



Transcendence Pathways: 4-Day Certificate Program

An Exploration of Plant Medicine, Sound Therapy & Non-Ordinary States of Consciousness in TRAUMA HEALING

WHERE: Marriott Courtyard Sedona / Red Rock ROOM A

WHEN: October 14th - 17th, 2024

PROGRAM OUTCOMES: *Participants will:*

- *Explain the function and importance of non-ordinary states of consciousness (NOSC) in trauma-informed psychotherapy*
- *Develop an individualized clinical practice framework that builds on evidence-based integration of heart-brain coherence into the therapeutic process*
- *Describe applications of set/setting and best practice guidelines for transcendence-based therapeutic interventions*
- *Discuss three assessment considerations for NOSC interventions*
- *Conceptualize three separate titrated protocols which draw upon relevant research related to trauma healing with plant medicine, sound therapy and/or clinical hypnosis*

CERTIFICATION TRAINING SCHEDULE

DAY 1: MONDAY OCTOBER 14th, 2024

Lead Faculty: Kaia Day / Miche Wilson

9:00 a.m. - 5:00 p.m.

Mystical Experiences In The Healing Process

Morning:

- The role of Non-Ordinary States of Consciousness (NOSC) in trauma-informed psychotherapy
- Assessment considerations for transcendence pathway protocols in clinical practice
- Case studies & small group experiential — What is the relevance of the mystical experience in one's trauma healing journey?

Afternoon:

- Intention-setting in trance-journeying: brainwaves, heart-Intentions and Heart-Brain Coherence
- Set / Setting and best practice guidelines: Incorporating the mystical into the everyday
- A framework of integrating heart-brain coherence into evidence-based psychotherapy

DAY 2: TUESDAY OCTOBER 15th, 2024

Lead Faculty: Phil Jacobs / Lisa Wilvert

10:00 a.m. - 5:00 p.m.

Sound Healing & Energy Medicine Pathways

Morning:

- Integrating sound healing into the counselling room
- Research and best practice overview: Sound Therapy as Energy Medicine / group experiential
- Case studies & small group practice — Exploring the soundscape of depth-oriented psychotherapy

Afternoon:

- Basic overview and practice: sound healing and energy medicine tools & protocols
- Dyadic experiential: practical applications in the clinical realm
- Titrated and individualized transcendence-pathway programming: PTSD, trauma, and addictions

DAY 3: WEDNESDAY OCTOBER 16th, 2024

Lead Faculty: Kaia Day / Gosia Cicha

9:00 a.m. - 5:00 p.m.

All The Parts Are Connected

Morning:

- Deepening psychotherapeutic parts-work through NOSC activation
- Research and best practice overview: psychedelic assisted psychotherapy with a focus on parts and inner child work
- Case studies & small group practice — Exploring the power of transcendence-based parts protocols

Afternoon:

- A primer and overview: plant medicine in psychotherapy
- Comprehensive guidelines: trauma pacing in shamanic-informed integrative practices
- Titrated and individualized transcendence-pathway programming: inner child and regression work

DAY 4: THURSDAY OCTOBER 17th, 2024

Lead Faculty: Conference Leadership Team

9:00 a.m. - 5:00 p.m.

Your Healing Blueprint

Morning:

- Drawing on Ericksonian and Jungian wisdom in your customized programming focused on trauma transcendence
- Core beliefs and over-riding the negative self-hypnosis loops found in trauma presentations of chronic pain, habits and addictions
- Case studies & small group practice — What is YOUR Healing Signature?

Afternoon:

Small group break-outs:

- Plant Medicine / Psychedelic Assisted Psychotherapy
- Sound Healing and Energy Medicine
- Clinical Hypnotherapy

The focus of afternoon small workgroups: a customized framework for the delivery of evidence-based integrative psychotherapy