



COLLEGE INTEGRATED HEALING DIPLOMA COURSE

- Would you like to be part of one of the leading healing courses in the whole of the UK?
- Are you interested in learning how to work safely and efficiently as a professional healer?
- Would you like to delve into a two-year journey which will not only give you the knowledge of a full spectrum of healing modalities for the mind, body and spirit but that will also provide a safe container for you to know and grow into yourself?

We are delighted to introduce you to the College Integrated Healing Diploma Course, a two-year accredited, professional healer training.

The course will link eastern and western spiritual, psychological and scientific traditions to provide an integrated perspective on well-being, health and healing. You will learn to include mindfulness, psycho-neuro-immunology, integrative processing, the felt sense and stress management into your healing practice. Self-healing and professional skills and knowledge for healers are interwoven throughout the whole course.

You will not only gain your College Integrated Healing Diploma but additional qualifications in Effective Listening Skills endorsed by the CPCAB (Counselling and Psychotherapy Awarding Body), a Stress Reduction Certificate qualification, endorsed by the ICH (Institute of Clinical Hypnosis), an AAMET Level 1 EFT certificate and an optional fully certified Reiki qualification. Students must also complete the programme of five half-day weekend workshops on Anatomy & Physiology for Healers that are held at the College; a certificate of attendance will be released on completion.

We define healing as *'The channelling of healing energy, which is loving in nature, through the hands and/or with thought.'*

The College Integrated Healing Diploma Course complies with the UK National Occupational Standards (NOS) for Healing and Reiki and is accredited by UK Healers, the lead body for regulation of healers in the UK. Successful completion of the course allows graduates to register with the Complementary National Healthcare Council (CNHC) and the General Regulatory Council for Complementary Therapies (GRCCCT).

COURSE OBJECTIVES

When working with clients we want to help you develop:

- Knowledge and awareness in working with healing energies, and competence in using a range of healing techniques.
- A caring, respectful, open hearted, non-judgemental approach towards yourself and your clients.
- Inner stillness, witness consciousness and connection with the healing intelligence of the psyche.
- Good listening skills, inner attentiveness and interpersonal awareness.
- An awareness of your professional role and the responsibilities it entails, including boundaries and confidentiality.
- An ability to make use of professional support mechanisms: self-reflective practice, supervision and self-care.

When working with students we aim to provide: - An understanding of our 'Principles of good professional healing practice' developed in conjunction with the UK Healers Code of Conduct. - The appropriate skills and experience to work safely and effectively as a professional healer.

WHAT MAKES OUR HEALING COURSE SO UNIQUE?

- A very comprehensive self healing and personal growth programme which is woven throughout the two-year course. This has been developed to provide a safe container for you to explore inner experiences which will inevitably come up during the course.
- The possibility of studying and immersing yourself in the world of healing at the College, a long-standing and respected centennial institution with its stunning premises in South Kensington.

- A collection of extra certificates which you will receive in addition to your healing accreditation certificate at the end of the two-year study (please see below for more information).
- Our internal tutors, all fully accredited healers mostly at the College with many years of experience and a deep passion for healing.
- Our guest tutors, all well-known and internationally respected experts in their field.
- Careful attention placed on healing practice with many hours of training intertwined and backed up by the theory and philosophy of healing over the two-year diploma
- A free full 6-hours of one-to-one supervision in which you can discuss any matters which come up with your clients during case study work or anything else which needs addressing during the course.
- Our diploma is a highly respected nationally accredited two-year qualification which complies with National Occupational Standards for Healing and Reiki.
- Our popular in-house healing clinics which provide a space for you to receive healing but also to volunteer and experience first-hand a warm and professional healing environment.

WHY WE ARE SO PASSIONATE ABOUT HEALING AND OUR NEW HEALING COURSE

The College was founded in 1884 by a group of eminent scholars and scientists. Its purpose was to facilitate formal investigation into psychic and mediumistic phenomena. As one of the oldest establishments of its kind, the nature of our work has evolved to incorporate a more general and widely-based exploration of consciousness beyond matter.

Healing has been offered at the College for over a century, and as well as healers famous in their day such as George Spriggs and Robert James Lees, there have always been others working in the background, not least providing absent healing from their own homes.

The core of our studies also includes our commitment to healing, both in the teaching of this subject and the exploration of the growing capacity of science to explain such phenomena. As a charity we are dedicated to offer people from all walks of life a safe and nurturing environment and healing is an integral part of our commitment.

We have seen the remarkable benefits clients experience from attending our Monday, Wednesday and Thursday healing clinics and are proud to have a Thursday evening group of healers who meet to send distance healing out to those who cannot attend for personal healing. We are very grateful to have a passionate team of healing volunteers who are fully dedicated to healing and offer many hours of volunteering every year. As for our healing studies, our original healing course was launched over 18 years ago and since that time it has gone through many changes in line with the changes in the world of healing and regulation.

In 2014 we decided to wind down the old course and we are now proud to have launched the College Integrated Healing Diploma Course, an all-embracing rounded course in which you will not only learn an abundance of healing modalities, but in which you will also explore your own self development and personal growth. The course has an integrated perspective on well-being, health and healing, linking eastern and western spiritual and scientific traditions.

SELF-HEALING FOR STUDENTS & PROFESSIONAL SKILLS AND KNOWLEDGE FOR HEALERS

We will introduce a range of concepts, topics and processes, many common to the caring professions, which help us to understand the human condition and which support 'good practice'.

Utilising group work in class, we will be learning the integrative processing methods of John Ruskan, the 'felt-sense' process of Eugene Gendlin, and Mindfulness practice as accepted by NICE guidelines. Combined with listening skills and the development of your interpersonal awareness, you will gain a more confident capacity to 'hold the space' for the client in a grounded, centred and balanced way.

There is the opportunity to work on your own energy blocks at your own pace, with reference to current situations and your experience at different stages of your life.

The self-healing for students and professional skills and knowledge for healers of our Diploma course are woven throughout the two years and have five major components which work together to support you in your role as a healer. We believe this is fundamental in the training of grounded, self-contained and competent professional healers.

- Self-healing for students: an opportunity to focus on your personal experiences in life and the meaning and purpose in the challenges you have faced.
- Transformative processes: experience shifting and transforming energy, physically, emotionally, mentally and spiritually in relation to your ongoing experiences.
- Professional skills and knowledge for healers: how to 'hold the space' professionally when working with different types of people and situations.
- Listening skills: therapeutic processes occur within seconds of interacting with your client so you need to not only

- listen but to recognise what you are hearing.
- Models of healing: understand the significance and benefits of different aspects of the healing session.

THE COURSE STRUCTURE

The Diploma course will cover a variety of topics which will include (i) healing theory and practical, (ii) self-healing and self-growth and (iii) coursework and case studies.

Course Topics YEAR 1

- What is healing?
- The importance of inner stillness, meditation and breath work
- The subtle bodies: auras, chakras, hara and nadis.
- The chakra system in relation to mind and body.
- Developing an awareness and understanding of your own chakra energy
- Developing the way you sense your clients energy
- Grounding and protection
- Using listening and communication skills
- Awareness of space and boundaries
- Yoga and the chakras, the mind body connection
- Chair and couch contact healing methods: Chakra based chair method; supporting the self healing heart; chakra balancing couch method; listening posts couch method.
- Healing with sound - with Olaf Nixon
- Animal Healing and Communication
- Code of Conduct and the law
- Code of Conduct test

Self-Healing for Students

Topics covered include: Models of the mind; stages of human development; attachment bonds; spiritual autobiography; mind-body interface; psychic and paranormal issues; stress management; the impact of trauma; mental health. Healing processes: the felt sense; the inner child; mindfulness; integrative processing; guided and creative visualisation; relaxation; self acceptance, compassion and gratitude; bereavement, loss and grief.

Professional Skills and Knowledge for Healers

Topics covered include: Components of a session, contracts and boundaries, listening skills, difference and diversity, barriers to listening, silence, building trust; transference and counter transference; projection; beginnings and endings; how to handle referrals; self-care; self-reflective practice, supervision: both ongoing and one-to-one.

Coursework

- 1 x 4-session chair healing case study
- 1 x 4-session couch healing case study
- 2 x 6-session case studies (any methods taught in Year 1)
- 2000 words essay on your understanding of healing
- Ongoing meditation practice
- Self healing journal
- Supervision, both ongoing and one-to-one
- Reading as required
- Code of Conduct examination

Case studies to be completed by the student in his / her own time outside of the College premises.

Course Topics YEAR 2

- Working with Cancer, Terminal Illnesses and Life Threatening Illnesses - with Annie Penny
- Crystals for Higher Consciousness - with Judy Hall
- Student Healing Clinic
- Healing for the Dying - with Amanda Preece
- Interactive healing methods: working with clients using guided imagery; body based mindfulness method; the healing mirror
- Preparation for final accreditation panel

Self-Healing for Students

Shamanism and soul retrieval; ego-states/sub-personalities; memory; symbolism, image work and fantasies; psychosomatic conditions; psycho-neuro-immunology; dark night of the soul and depression; spiritual emergence or emergency; cults; positive psychology.

Professional Skills and Knowledge for Healers

Advanced listening skills; advanced empathy skills; self-reflective practice; re-framing, the Johari window, five levels of healing awareness; integrating the different techniques you've learned into your session work; treatment planning; being paid for healing; supervision: ongoing, and one-to-one and group; drama triangle; five motivating drivers.

Coursework

- 2 x 8-session case studies
- Ongoing meditation practice
- Self healing journal
- Attend six College distant healing clinic meetings and lead a distant healing meditation at one of these
- Reflective summary of your distant healing experience at the Clinic
- 250 words essay on how you have incorporated your Anatomy & Physiology learning into your healing practice
- Supervision, both ongoing and one-to-one
- Reading as required
- End of course accreditation panel

Case studies to be completed by the student in his / her own time outside of the College premises.

Please note: the order of the topics taught in YEAR 1 and YEAR 2 may be subject to change.

COURSE DURATION

The College Integrated Healing Diploma course runs for a total of 28 days (Saturdays and Sundays) from 10am - 5-5.30pm over a two-year period. The next intake for this course will start in September 2019, please email the CIHDC coordinator Hannah at hannah@collegeofpsychicstudies.co.uk to register your interest.

Dates for the 3rd intake (Sept 2018 - Sept 2020) are as follows:

2018 dates: 1 & 2 September, 7 October, 4 November

2019 dates: 12 & 13 January, 3 February, 3 & 31 March, 27 April, 11 & 12 May, 9 June, 7 July, 1, 28 & 29 September, 6 October, 3 November

2020 dates: 11 & 12 January, 2 February, 1 March, 18 & 19 April, 9 & 10 May, 7 June

Accreditation panel: 18 & 19 July 2020

Award ceremony: October 2020

Reiki and Anatomy & Physiology will run separately (not included in the price).

You are required to provide a First Aid for Adult certificate as part of accreditation. We recommend taking a half day training with the Red Cross - more information can be found [here](#).

Dates for the 4th intake (Sept 2019 - Sept 2021) are as follows:

2019 dates: 31 August & 1 September, 13 Oct, 10 Nov

2020 dates: 18 & 19 January, 2 February, 8 March, 18 & 19 April, 16 & 17 May, 14 June, 5 July, 5 & 6 September, 3 & 4 October, 1 November

2021 dates: 9 & 10 January, 7 February, 7 March, 17 & 18 April, 8 & 9 May, 6 June

Accreditation panel: 17 & 18 July 2021

ADDITIONAL CERTIFICATION & EXTRAS

On satisfactory completion of the two-year diploma, you will not only gain your Accredited Healer Qualification but you will also get:

- A fully certified Effective Listening Skills qualification, endorsed by the CPCAB (Counselling and Psychotherapy Awarding Body).
- A fully certified Stress Reduction qualification, endorsed by the ICH (Institute of Clinical Hypnosis).
- An AAMET Certification Certificate for Level 1 in Emotional Freedom Technique (EFT)
- A fully certified Reiki Healer qualification with which you can work on the public and charge a fee (this will be only available for those who have signed up for the optional Reiki training).
- A certificate of attendance from each one of the extra modules studied on the course.

OUR TEAM OF TUTORS

We are delighted to present to you our healing tutor team all of whom have been chosen with great care and consideration. Our tutors have a deep passion for healing and are either fully accredited healers or have many years of experience in their field.

Your team of internal tutors:

YOUR COURSE TUTORS



Julia Shepherd

Bernadette Jaye

Tamsin Feinberg

YOUR COURSE SUPERVISORS



Sharry Clark

Jenny Lee

A&P TUTOR



Doe Warnes

Sharry Clark -

Sharry is a healing member of the Healing Trust, a Reiki practitioner and a medium. She is also a Hatha Yoga teacher. Sharry has been teaching development classes, healing course and workshops since 1993. Sharry is also a qualified massage practitioner.

Tamsin Feinberg -

Tamsin has been a College accredited healer since 2004 and a tutor and assistant on various healing courses at the College. Tamsin is a supervisor on the College's Integrated Healing Diploma course.

Bernadette Jaye -

Bernadette works therapeutically as a healer, counsellor and psychotherapist with a special interest in psycho-spiritual matters. She is an accredited healer and has a background in a range of psychological therapies including an MSc in Counselling. Bernadette is a senior lecturer and supervisor at the Institute of Clinical Hypnosis.

Jenny Lee -

Jenny has taught at the College since 1996 - psychic development, healing and self-awareness, and has also conducted workshops and given lectures. She became a healer member of the National Federation of Spiritual Healers in 1992, and is a supervisor on the College's Integrated Healing Diploma course. Jenny also studied counselling with the Central School of Counselling and Therapy gaining an ITEC Certificate in cancer counselling skills.

Julia Shepherd -

Julia is an intuitive healer who accredited at the College in 1999. She has a special interest in how the journey of the soul impacts on everyday life. Julia is also an experienced Reiki Master/Teacher. She is very close in lineage to Usui, Hayashi and Takata, the Grand Masters of Reiki and teaches Reiki as it was passed down from them.

Doe Warnes -

Doe MRSS, ITEC, BrDMP is a registered member of the Shiatsu Society, Association for Dance/Movement Psychotherapists UK and EXTEND (exercise of the older adult and disabled). Doe is a Shiatsu practitioner and teacher with 30 years experience. Her approach to teaching is integrative, holistic and where possible experiential. Doe loves to inspire people about their body by interweaving physical, emotional, mental and spiritual aspects as a way to integrate mind and body.

Your team of visiting tutors:



Liz Whiter
ANIMAL HEALING
& COMMUNICATION



Judy Hall
CRYSTAL EXPERT



Olaf Nixon
GONG MASTER



Annie Penny
INTRODUCTION TO EFT



Mandy Preece
SOUL MIDWIFE/
HEALING FOR THE DYING

Elizabeth Whiter -

Elizabeth Whiter is a professional animal healer specializing in spiritual healing, animal nutrition and Zoopharmacognosy. Her pioneering animal healing school trains graduates in animal and equine healing, and her animal clinic in Sussex for small animals and equines receives regular referrals from vets and doctors.

Judy Hall -

Judy is an internationally known healer, author and psychic. She has over 40 books to her credit including The Crystal Bible, which has been translated into 15 languages. Having been listed four times in the Watkins Review 100 most spiritually influential living people, Judy has also been awarded the 2014 Kindred Spirit MBS personality title.

Olaf Nixon -

Olaf is a soul coach, Gong Master therapist, sound healer and energy worker. He has been working with sound and energy in a variety of ways for over ten years leading gong baths, meditation circles and sound and energy workshops. His way of working is intuitive and directed by spirit.

Annie Penny -

Annie is a College accredited healer and Master EFT trainer. She worked at a cancer centre in Clapham and at the Hale Clinic in London before joining the Bristol Cancer Centre. Annie has received full certification in all aspects of Healing with Cancer and has worked with cancer in hospitals all over London, including the Cromwell and UCLH.

Amanda Preece -

Amanda is a soul midwife (holistic end of life companion), motivational speaker and skills tutor. In 2013, she initiated the volunteer bedside companion scheme at Macmillan Caring Locally (a NHS palliative care unit in Christchurch Hospital, Dorset). Volunteers receive Amanda's specific volunteer training and mentoring so they can support people at the end of life or sit with someone who is dying alone. In 2017 her training was awarded the Princess Royal Training Award.

APPLICANTS WITH PSYCHIC ABILITIES

Healing often opens people to abilities in intuitive areas, and as we are the College of Psychic Studies we often have many applicants who state that they have psychic/mediumistic abilities. It is important for applicants to understand the importance of keeping healing separate from psychic/mediumistic readings if they decide to embark on the CIHD course.

Please note the following points:

- Connecting psychically to medical problems: it is illegal for the student to tell clients they have sensed something on a medical level. This is clearly stated in the Healing Code of Conduct.
- Giving readings/messages during healing sessions: this is unacceptable on the CIHD course as the student will not be qualified or insured for this. It is also important to remember that many clients find psychic/mediumistic readings beyond their beliefs and interests.
- Combining psychic/mediumistic readings with healing when qualified: if after accreditation a student wishes to develop their own healing practice combining healing with a psychic/mediumistic reading, they may practise in this way as long as they are fully and appropriately insured and they name the session appropriately, e.g. 'Healing with Psychic Reading' and explain clearly what this entails to their client before the consultation.

Please note: This is not a course aimed at the development of mediumistic or psychic abilities for the purpose of giving readings.

THE NEED FOR COUNSELLING / PSYCHOTHERAPY

It is our belief that the more self-development and self-healing that our Students undertake, the better they will be at cultivating personal awareness and stillness, allowing the client to feel safe to open and receive healing at the deepest level.

The Course has been structured to assist the Student with this aspect of their development as a healer. The Student may decide they require independent professional help and support from a counsellor or psychotherapist as the Student may encounter personal challenges as they go through their self-development and self-healing. This cost must be paid for by the Student to the Student's chosen professional.

ENTRY REQUIREMENTS

1. Attendance on our one-day workshop 'Do You Want to Train as a Healer?'
2. Completed application form - please click here to download the form. This must be submitted to us straight after the 'Do You Want to Train as a Healer' workshop if you intend to continue with your application and to be considered for an interview.
3. Attending an assessment interview with subsequent acceptance onto the College Integrated Healing Diploma course.
4. Full College membership (on acceptance) - this will cost £50 per annum (payable at the same time as the deposit) and must be in place so that you can apply for healing insurance. Please click here to become a member if you are not already.
5. Valid healing insurance which is an essential requirement to be on the course. Healing students can access a specially discounted rate through the College of £27 (payable at the same time as the deposit) for the whole two-year training period from insurance brokers Balens*. Please phone reception on 020 7589 3292 to apply for healing insurance and for more information.

***If you are not resident in the UK, you will need to arrange your own healing insurance with a broker in your country of residence.**

PRICE

£3,475 for the two-year course, excluding Reiki training

£3,875 for the two-year course including Reiki I and II (certified)

Anatomy & Physiology workshops are not included. The College will offer a comprehensive A&P training on a regular basis. This training will comprise five half-day workshops costing £52 each for healing students. Please refer to our programme for dates as all the five workshops may not run every term.

PAYMENT OPTIONS

Option 1: £3,127.50 on acceptance for the entire diploma (more than 10% discount on total price of £3,475).

Option 2: £1,250 initial deposit on acceptance to be followed by two annual installments each of £1,025.63, payable on the 1st of September of each year (5% discount on total price of £3,475).

Option 3: £1,250 initial deposit on acceptance to be followed by eight quarterly payments of £278.13 over the two years, payable by standing order starting from the 1st of September of Year One.

Limited to 18-20 places per intake commencing every September and annually thereafter.

I am interested in attending your Diploma course. How do I apply?

1. Book your place on our workshop: 'Do You Want to Train as a Healer?'
2. Complete the Diploma course application form and send it to the College. This must be done straight after attending the workshop if you would like to be considered for an interview. If you prefer, you can also submit an application form once you have booked your workshop place or on the day of the workshop (application forms will be made available to you then). The completed application form can be sent back either by email to: hannah@collegeofpsychicstudies.co.uk, or by post for the Attention of the Healing Course Coordinator or in person at reception. Click here to download the application form.
3. If we have decided to take your application forward, we will send you an email asking you to attend an interview. This interview will be with two of the healing course College tutors and will take approximately 30 minutes.
4. Following your interview, you will receive an email from the College telling you whether your application has been successful, along with the Terms & Conditions.
5. If you would like to accept your place, please: sign and return the Terms and Conditions and the offer letter to the

College within 14 days of receipt and complete the standing order mandate that was also sent to you (if you are taking the annual payment or quarterly payment option to pay for your training). These documents can be sent to the College by email to: hannah@collegeofpsychicstudies.co.uk, by post, or in person at our reception who will give you a receipt for the documents which you should retain as proof of delivery by hand.

6. At the same time, you will need to make a payment to secure your place. As mentioned above, the College will hold your space on the Diploma course for 14 days from the date you receive your offer and the Terms & Conditions (not including the day it was sent), to allow you to complete your registration which includes payment of monies due. This will consist of: a deposit of £1,250 if you are paying by instalments OR the full cost of the Diploma course, taking advantage of the discount available, making £3,127.50 due for payment. Payment can be made by one of these methods: (i) by card, cheque or cash at College reception (you will be given a receipt), (ii) by card over the telephone (please call College reception on 0207 589 3292) or by cheque to the College, using the postal services recorded delivery only. Our address is: The College of Psychic Studies, 16 Queensberry Place, London, SW7 2EB. If we do not receive your payment, completed application form and standing order mandate (for annual and quarterly payment options) within 14 days of receipt of your offer from the College, your place cannot be guaranteed.
7. At the same time as settling the deposit, you will be required to pay and have the following in place before the first day of your training: (i) full College membership at £50 per annum and (ii) healing insurance provided you are UK resident*. Both of these can be purchased through College reception. The healing insurance will cost you £27 for the whole two-year training period and this has to be booked through the College, as healing students can only obtain healing insurance if they are College members as required by Balens. *If you are not resident in the UK, you will need to arrange your own healing insurance with a broker in your country of residence.
8. When you have satisfactorily completed the above stages, we will send you a welcome letter confirming your place on the College Integrated Healing Diploma Course.
9. We understand that you may need to seek administrative assistance or guidance during the application process. Please contact Hannah Moreland who is our Healing Diploma Coordinator on 0207 838 4407 or by email at hannah@collegeofpsychicstudies.co.uk who will be happy to help you.