

### **Course Description**

REAL is a 2-year personal growth training course that teaches **Relationship Expertise and Advance Leadership** skills through theoretical learning and experiential application. Our REAL program is meant to build on our Practitioners Training Level 1 program, but from a personal growth perspective only, and is not intended for counsellor training.

Participants can elect to take each year consecutively, or not.

REAL is an experiential and relational learning course that fosters the self-awareness and skill required to transform your own life, and become a positive influencer in the lives of those around you.

Participants choosing to take the course, may choose to receive a Letter of Completion for personal development purposes from Clearmind International Institute Inc.

Once you have completed all 2 years of our REAL program, you will have achieved or be able to do the following:

#### **Attitudes**

1. Adopt a clear set of personally defined guiding values, including a personal position of what it means to be helpful to others (personally 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

#### **Knowledge**

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

#### **Practical/Personal Skills**

1. Demonstrate effective empathetic, transparent, responsible and connective communication skills with individuals and groups
2. Effectively communicate with individuals and groups
3. Act ethically, demonstrating emotional responsibility in your communication
4. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is minimized, and proactive behaviour is maximized

### **Admission Requirements**

**REAL 1** Successful completion of Practitioners Training 1 classes and assignments (completion of exam not required) plus recommendation of Instructor

**REAL 2** Successful completion of REAL 1 classes and assignments, plus recommendation of Instructor

<p><b>Reading Material Required for this Course</b></p> <p><b>REAL 1:</b></p> <ul style="list-style-type: none"> <li>- Optional: <i>The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients</i> by Irvin D. Yalom</li> <li>- Weekly articles, online lecture clips and excerpts compiled on Learning Management System (LMS)</li> <li>- <i>A Course in Miracles</i> – available from an online website</li> </ul> <p><b>REAL 2:</b></p> <ul style="list-style-type: none"> <li>- Optional: <i>Group Techniques</i> by Gerald Corey, Marianne Schneider Corey, Patrick Callanan, J. Michael Russell</li> <li>- Weekly articles, online lecture clips and excerpts compiled on Learning Management Systems (LMS)</li> <li>- <i>A Course in Miracles</i> – available from an online website</li> </ul>
<p><b>Equipment Required for this Course</b></p> <p>Campus classes: a computer and internet access          Online classes: a computer with a webcam, headphones/speaker, a microphone, and high-speed internet</p>
<p><b>Course Duration</b></p> <p>This is a 2-year course:</p> <p><b>Level 1 and Level 2:</b> year’s duration is 9 months approximately, from mid-September to June, consisting of 38 classes per year, plus six weekends specified in the Course Overview Calendar.</p> <p>Does not have to be taken in consecutive years.</p>
<p><b>Homework Hours</b></p> <p>Participants can expect to have readings as homework almost every week during the course. Homework/readings average ½ - 2 hour for every hour of class for both Level 2 - 3 hours. The purpose of this program is for Personal Growth, so ultimately readings are optional: they will enhance your learning and experience, but there is no requirement to do them.</p> <p>Extra homework is to be expected for 1 main project in each year.</p> <p>Homework time will depend somewhat on how a participant organizes their time around projects REAL is designed to fit into the life of a working adult: information on assignments, schedules, most of the readings will be provided at the beginning of each course.</p>
<p><b>Delivery Methods</b></p> <p>This course is delivered both on-site (in a campus classroom) as well as online (through an interactive virtual classroom). The Participant readings are compiled and available online via the Clearmind School Learning Management System (LMS).</p>
<p><b>Instructional Method</b></p> <p>Instructor led with a focus on experiential learning – average two Instructors per class, or one Instructor to 15 Participants.</p>
<p><b>Learning Objectives/Outcomes</b></p> <p><b>Level 1:</b> Once you have completed Level 2 you will have achieved or be able to do the following:</p> <p><b>Attitudes</b></p> <ol style="list-style-type: none"> <li>1. Assume a personal position of responsibility to be helpful to others (personally or otherwise)</li> </ol>

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

**Knowledge**

1. Describe the process of positive (systemically evolutionary) change
2. Analyse human dilemmas (including your own) from a systemic context
3. Identify clear steps to address those dilemmas
4. Analyse ethical / boundary issues to identify appropriate responses in relation to those issues

**Practical / Personal Skills**

1. Demonstrate effective empathetic, transparent, responsible and connective communication skills
2. Apply effective communication techniques with individuals
3. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is lessened, and proactive behaviour is increased.

**Level 2:**

Once you have completed Level 2, you will have achieved or be able to do the following:

**Attitudes**

1. Adopt a clear set of personally defined guiding values, including a personal position of what it means to be helpful to others (personally 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

**Knowledge**

1. Analyse the dynamics of a group
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

**Practical / Personal Skills**

1. Demonstrate effective empathetic, transparent, responsible and connective communication skills with individuals and groups
2. Apply effective communication techniques with individuals and groups
3. Act ethically, demonstrating emotionally responsible communication
4. Demonstrate emotional awareness including tolerance of emotional discomfort, such that reactive behaviour is minimized, and proactive behaviour is maximized.

**Participant Progress/Assessment Methods**

Rubric – Self-demonstration of the application of knowledge and attitude

**Attendance Expectations**

Attendance is expected. Participants receive a Course Overview Calendar detailing class and course weekend dates so that these may be planned for in advance.

**Graduation Requirements**

Not applicable

## Course Outline

### Level 1 Course Description

In Level 1 we learn the 'how to' engage in "conscious relationship" including reflective listening, communication techniques, 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.

Participants 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 life tool any person has is their self, and we continue the process of exploring self in relationship.

Over the course of 9 months, the following 6 units are taught theoretically and practically:

- **Relationship Building Skills**  
Explorational and communication skills are taught, listening and connective skills. Recent developments in relationship building are discussed and applied. The focus is on how to responsibly create a healing relationship, and to act as an agent of change.
- **Experiential Techniques: Interventions**  
Experiential techniques drawn from various relational therapies are explored from a theoretical and applied perspective. The principles behind experiential interventions are discussed and participants experience and practice these techniques.
- **Spiritual and Transcendental Experience and Spiritual Emergency**  
Exploration of the transpersonal spiritual and transcendent aspects of the human experience and context of 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 consciously. The role that altered states of consciousness have played in human spiritual development is examined, and the potential for these experiences to be used consciously in a responsible fashion is explored.
- **Personal Boundaries and Ethics in Emotionally Responsible Communication**  
Ethical principles as they are applicable to one's personal relationship system are outlined. Boundary and ethical issues are discussed in detail, and participants are encouraged to think their way through various common ethical dilemmas. Participants continue addressing areas of potential personal vulnerability, developing awareness of how their unfinished business could impact their life, partners, family, co-workers and friends.
- **Common Issues in Mental Wellness**  
Common issues that relate to mental wellness are explored, including emotional intelligence and mental health; emotional trauma; and grief and bereavement. Although these aren't examined in detail, Participants are given an important grounding in dilemmas that arise over the course of our lifetime.
- **Diversity**  
Theory and experiential exercises are delivered to make participants more aware of diversity issues. Participants will explore their own beliefs on diversity, as well learn skills to help them interact, collaborate and work more closely with people of indigenous origins

and those who have different cultural, ethnic, religious and sexual orientations to their own.

## LEARNING ACTIVITIES

- **PARTICIPATION**

Participants 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, Participants will have access to a Learning Management System (LMS) that extends the course beyond the classroom, here you may find assignments, the Course Overview Calendar and communicate with peers and offer ongoing support to your peers.

- **READINGS**

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

- **AUTOBIOGRAPHY REWRITE**

Participants 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. **Submission of your Autobiography Re-write is mandatory and counts towards your completion.**

- **GROUP SUPPORT SESSIONS (optional)**

REAL Level 1 is an intense course; you may find yourself periodically struggling with personal issues that the course brings to light. We recommend regular attendance at a Support Group or a Peer Support Group.

- **ACIM WORKBOOK LESSONS**

Participants are asked to continue the daily workbook lessons.

- **COMPLETION WEEKEND ("Psycho Fair")**

Campus REAL 1 Participants will help to create and implement the REAL completion weekend (Psycho Fair) at the end of the year, as a final REAL 2 project. This is an opportunity to put your skills creatively into practice. Due to its 'physical' nature, Psycho Fair is not appropriate to be extended to Online REAL 1 Participants. Your Instructors will provide more information in class.

- **SELF and INSTRUCTOR-EVALUATION**

As part of your class participation mark, you will complete a Rubric evaluating yourself on the learning objectives: Attitudes, Knowledge, Practical and Personal Skills - worth 15 marks (out of 30, the other 15 determined by your Instructors). 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.

### **Experiential Learning Opportunities**

#### **Assistant's Training Level 1 (optional – for an additional fee)**

REAL 1 Vancouver training: attend Saturday and Sunday. Assistant's Training Level 1 (cost included in your course fee). Online REAL Participants may attend the Assistant's Training Level 1 in the nearest location.

#### **Workshop Assisting (optional)**

REAL 1 Campus Participants may assist a weekend workshop throughout the course of the year, to be scheduled in advance with the Director of Workshops ([workshops@clearmind.com](mailto:workshops@clearmind.com)).

**NOTE: RECOMMENDATION required to move to REAL 2**

### **REAL 2 Course Description:**

REAL 2 is an exciting and challenging journey into leadership, for which participants are well prepared with completion of REAL 1. The culminating exercise of the course is writing and delivering your 'universal constitution', which draws on your autobiographies and articulates a personal commitment to putting your unique self-defined life purpose into action in all areas of your life.

Over the course of 9 months, the following 6 units are taught theoretically and practically:

- **Group Dynamics: Theory**  
Theories of group dynamics are examined. Personal boundaries, values and ethics as they relate to groups and recent developments in the field of personal leadership are discussed.
- **Group Leadership**  
The leader of a group will largely determine where and how it goes. Various approaches to group leadership are discussed.
- **Group Dynamics: Application**  
Participants are given the opportunity to practice applying leadership and relational skills in groups
- **Genograms and Family History**  
Participants learn how to interpret multi generational genograms, with an emphasis on understanding their own family systems.
- **Communication Skills Booster**  
Participant's individual and/or group work is observed by Instructors, providing feedback and an opportunity for dynamic learning. Various specialized topics in communication are explored, such as relationship communication and sexuality.
- **Mental Wellness**  
Participants will be introduced the elements of mental wellness and self care techniques.

## LEARNING ACTIVITIES

- **PARTICIPATION**

Participants 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, Participants will have access to a Learning Management System (LMS) that extends the course beyond the classroom. Here you may find assignments, the Course Overview Calendar, and communicate with peers and offer ongoing support to your peers. Participation will count towards your final grade

- **READINGS**

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

- **ACIM WORKBOOK LESSONS**

Continuation of the daily workbook lessons.

A mid-year quiz will be offered to the Participants. This quiz is a required component which allows the Participants to test their own learning in the subjects taught and allows the Instructors to gauge whether the Participants have understood the material. This quiz will be marked; however, those marks do not count toward final marks.

- **COMPLETION WEEKEND ("Psycho Fair")**

In co-operation with REAL 1 Participants, REAL 2 Participants will help to create and implement the REAL completion weekend at the end of the year. The focus for REAL 2 Participants will be facilitating and producing the weekend.

- **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, if a Completion Letter is desired. Your Instructors will provide you with information on requirements in class. Dates are scheduled in your Curriculum Overview Calendar.

- **SELF and INSTRUCTOR-EVALUATION**

As part of your class participation mark, you will fill out a Rubric evaluating yourself on the learning objectives: Attitudes, Knowledge, Practical and Personal Skills. 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.

**Experiential Learning Opportunities**

**Assistant's Training Level 2 – (Optional, for an additional fee**

Participants may elect to continue assisting workshops, and further develop their skills as a workshop assistant, through Assistant's Training Level 2. Assistant's Training based in Vancouver, Participants attend Saturday and Sunday.

Assistant's Training based in ALL OTHER LOCATIONS Participants attend Friday, Saturday and Sunday. Online REAL Participants may attend the Assistant's Training nearest to their location.

**Self-Led Sharing Groups**

REAL 2 participants are required to attend scheduled sharing groups, which are scheduled into the class curriculum.

**Workshop Assisting (optional)**

Participants will have the opportunity assist two weekend workshops throughout the course of the year, at your convenience, if you have taken Assistant's Training. To be scheduled in advance with the Director of Workshops, ([workshops@clearmind.com](mailto:workshops@clearmind.com)).