

<p>Brief Course Description</p>	<ul style="list-style-type: none"> - Practitioners Training Program (PRAC) is a 3-year Transpersonal Counsellor Training program that can be taken for professional or personal development purposes. - Students can elect to take each year consecutively, or not. - PRAC is suitable for, but not limited to, an individual and/or group counselling career. - PRAC is an experiential and relational learning program that fosters the self-awareness and skill required to transform your own life and help others to do the same. - Students choosing to take the full program, for the purpose of beginning their counselling career, qualify to apply for registration with the ACCT as 'Registered Therapeutic Counsellors' and CPCA as 'Registered Professional Counsellors' in Canada and will receive a Diploma in 'Transpersonal Counselling Psychology' from Clearmind International Inc. <p>Once you have completed all 3 years of our Practitioner Training program, you will have achieved or be able to do the following:</p> <p>Attitudes</p> <ol style="list-style-type: none"> 1. Adopt a clear set of personally defined guiding values, including a personal position of what it means to be helpful to others (professionally or otherwise) 2. Have concretely increased your own level of life satisfaction and self-acceptance through all life's circumstances, as measured through an ongoing process of goal setting and self-evaluation 3. Assume a position of responsibility and commitment to a personally defined life purpose/direction <p>Knowledge</p> <ol style="list-style-type: none"> 1. Describe the process of human development from a transpersonal / relational perspective (as it pertains to self and others) 2. Describe the process of positive (systemically evolutionary) change 3. Analyse human dilemmas (including your own) from a multigenerational systemic context 4. Identify clear steps to address those dilemmas <p>Practical / Professional Skills</p> <ol style="list-style-type: none"> 1. Demonstrate effective empathetic, transparent, responsible and connective communication skills with individuals and groups 2. Apply effective therapeutic interventions with individuals and groups
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	<ol style="list-style-type: none">3. Act in accordance with the ethical and procedural boundaries of the counselling profession4. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is minimized and proactive behaviour is maximized
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Course Prerequisites	<p>Admission criteria for PRAC 1 is the completion of the Awakening Workshop and interview to review the program and students' goals¹. Admission criteria for PRAC 2 is successful completion of PRAC 1 and on recommendation of instructor.</p> <p>Admission criteria for PRAC 3 is successful completion of PRAC 2 and on recommendation of instructor.</p> <p><i>This pre-requisite may be completed within 6 weeks of starting the program with special permission from the Senior Educational Administrator. Decisions to grant such exceptions will be made based on unusual and inflexible circumstances such as family emergencies, health issues, etc.</i></p>
Textbooks Required for this Course	<p>PRAC 1:</p> <ul style="list-style-type: none"> - REAL: The Power of Authentic Connection by Catherine & Duane O'Kane - Weekly articles, online lecture clips and excerpt compiled on LMS - A Course in Miracles <p>PRAC 2:</p> <ul style="list-style-type: none"> - The Gift of Therapy: an Open Letter to a New Generation of Therapists and Their Patients by Irvin D. Yalom - Weekly articles, online lecture clips and excerpt compiled on LMS - A Course in Miracles <p>PRAC 3:</p> <ul style="list-style-type: none"> - Group Techniques by Gerald Corey, Marianne Schneider Corey, Patrick Callahan, J. Michael Russell - Weekly articles, online lecture clips and excerpt compiled on LMS - A Course in Miracles
Equipment Required for this Course	<p>Campus classes: A computer and internet access</p> <p>Online classes: a computer with a webcam, headphones/speaker, a microphone, and high speed internet</p>
Course Duration	<p>This is a 3-year program, each year's duration is 8 months approximately, from mid-October to June, consisting of 33 classes per year plus several weekends specified in the yearly calendar.</p>
Homework Hours	<p>Students can expect to have readings as homework almost every week during the course. Homework/readings average 1/2 - 1 hour for every hour of class. Extra homework is to be expected for 1 main project in each year. Homework time will depend somewhat on how a student organizes their time around projects such as gathering information in preparation for a family of origin presentation, for example. PRAC is designed to fit into the life of a working adult: information on assignments, schedules, readings will be provided well in advance.</p>
Delivery Methods	<p>This course is delivered both on-site (in class) as well as online (through an interactive virtual classroom). The student readings are compiled and available online via the Clearmind School Administration System.</p>
Instructional Method	<p>Instructor Led with a focus on experiential learning – average two instructors per course or one instructor to 15 students.</p>
Learning Objectives/Outcomes	<p>Practitioners Training 1:</p> <p>Once you have completed Practitioners Training 1 (PRAC 1), you will have achieved or be able to do the following:</p>

	<p>Attitudes</p> <ol style="list-style-type: none"> 1. Adopt a clearly defined personal goal to provide direction across various life circumstances 2. Have concretely increased your own level of life satisfaction and happiness, as measured through an ongoing process of self-evaluation 3. Assume a position of openness and personal responsibility in relationship to others <p>Knowledge</p> <ol style="list-style-type: none"> 1. Describe the process of human development from a transpersonal / systemic perspective 2. Describe relationship dynamics, patterns, and postures, and identify your own patterns in relationship 3. Identify clear steps to address your personal and relationship dilemmas <p>Practical/Professional Skills</p> <ol style="list-style-type: none"> 1. Demonstrate effective responsible and transparent communication skills 2. Apply specific steps to address personal and relationship dilemmas 3. Demonstrate increased emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is lessened and proactive behaviour is increased <p>Practitioners Training 2: Once you have completed Practitioners Training 2 (PRAC 2), you will have achieved or be able to do the following:</p> <p>Attitudes</p> <ol style="list-style-type: none"> 1. Assume a personal position of responsibility to be helpful to others (professionally or otherwise) 2. Have concretely increased your own level of life satisfaction and happiness, as measured through an ongoing process of goal setting and self-evaluation 3. Adopt a personally defined guiding life purpose <p>Knowledge</p> <ol style="list-style-type: none"> 1. Describe the process of positive (systemically evolutionary) change 2. Analyse human dilemmas (including your own) from a systemic
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	<p>context</p> <ol style="list-style-type: none"> 3. Identify clear steps to address those dilemmas 4. Analyse ethical / boundary issues to identify appropriate responses in relation to those issues <p>Practical / Professional Skills</p> <ol style="list-style-type: none"> 1. Demonstrate effective empathetic, transparent, responsible and connective communication skills 2. Apply effective therapeutic interventions with individuals 3. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is lessened and proactive behaviour is increased <p>Practitioners Training 3: Once you have completed Practitioners Training 3 (PRAC 3), you will have achieved or be able to do the following:</p> <p>Attitudes</p> <ol style="list-style-type: none"> 1. Adopt a clear set of personally defined guiding values, including a personal position of what it means to be helpful to others (professionally or otherwise) 2. Have concretely increased your own level of life satisfaction and happiness, as measured through an ongoing process of goal setting and self-evaluation 3. Assume a position of responsibility and commitment to a personally defined life purpose/direction <p>Knowledge</p> <ol style="list-style-type: none"> 1. Analyse the dynamics of a group, whether it be therapeutic in nature or otherwise 2. Describe Leadership skills, including how they interact with group dynamics 3. Analyse human dilemmas (including your own) from a multigenerational systemic context 4. Identify clear steps to address dilemmas within the context of group process <p>Practical / Professional Skills</p> <ol style="list-style-type: none"> 1. Demonstrate effective empathetic, transparent, responsible and connective communication skills with individuals and groups 2. Apply effective therapeutic interventions with individuals and groups
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	<ol style="list-style-type: none"> 3. Act in accordance with the ethical and procedural boundaries of the counselling profession 4. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is minimized and proactive behaviour is maximized
Student Progress/Assessment Methods	<p>1 mid-year quiz Final Exam Note: exams are designed to be a learning activity, rather than for testing memory and retention</p>
Attendance Expectations	<p>Attendance is expected at all classes and all weekends. Students receive a calendar detailing class and curriculum weekend dates so that these may be planned for in advance. Please read Attendance Policy for more information.</p>
Graduation Requirements	<p>Students choosing to take the full program, for the purpose of a counselling career and to receive a Diploma in 'Transpersonal Counselling Psychology' from Clearmind International Inc. are required to complete all requirements of the 3-year Program, including:</p> <p>PRAC 1</p> <ol style="list-style-type: none"> 1. Attendance & participation requirements, including scheduled Curriculum Weekends (see Attendance Policy) 2. Assistant's Training Weekend level 1 3. autobiography assignment 4. 1 quiz 5. Family of Origin Study/Presentation 6. Year 1 exam <p>PRAC 2</p> <ol style="list-style-type: none"> 1. Attendance & participation requirements including scheduled Curriculum Weekends (see Attendance Policy) 2. Assistant's Training Weekend level 2 (prior to graduation) 3. Autobiography re-write assignment, 4. 1 quiz 5. 4 `Client` Sessions Project 6. Year 2 exam <p>PRAC 3</p> <ol style="list-style-type: none"> 1. Attendance & participation requirements including scheduled Curriculum Weekends (see Attendance Policy) 2. 1 quiz 3. Support Group Facilitation project 4. Writing and presenting final 'Constitution' 5. Year 3 exam 6. 350 Practicum Hours and 60 Supervision hours (over the course of the 3 years) - see Student Practicum Program for more information <p>In addition, at some time prior to graduation you must complete our online DSM course.</p> <p><i>Note: Therapeutic co-requisite for online students is the Rude</i></p>

	<p><i>Awakening; for campus students an additional workshop of your choice (or equivalent therapy hours with permission from SEA). Any cost for these co-requisites is not included in the Student Contract.</i></p>
<p>Course Syllabus</p>	<p><u>PRAC 1 Course Details:</u></p> <p>Students undertake an extensive study of Bowen’s Family Systems theory within a Transpersonal context, write an autobiography, and prepare a family of origin presentation. Classes are experiential and didactic in nature, emphasizing personal integration of the material for the purpose of acquiring a systemic context and expanding the authentic, proactive self.</p> <p>Over the course of 8 months, the following 5 units are taught theoretically and practically:</p> <ul style="list-style-type: none"> • Family Systems Theory: Relational Forces that Shape Identity Family Systems theory is reviewed, with a focus on Bowen’s model and how familial relationship forces shape our identity. Systemic and relational perspectives (with a focus on connection) are contrasted with traditional individually focused therapy, and Bowen’s concept of differentiation of self within the family context is explored. • Transpersonal (Spiritual) Context and Human Development Transpersonal psychology contends that Spirituality is an important dimension of human experience. Systems theory, with its’ emphasis on connection and relationship, is naturally integrated with the spiritual philosophy of <i>A Course in Miracles</i>, Buddhist Psychology and other perspectives. Developmental theory from infancy through adulthood are overviewed and examined within a transpersonal context. • Relationship Dynamics: Patterns and Postures/Healthy Stances Relationship dynamics and anxiety binding patterns and postures are explored in detail. The theoretical framework for couples counseling is outlined, and healthy relationship stances are examined and practiced. • Multigenerational Emotional Process/Family of Origin Study The process of transmission of unfinished business from one generation to the next is thoroughly examined. Students are taught genogram construction, and are introduced to using the genogram as a clinical tool. The Family of Origin

Presentation at the end of the term provides a new perspective on the self, and integrates course material.

- **Expanding the Authentic Self: The Healing Process of Evolution**

The process of healing and differentiating from your family of origin is discussed from both a theoretical and practical perspective. Students are provided with many opportunities for developing the personal awareness necessary to work safely with others. True growth or evolution takes place within the context of an individual's relationship system, and methods of supporting this process for self and others are introduced and practiced.

LEARNING ACTIVITIES

- **PARTICIPATION**

Students will be asked to attend class regularly, be on time, and participate fully in discussions and learning activities. This means not only participating in the exercises themselves, but also bringing their personal experience to the room, being willing to tell the truth and expose parts of self that have been defended or hidden. Participation will count towards your final grade.

- **READINGS**

Students will be assigned readings from the text and LMS. You will receive a yearly schedule with online readings and due dates provided so that you can plan your time in advance. Due to the experiential nature of this program, the schedule is subject to change.

- **AUTOBIOGRAPHY**

One of the main assignments for the year is a minimum 20 page, (maximum 40 page) typed/double spaced autobiography. Guidelines will be provided in class. You are required to hand in your autobiography to your instructors in an electronic version, by sending it by email. The electronic version is for our files that are protected. If you wish to edit that file version only for content if you feel uncomfortable leaving it in our files, you are free to do so. Your Instructors will provide you with information on requirements and deadlines in class.

- **FAMILY OF ORIGIN STUDY**

The other feature assignment for the year is your family of origin study (genogram with a minimum 3 generations), to be presented in class. Guidelines are posted on LMS. Your Instructors will provide you with information on

	<p>requirements and deadlines in class.</p> <ul style="list-style-type: none"> • ACIM WORKBOOK LESSONS A Course in Miracles is a psycho-spiritual philosophy advocating embracing a thought system based on love as opposed to fear. Beginning in January you are supported to practice the daily lessons from A Course in Miracles. The lessons are a series of non-religious daily active meditations that support you to transcend fear-based thinking. • GROUP MEETINGS (Optional) PRAC 1 is an intense course; you may find yourself periodically with personal issues that the program brings to light. In that case, we recommend that you also attend any of our regular support groups for additional attention and support. • SELF-EVALUATION Your last assignment for the year will be an oral self-evaluation, in which you will be asked to examine what you have learned and how you have shifted over the course of the year. You will receive feedback from your peers and instructors. As part of your class participation mark, you will also fill out a rubric evaluating yourself worth 5 marks (out of 10, the other 5 determined by your teachers). If you choose not to submit the evaluation, your teacher's assessment will count for the whole 10 marks. • QUIZ A mid-year quiz will be offered to the students. This quiz is a required component which allows the students to test their own learning in the subjects taught and allows the instructors to gauge whether the students have understood the material. This quiz will be marked, however those marks do not count toward final marks. • FINAL EXAM (optional for Personal Growth stream students) An open-book final exam will be distributed at the end of classes in June, and is due August 15. (Please note: the due date of exam may change, students will be advised if this occurs). The exam is a learning activity designed to help students integrate material learned throughout the program, and is worth 50% of your final mark. The exam is optional for those taking PRAC for the purposes of personal growth, but mandatory for those who intend to use the program for career purposes. Exam information will be posted on your student forum. Your Instructors will provide you with information on requirements and deadlines in class.
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	<ul style="list-style-type: none"> • PRAC THERAPEUTIC COMPONENT: Students enrolled in PRAC Online are required to attend the Rude Awakening (2-week leadership program offered in Vancouver in the summer) to engage in a face to face therapeutic component prior to graduation (or equivalent therapy hours with permission from SEA). PRAC campus students are required to participate in one workshop of their choice prior to graduation (or equivalent therapy hours with permission from SEA). These therapeutic component requirements are at an additional cost to the Student Contract tuition. • WORKSHOP ASSISTING/PRACTICUM [350 practicum and 60 supervision hours are required for graduation by the end of PRAC 3, see '<i>Student Practicum Program</i>' for more information] <p><u>Assistant's Training Weekend Level I</u> This is a mandatory weekend. PRAC 1 students attend Saturday and Sunday and PRAC 2 and PRAC 3 students attend Friday, Saturday and Sunday. You will be asked to attend the Assistant's Training Part I (cost included in your fee). Online PRAC students will be required to attend the Assistant Training nearest to their location.</p> <p><u>Workshop Assisting</u> PRAC campus students will be asked to assist a minimum of 1 weekend workshop throughout the course of the year, to be scheduled in advance with the Director of Workshops, (workshops@clearmind.com). The Director of Workshops can provide online students with contact information for workshops in their area. PRAC Online students are exempt from mandatory Awakening assisting. Assistant's Training I is a pre-requisite for assisting. Please read "<i>Assisting Requirements & Procedures</i>" for more information.</p> <p><u>Student Practicum Program</u> Beginning after Spring Break, a PRAC 2 student will contact you to schedule 4 structured therapy sessions. These sessions are provided to you at no cost and receiving these counselling sessions is part of the benefits of your PRAC 1 year. These sessions are recorded, with small portions of the tape viewed by the PRAC 2 Instructors and class for the purpose of supervision and feedback to the PRAC 2 student. These sessions are mandatory for the PRAC 2 student and the PRAC 1 student is required to be available for them. The PRAC 2 student cannot graduate this program without completing this unit. Please read "<i>Student Practicum</i>"</p>
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Program for more information.

PRAC 3 students are also available early in the year for counselling support (information will be posted on your forum). Again, there is no cost for this service. These sessions are recorded, with small portions of the tape viewed by the PRAC 3 Instructors and class for the purpose of supervision and feedback to the PRAC 3 student.

MARKING SCHEME

For diploma students final grades will be calculated as follows:

1. 10 marks: given for Class Participation (through teacher/student evaluation rubric)
2. 15 marks: given for completing the following assignments: Autobiography, Family of Origin Study/Presentation, Practicum Hour Log (these are not 'marked', 5 marks are awarded for each assignment submitted)
3. 25 marks: given for attendance. One mark is deducted from this total for each class missed. Please note that theory classes can be partially "made up", speak to your instructor for more information.
4. 50 marks: given for the final exam. A passing grade is considered 70%. Students may elect to re-take the exam for an additional fee.

PRAC 2 Course Description

In PRAC 2 we learn the 'how to' of therapy, drawing from humanistic and experiential therapies such as Person Centered, Gestalt, NLP, Acceptance and Commitment Therapy, Psychodrama (among others) and integrating these with the latest body/mind perspectives. Being of service to others fosters interdependent consciousness, the awareness that another's interests are truly no different from our own, and through this consciousness we continue to expand and grow ourselves.

Students re-write their autobiographies this year, with a focus on uncovering the clues to their unique calling or life purpose, and revealing the skills they have learned along the way. The most effective tool any therapist has is self, and we continue the process of exploring self in relationship.

Over the course of 8 months, the following 5 units are taught theoretically and practically:

- **Therapeutic Stance: Interviewing and Relationship Building skills**
Interviewing and counseling skills are taught, including

	<p>session structure, listening and connective communication skills. Recent developments in relationship building in the Humanistic therapies are discussed and applied. The focus is on how to responsibly create a healing relationship, and to act as an agent of change.</p> <ul style="list-style-type: none"> • Experiential Therapies: Interventions Experiential techniques drawn from Gestalt, Psychodrama and other therapies are reviewed from a theoretical and applied perspective. The principles behind experiential interventions are discussed and students practice various techniques first with each other and then with PRAC 1 'clients'. • Transpersonal Psychology and Spiritual Emergency A transpersonal (spiritual) context for human development/dilemmas can provide greater meaning and purpose. The possibility of viewing emotional distress as a 'spiritual emergency' or 'dark night of the soul' is presented, including how to approach these experiences therapeutically. The role that altered states of consciousness have played in human spiritual development is examined, and the potential for these experiences to be used therapeutically in a responsible fashion is explored. • Boundaries and Ethics in the Helping Professions Ethical principles as they are applicable to the helping professions are outlined. Boundary and ethical issues are discussed in detail, and students are encouraged to think their way through various common ethical dilemmas. Students continue addressing areas of potential personal vulnerability, developing awareness of how their unfinished business could impact a client. • Common Issues in Psychotherapy Common issues that clients present in psychotherapy are examined, including depression and suicide risk assessment; trauma; and grief and bereavement counselling. Although these aren't examined in detail, students are given an important grounding in dilemmas that clients typically bring to therapy. <p>LEARNING ACTIVITIES</p> <ul style="list-style-type: none"> • PARTICIPATION Students will be asked to attend class regularly, be on time, and participate fully in discussions and learning activities.
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	<p>This means not only participating in the exercises themselves, but also bringing their personal experience to the room, being willing to tell the truth and expose parts of self that have been defended, with the intention of shifting to a new experience and perspective. In addition, students will be on class 'forums' that extend the classroom into cyberspace, offering ongoing support. Participation will count towards your final grade.</p> <ul style="list-style-type: none"> • READINGS Students will be assigned readings from the text and LMS. You will receive a yearly schedule with online readings and due dates provided so that you can plan your time in advance. Due to the experiential nature of this program, the schedule is subject to change. • AUTOBIOGRAPHY REWRITE Students will be expected to re-write their autobiography from a transpersonal perspective. You are asked to consider how your life experience, even the most difficult, has helped to shape you for your unique purpose, or special function. You are required to hand in your autobiography re-write to your class instructors by sending it by email. The electronic version is for our files that are protected (but potentially accessible to our governing body, PCTIA). If you wish to edit that file version only for content if you feel uncomfortable leaving it in our files, you are free to do so. Submission of your Autobiography Re-write is mandatory, and counts towards your final grade. Your Instructors will provide you with information on requirements and deadlines in class. • GROUP MEETINGS (optional) PRAC: Level 2 is an intense course; you may find yourself periodically struggling with personal issues that the program brings to light. We recommend regular attendance at a support group • ACIM WORKBOOK LESSONS Students are asked to continue the daily workbook lessons. • COMPLETION WEEKEND ("Psycho Fair") Campus PRAC 2 students will help to create and implement the PRAC 1 completion weekend (Psycho Fair) at the end of the year, as a final PRAC 2 project. This is an opportunity to put your skills creatively into practice. Due to it's 'physical' nature, Psycho Fair is not appropriate to be extended to Online PRAC 2 students. Your instructors will provide more information in class.
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	<ul style="list-style-type: none"> • SELF-EVALUATION Your last assignment for the year will be an oral self-evaluation, in which you will be asked to examine what you have learned and how you have shifted over the course of the year. You will receive feedback from your peers and instructors. As part of your class participation mark, you will also fill out a rubric evaluating yourself worth 5 marks (out of 10, the other 5 determined by your teachers). If you choose not to submit the evaluation, your teacher's assessment will count for the whole 10 marks. • QUIZZES A mid-year quiz will be offered to the students. This quiz is a required component which allows the students to test their own learning in the subjects taught and allows the instructors to gauge whether the students have understood the material. This quiz will be marked, however those marks do not count toward final marks. • FINAL EXAM (optional for Personal Growth stream students) An open-book final exam will be distributed at the end of classes in June, and is due August 15. (Please note: the due date of exam may change, students will be advised if this occurs). The exam is a learning activity designed to help students integrate material learned throughout the program, and is worth 50% of your final mark. The exam is optional for those taking PRAC for the purposes of personal growth, but mandatory for those who intend to use the program for career purposes. Exam information will be posted on your student forum. Your Instructors will provide you with information on requirements and deadlines in class. • WORKSHOP ASSISTING/PRACTICUM [350 practicum hours and 60 supervision hours are required for graduation by the end of PRAC 3, please see '<i>Student Practicum Program</i>' for more information] NOTE: some practicum components are not required for personal growth students. <p><u>Assistant's Training Level 2</u> This is a mandatory weekend whose pre-requisite is assisting at least one weekend workshop. PRAC 2 and PRAC 3 students attend Friday, Saturday and Sunday. You will be asked to attend the Assistant's Training Level 2 (cost included in your fee). Online PRAC students will be required to attend the Assistant Training Level 2 in the nearest location (by the end of PRAC 3).</p> <p><u>Workshop Assisting</u></p>
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PRAC 2 campus students will be asked to assist a **minimum** of 1 weekend workshop throughout the course of the year, to be scheduled in advance with the Director of Workshops, Satu Springer, (workshops@clearmind.com). You are welcome to assist as many workshops as you and Clearmind can accommodate, and it is **strongly recommended that you assist at least 2 in your PRAC 2 year**. PRAC Online students will be asked to assist the 2-week Rude Awakening anytime following their PRAC 2 year, and are exempt from mandatory Awakening Assisting. All workshop assisting counts towards your required practicum hours. Please read "*Assisting Requirements and Procedures*" and "*Student Practicum Program*" for more information.

Student Practicum Program and 4 Session Project

Beginning after Spring Break, you will be asked at minimum to counsel a PRAC 1 student for 4 sessions (the format of these is structured), and to record the sessions. Portions of the tape will be reviewed in class, and by your supervisor. **These sessions are mandatory for diploma students – If you do not complete the 4 sessions you will be given an 'incomplete' in your Student Transcript and will not receive your Diploma or graduate from PRAC 3.** Details of what is required for this project will be provided by your instructor. Please read "*Student Practicum Program*" for more information.

PRAC 3 students are also available early in the year for counselling support (information will be posted on your forum). There is no cost for this service. These sessions are recorded, with small portions of the tape viewed by the PRAC 3 Instructors and class for the purpose of supervision and feedback to the PRAC 3 student.

Assisting PRAC 1

Students are encouraged to assist PRAC 1 classes as often as they are able to support their learning and to be of support to the PRAC 1 students.

MARKING SCHEME

For diploma students final grades will be calculated as follows:

1. 10 marks: given for Class Participation (through teacher/student evaluation rubric)
2. 15 marks: given for completing the following assignments: Autobiography Rewrite, 4 Session Project, Practicum Hour Log (these are not 'marked', 5 marks are awarded for each assignment submitted)
3. 25 marks: given for attendance. One mark is deducted from this total for each class missed. Please note that

	<p>theory classes can be partially “made up”, speak to your instructor for more information.</p> <p>4. 50 marks: given for the final exam. A passing grade is considered 70%. Students may elect to re-take the exam for an additional fee.</p> <p><u>PRAC 3 Course Description:</u></p> <p>PRAC 3 is an exciting and challenging journey into Leadership, for which students are well prepared with completion of PRAC 1 and PRAC 2. The culminating exercise of the program is writing and delivering your ‘universal constitution’, which draws on your autobiographies from PRAC 1 and 2, and articulates a personal commitment to putting your unique self-defined life purpose into action in all areas of your life.</p> <p>Over the course of 8 months, the following 5 units are taught theoretically and practically:</p> <ul style="list-style-type: none"> • Group Dynamics: Theory The basics of therapeutic group theory and process are examined, following Yalom’s model among others. Boundaries and ethics as they relate to group work and recent developments in the field, are discussed. • Group Dynamics: Process and Interventions Group interventions are discussed, and the process of creating effective group exercises for various phases of a group’s development is examined. The safe and effective use of the self in interventions is emphasized. • Group Leadership: Skills and Practice The facilitator of a group will largely determine where and how it goes, and thus the therapeutic stance in relation to groups is discussed. Students practice group process skills under supervision, in various formats. • Genogram Interpretation: Theory and Practice Students learn how to interpret a genogram and lead a family of origin presentation from the theoretical perspective of Bowen’s family systems theory. Students apply their skills in leading family of origin presentations with PRAC 1 students. • Supervision and Counselling Skills Booster Student’s individual and/or group practicum work is supervised and reviewed by qualified instructors, providing feedback and an opportunity for dynamic systemic learning. Various specialized topics in counselling are explored, such as
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relationship counselling and sexuality.

LEARNING ACTIVITIES

- **PARTICIPATION**
Students will be asked to attend class regularly, be on time, and participate fully in discussions and learning activities. This means not only participating in the exercises themselves, but also bringing their personal experience to the room, being willing to tell the truth and expose parts of self that have been defended, with the intention of shifting to a new experience and perspective. In addition, students will be on class 'forums' that extend the classroom into cyberspace, offering ongoing support to the instructors in responding to student questions. Participation will count towards your final grade.
- **READINGS**
Students will be assigned readings from the text and LMS. You will receive a yearly schedule with online readings and due dates provided so that you can plan your time in advance. Due to the experiential nature of this program, the schedule is subject to change.
- **ACIM WORKBOOK LESSONS**
Continuation of the daily workbook lessons.
- **AUTOBIOGRAPHIES**
Students will be asked to give family system oriented feedback on PRAC 1 Student's autobiographies. Students will review PRAC 1 autobiographies, and then attend PRAC 1 class as scheduled to engage in an exploratory feedback exercise designed to assist PRAC 1 students prepare for genograms.
- **QUIZZES**
A mid-year quiz will be offered to the students. This quiz is a required component which allows the students to test their own learning in the subjects taught and allows the instructors to gauge whether the students have understood the material. This quiz will be marked, however those marks do not count toward final marks.
- **SUPPORT GROUP LEADERSHIP PROJECT**
All counselling stream (diploma students) will be required to lead a minimum of one peer support group session, including submitting a plan and session notes. This counts towards your final grade. Details will be provided by your

	<p>instructor.</p> <ul style="list-style-type: none"> <p>• FINAL EXAM (optional for Personal Growth stream students) An open-book final exam will be distributed at the end of classes in June, and is due August 15. (Please note: the due date of exam may change, students will be advised if this occurs). The exam is a learning activity designed to help students integrate material learned throughout the program, and is worth 50% of your final mark. The exam is optional for those taking PRAC for the purposes of personal growth, but mandatory for those who intend to use the program for career purposes. Exam information will be posted on your student forum. Your Instructors will provide you with information on requirements and deadlines in class.</p> <p>• GENOGRAM PRESENTATIONS Students will be asked to co-facilitate (with an instructor) PRAC 1 Family of Origin Presentations at the end of the year. Your Instructors will provide you with information on requirements in class. Dates are scheduled in your student calendar.</p> <p>• COMPLETION WEEKEND ("Psycho Fair") In co-operation with PRAC 2 students, PRA 3 students will help to create and implement the PRAC 1 completion weekend at the end of the year. The focus for PRAC 3 students will be facilitating the weekend as a whole. Your Instructors will provide you with information on requirements in class. Dates are scheduled in your student calendar.</p> <p>• UNIVERSAL CONTRACT AND CONSTITUTION Your last assignment for the year will be a declaration of who you are, and the values and ethics that will direct your life. This is a required assignment, as it is the completion to the autobiography exercises undertaken in PRAC 1 and 2. Your Instructors will provide you with information on requirements in class. Dates are scheduled in your student calendar. Note: There will be a reasonable ticket fee for this public catered event.</p> <p>• SELF-EVALUATION Your last assignment for the year will be an oral self-evaluation, in which you will be asked to examine what you have learned and how you have shifted over the course of the year. You will receive feedback from your peers and instructors. As part of your class participation mark, you will also fill out a rubric evaluating yourself worth 5 marks (out of 10, the other 5 determined by your teachers). If you choose not to submit the evaluation, your teacher's</p>
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	<p>assessment will count for the whole 10 marks.</p> <ul style="list-style-type: none"> • WORKSHOP ASSISTING/PRACTICUM [350 practicum and 60 supervision hours are required for graduation by the end of PRAC 3, 'Student Practicum Program' for more information] <p><u>Assistant's Training Level 2</u> This is an optional weekend for PRAC 3 students (unless you did not complete it in PRAC 2), whose pre-requisite is assisting at least one weekend workshop. PRAC 2 and PRAC 3 students attend Friday, Saturday and Sunday. You will receive more information about how you might participate for practicum hours in class.</p> <p><u>Self Led Support Groups</u> PRAC 3 students are required to attend scheduled self-led support groups, which are scheduled into the class curriculum. Leadership will rotate among pairs of PRAC 3 students, with instructors observing and providing feedback.</p> <p><u>PRAC Class Assisting/Leadership</u> You will be asked to lead portions of PRAC 1 (as scheduled), as well as lead support groups (this can be done in teams). Your instructors will take names of those interested in 'shadowing' PRAC 1, 2, and support groups for practicum hours at the beginning of the year, and the student is responsible for keeping required attendance commitments. Shadow teaching is by an application process only, positions are not guaranteed.</p> <p><u>Facilitator Training</u> Veteran Assistants (with 5 workshop assists) have the option to mentor under facilitators for 1 workshop (as available), leading portions of the workshop at the discretion of the facilitators, and debriefing with them. Dates to be determined in co-operation with the Director of Workshops or workshop producer in your area, for information contact (workshops@clearmind.com).</p> <p><u>Workshop Assisting</u> We strongly recommend that you assist weekend workshops throughout the course of the year to fill in your practicum hours, at your convenience, to be scheduled in advance with the Director of Workshops, Satu Springer (workshops@clearmind.com). Please read "<i>Student Practicum Requirements & Procedures</i>" for more information.</p>
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MARKING SCHEME

For diploma students final grades will be calculated as follows:

5. 10 marks: given for Class Participation (through teacher/student evaluation rubric)
6. 15 marks: given for completing the following assignments: Constitution, Group Facilitation Project, Practicum Hour Log (these are not 'marked', 5 marks are awarded for each assignment submitted)
7. 25 marks: given for attendance. One mark is deducted from this total for each class missed. Please note that theory classes can be partially "made up", speak to your instructor for more information.
8. 50 marks: given for the final exam. A passing grade is considered 70%. Students may elect to re-take the exam for an additional fee.
9. DSM online course: must be marked 'complete'.
10. Therapeutic and Practicum components must be complete (per Practicum hour log).