

**Institute of  
Cognitive  
Transpersonal  
Psychotherapy**



Approved by  
The Institute of Past Life Therapy & Research

[www.instituteofpastlifetherapy.com](http://www.instituteofpastlifetherapy.com)

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## What is Cognitive Transpersonal Psychotherapy

Cognitive Transpersonal psychotherapy is a client centred therapy based on an academic discipline.

It works with and integrates the whole spectrum of human development from pre-personality to trans-personality, meaning that we encompass the multi dimensionality of consciousness.

We work with the premise that the healing intelligence is within the person and it is they through the guidance of the session which brings about resolution, allowing the psyche to self regulate into a more flowing way of being

The Cognitive Transpersonal Psychotherapy course is designed to teach one to become a professional practitioner in the field of Cognitive Transpersonal Psychotherapy.

Our aim is to build a bridge that links the main theorists of psychology and bring them into a combined integrated form of psychotherapy.

The Cognitive Transpersonal Psychotherapy course looks openly at differences of thought whilst also looking at how combining them can make really effective therapy. We have appreciated the old and embraced the new, and have developed a well grounded approach to what is the original meaning of psychology, being 'care of the soul'.

### **Enrolment Criteria**

- Due to the depth and experiential nature of this course, the course is therefore aimed towards the mature student
- This course is intended for those who are working or beginning to work in the area of counselling, psychotherapy, and hypno-psychotherapy. This course is aimed at enhancing understanding and skills in Cognitive Transpersonal Psychotherapy.

### **Four levels of training and certification**

Level I & II: Post-graduate Certification, Cognitive Transpersonal Psychotherapy

Level III: Post-graduate Diploma, Cognitive Transpersonal Psychotherapy

Level IV: Post-graduate Advanced Diploma, Cognitive Transpersonal Psychotherapy

Level I: The course participant will begin with the study of the theory of ten psychotherapies that are being presented within this module. The theory element of this course has been designed as a self-directed study program, and thus can be completed at the student's own pace.

Level II, III and Level IV are a combination of the theory and practical application of acquired skills. At practical classes there is a focus on experiential practice of individual techniques and also focuses on putting these techniques together to form a cohesive model of psychotherapy which will most benefit the client.

All theory work, except the final examinations can be completed and sent by mail. The final examinations must be written in the presence of an approved examiner.

Level I can be started any-time prior to the practical classes.

Practical classes are done in three blocks of learning/training.

There are fifteen weekends of training spaced over eighteen months.

Practical Classes are held one weekend per month beginning with; January to June 2012. September to November 2012. January to June 2013.

## **Course Modules**

**Level I** . Theoretical Self-directed learning & examination based on ten psychotherapies . This level will enhance the participants awareness of the broad and diverse perspectives of the theorists and practitioner's of psychotherapy. Level I can be started any time prior to the Practical classes which being in Level II

### **Level II**

- Therapists Self-care
- The art of Mindfulness
- Introduction to the Cognitive Transpersonal model
- Inner-child/younger-self (soul fragmentation & integration)
- Types of and release of trauma
- The pre-natal & post-natal life.

### **Level III**

- Energy Interferences & entanglements
- The Inter-life experience

### **Level IV**

- The therapy of past lives exploration
- Identifying patterns
- Energy Psychology and related practical techniques
- Cognitive Therapeutic Module

## **Benefits of taking the ICTP Course**

- Gain a thorough understanding of various psychotherapy models which inform the methodology of transpersonal psychotherapy.
- Understand the development of consciousness and explore the concept of the trans-personal consciousness.
- Personal experience and practice of the techniques taught on the course, which will further one's own personal development and deep understanding your own life and eventually of client issues.
- Learn efficient and speedy methods of uncovering the root cause of your client's presenting issues.
- Explore the transpersonal elements of your own consciousness, gain a better understanding of one's own psyche
- Understand and dissolve unwanted repeating patterns of thought, feeling or behaviour in one's life.

- Discover the exciting world of Energy Psychology and learn cutting edge techniques.
- Therapists will benefit from the studying of the theory of the ten psychotherapies that are being presented within the course. The study and practice of Transpersonal therapy helps one to choose wisely from the therapies and develop ones own style while maintaining one's sense of self.
- This course equips with helping clients to become aware of what is happening to themselves, within themselves and between themselves and others.
- The first primary focus of this course is on the well-being of the course participant. The faculty fully understand and appreciate that all who participate are unique individuals and as such we view all as complex, multidimensional beings who are to be treated in a respectful manner.

### **The therapeutic value of being a Cognitive Transpersonal Psychotherapist**

- The addition of techniques brings an added dimension to your existing qualifications and introduces new and valuable tools for your “therapeutic toolbox”
- You will be working with your clients in the most transformational field available in a truly holistic way, helping your clients to reintegrate what was fragmented and to heal the soul.
- Long-standing and persistent client issues often respond to transpersonal psychotherapy where all else has failed.
- Assist clients to heal on the energetic level and spiritual levels as well as the somatic, mental and emotional.
- This course equips with helping clients to become aware of what is happening to themselves, within themselves and between themselves and others.
- The first primary focus of this course is on the well-being of the course participant.

The ICTP course is a journey of bridging the theories of psychotherapy with modern and post-modern ground breaking methods and techniques. This course is a step-by-step process, grounded in science yet the therapy itself becomes an art-form. We require that you must bring your own creativity to it and yet remain flexible enough to work within a structured form. The study and practice of cognitive transpersonal psychotherapy will aid you to choose wisely from the psychotherapies and eventually you will develop your own style of working the therapies. The ICTP course aims to aid the participant with theoretical knowledge and practical based skills for use in cognitive transpersonal psychotherapy.

*For Full course prospectus please email Margaret: [margaret.ictp@gmail.com](mailto:margaret.ictp@gmail.com)*