



# 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 and depth perspectives

## TAKEAWAYS INCLUDE

- Twelve 2-5 hour\* recorded video lectures by Bonnie Bright, Ph.D.—one on each monthly theme, plus bonus material on logistics, ethics, and marketing for your practice
- 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
- Twelve monthly 75-90 minute experiential coaching/learning sessions with Dr. Bright
- Hands-on coaching experience, beginning with your peers before moving on to your client practicum
- Personal mentorship throughout
- Practical information on branding, marketing, technology, start-up tools, and ethics for starting your coaching practice

\*Lecture lengths are approximate & may vary from month to month

# CERTIFICATION REQUIREMENTS

- Participatory engagement with video lectures and required readings and content
- A minimum of twelve 75-90-minute coaching and/or supervisory sessions with Dr. Bonnie Bright, one per month. Additional sessions are encouraged and will be available at a discount if you feel you can benefit from spending time in the coaching dyad more frequently
- One written integrative essay of 3-5 pages (double-spaced, APA style, with guidance if you need it) for each monthly theme showing you have assimilated the material from the lecture, readings and multimedia. Essays will be individually reviewed by Dr. Bright with feedback provided so that you can use your writing for future blogposts or other publications to promote your work
- Monthly submission of one audio or video recording of an exercise you create for deepening into soul
- Creative expression of one takeaway from each themed module in the form of art, poetry, music, movement, etc.
- Ongoing commitment to personal development, including daily practice(s) of your choice that help you foster and tend your own connection to soul
- At least 40 hours of peer coaching practicum, starting in months 4-6 as you meet readiness requirements (Session log and client validation required)
- At least 60 hours of client coaching practicum, starting in months 8-9 as you meet readiness requirements (Session log and client validation required)

Certificate will be awarded upon satisfactory completion of each of these elements via The Institute of Soul-Centered Psychology and Coaching™; Director: Bonnie Bright,

## 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 Dr. Bonnie Bright to determine if the program is a fit for you. Session Cost: By donation. (Value: \$150)

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

—TAMI DENICE CARTWRIGHT, MBA, CPM





A person is silhouetted against a vibrant sunset sky, standing on a rocky cliff edge in a meditative pose. The sky transitions from deep blue at the top to bright orange and red near the horizon, where a large, glowing sun is setting. Several birds are seen flying in the sky. The overall scene is peaceful and contemplative.

**“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 flexible start times for participants. As noted above, each applicant is required to complete an introductory coaching session of 75-90 minutes with Bonnie Bright, Ph.D. before applications are finalized.

Following completion of the introductory session, application can be made anytime. Review of applications and notice of acceptance is typically completed within 3-5 days of receipt.

Once applicants are accepted and payment is made according to the payment plan of your choice, students will be given access to the online learning platform and content, and may begin the program at their convenience.

Integrative essays and other assignments for each module will be due one month from the date you begin each module. If needed, requests for extensions will be considered on a case-by-case basis.

## MONTHLY THEMED MODULES\*

### FOUNDATIONS

1. Soul, Self & the Sacred
2. Psyche & Somatics
3. Jungian Concepts & Ideas

### APPROACHES

4. Image, Symbol & Story
5. Depth & Transpersonal Techniques
6. Dreams & Dreamwork

### DEEPENING

7. Psychosis, Psychedelics & Non-Ordinary States of Consciousness
8. Alchemy
9. Ritual

### COSMOLOGIES

10. Ecopsychology, Nature & Place
11. Indigenous Perspectives
12. Shamanism

### BONUS CONTENT: BEST PRACTICES

Procedures, Praxis, & Promotion

\*Module titles or order may be subject to change

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

—SUE MEHRTENS





# PROGRAM SUMMARY

## LENGTH

12 months

## FORMAT & CONTENT

The Soul-Centered Coaching Certification Program offers 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 Dr. Bonnie Bright. This program also includes individual mentorship throughout, and guidance and supervision of peer practice and client practicum.

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!

## COST

**\$298/month**—average cost per month paid in full upfront for the 12-month program\*—Includes open access to all monthly video lectures and learning content; support, review, and feedback on all required integration assignments, ongoing support and mentorship for the length of the program, PLUS 1 live personal coaching session each month with Dr. Bonnie Bright (valued at \$150). **\*SAVE \$500+ overall when paying in full upfront!** §

**\$315/month** —average cost per month when paid in 3 payments within the first 6 months **\*SAVE \$300+ overall when paying in 3 installments during the first 6 months.** §

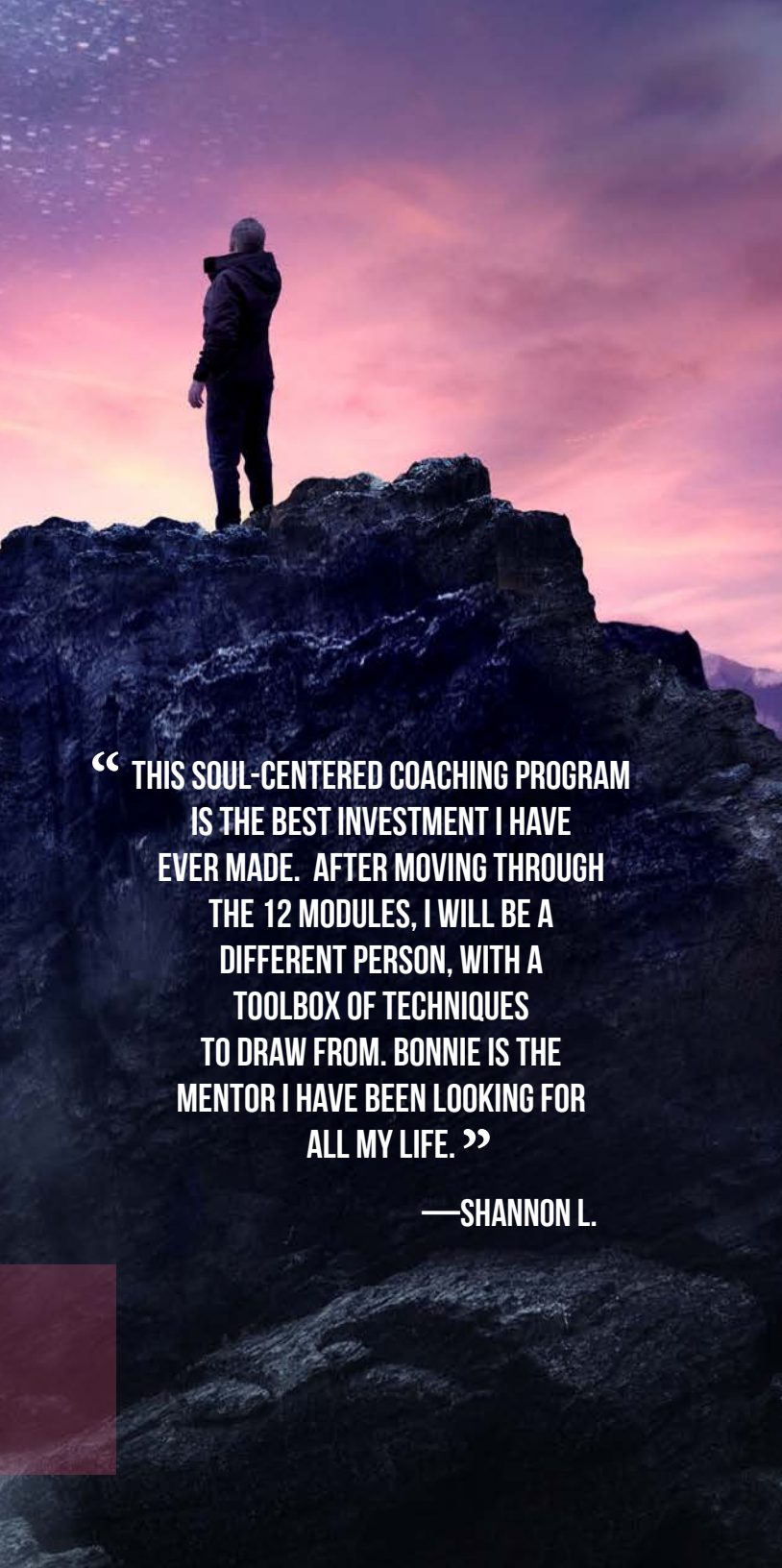
**\$340/month** when paid monthly for 12 months. §

*\*This program features a \$500 discount for full program payment in advance, or a \$300 discount for payment in 3 incremental payments of the full amount during the first 6 months when you choose either of these options instead of 12 monthly payments.*

*§ Prices listed do NOT include the requisite 4.5% General Excise Tax required upfront*

## OTHER OPTIONS

THIS PROGRAM IS ALSO AVAILABLE FOR AUDIT ONLY, OR YOU CAN EARN A CERTIFICATE IN SOUL-CENTERED PSYCHOLOGY THAT DOES NOT INCORPORATE THE COACHING PRACTICUM. PLEASE INQUIRE FOR DETAILS.



“ THIS SOUL-CENTERED COACHING PROGRAM IS THE BEST INVESTMENT I HAVE EVER MADE. AFTER MOVING THROUGH THE 12 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 program, please reach out to learn more.

This program helps 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.

**Start the path toward your new calling today!**

**Watch an introductory video by Dr. Bonnie Bright (16 mins)**

**For questions, to schedule an informational call, or to begin the application process for certification in Soul-Centered Coaching Psychology, please email [coaching@depthinsights.com](mailto:coaching@depthinsights.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™, 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 lives in Honolulu, HI, where she is mom to three gorgeous kitties. Find her work at [DepthInsights.com](http://DepthInsights.com), or follow her on Social Media @BonnieBrightPhD