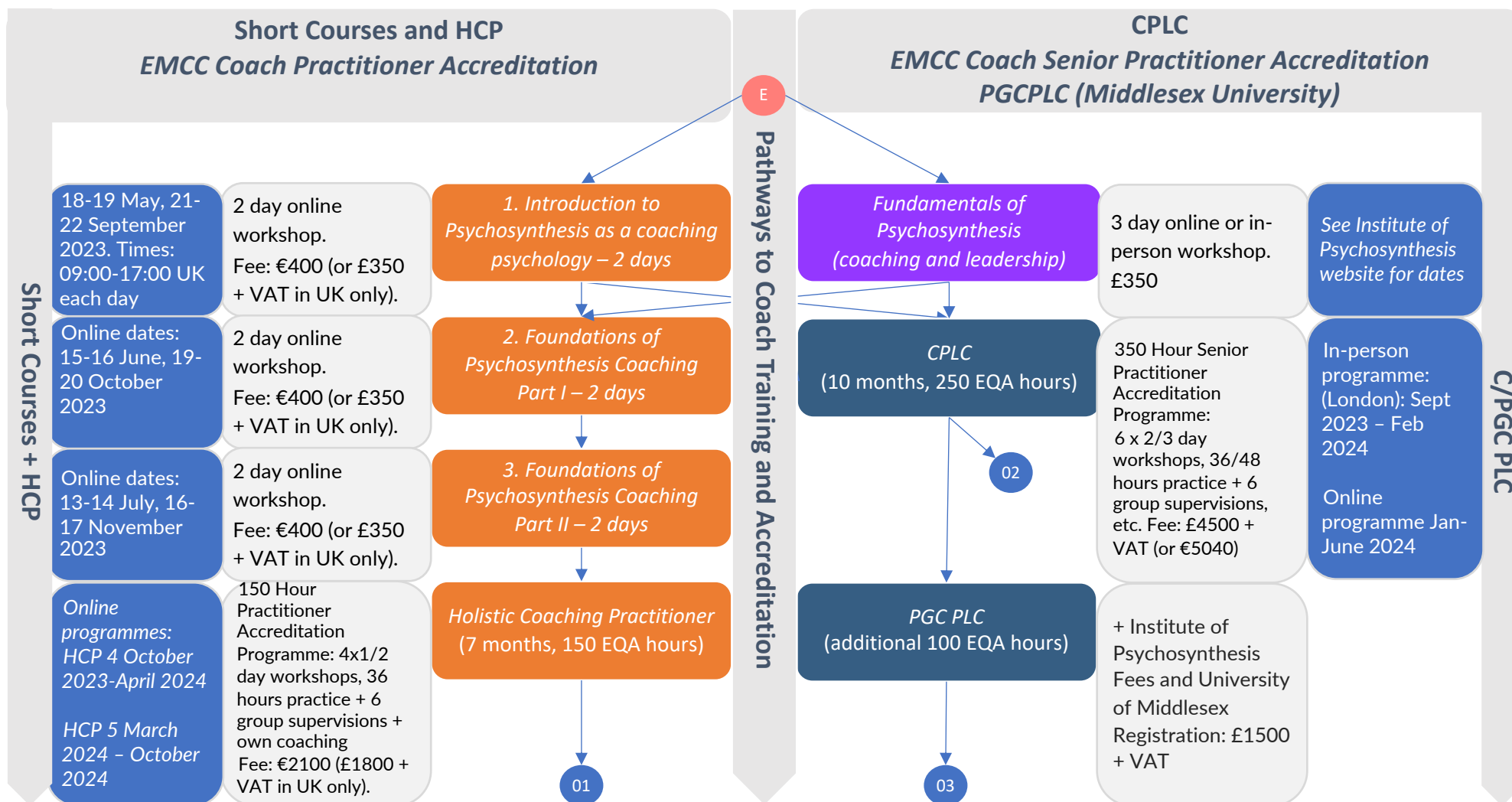


Supporting the coaching life cycle





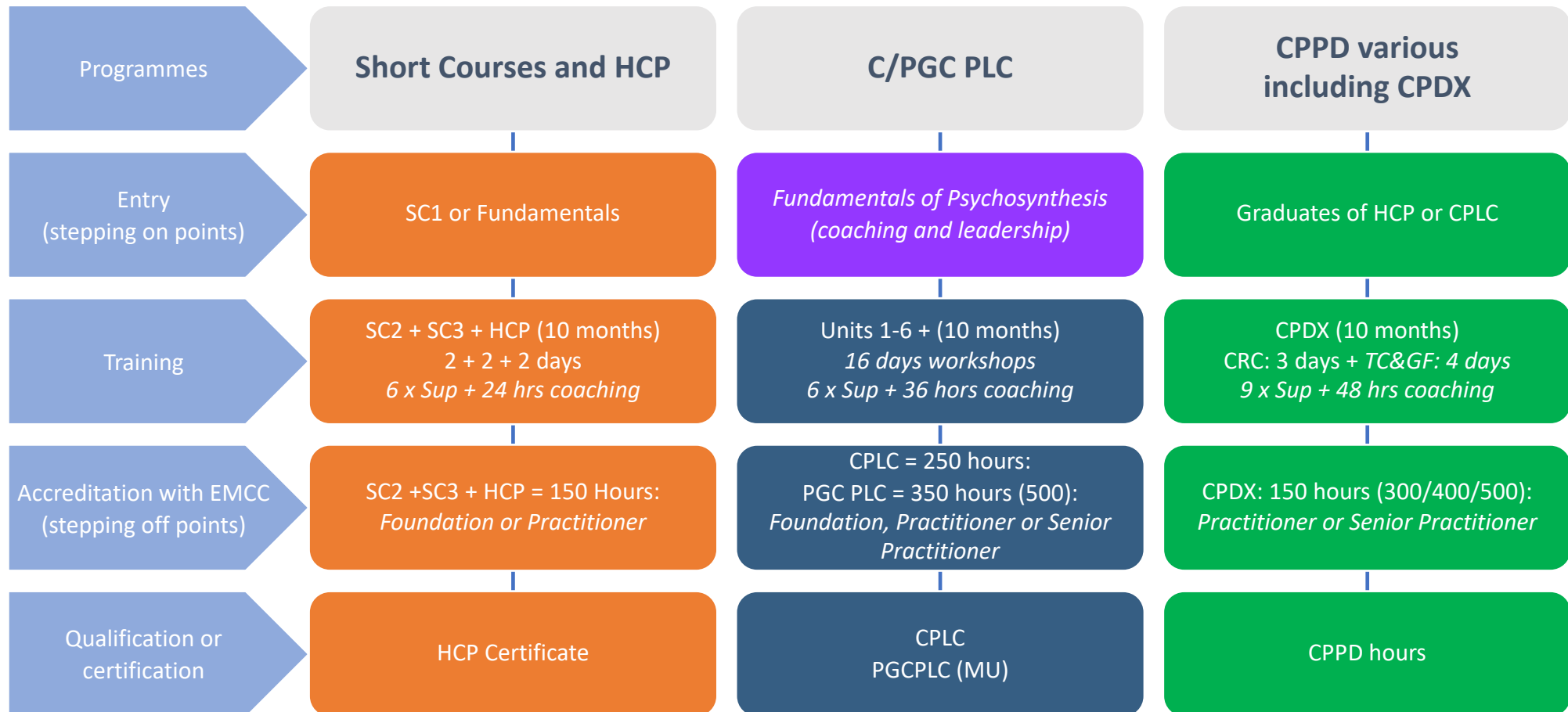
Overview of offering and options



Key to stepping-off Outcomes:
Certification + EMCC Accreditation
 01 = HCP + EMCC F/P
 02 = CPLC + EMCC F/P
 03 = PGCPLC + EMCC F/P/SP

PCL Coaching Pathways

Training – Accreditation – Qualification



EMCC Accreditation Requirements Map

EMCC Coach Accreditation levels	Foundation	Practitioner	Senior Practitioner	Master Practitioner
<i>EQA Accredited Coach Training Hours</i>	20	150	500	1800
<i>Coaching Experience Hours (counting back or forwards)</i>	50 (over 1 year) Includes practice hours	100 (over 3 years) Includes practice hours	250 (over 5 years or more) Includes practice hours	500 (over 5 years or more) Includes practice hours
PCL/loP Outcomes				
HCP	150 EQA Hours 24 Practice Hours min	150 EQA Hours 24 Practice Hours min		
CPLC/PGCPLC	250/350 EQA Hours 36 Practice Hours min	250/350 EQA Hours 36/48 Practice Hours min		
CPDX	150 EQA Hours 48 Practice Hours min	150 EQA Hours 48 Practice Hours min		
CPLC/PGCPLC + CPDX		400/500 EQA Hours 84 Practice Hours min	500 EQA Hours 84 Practice Hours min	
M2HCP	150 EQA Hours 24 Practice Hours min	150 EQA Hours 24 Practice Hours min		
MA PLC (M2HCP+PGC)		500 EQA Hours 100 Practice Hours min	500 EQA Hours 100 Practice Hours min	Additional application with support

EMCC

- Global organisation with European foundations, more than 10,000 members in 86 countries
- Globally recognised equivalents for three levels of accreditation – Practitioner, Senior Practitioner, Master Coach
- Leading the initiative for self-regulation of the coaching profession, signatory to the Professional Charter 2022, based upon EU law
- Signatory to the Global Code of Ethics
- EMCC Diversity and Inclusion Declaration
- EQA Accreditation for PGCPLC and HCP, with EIA Coach Accreditation at one of 3 levels – Foundation, Practitioner, Senior Practitioner
- Accreditation includes commitment to CPPD and Supervision

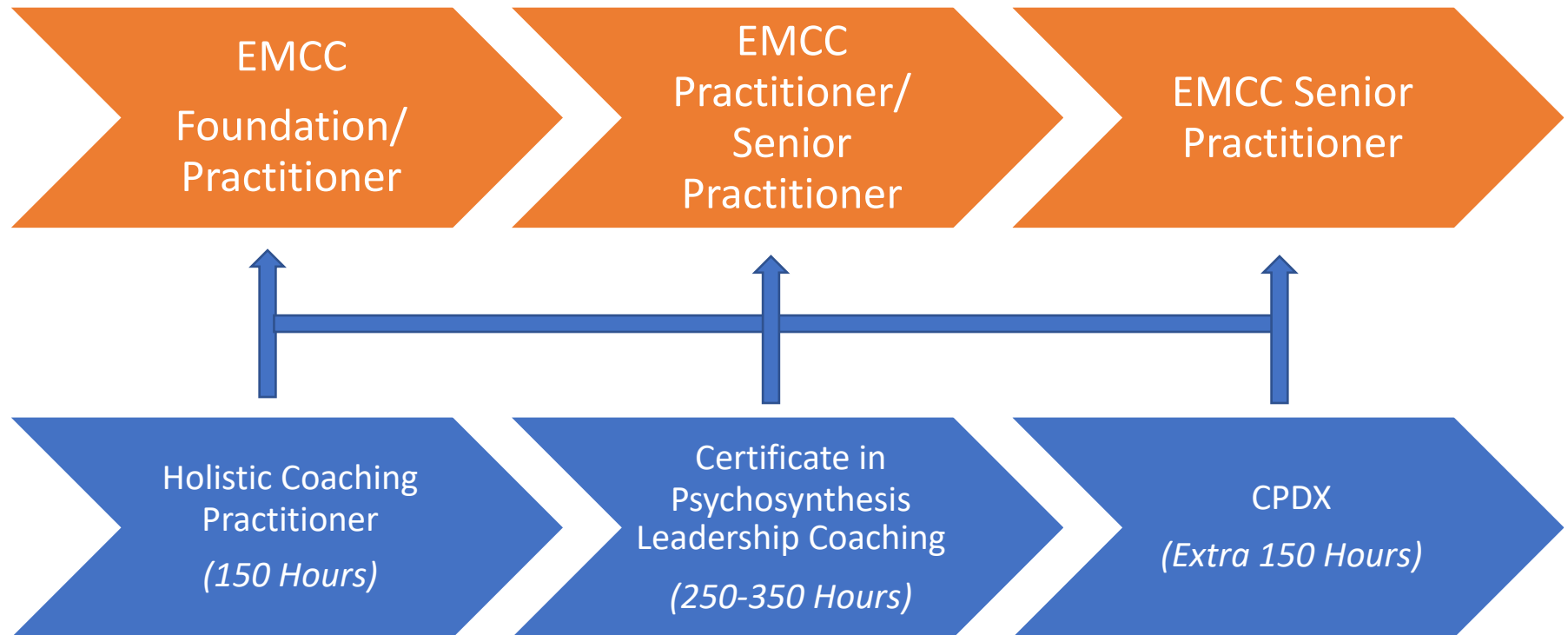


Comparing pathways

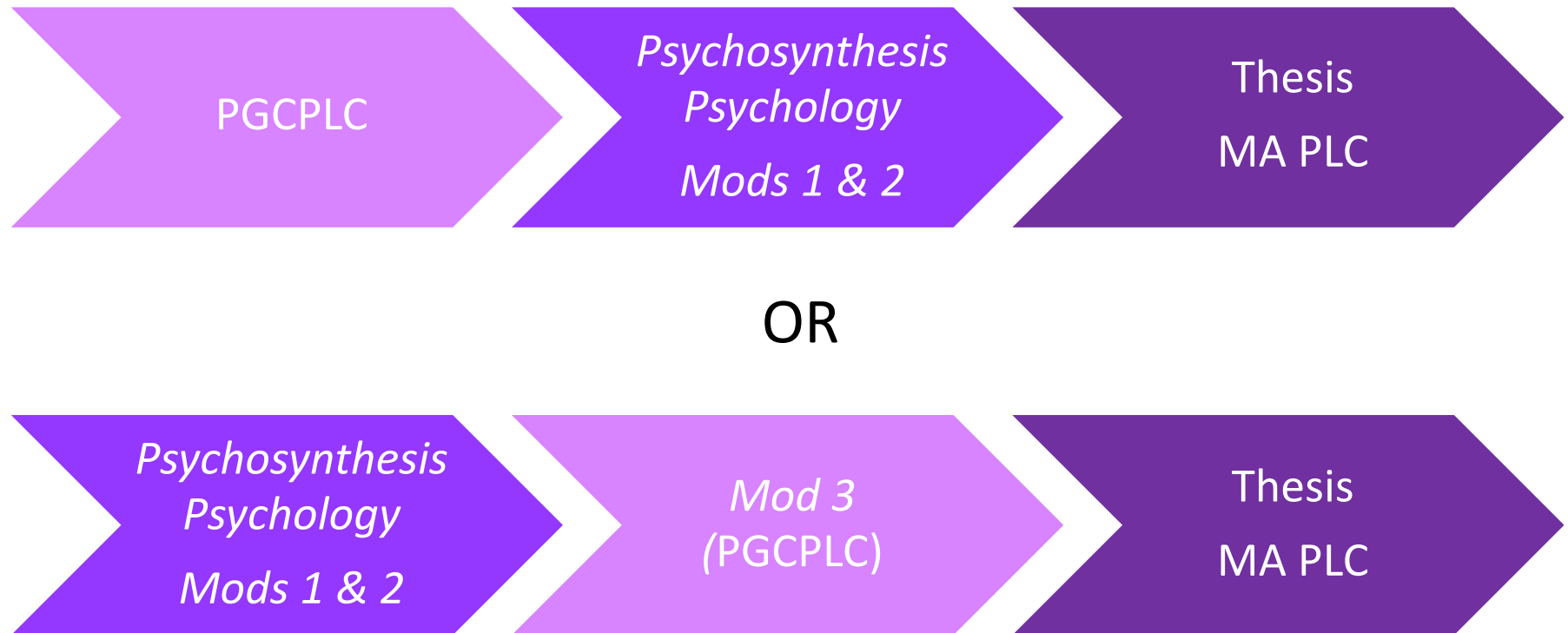
Development pathways summary



Accreditation pathways



Qualification pathways



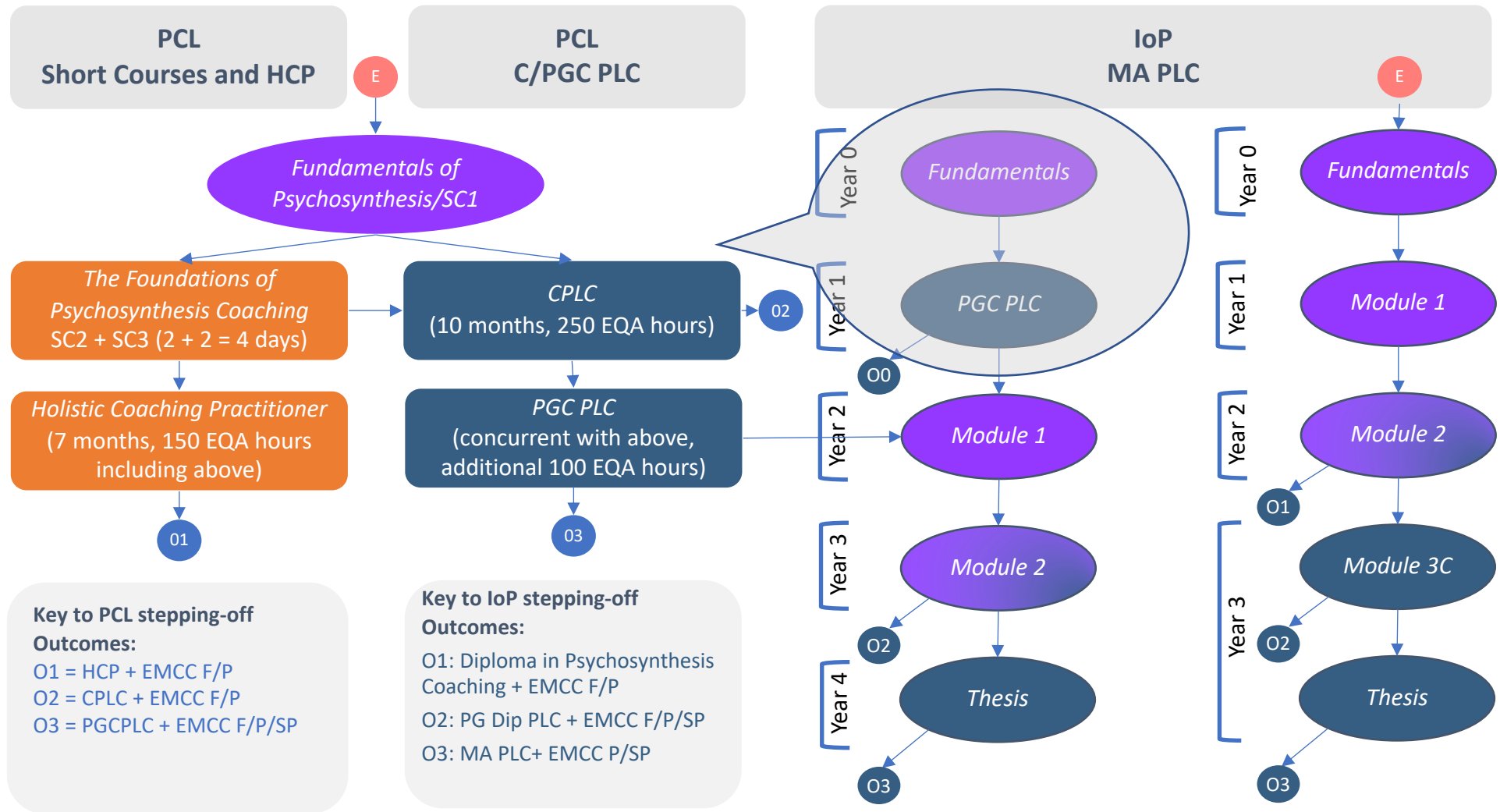
Which coaching pathway is right for you?

- What is your previous coaching experience and training?
- What is your current or desired future work?
- How much time can you give?
- What are your priorities?
 - Your personal growth and development
 - Your professional development as a leadership coach
 - Your professional development in psychosynthesis
 - Professional accreditation as a coach (EMCC)
 - University Masters level qualification
 - Limited time or budget

Which coaching pathway is right for you?

	Institute MA pathway	PCL PGCPLC pathway	PCL HCP pathway
Your personal growth and development	1	2	3
Your professional development as a leadership coach	2	1	
Your professional development in psychosynthesis	1	2	3
Professional accreditation as a coach (EMCC)	3	2	1
University Masters level qualification	1	2	
Limited time or budget	3	2	1

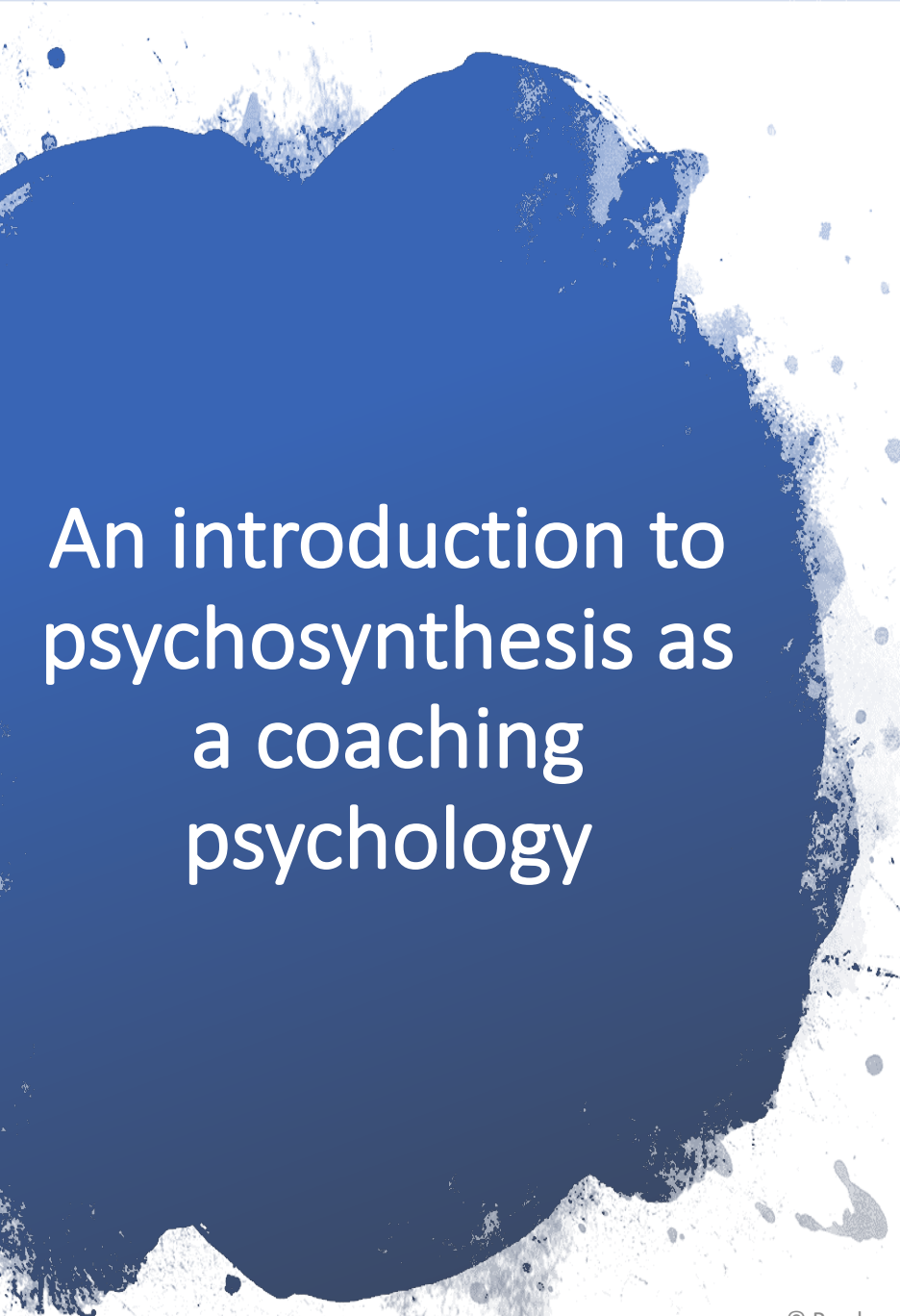
Which coaching pathway is right for you?



Criteria	Holistic Coaching Practitioner (HCP) – incorporating the 3 Short Courses	Certificate in Psychosynthesis Leadership Coaching (CPLC/PGCPLC)
EMCC status	150 Hour Practitioner* Programme – leading to EMCC Accreditation at Foundation or Practitioner levels	350 Hour Senior Practitioner Programme – leading to EMCC Accreditation at Foundation, Practitioner or Senior Practitioner levels
Group workshop days	3 x 2-day short courses training + 4 x 0.5 skills practice days + 2 x 0.5 days briefing and review = 9 days total	1 x 3-day short course (if no previous training in psychosynthesis) + 4 x 3-day, 2 x 2-day training workshops = 19 days total
Other key practical elements (all included in the fees)	24 hours real coaching practice 6 x 2 hour group supervision sessions 6 hours each way peer coaching 5 hours tutor coaching	36 hours real coaching practice 6 x 2 hour group supervision sessions 6 hours each way peer coaching 6 hours psychosynthesis coaching (with one of our graduates)
Medium of participation	Workshops: all online Coaching, supervision, other sessions, etc: all online	Workshops: Sept-Feb: in-person in London; Jan-June: all online Coaching, supervision, other sessions, etc: all online
Format	The training (3 short courses) can be taken over 3 consecutive months or flexibly over any period of time. You can then join a HCP cohort, which start twice a year, for the practice, supervision and accreditation programme over 6 months.	The training, practice, supervision and accreditation programme are integrated over 10 months with the same cohort of up to 12 participants for the duration.
Depth and breadth of material and topics	We focus on the key principles, models, method and skills of psychosynthesis coaching, whilst touching upon other topics, which can be explored over time, for example with CPPD follow on options.	We go into greater depth on topics such as the psychology of development, change and crisis; organisational systems and using constellations in coaching; leadership development including the Five Dimensions of Leadership; somatic experience and intervention theory, for example. We take a deeper dive into working with the psychosynthesis model of the psyche.
Fees	Short Courses: 3 x £350 = £1050 HCP: £1800 including EMCC fees Total cost to EMCC Accreditation: £2850 (+VAT in the UK). Option to pay in Euros.	CPLC/Total cost to EMCC Accreditation: £4500 (+VAT in the UK). Option to pay in Euros. PGC option: an additional £1500
Study	Study guides to read following each short course, plus optional further reading. A 2500-word reflection paper to integrate your personal and professional learning completes the programme.	Study guides and Course Book Chapters to read following each unit, plus optional further reading. The PGCPLC is academically grounded and referenced. You are supported to write three 2500-word papers, including one paper reflecting upon you learning journey and another on psychosynthesis within the wider context of leadership and society.
Target audience	If you are seeking a first coach training and accreditation programme but want this to be in a holistic psychology which enables working at depth and height. Experienced coaches and leaders who want an experiential grounding in the psychosynthesis way of working.	More experienced coaches or leaders seeking to deepen their practice and take it to another level. Coaches seeking Senior Practitioner Accreditation with EMCC, or wanting a strong container for making a key career transition (e.g. setting up your own practice).
Summary	This is a flexible and compact pathway to developing the essential understanding, awareness and skills needed to practice as a holistic psychosynthesis coach.	The group process is more of an active aspect of the programme. This is the more immersive and in-depth training, often invoking or supporting a profound personal or professional transition.



Short Courses and HCP



An introduction to psychosynthesis as a coaching psychology

- Holistic model of the **psyche** (the *Egg* diagram)
- Discovering **subpersonalities**
- Identity and the practice of **disidentification**
- **Will** and the psychological functions (the *Star*)
- The **personal** and **transpersonal** journeys of development (the *Path*)
- **Synthesis** and evolution (the *Spiral*)
- Working with the **whole** and the **parts** towards synthesis
- **Creativity** and engaging our will in the world

Foundations of Psychosynthesis Coaching – Part I

- **Foundations** of psychosynthesis - The Egg, the Star, the Path and the Spiral
- **Conscious relationships** with self, other and the wider system
- **Listening** at a deeper level
- The holistic **GROW** process model
- Stages of the coaching **process and ways of being**
- The **4C's** of coaching: Context, Contract, Coachee, Coach
- Coachee assessment using **5DL**
- **Pathways** to development

Foundations of Psychosynthesis Coaching – Part II

- Core coaching **process skills** – contracting, managing the process and reviewing progress
- The **psychological space** of coaching – including projection and introjection, transference and countertransference
- Coaching in a **VUCA** world – the psychological needs created by VUCA
- Future **leadership** – crisis and calling, adaptive and authentic leadership
- 5DL – the **inner development** of leaders
- Working with **mindsets** and with **subpersonalities**
- Turning outwards – **who am I becoming as a coach?**



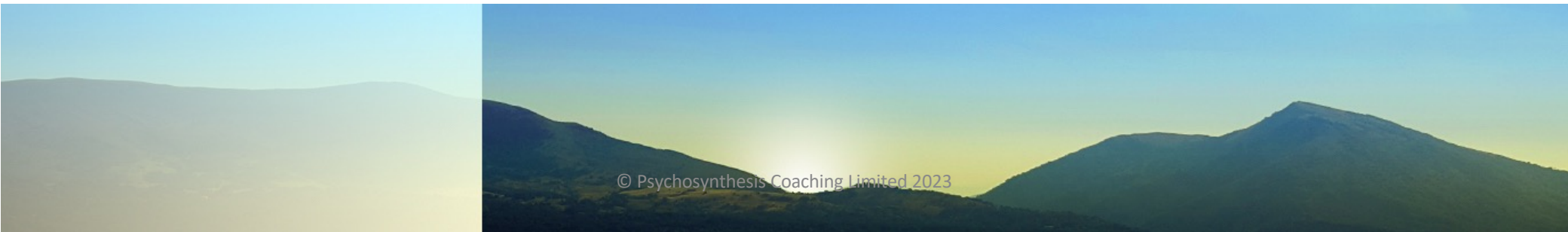
The Holistic Coaching Practitioner programme (EMCC Practitioner Accreditation)

150 Hour programme over 6 months including:

- Introduction to psychosynthesis as a coaching psychology (e.g. Fundamentals)
- 4 days of training workshops: Foundations of psychosynthesis coaching
- Orientation session – 3 hours
- 4 x 4 hour coaching practice sessions
- 6 peer coaching sessions
- 5 x 1-to-1 tutor coach sessions
- 6 x 2 hour supervision sessions
- 24 hours pro-bono coaching practice
- Leading to EMCC Practitioner Accreditation

The CPLC/PGC Programme

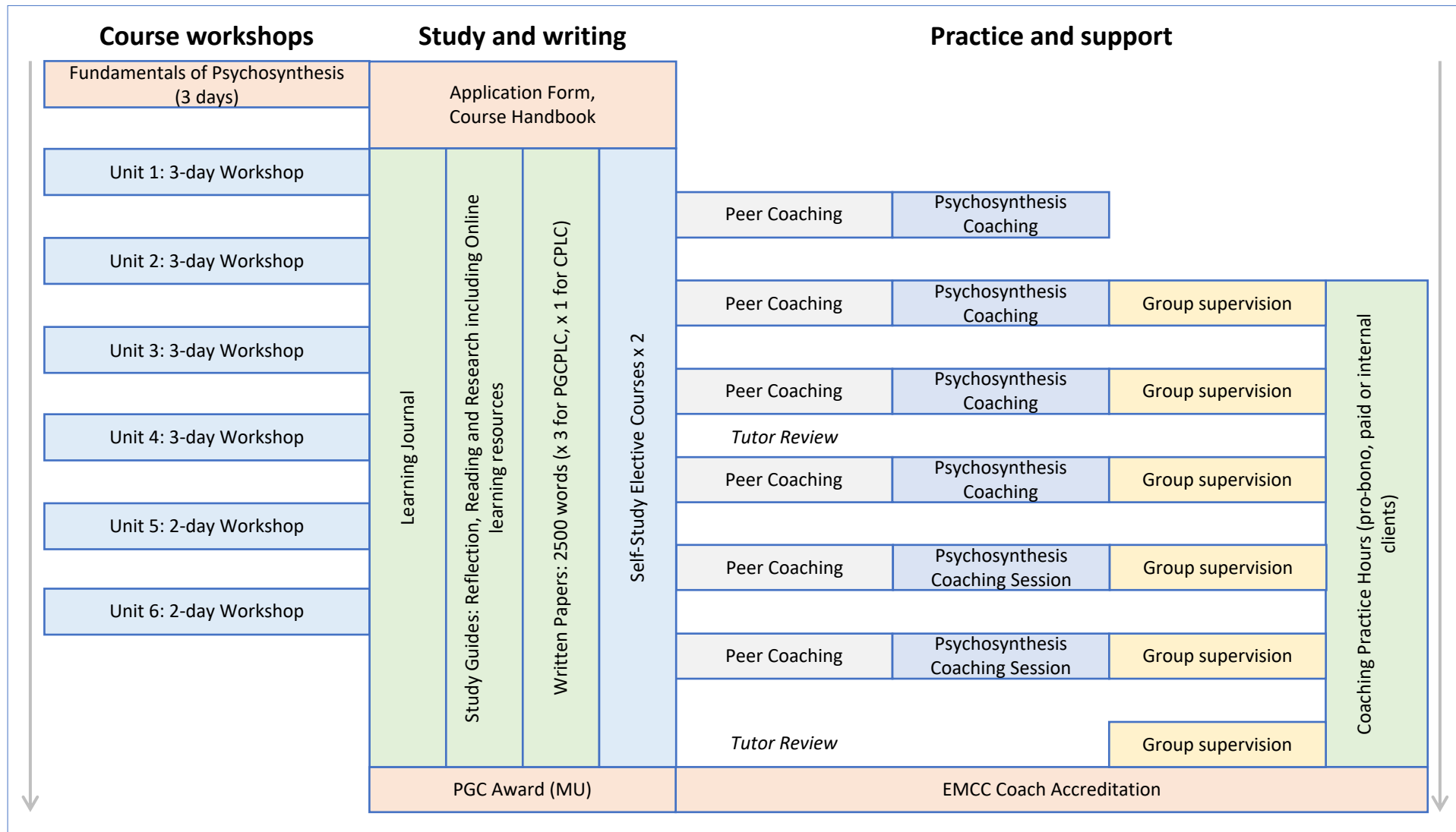
June 2023



Overview of the PGC in Psychosynthesis Leadership Coaching – six units

1. **Foundations of psychosynthesis coaching** – the foundations of psychosynthesis coaching: principles and context, approach and method, models and skills
2. **Coaching psychology** – the evolution of psychology within coaching; the model of psychospiritual development; working at three psychological levels: prepersonal, personal and transpersonal; in three psychological spaces: coach, client and coaching spaces
3. **Coaching interventions** – intervention theory and Heron's six-category intervention analysis; somatic experience in coaching; working with mindsets and subpersonalities as psychosynthesis coaches
4. **Leadership and organisational systems** – the leadership context; working with inner and outer agendas, including purpose and meaning, crisis and change; introduction to organisational systems, systemic coaching and constellations
5. **Leadership development** – introduction to leadership development; horizontal, vertical and inner development; 5DL – Five Dimensions of Leadership, our model of inner leader development; interventions, tools and resources to support leader development
6. **Professional practice** – practical, personal and professional challenges of coaching; finding your professional identity and building your practice.

Learning journey overview



Programme overview

Psychosynthesis Leadership Coaching Course

Cost

- £4500 + VAT (inclusive of all elements and EMCC Accreditation)

Outcomes

- Certificate in Psychosynthesis Leadership Coaching (CPCL)

Requirements

- 16 days of workshops: In-person or Online
- Reading study guides, chapters and papers
- 6 x peer to peer coaching each way
- 6 x psychosynthesis coaching sessions
- 6 group supervision sessions with 4 papers submitted
- 36 hours coaching practice hours
- 2,500-word paper – learning reflection
- 2 x Course Tutor Review meetings

Post-Graduate Certificate

Outcomes

- PGC Qualification with Middlesex University
- Certificate in Psychosynthesis Leadership Coaching (Institute of Psychosynthesis)

Additional Requirements

- Learning reflection academically assessed
- 2 x 2,500-word papers – academically assessed
- Attendance on The Fundamentals or equivalent
- 2 elective self-study application courses

Additional Costs

- £1500 Institute and Middlesex University Registration
- £350 Fundamentals of Psychosynthesis (if applicable)

Accreditation with EMCC

Outcomes

- Foundation, Practitioner or Senior Practitioner* Coach Accreditation

Additional Requirements

- 36 coaching hours with real clients during or after the course
- Total of 50 hours coaching or mentoring over 1 year/ 100 hours over 3 years/ 250 hours over 5 years)
- *Additional 150 hours CPDX (including additional coaching practice and supervision) required for Senior Practitioner Accreditation

Paper titles

Course Paper: Learning reflection (all students)

- ***Within the context of your personal and professional development journey, reflect upon the relationship between your personal development and your professional practice as a coach during this programme.***
- *Please reference your reflective journal and include case stories. What have been your learning edges? How does your learning about yourself inform your coaching practice and vice-versa? Who are you becoming as a coach? End with a personal statement (300 words) about who you are now as a coach.*
- 2,500 Words (end April/May)

PGC Paper 1: Psychosynthesis coaching

- ***In your own words, what is meant by psychosynthesis coaching? How does this psychospiritual approach enhance your ability as a coach to work at depth?***
- *Please make sure you include trifocal vision and the six-session model in your explanation **and** relate to your own learning journey and professional practice, including case stories.*
- 2,500 Words (end December/January)

PGC Paper 2: Psychosynthesis and crisis in leadership

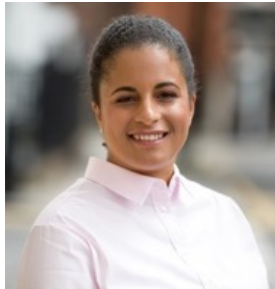
- ***As a psychology of being, what does psychosynthesis bring to the challenges and crises of leadership within today's organisations and society?***
- *Please relate to your own learning journey and professional practice, including case stories.*
- 2,500 Words (end February/March)

PGCPLC/MA PLC

Year 3 – additional elective courses

1. Systemic coaching and organisational consulting
2. Synthesis and polarity in leadership and organisation
3. Team coaching and group facilitation
4. Creating a coaching culture within an organisation
5. Coaching solopreneurs and portfolio professionals
6. Combining coaching with other modalities, e.g. eco, nature, creative, body
7. Embodiment, somatic experience and use of self in the coaching space
8. Drawing upon recent developments in neuroscience and psychology in coaching
9. Setting up and building your coaching practice
10. Developing business within corporates and large organisations

Our psychosynthesis coaching community



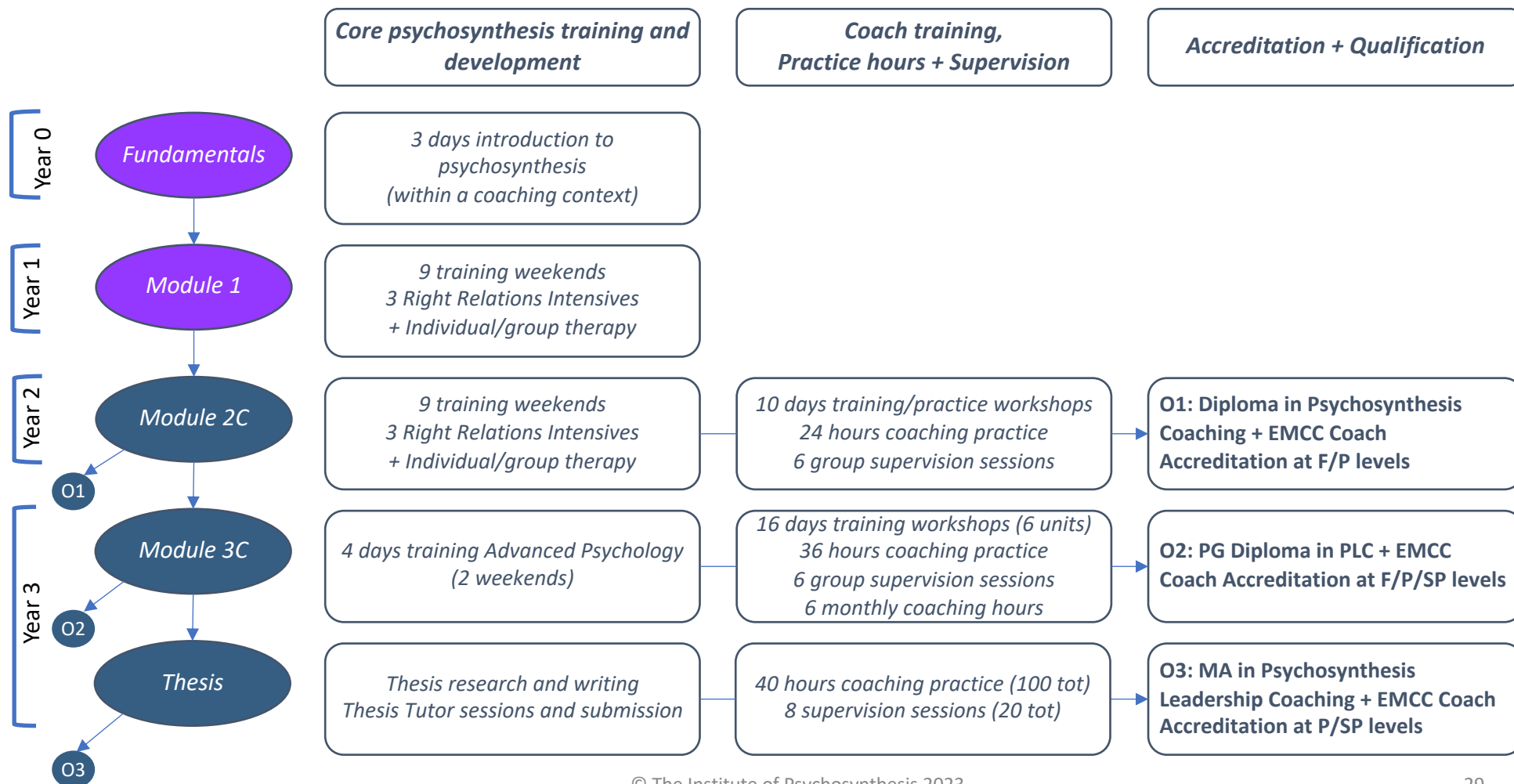
The MA in Psychosynthesis Leadership Coaching

June 2023

THE INSTITUTE OF
Psychosynthesis
SERVING HUMANITY IN TRANSITION

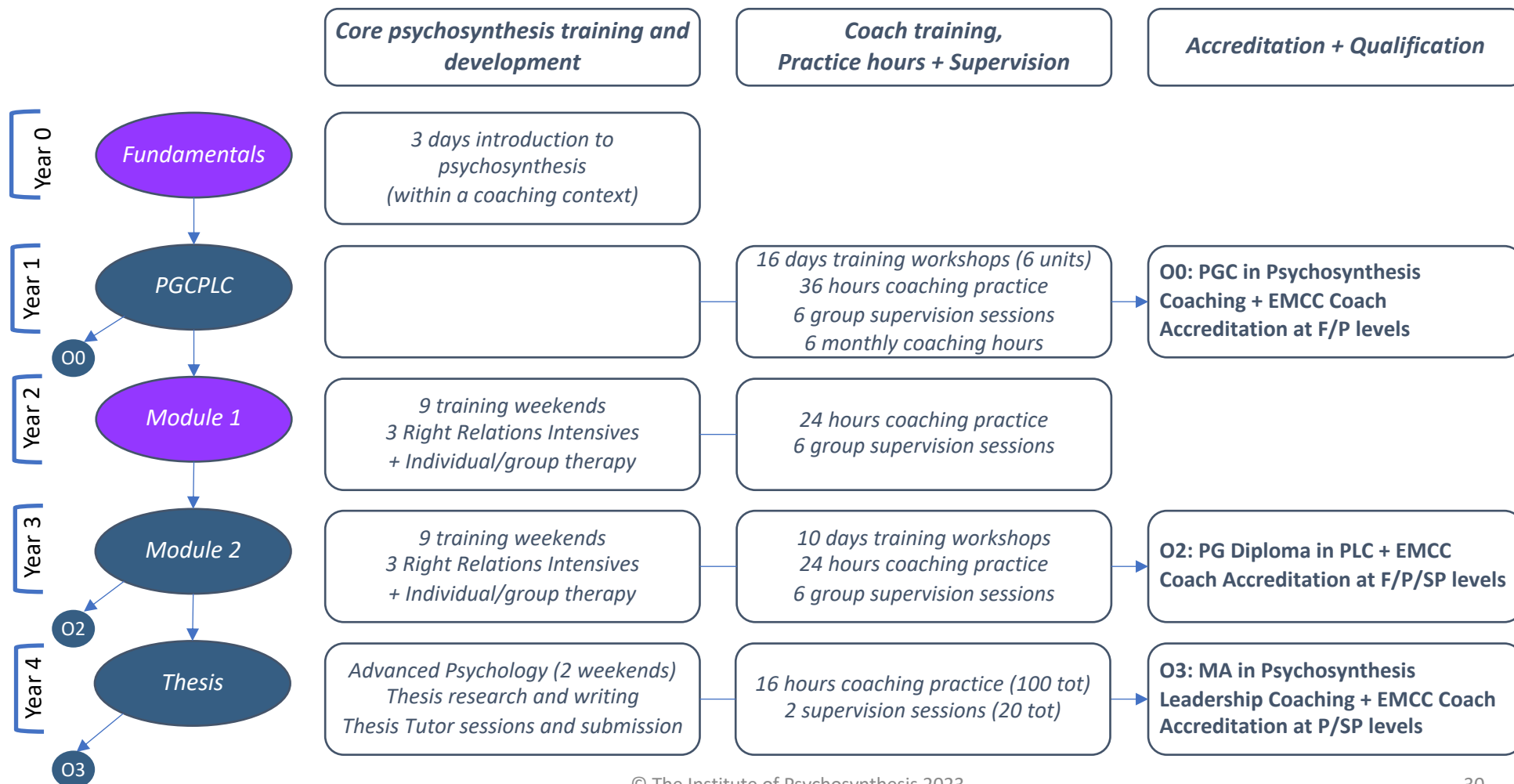
MA in Psychosynthesis Leadership Coaching

– starting with Modules 1 and 2

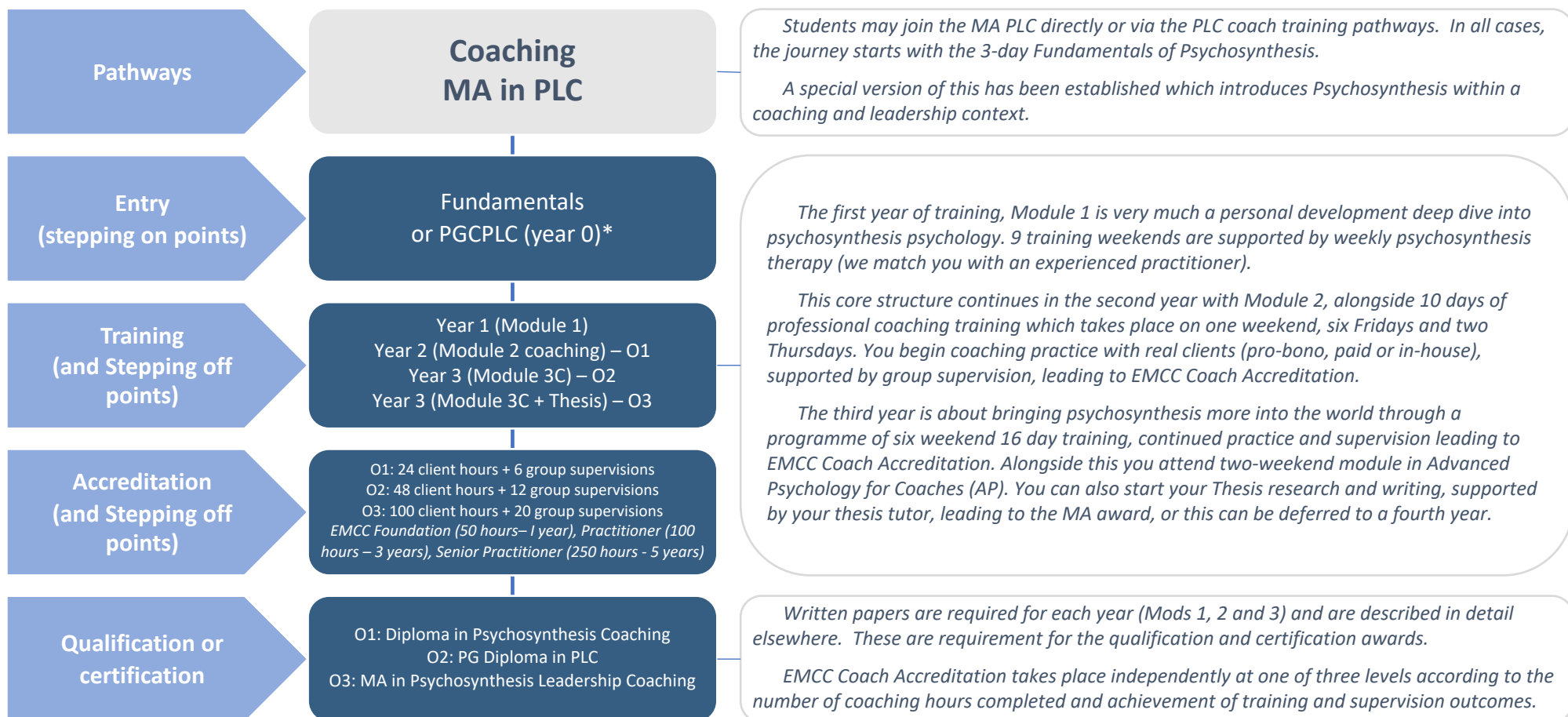


MA in Psychosynthesis Leadership Coaching

– alternative route starting with the PGCPLC



MA in Psychosynthesis Leadership Coaching





If you are interested,
please get in touch for a zoom chat:

<https://www.psychosynthesiscoaching.co.uk/contact/>