

Psychosynthesis Coaching – overview of programmes

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Overview of offerings and options

Summary of what we offer

Training and Accreditation for one-to-one coaching *(for both new and experienced coaches)*

Short Courses &
HCP programme
EMCC Practitioner
(EIA)

Certificate in PLC
EMCC Senior Practitioner
(EIA)

PGC and MA PLC
(Institute)
EMCC Senior Practitioner
(EIA)

Life cycle support for coaches *(for psychosynthesis coaches)*



Training and Accreditation for Supervisors and Team Coaches *(for accredited coaches, whether with EMCC or AC, APECS, ICF)*

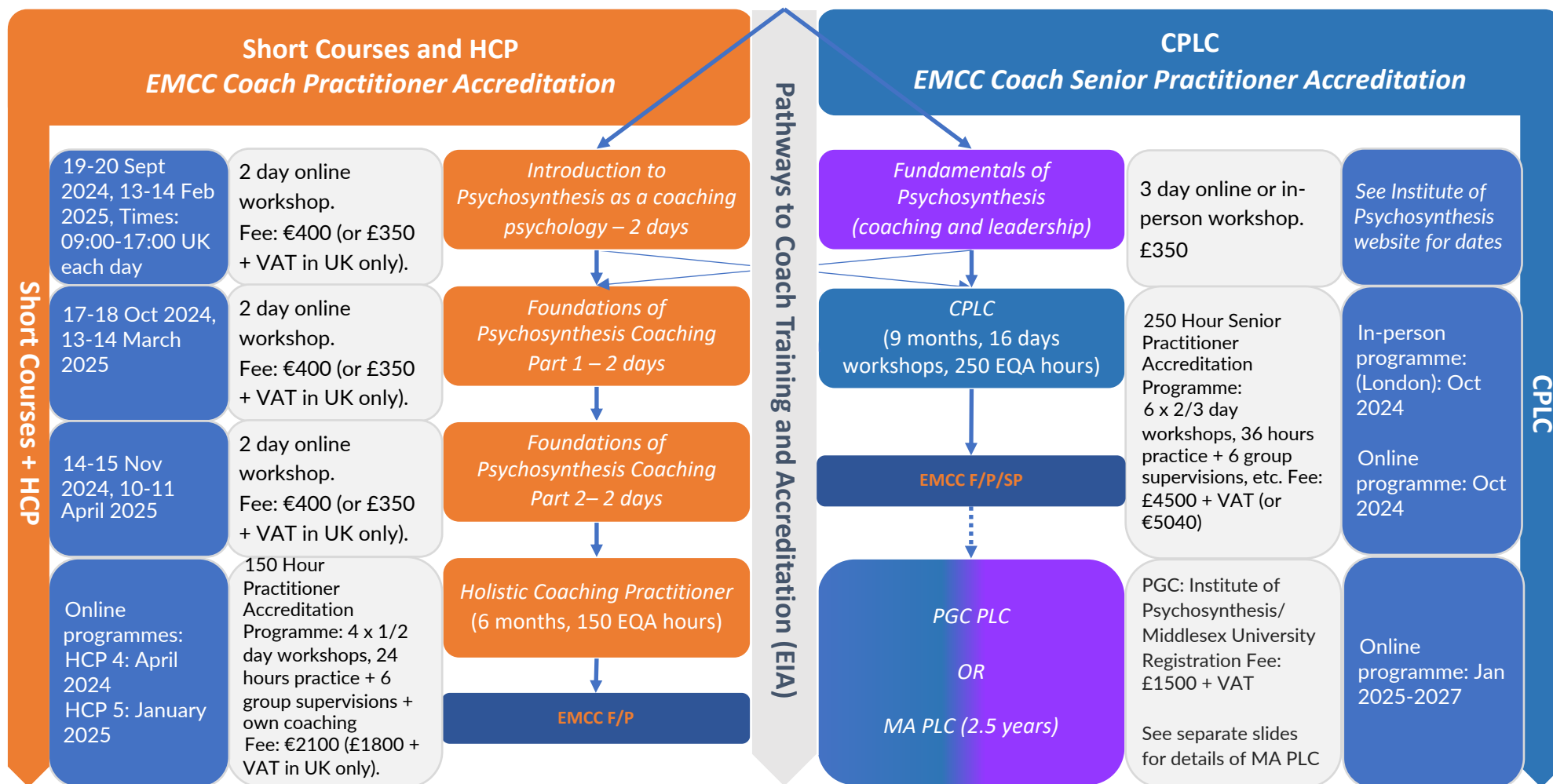
Embodied
Supervisor Training
EMCC Senior Practitioner
(EISA)

Team Coaching and
Group Dynamics
EMCC Senior Practitioner
(ICTA)

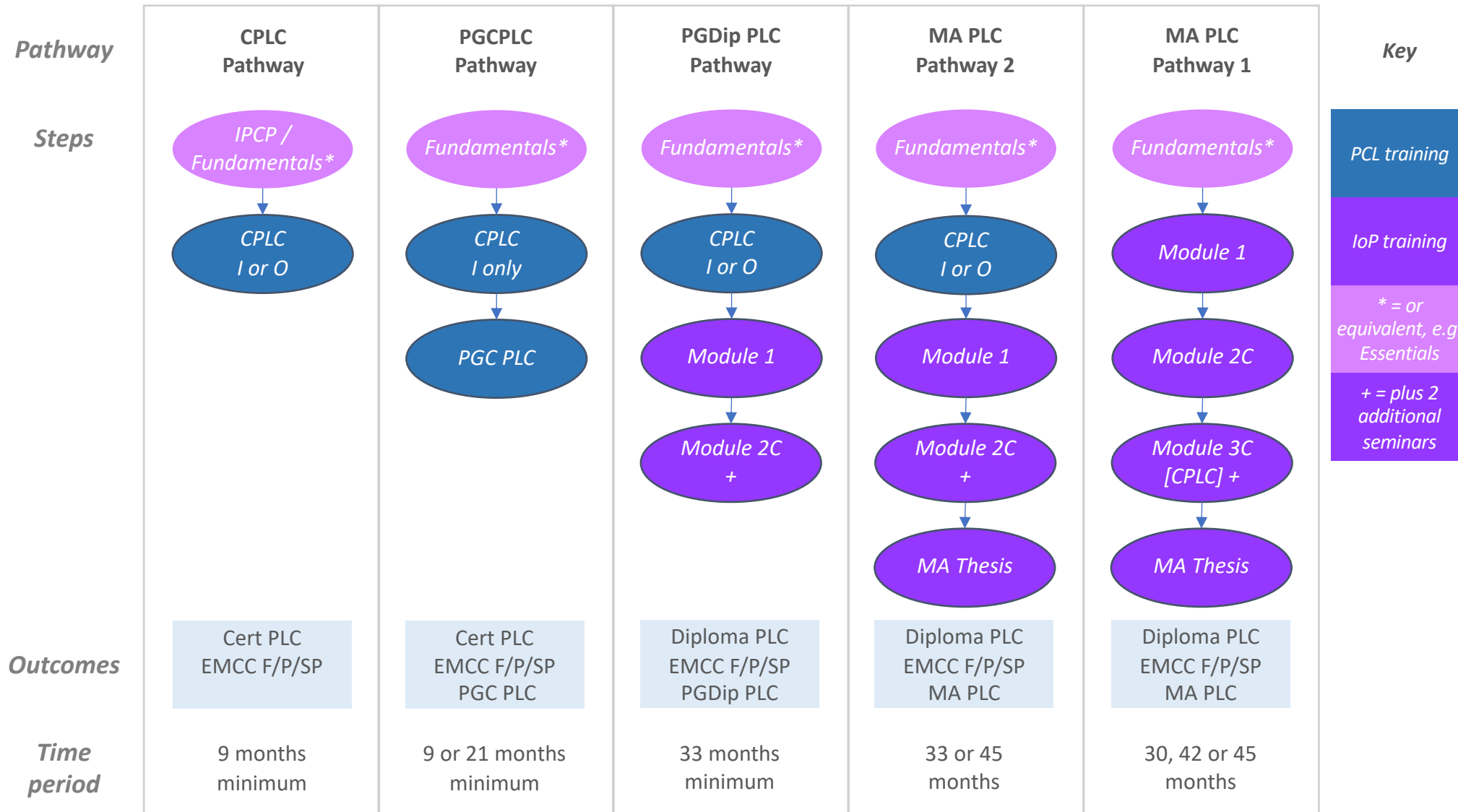
Life cycle support for coaches



Pathways to Coach Training and Accreditation (EIA)



PCL CPLC Pathway options



EMCC Accreditation Requirements Map

EMCC Coach Accreditation levels	Foundation	Practitioner	Senior Practitioner	Master Practitioner
<i>EQA Accredited Coach Training Hours</i>	20 (Requirement met by all programmes)	150 (Requirement met by all programmes)	500 (Requirement met by the CPLC and Diploma programmes)	1800
<i>Coaching Experience Hours (counting back or forwards)</i>	50 (over 1 year) Includes practice hours below	100 (over 3 years) Includes practice hours below	250 (over 5 years or more) Includes practice hours below	500 (over 5 years or more) Includes practice hours below
<i>Programmes</i>				
HCP (150 EQA Hours)	24 Practice Hours min	24 Practice Hours min		
CPLC/PGCPLC (250 EQA Hours)	250 EQA Hours 36 Practice Hours min	36 Practice Hours min	36 Practice Hours min	
Diploma in PC (250 EQA Hours)	36 Practice Hours min	36 Practice Hours min	36 Practice Hours min	
Diploma in PLC + PGDip or MA PLC (250 EQA Hours)		100 Practice Hours min	100 Practice Hours min	Additional application with support for Thesis students

Embodied Supervisor Training Programme

THE STRUCTURE: The training is both didactic and experiential and addresses the evidence base for best practice supervision.

SESSION 1: Introduction to Psychosynthesis, Conscious Relations and the Supervision Framework

SESSION 2: Introduction to Group Dynamics, within any Team or Group.

SESSION 3: Going Deeper. Working with Shame, Loss, Grief alongside.

SESSION 4: Working within Systems. In-House Coaching.

SESSION 5: Developing Embodied Awareness. Working with Creativity in Supervision.

SESSION 6: Endings in Groups. Integration and Synthesis.

Embodied Supervisor Training Programme

Facilitated reflective learning over 6 Months. Course 2: June 2023 to December 2024. 10am – 4pm UK for 6 Learning Days.

Creating and Facilitating a Personal Supervision Group. 6 Reflective Practice papers. Reflection Paper on completion with personal philosophy as a Supervisor.

120 Hours Supervision Practice required for EMCC Accreditation (may involve on – going and countback hours). Practice supervision opportunities (group or individual) can be provided by PCL in some cases.

TOTAL FEE FOR GRADUATION: £2,500 + VAT. This includes Training Days, Papers Read and Feedback, Support to Achieve EMCC Accreditation. Individual Mentor Coaching Sessions are available at reduced fees (if requested). Additional supervision beyond the course dates if required and EMCC Accreditation fee (£300 + VAT) are additional.

On meeting all requirements, Graduation will take place in December 2024.

This programme is in the process of EISA accreditation with EMCC.

WHEN AND WHERE

Course 2: Mondays 2 June 2024, 8 July, 5 August, 2 September, 30 September, 28 October. 6 days, 1 day a month. 10am – 4pm each training day. All On-line.

Team Coaching and Group Dynamics

This course is advanced coach training and is part of a 150-hour EQA accredited programme for those seeking Practitioner or Senior Practitioner accreditation as Team Coaches.

Part One: Foundation of team coaching (2 days)	Context, overview and principles	Power, presence and impact	Group Dynamics training Team coaching practice framework
Part Two: Going to depth as a team coach (2 days)	Introduction to conscious relations for the depth coach	A conscious relations group dynamics workshop	Making sense of what you have learned. What does this mean for you as a team coach?
Part Three: Practice – frameworks and tools, reflection and inquiry (2 days)	Practice – frameworks, models and tools. A model for working on team process	Skills practice – small group team coaching practice Using constellations with teams	Reflective inquiry. Integration and synthesis from the course.
Part Four: The Accreditation Programme (6 months minimum)	4 half day team coaching practice workshops, involving simulations and demonstrations	6 x monthly group supervision for own team coaching practice (including pro-bono projects)	EMCC ITCA application process, including final reflection paper

Team Coaching and Group Dynamics

Details of the 2024-2025 course:

Part One: Foundations of team coaching

Course 2: Online: 25-26 January 2025, Saturday 10:00 – 17:00 UK, Sunday 09:00 – 16:00 UK.

Part Two: Going to depth as a team coach

Course 2: Online: 22-23 February 2025 or 22-23 March 2025, Saturday and Sunday 09:00 – 16:00 UK

Part Three: Practice – frameworks and tools, reflection and inquiry

Course 2: Online: 26-27 April, Saturday and Sunday 09:00 – 16:00 UK

Study guides and course materials are provided. A CPD Certificate in Psychosynthesis Team Coaching is awarded at the completion of the course.

Part Four: The Accreditation Programme (optional, taking you to EMCC ITCA)

Four half-day skills practice and team coaching simulation workshops (online only, times: 09:00-13:00 UK).

Course 2: dates to be scheduled May, June, July, September 2025.

Six Group Supervision session (2 hours each, online only):

Course 2: May, June, July, August, September, October 2025. Dates and times to be arranged.

Course fees

The Training Programme (Parts One, Two and Three): £960 + VAT (or €1120).

The Accreditation Programme (Part Four): £1990 + VAT (or €2330), inclusive of workshops, group supervision, support for pro-bono team coaching assignment and EMCC accreditation fee.

This programme is in the process of ITCA accreditation with EMCC.

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 CPLC and HCP, with EIA Coach Accreditation at one of 3 levels – Foundation, Practitioner, Senior Practitioner
- Accreditation includes commitment to CPPD and Supervision




















Comparing 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?

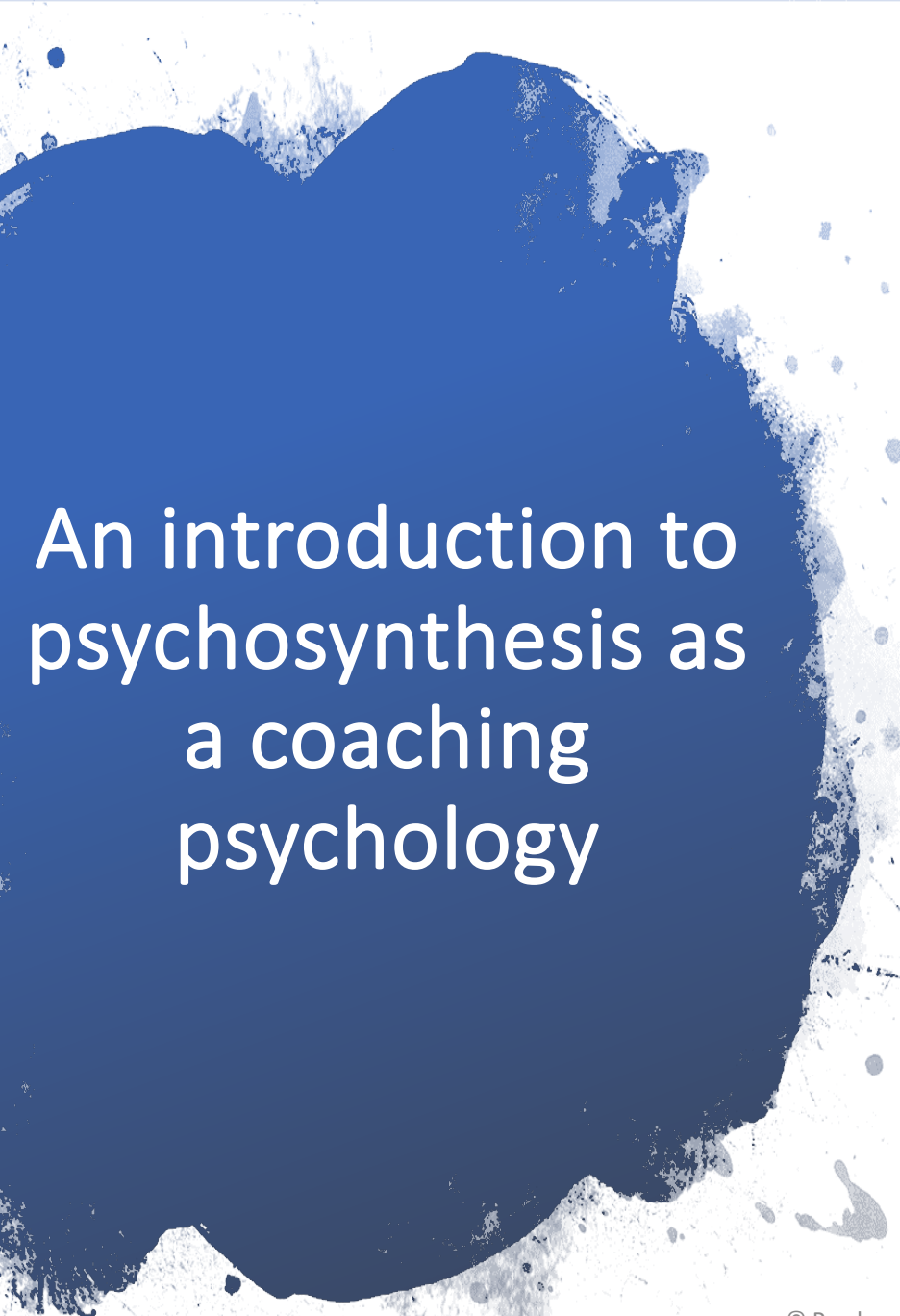
Which coaching pathway is right for you? – a rough guide

	MA pathway	CPLC pathway	HCP pathway
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			

Criteria	Holistic Coaching Practitioner (HCP)	Certificate in Psychosynthesis Leadership Coaching (CPLC)
EMCC status	150 Hour Practitioner* Programme – leading to EMCC Accreditation at Foundation or Practitioner levels	250 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 = 8 days total	1 x 2-day short course (if no previous training in psychosynthesis) + 4 x 3-day, 2 x 2-day training workshops = 18 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: in-person in London or 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 9 months with the same cohort of up to 15 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 wider topics of leadership and systemic coaching, which can be explored over time, for example with CPD options.	We go into greater depth on topics such as the model of the psyche and 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.
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+VAT
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 HCP programme.	Study guides and Course Book Chapters to read following each unit, plus optional further reading. A 2500-word reflection paper to integrate your personal and professional learning completes the CPLC programme. The optional PGCPLC is academically grounded and requires two additional 2500-word papers 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. 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 1

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

Foundations of Psychosynthesis Coaching – Part 2

- Core coaching **process skills** – contracting, managing the process and reviewing progress
- The **psychological space** of coaching – including projection and introjection, transference and countertransference
- The **leadership** context
- 5DL – the **inner development** of leaders
- Working with **mindsets** and with **subpersonalities** in coaching
- 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

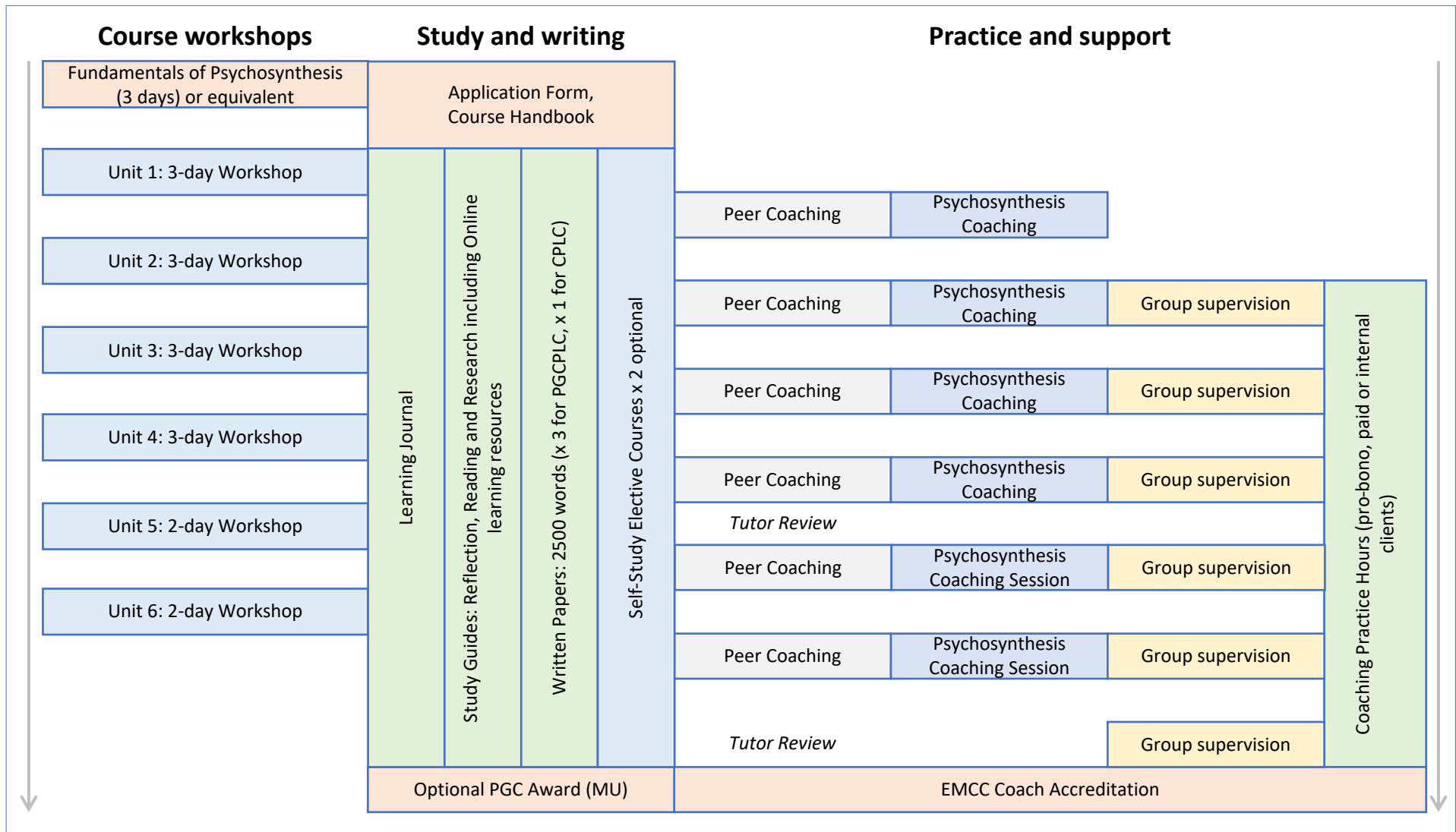
The CPLC Programme

March 2024

Overview of the Certificate 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.

CPLC learning journey overview



Programme overview

Psychosynthesis Leadership Coaching Course

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 6 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

Accreditation with EMCC

Outcomes

- Foundation, Practitioner or Senior Practitioner Coach Accreditation

Accreditation requirements

- 36 coaching hours with real clients during or after the course
- Foundation: total of 50 hours coaching or mentoring over 1 year/
Practitioner: 100 hours over 3 years/ Senior Practitioner: 250 hours over 5 years)

Our psychosynthesis coaching community



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 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 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 March)

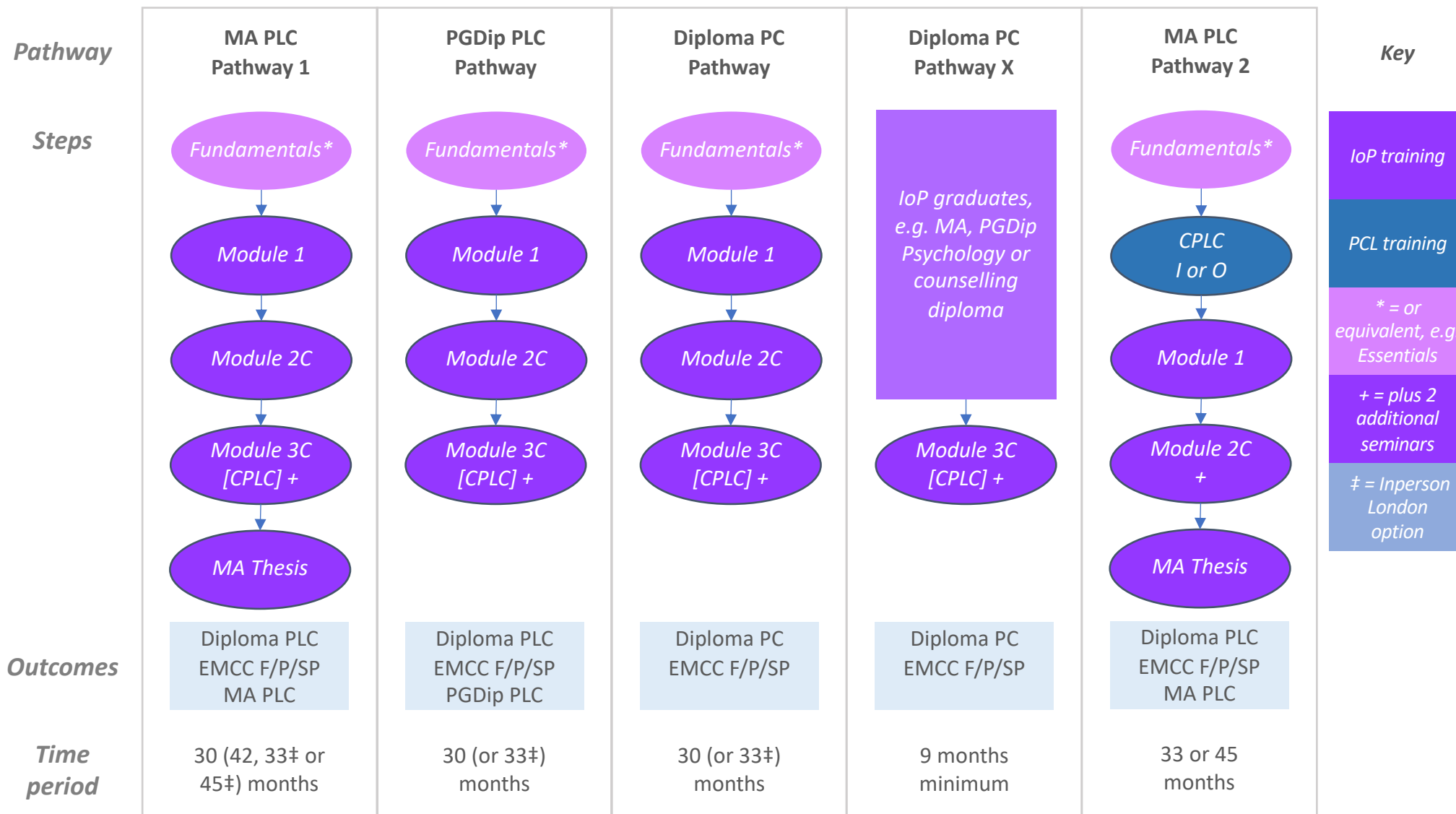
The MA in Psychosynthesis Leadership Coaching

March 2024

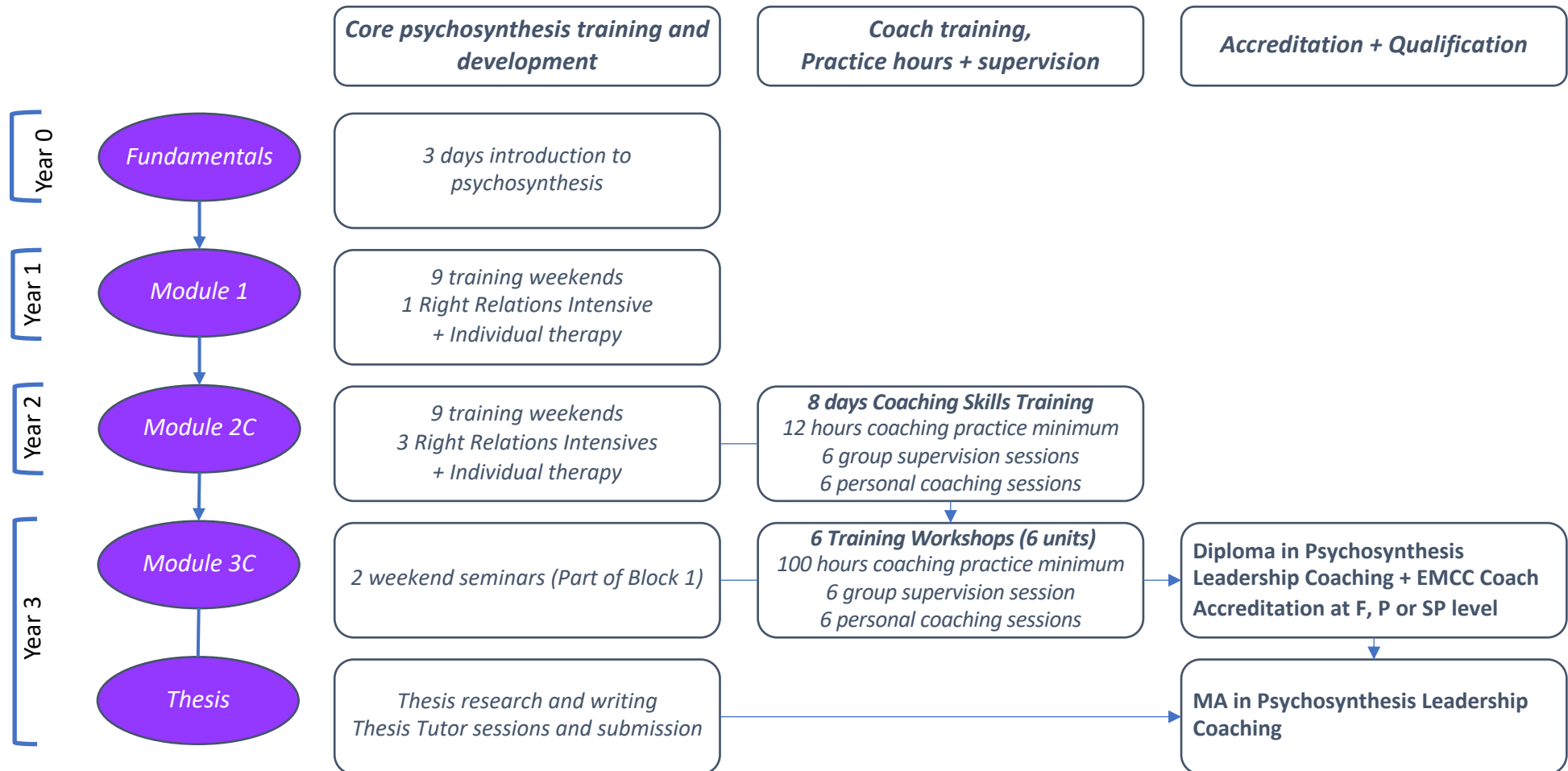
Aubyn Howard, Director of Coaching



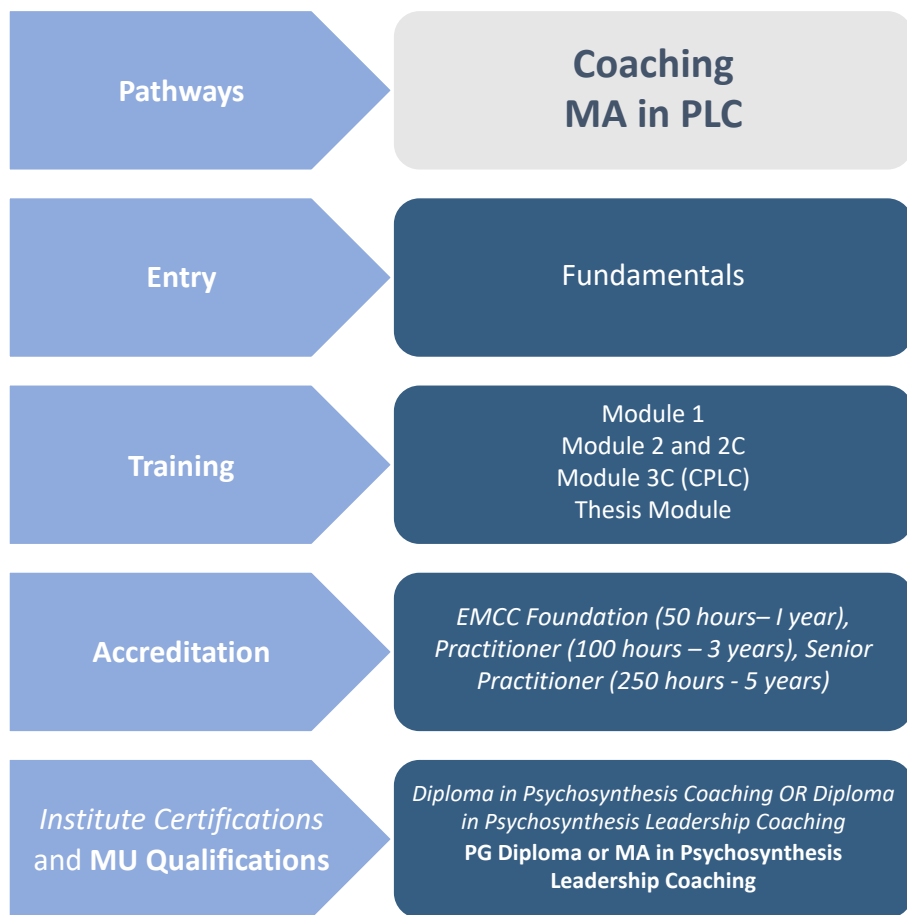
IoP Coaching Pathway Options



Psychosynthesis Coaching MA Pathway



Psychosynthesis Coaching MA – the pathway in more detail



The first year of training, Module 1 is very much a personal development deep dive into psychosynthesis psychology. 9 training weekends are supported by your own psychosynthesis therapy. Alongside this you will attend your first 2-day Right Relations Intensive.

The core psychosynthesis training continues in the second year with Module 2, alongside the Coaching Skills Training module of 8 days on Fridays, at the end of which you begin coaching practice with real clients (pro-bono, paid or in-house), supported by group supervision.

The third year is about bringing psychosynthesis into the world through a programme of eight weekend training seminars, continued practice and supervision leading to EMCC Coach Accreditation. You can also start your Thesis research and writing, supported by your thesis tutor, leading to the MA award, or this can be deferred to a fourth year.

EMCC Coach Accreditation takes place at one of three levels according to the number of coaching hours completed and achievement of training and supervision outcomes.

Written papers are required for each year (Mods 1, 2 and 3) and are described in detail in the Programme Handbook. These are a requirement for the qualification and certification awards.



If you want to know more, please
get in touch for a zoom chat:

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