

1-2 YEAR CERTIFICATE PROGRAMS IN SOUL-CENTERED COACHING PSYCHOLOGY

TRAINING • MENTORSHIP • PRACTICUM



“THE SOUL IS THE SOURCE OF OUR SENSE OF MEANING IN LIFE, AS WELL AS OUR CREATIVITY.”

—SUE MEHRTENS



www.InstituteForSoulCenteredPsychologyAndCoaching.com

IF YOU ARE FEELING CALLED

to deepen into your soul's journey and help others do the same, this program is for you.

Drawing from Jungian, Depth, Transpersonal, and Archetypal psychologies, as well as many wisdom traditions, you'll learn through on-demand video lectures, and experience soul-centered coaching techniques during your own individual coaching sessions that lead into monthly supervision for peer and client practicum phases. This program also offers Certificate in Soul-Centered Psychology without the Coaching aspect, or you may also Audit.

2 CERTIFICATE OFFERINGS 6 MODULES EACH

The 1-year CORE CERTIFICATE in Soul-Centered Coaching Psychology will help you build a strong foundation on which to create your coaching practice. The ADVANCED CERTIFICATE empowers you to deepen into the work. Both certificates offer you a spectrum of psycho-spiritual themes, and feature:

- On-demand video instruction by Dr. Bonnie Bright
- Highly curated readings, resources, and tools
- Integrative writing assignments
- Creative and experiential exercises
- Personal coaching sessions
- Supervised practicum with peers and external clients
- Monthly group cohort meetings
- Personal mentorship with Institute Faculty

NOT “JUST” AN ONLINE TRAINING PROGRAM,

this multi-layered curriculum is a rich tapestry that includes personal coaching, integration, mentorship, practicum, and supervision.

It is strategically designed to help you create knowledge, skills, and expertise, and even marketing tools you'll need to hit the ground running with your NEW soul-centered coaching practice by the end of the 1-year 6-module CORE CERTIFICATE program! Add to your skill set and deepen your expertise with the 6-module ADVANCED CERTIFICATE (offered separately).

ACCREDITED

This program is accredited through the International Association for Coaches, Therapists and Mentors (IACSTM). All graduates will be pre-qualified to receive accreditation.



Offered via



In conjunction with Depth Insights™
Founder/Director: Bonnie Bright, Ph.D.

BENEFITS OF CERTIFICATION IN SOUL-CENTERED COACHING PSYCHOLOGY



“LEARN WHAT YOU ARE
AND BE SUCH.”

—PINDAR

WHO CAN BENEFIT FROM THIS PROGRAM?

Professionals looking to make a career change or start a coaching career in the healing arts

Current coaches or psychotherapists who wish to bring a more soulful approach to existing practices using Jungian, Transpersonal, Archetypal and Depth Psychological perspectives

TAKEAWAYS FOR EACH CERTIFICATE INCLUDE

- Six 2-5 hour* custom recorded video lectures by Bonnie Bright, Ph.D. for each certificate program—one on each module theme
- Written transcripts for all lectures
- Required and recommended readings and multi-media content on each theme
- Suggested exercises and approaches for personal development and/or use in a coaching setting on each theme
- Individual coaching sessions from Institute Faculty and from your peers
- Monthly cohort meetings & online written forum for interaction/cross-pollination
- Hands-on coaching experience, beginning with your peers before moving on to your external client practicum
- Personal mentorship/support throughout
- Practical information on marketing, branding, technology, logistics, marketing, start-up tools, and ethical considerations for starting your coaching practice

*Lecture lengths are approximate & vary from module to module

CERTIFICATION REQUIREMENTS

BOTH CERTIFICATES

- Participatory engagement with Video Lectures and Required Readings and content
- 1 written Integrative Essay of 2-5 pages (double-spaced, APA style recommended with guidance if needed) for each themed module showing you have assimilated the material. Personalized feedback provided so you can draw from your essay to promote your practice
- 1 Creative Expression from each themed module in the form of art, poetry, music, movement, etc.
- 1 Forum Post (200-300 words) for each module, plus a written response to at least 1 other student Forum Post
- Attendance at 8 of 12 group study/practice/supervision sessions
- Three 1-on-1 coaching and/or supervisory sessions with Institute faculty or certified coach. Additional sessions are encouraged and available at a discount (as available) if you feel you can benefit from spending time in the coaching dyad more frequently.
- Ongoing commitment to Personal Development, including daily practice(s) of your choice that help you foster and tend your own connection to soul

BASIC CERTIFICATE PROGRAM

- Requires 1 audio or video original Recorded Exercise per module for deepening into soul (2-5 mins in length)
- Requires receiving a minimum of 10 hours of personal coaching from your peers.
- Requires at least 50 hours of coaching practicum, starting in Module 3 with 10 hours of peer coaching, and moving on to 40 additional hours with external practicum clients. (Session log and client validation required)

ADVANCED CERTIFICATE PROGRAM

- Requires at least 25 hours of external coaching practicum, which you can earn through one-on-one sessions, or through leading groups or classes if you choose (Session log and client validation required)
- Includes unlimited personal coaching from your peers (as available)

Certificates will be awarded upon satisfactory completion of each of these elements via the Institute of Soul-Centered Psychology and Coaching™ | Director: Bonnie Bright, Ph.D.

“ I AM THOROUGHLY ENJOYING THIS RICH PROGRAM AND AMAZED OF THE GIFTS RECEIVED. EXCELLENT PROGRAM AND HIGHLY RECOMMENDED!!”

—TAMI DENICE CARTWRIGHT, MBA, CPM



PREREQUISITES FOR APPLICATION

- 1-2 page single-spaced written application/essay stating your reasons for pursuing certification as a soul-centered coach
- CV outlining current and past education and professional experience
- Preliminary 75-90 minute introductory coaching session with a designated Institute faculty member or certified coach to determine if the program is a fit for you. Session Cost: By donation. (Value: \$175)

“ANY TIME I FIND MEDICINE THAT’S HELPFUL, I SHARE IT WITH EVERYONE I KNOW.”

—CLARISSA PINKOLA ESTES

PROGRAM START DATES & TIMING

This coaching certification program offers your choice of a flexible start date for participants or formal start dates if you choose to join a cohort.

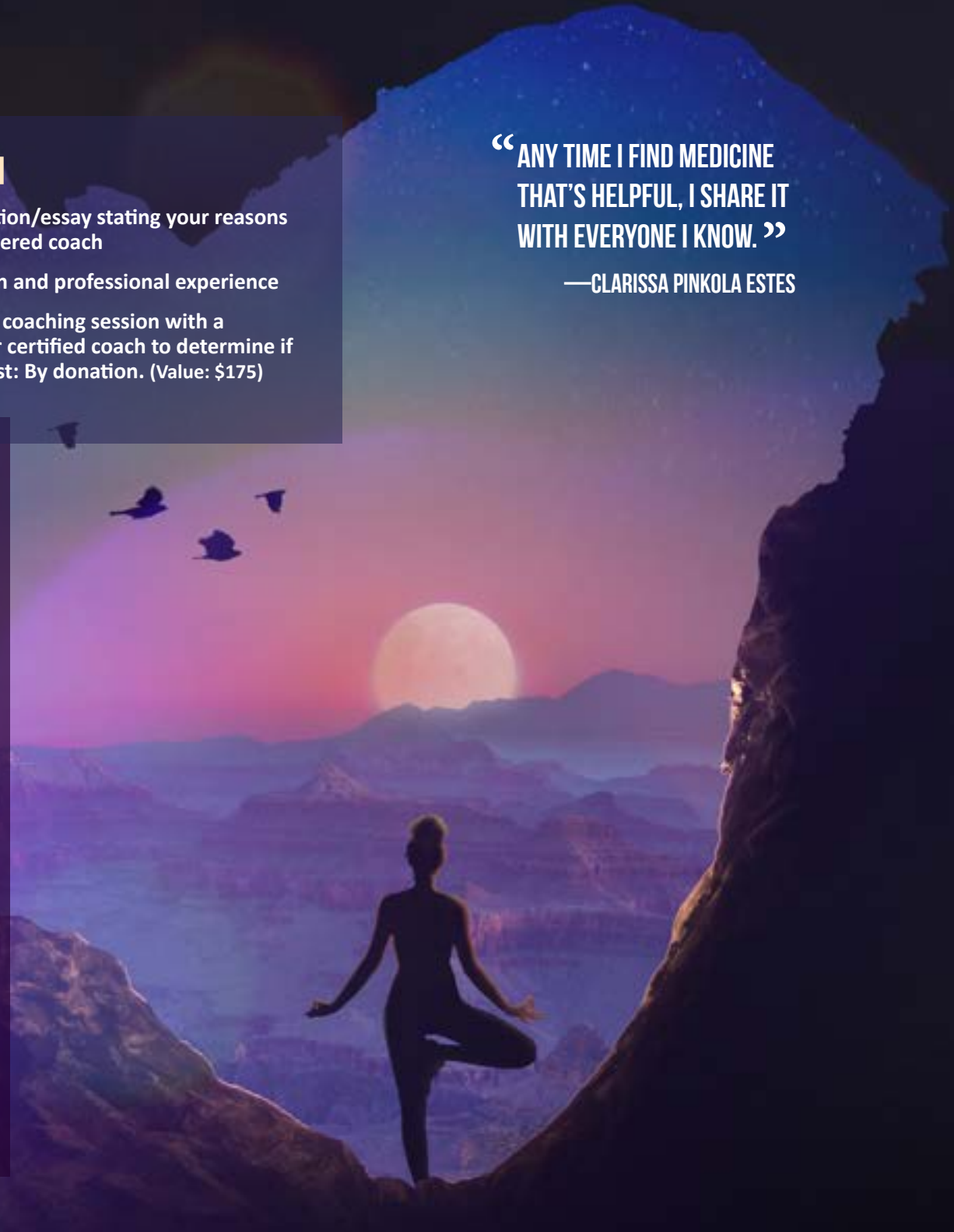
You may choose to initiate and complete the application process at any time and in any order, including the CV, essay, and intro coaching session.

Review of applications and notice of acceptance is typically completed within 2-3 days of completion.

Once applicants are accepted and payment is made according to the payment plan of your choice, new students will be given access to the online learning platform and content. If you choose a rolling start, you may begin the program at your convenience.

Integrative essays and other assignments for each module will be due no more than two months from the date you begin each module. If needed, formal requests for extensions will be considered on a case-by-case basis.

All students are also required to receive at least 10 hours of individual coaching during the peer practicum phase, and at least 3 from faculty (all included)



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—SUE MEHRTENS



THIS PROGRAM IS
ALSO AVAILABLE AS A
**CERTIFICATE IN
SOUL-CENTERED *PSYCHOLOGY**
(without the coaching practicum)

OR TO *AUDIT
*Course Content is
the same

CERTIFICATE OFFERINGS

CERTIFICATE IN SOUL-CENTERED COACHING PSYCHOLOGY

12-18 MONTHS

FOUNDATIONS

Module 1: Soul, Self & the Sacred

Module 2: Psyche & Somatics

Module 3: Jungian Concepts & Ideas

APPROACHES

Module 4: Image, Symbol & Story

Module 5: Depth & Transpersonal Techniques

Module 6: Dreams & Dreamwork

CORE CERTIFICATE PROGRAM INCLUDES

- 2-5 hours of Original Custom Lectures for each of 6 modules
- Creative, Written & Experiential Assignments for each module
- Receipt of at least 13 hours of Personal Coaching
- 50 hours of Supervised Practicum with peers and external clients
- Monthly Cohort Study/Practice/Supervision Meetings
- Written forum for learning, support, and sharing

ADVANCED CERTIFICATE IN SOUL-CENTERED COACHING PSYCHOLOGY PREREQUISITE: BASIC CERTIFICATE PROGRAM

6-12 MONTHS

DEEPENING

Module 7: Psychedelics, Psychosis, &
Non-Ordinary States of Consciousness

Module 8: Alchemy

Module 9: Ritual

COSMOLOGIES

Module 10: Ecopsychology, Nature, & Place

Module 11: Indigenous Perspectives

Module 12: Shamanism

ADVANCED CERTIFICATE PROGRAM INCLUDES

- 2-5 hours of Original Custom Lectures for each of 6 modules
- Creative, Written & Experiential Assignments each module
- Unlimited Individual Coaching from peers as desired & available
- 25 hours of Supervised Practicum with your own clients or groups
- Monthly Cohort Study/Practice/Supervision Meetings
- Written forum for learning, support, and sharing

BONUS CONTENT: BEST PRACTICES: Procedures, Praxis, & Promotion

PROGRAM SUMMARY

INTENSIVE CERTIFICATE PROGRAMS AVAILABLE

After completing the initial 6 modules and their requisites, you will be awarded with the core **CERTIFICATE IN SOUL-CENTERED COACHING PSYCHOLOGY** and become eligible for accreditation through IACTM™. The aim is to help you be confident and skilled enough to be up and running with a coaching practice and paying clients as you complete the initial Certificate Program.

By satisfactorily completing Modules 7-12 and their requisites, you will receive the **ADVANCED CERTIFICATE IN SOUL-CENTERED COACHING PSYCHOLOGY**. This aims to help you engage new lenses, deepen into your expertise and personal work, apply new learning,, wade into group work if you wish, and reach more clients as you build your practice.

PROGRAM LENGTH

- **CORE CERTIFICATE** in Soul-Centered Coaching Psychology (12 months)
- **ADVANCED Certificate** in Soul-Centered Coaching Psychology (additional 12 months)

FORMAT & CONTENT

The Soul-Centered Coaching Certification Programs offer a rich, multi-layered tapestry of soul-centered topics and techniques, featuring a dynamic curriculum based on Jungian, Depth, Transpersonal, and Archetypal psychologies.

Engage via distributed learning using a professional online learning platform featuring on-demand video lectures, carefully curated reading materials, integrative writing and creative exercises, and experiential online coaching sessions with Institute Faculty, peers, and advanced students in the program. This program also includes a written forum, mentorship, and guidance and supervision of peer practice and client practicums throughout.

This curriculum is intentionally designed so that you can begin building a repertoire of valuable content you can use for publishing, promotion, marketing, and client acquisition by the time you launch your very own soul-centered coaching practice!

NOTE: While this program is offered fully online, there may be opportunities to attend group retreats in person with other Institute students and likeminded others on the Big Island of Hawaii if you choose.

**The CERTIFICATE program features a \$1,000 discount when you choose to enroll in both programs upfront. Payment plans over 6 months or 1 year are available for a modest fee.*

§ See separate Info Chart for pricing and fees.

Prices listed do NOT include the requisite 4.5% General Excise Tax (GET) required upfront.

OTHER OPTIONS

THESE PROGRAMS ARE ALSO AVAILABLE FOR **AUDIT ONLY**, OR YOU CAN EARN A **CERTIFICATE OR ADVANCED CERTIFICATE IN SOUL-CENTERED PSYCHOLOGY** THAT DOES **NOT** INCORPORATE THE COACHING PRACTICUM. PLEASE INQUIRE FOR DETAILS.



“THIS SOUL-CENTERED COACHING CERTIFICATE IS THE BEST INVESTMENT I HAVE EVER MADE. AFTER MOVING THROUGH THE MODULES, I WILL BE A DIFFERENT PERSON, WITH A TOOLBOX OF TECHNIQUES TO DRAW FROM. BONNIE IS THE MENTOR I HAVE BEEN LOOKING FOR ALL MY LIFE.”

—SHANNON L.

“WHAT WILL YOU DO
WITH YOUR ONE WILD
AND PRECIOUS LIFE?”

—MARY OLIVER



GETTING STARTED

*I*f you are feeling a deep resonance or sense of excitement about the possibilities for you to enhance your current career or to start a new one through the Soul-Centered Coaching certification programs, please reach out to learn more.

These programs help you tap into powerful opportunities to transform yourself and others who are longing to connect more deeply with the authentic “soul self”; to move past challenges and creative blocks; to achieve a greater sense of wholeness, well-being, freedom, and joy; and to improve the quality of their lives and of those around them.

If not now, when? Start the path toward your new calling today! -

[Watch an introductory video by Dr. Bonnie Bright](#)

For questions, to schedule an informational call, or to begin the application process for certification in Soul-Centered Coaching Psychology, please email Programs@InstituteForSoulCenteredPsychologyAndCoaching.com

“SOUL ENTERS LIFE FROM BELOW,
THROUGH THE CRACKS, FINDING
AN OPENING INTO LIFE.”

—THOMAS MOORE



ABOUT BONNIE BRIGHT

Bonnie Bright, Ph.D. is a Transpersonal Soul-Centered Coach, certified via Alef Trust and Middlesex University. She is also the founder and Director Emerita of Depth Psychology Alliance™, an online organization of more than 5500 members who are interested in soul-centered psychologies. She earned M.A. degrees in Psychology at Sonoma State University, and in Depth Psychology at Pacifica Graduate Institute, where she also completed her Ph.D. She has trained extensively in the Enneagram, in Holotropic Breathwork™ with Stanislav Grof, and in indigenous and shamanic practices, including a 2-year training with African elder Malidoma Somé, as well as working with indigenous healers in Africa, South America, Europe, and the U.S.

Bonnie is a certified Archetypal Pattern Analyst™ via the Assisi Institute. She serves on the Advisory Board for Climate Psychology Alliance-North America, and has taught Transpersonal Psychology to graduate students for Alef Trust. She created and served as the Executive Editor of Depth Insights scholarly journal for six years, and has hosted over 100 depth psychology interviews and podcasts. She has published numerous journal articles and book chapters, and edited and published two anthologies, *Depth Psychology and the Digital Age* and *Earth, Climate, Dreams: Dialogues with Depth Psychologists in the Age of the Anthropocene* for Depth Insights Press. Previously, she worked for 15 years in Marketing Communications and Public Relations.

Bonnie's path to soul began with a spontaneous mystical experience in 2006, and she continues her quest for awakening each day with a sense of joy, freedom, and gratitude at the magic afoot in the world.

She is the co-founder of Manta Soul™, a retreat center on the Big Island of Hawaii, where she is mom to *five* gorgeous kitties. Find her work at DepthInsights.com, or follow her on social media @BonnieBrightPhD