



Course Outline: Depth Mastery In Psychotherapy

Course Overview:

This training program has been designed specifically for mental health and counselling professionals who are interested in a depth-oriented approach to clinical counselling. Students are provided with practical and theoretical immersion opportunities throughout the program, and are expected to demonstrate competency in depth techniques through the sufficient completion of ongoing case study reviews, regular clinical consultations, on-line peer supervision sessions, and the submission of at least one individualized program plan for a complex case consultation client.

This training emphasizes the integration of depth psychology and advanced insight practices within an integrative, trauma-informed and evidence-based psychotherapy framework. Particularly, the Program focuses on best practices in:

- Trauma and PTSD protocols and tools within Jungian, Ericksonian and holistic psychology models;
- Inner child and ego state work from transcendence and mindfulness based standpoints;
- Advanced co-morbid pain management techniques vis-a-vis mind-body continuum;
- Advanced applications of regression and deep mind-body healing;

- Integrating psychospiritual work with parallel clinical tools, especially: CBT, mindfulness based therapies and hypnotherapy/trance based healing;
- Applying post-modern hypnotherapy and/or trance-meditation in strategic interventions for complex clinical situations;
- Shamanic based practices in psychotherapy and the role of the unconscious in mental health and addictions work from a hollistic perspective; and
- Peak performance and motivational coaching for deepening client sense of "flow" and breakthroughs.

Overall Course Outcomes:

1. Demonstrate professional competence in the safe and effective use of depth mastery interventions in the psychotherapeutic relationship (including, but not limited to: complex trauma processing and ongoing phase-focused insight meditations);
2. Formulate a comprehensive and individualized clinical program plan that includes the strategic and effective use of depth psychology interventions; and
3. Identify and describe use of self and individual healing signature in the delivery of holistic counselling and psychotherapy techniques.

Core Program Components:

The Daybreak School of Depth Mastery Program consists of TWO core components: **A) 1-Year Intensive Experience** and **B) Master Clinician Network**.

A) **The One-Year Intensive Experience**: Over the course of 12 months, students are provided with:

-**Monthly Deep Dive Seminars (online seminar)** to explore specialty topics related to the art and science of depth-oriented practices. The Deep Dive seminars are 2 hours in length, and include specialty teaching overview; clinical demonstration; case study review; interactive QandAs; and structured peer supervision regarding clinical inquiries.

-**Monthly 1:1 Clinical Consultation Sessions (phone-based)** to review student applications of Deep Dive teachings in relation to clinical situations and clinician goals in depth psychology reflections and practices.

- **Bi-Monthly Master Classes (online webinar)** with a faculty member of the School of Depth Mastery. Master Class leaders are part of a multi-disciplinary rotating faculty team of clinical innovators and leaders in the mental health and addictions field.

- **Quarterly Best Practice Reviews**: for multi-disciplinary panel reviews of best practices in emerging holistic psychotherapy interventions vis-a-vis relevant legislation and scopes of practices.

B) Lifetime Master Clinician Network: Students of the Daybreak School of Depth Mastery are automatically enrolled for lifetime membership in the Daybreak Master Clinician Network: a mastermind group that allows ongoing access to the above-described **Monthly Deep Dive Seminars** and **Bi-Monthly Master Classes** (even after the one-year of study is completed). This lifetime mastermind group is the forum that provides ongoing group coaching, continued momentum building, and lifetime continuing professional competence for all Depth Mastery students. In addition, Master Clinician Network members receive an all-access lifetime pass to:

- All Daybreak Trainings including the annual Conference on mind-body-spirit connections in Psychotherapy (*Transcendence In Psychotherapy*);
- Access to an online library that includes all classes (for life-time reviewing), along with class hand-outs and protocols, suggested readings and clinical resources; and
- Lifetime access to optional bonus e-modules: Hypnotherapeutic Pathways to Depth Psychology (over 50 hours of OPTIONAL class modules on foundational and mastery-level applications of clinical hypnosis in psychotherapy).

Evaluation and Completion Requirements

Students will be provided with a 40 CEU certificate, **following the completion of the 1-Year Intensive**, and upon submission of the following course requirements:

1. One Individualized Case Study and completion of Depth Mastery Planning Tool (using template provided by Daybreak School of Depth Mastery and reviewed in 1:1 consultation calls)
2. Evidence of at least 10 completed Monthly Deep Dive Sessions (livestream participation OR viewings of recorded classes)
3. Evidence of at least 3 completed Bi-monthly Master Classes (livestream participation OR viewings of recorded classes)
4. Evidence of a minimum of six 1:1 consultation sessions

Course Hours Break-Down: 40 CEU Hours

Course Submission Requirements	CE Hours Allotted
1 individualized Case Study & Depth Mastery Planning Tool	7 hours
10 Deep Dive Session (2 hours per session)	20 hours
3 Master Classes (2 hours per class)	6 hours
7 clinical consultations: 1:1 phone meetings (1 hour per meeting)	7 hours

Lead Instructor:

Karen Day is a Master's trained Registered Social Worker specializing in holistic psychotherapy and integrative approaches to mental health. She is the President of Daybreak Therapy and Training, and has over twenty-five years of combined experience in the provision of mental health services, crisis and trauma counselling, and clinical social work practice, teaching and supervision.

Karen is Past-President of the Canadian Society of Clinical Hypnosis – Ontario Division, and she continues to teach clinical hypnosis and depth-oriented psychotherapeutic interventions to mental health professionals in the Toronto area through the Society and as adjunct faculty with the University of Toronto Faculty of Medicine. Karen is also the lead designer of Creating Sacred Spaces - a yearly international conference on mind-body-spirit connections in psychotherapy.

In addition, she has both received and provided extensive training internationally in the areas of mindfulness-based approaches in mind-body healing, energy medicine in counselling, and Ericksonian-based psychotherapy.