

Postgraduate Diploma in Personal Integration Studies
School of Integrative Psychology
Akamai University

Postgraduate Diploma in Personal Integration Studies is a quality professional diploma program designed to give you theoretical and practical grounding in holistic life integration techniques. Topics include a broad range of personal development, consciousness growth and physical and mental mastery. Appropriate for counselors, teachers, caregivers, life coaches, workshop and seminar leaders and students of self-help.

A Postgraduate Diploma in Personal Integration Studies through the School of Integrative Psychology can be obtained via online studies by completing all the seminars and passing the online tests for the four courses. SIP certificates have growing recognition in educational and health related fields. Background experience, seriousness of intent and competency in the English language are considerations for admission. You will be notified via return email about your acceptance to the Program.

PROGRAM REQUIREMENTS

Students pursuing the Postgraduate Diploma in Personal Integration Studies complete a program of 12 semester credits, as outlined below:

SIP 501: Psychology of the Creative Spiritual Life (3 credits)

SIP 502: Bio-Spiritual Energetics in Human Growth and Development (3 credits)

SIP 503: Systemic Approaches to Core Integration (3 credits)

SIP 504: Personal Effectiveness Principles (3 credits)

COURSE DESCRIPTIONS

SIP 501: Psychology of the Creative Spiritual Life (3 credits)

Students will investigate six major life areas in which psychology and spirituality intersect. Learning will be both didactic and experiential such that students will have both the knowledge base of other theorists and the tools to validate their inner truths. Students will listen to recordings of six seminars, participate in the exercises, have selected readings, complete a workbook and write reports and a paper.

This series of seminars lays the foundation for a holistic approach to life. Six major life areas are examined to infuse a greater sense of self-responsibility, creativity and thus balanced healthy approach to well-being.

Being unaware of the belief systems which shape one's reality often keeps one searching for knowledge in endless variations on outmoded themes. Having the tools to more objectively witness one's structure of thought, alter basic patterns and then analyze the results is a profound step in human development. This allows one more choice in infusing spiritual principles in place of unconscious patterning. These seminars take students step by step through this process in life areas which hold the most meaning and emotional charge. Thus it is more than a how-to manual, but teaches group and individual support techniques to make effective change.

It is expected that students will be able to:

- a. Infuse creative thinking into major areas of life purpose through analysis, affirmation and effective goal setting,
- b. Understand and use the body as an energy conducting system, means of communication and product of one's thoughts,
- c. Work effectively with prosperity principles including earning, spending, saving and investing,
- d. Recognize major psychological and emotional patterns in relationships and apply creative thought principles to change,
- e. Explore realms of conscious awareness beyond consensus reality,
- f. Address psychological factors that undermine spiritual fulfillment including birth trauma, parental disapproval syndrome and the unconscious death urge. [Faculty: Jim Morningstar, Ph.D.]

SIP 502: Bio-Spiritual Energetics in Human Growth and Development (3 credits)

Students will learn to read body energy patterns in themselves and others. Bio-energetic exercises and body typing based on the work of Alexander Lowen, MD, will be practiced and will provide an experiential reframing of the first six years of human development. A different series of exercises will be learned for each of the six body types as well as breathwork techniques to open the body to be a vehicle for one's spiritual expression. Students will listen to recordings of eighteen seminars, participate in exercises via video recording and write a paper.

These holistic practices have been developed over the past 30 years. Students will be introduced to the theory and practice of reading and releasing character logical and their corresponding physical energy holding patterns. Cues from the body, family history, symptomology and behavior of the client will be interrelated. This gives the practitioner several avenues of intervention in helping increase the client's self-awareness and self-care. Specific verbal, postural, movement, and attitudinal interventions are demonstrated to assist in effecting positive changes more readily and more permanently than just verbal or physical intervention alone. Bio-spiritual energetic awareness and many of the techniques can be integrated effectively into clinical practice. A video with demonstrations of exercises for all BAS classes comes with this series. [Faculty: Jim Morningstar, Ph.D.]

SIP 503: Systemic Approaches to Core Integration (3 credits)

Several foundational systems approaches presenting holistic paradigms for spirit/mind integration will be studied. This will include Family Systems Theory and General Systems Theory as practiced on a personal and organizational level. Daily journaling will be done based upon the topics studied. Relevance to creating a viable spiritual community in one's world will be emphasized. Students will listen to class recordings, participate in exercises, complete their emotional autobiography and write a final paper.

Integrative psychology has antecedents in the fields of psychotherapy, systems theory and communications that have paved the way to more essential contact between human beings. Some of the most clear and effective theories and practices from the psychological domain are presented here. They open the doors to and interface with spiritual traditions that have been wise

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enough to train the mind rather than demonize it or try to eliminate it. Students will apply these practices to their own lives and relationships and learn first hand how to tailor the tools to their psyche as well as alter them for others. Students will study their own systems as well as their personal communication patterns as well as learn the techniques for assisting those they serve.

In this course the student will learn:

- To effectively use goal setting and scheduling as tools to self-knowledge and spiritual growth
- To identify ineffective communication patterns in self and others and to remedy them
- To understand and employ family systems theory
- To use basic breathwork techniques
- To be conversant with general systems theory and levels of consciousness applications
[Faculty: Jim Morningstar, Ph.D.]

SIP 504: Personal Effectiveness Principles (3 credits)

The Personal Effectiveness Principles training is a series of eight classes enabling participants to gain clarity about their life goals and success in achieving them as well as how to help create an environment that will sustain ongoing positive life changes for themselves and others. The course encapsulates concise and useful principles for mental mastery, emotional intelligence, goal setting and long term purposeful success. Techniques for effective communication, relationship building and energy maintenance through breathing fully and freely are also covered.

Course Objectives:

- Know and practice principles for thinking clearly, acting passionately and responsibly and obtaining fulfilling results in one's unique way,
- Know how to help create an internal and external environment that will sustain ongoing positive life changes for one's self and others.

Class #1: Personal Effectiveness - Clarity and Passion

Class #2. Your Deepest Beliefs - The Analysis Principle

Class #3. Changing Your Mind - The Affirmation Principle

Class #4. Self Direction - The Goals Principle

Class #5. Self Awareness- The Maintenance Principle and Breathing Your Body in Motion

Class #6. Effective Communication - Healing Vision and the Risky Rascals

Class #7. Personal Laws and Relationship Patterns - the Keys to Freedom

Class #8. Living Your Purpose - Doing What it Takes

[Faculty: Jim Morningstar, Ph.D.]