Diploma in Practical Spirituality and Wellness

Pioneering Holistic Qualification

Ofqual Register: Crossfields Institute Level 3 Diploma in Practical Spirituality and Wellness

An adventure in personal transformation

Explore and deepen your spirituality
Discover the health benefits
Gain a professional qualification and help others
Join an open-hearted and supportive community of like-minded peers

8 WEEKENDS IN 2020
SATURDAY-SUNDAY 10am-5pm.
18-19 January; 22-23 February;
28-29 March; 25-26 April;
30-31 May; 27-28 June;
5-6 September; 10-11 October

LEAD TUTOR
Andrea Klein is a Spiritual Companions Educator, healer and mindfulness-based coach. A linguist with a background in the film industry and in secondary education, Andrea retrained extensively in mid-life and now uses healing, energy psychology, mindfulness, EFT and NLP to enable people from all walks of life to develop their spiritual and emotional literacy, empowering them to make transformative choices and deepen into Being. It is her passion to bring more spirituality and consciousness into the mainstream.

ASSISTANT TUTOR
Following her own spiritual awakening through crisis in 1995, Maria Luz Fernandez works in mental health as a registered Counsellor and Psychological Practitioner in the NHS, primarily in psycho-education, incorporating spiritual advocacy which is at the core of her work. She is a Spiritual Companion and has completed the Diploma in Relational Mindfulness for health professionals at Karuna Institute and is an active member of the UK Spiritual Crisis Network.

VISITING TUTOR
William Bloom PhD is one of Britain’s leading authors and educators in modern spirituality and a holistic approach to individual and community wellbeing. He is director of the Spiritual Companions Trust and has spent 30 years on the faculty of the Findhorn Foundation. His many books include The Endorphin Effect and The Power of Modern Spirituality.

Entry Requirements
There are no formal academic entry requirements. Applicants need to be over 18. You will complete an application form which requires you to give some life history and describe your motivation. Our main concern is that learners demonstrate the potential to develop emotional literacy, a welcoming attitude to diversity and mature self-management. We also ask all students to have access to the Internet as the portfolio is web-based and some small group sessions may take place via Skype.

Assessment and Accreditation
Assessment continuous, via tutor and peer observations as well as an online portfolio that contains reflective notes, a diary of insights and miniessays.

Timing and Structure
The course consists of 96 contact hours over 8 weekends. Students will be organised into small peer groups which meet 8 times during the course, either in person or by conference call/Skype. Students are also required to complete 300 self-directed learning hours which include spiritual practice, reading, researching, companioning others and reflective writing assignments.

Further Information and Booking
ENQUIRIES: andrea.klein@talktalk.net
07956 376 145
FULL COURSE DETAILS:
www.living-essence.co.uk/Diploma

Spirituality emphasises the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn, develop and mature.'

Royal College of Psychiatrists
The qualification has Four Modules with these learning outcomes:

1: Person Centred Spiritual Practice
- Develop your own understanding of spirituality and spiritual practice
- Build and create your own daily spiritual-well-being practice and practice core skills of meditation
- Know the common features of spiritual experiences and spiritual practices across the globe

2: Reflective Practice and Self-Awareness in the Context of Spiritual Development
- Understand the elements, benefits and importance of reflective practice and self-awareness in the context of spiritual development
- Build skills to implement a regular practice of reflection and self-management
- Engage in reflective conversations with others about own developmental process
- Investigate how well your lifestyle and behaviours align with the Spiritual Companions Guidelines

3: Science and Context
- Review the historical and cultural relationship between spirituality and medicine
- Understand the evidence base for the health benefits of spirituality and the key elements of spirituality and faith that can benefit physical and mental health
- Define the benefits of spirituality for your own health and wellbeing and to facilitate this discussion with future clients.

4: Spiritual Care in Practice
Leading to the practice of being a Spiritual Health Coach/Mentor, this module builds skills enabling participants to:
- Prepare a safe and sacred space
- Lead an individual or small group into meditation
- Demonstrate whole body listening for a sustained period with an individual and a group
- Develop the communication skills of spiritual companioning
- Explain the progression of and care for stages of spiritual emergency

Our Definition of Spirituality
We always encourage people to develop their own definition of spirituality. That said, we find that the following definition is appropriate and helpful in most educational and healthcare environments.

Spirituality is everyone’s natural connection with the wonder and energy of life – and the instinct to explore that experience and its meaning.

Spirituality affirms that human development is about the growth of compassion and awareness, heart and mind.

Approach
Our approach is person-centred and holistic. Our first enquiry is always: ‘What works best for you?’

Relevance
There is an increasing need for spiritually competent people, whose approach is holistic, highly inclusive and who celebrate diversity.

This is particularly relevant in the fields of healthcare, education and organisational wellbeing. This is based on two important developments:
- The growing evidence base for the beneficial links between spirituality and health.
- A general social tendency away from membership of a single religious faith to a more general spiritual approach.