



Certificate Programs in Soul-Centered Coaching Psychology

FAQS

Q: What is the goal of the program?

A: This program is designed to educate participants in the understanding of psychology, and especially soul-centered psychologies such as Jungian, depth, transpersonal, and archetypal psychologies. It provides foundations and techniques for doing one's own personal inner work and engaging with others in coaching dyads, process groups, workshops, etc. using the tools provided.

Q: Who is this program for?

This program is perfect for anyone interested in developing a career in the healing arts via learning to coach; any coaches or therapists wishing to incorporate a soul-centered approach into their existing work; or anyone hoping to expand on their own process of personal growth who might also learn ways to help others do the same.

Q: Who developed this program?

A: This program is led by Dr. Bonnie Bright, Ph.D. in Depth Psychology and Founder/Director Emeritus of Depth Psychology Alliance, and is offered in conjunction with Depth Insights™ and the Institute for Soul-Centered Psychology and Coaching™. [Read a biography for Dr. Bright here.](#)

Q: Is the program accredited?

A; The Program is accredited through the [IACTM—The International Association of Coaches, Therapists, and Mentors](#) and holds to the ethical standards they provide. As a result, each graduate is automatically pre-approved to be individually accredited through IACTM by agreeing to the Code of Ethics and paying a reasonable annual accreditation fee.

Q: What is the format and level of difficulty for the program?

A: The certificate program is anchored in psychology and soul work, and aims to deliver a balance between college-level academic learning and experiential understanding and application, both personally and professionally. It is rich and robust, so if you choose to join, you can expect to be fully engaged in the work. It is, however, also highly mentored and customized, so if you feel you're struggling for any reason, every reasonable effort will be made to address your specific situation or needs so you can succeed in your goals.

Q: What if I'm interested in learning soul-centered psychology and tools, but I don't want to get certified as a coach? Are there other program options?

A: First, the content of the curriculum—lectures, readings, multi-media—are the same regardless of the program option you choose. In the curriculum, you will gain a foundation in each of the twelve module topics, plus you will learn exercises and techniques to apply in your own life or else to work with others. However, you may choose from three different program options, including

- (1) *Coaching Certification*, which requires all assignments, a 30-minute one-on-one session with Dr. Bonnie Bright for each module (included), and a supervised coaching practicum;
- (2) Certificate in Soul-Centered Psychology, which requires an essay and creative expression for each module but no practicum. One-on-one sessions are optional at a discounted rate.
- (3) Self-Study/Audit only, which includes access to all lectures, readings, multi-media as well as cohort meetings and the Slack community forum. As of this writing, later modules are still being developed, so depending how fast you work through the content, you may ultimately have to wait a few weeks the access modules 8-12.

[View a detailed description/comparison of the three program options currently available.](#)

Q: When does the program start?

A: Your experience in the program is based on a “rolling start”—meaning applicants may start anytime and join a cohort of others who also started somewhat recently, even if they aren't exactly in the same place in the curriculum. This allows you the flexibility to create your own schedule but still benefit from a cohort-like setting that offers community and cross-pollination.

Q: How long will it take to complete the program?

A: While the program was initially designed to be completed in a year, most students are finding they prefer to take more time than one module per month. The work is designed to take you on your own journey of inner work in order to best prepare you to step into the role of Soul-Centered Coach, and sometimes that kind of introspection and self-reflection—applying the tools and techniques you learn first and foremost to yourself—simply requires a little more time. Therefore, there is plenty of flexibility in the program for you to move at your own pace.

Q: What are my deliverables for each module, and approximately how much time I will need to invest?

A: If you are pursuing the coaching certificate, you are required to complete/submit the following deliverables for each module. Depending on your pace, many students find they spend between 20-30 hours per module, or potentially 3-5 hours per week.

- average of 2-4 hours of lectures to watch each month
- 70-80 pages of required reading
- Minimum of 30-minute coaching session per module with Dr. Bright
- a 3-5 page written essay (double-spaced)
- a 5-10 minute recorded exercise that offers an experience for the listener
- some kind of creative expression (art, poetry, ritual, movement work, etc.)

- 90-minute monthly cohort meeting (optional; recorded in case you can't make it live some months)
- Starting with Module 5, you will begin peer coaching. Peer coaching for 2-3 hours per week should easily allow you to reach the requirements during modules 5-8.
- Starting with Module 9 you will begin coaching outside clients. Practicum coaching for 2-3 hours per week should allow you to reach the requirements during modules 9-12.

If you take the program for the *Certificate in Soul-Centered Psychology*, the only requirements beyond the lectures, reading, and multimedia are to write the 3-5 page essay and to do the creative expression.

If you take the program as Self-Study/Audit, you are not required to submit anything. You will still have access to live cohort meetings and the online community via Slack.

Q: What is the process for finding practicum clients?

A: The first phase of your practicum (between modules 5 and 8) will be with your peers, so there are plenty of opportunities with other students in the program who are also doing (or will be doing) the same thing.

For the phase with external clients after you complete Module 8 and the peer practicum, we can work together to help you find what you need, beginning by drawing on friends and family of OTHER students in the program since it's really not practical or effective for coaches to work with their own friends and family. Beyond that, we may turn to organizations like Depth Psychology Alliance, an online community founded by Dr. Bright in 2010, which has nearly 6K members who all have dedicated interest in soul-centered psychologies. As well, you are encouraged to reach out to any groups or communities you are a member of already —yoga classes, professional associations, retreats, related courses, alumni associations, etc. Ultimately, you can probably ideally work with 2-3 of your peers and maybe 4-5 external clients and get all the hours you need by the end of the program.

Q: Is there any support to help me launch my practice when the time comes?

A: There is much need for this work in the world, and lots of people who are waking up to their own deep spiritual longings, so ultimately many prospective clients will find you because they are looking for something like you offer. The program is set up to help you develop and harvest marketing materials from your assignments over the course of the program so you can be up and running with some quality content for your own website, brochure, social media posts, YouTube, etc. whenever you are ready to begin. Additionally, The Institute for Soul-Centered Psychology and Coaching is dedicated to the success of our graduates, and aims to promote and make referrals to certified graduates as it's possible.

Q: Will I be able to interact with other students in the program?

A: Each participant has access to live monthly cohort meeting on Zoom ,with typically fewer than 12 people in the group, so everyone has a chance to share questions, comments, or updates about their own experience with the material, and also to hear others share. We also use the Slack app to share/showcase student work, to post events and resources that might be beneficial, and to connect with one another around specific topics of interest or to find peers for the coaching practicum if you enroll in the coaching certificate option. For the most part, you can interact as much or as little as you choose, though most students really appreciate and enjoy connecting with likeminded others.

Q: What are existing students saying about the program?

“Bonnie Bright’s Soul-Centered Coaching program is the best investment I have ever made. The program is saturated with resources. There is no doubt in my mind that after moving through the twelve 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., Austin, TX, USA

“I just finished the first month of the Soul Coaching class, and it’s been truly profound. So much has shifted for me already. It’s the kind of course I’d been searching for my whole life but didn’t think existed. It helps you nurture all the parts of your being- intellectual, creative, spiritual. It’s given me so much more clarity on my own inner journey, and the confidence that I’ll soon be able to help others on theirs. Bonnie is an amazing mentor and person, and the chance to work with her in this way is priceless.”

— Kerry H., Cincinnati OH, USA

“I am thoroughly enjoying this rich program and amazed of the gifts received only one month in. Excellent program and highly recommended!!”

—Tami D., MBA, CPM, Canada

“This program is beautifully designed to feed your own soul through its unfolding while providing a solid academic background with which to work with clients. Compelling!”

—Barbara Yuruvich-Arias, Colorado, USA

“Three years ago, I retired as professor of Educational Psychology and coursework emphasizing curriculum design and teaching (both in-person and virtual). Personally, I never cared much for virtual learning- even though circumstances occasionally required me to design and deliver virtual courses from time to time. I’ve had to rethink my dissatisfaction when I enrolled in the Soul-Centered Coaching program. Dr. Bonnie Bright has done a marvelous job with curricular decisions and actual delivery of instruction. Really, the program meets the highest standards. I have learned a great deal from Dr. Bright in the areas of Jungian and Transpersonal Psychology. I am a Secular Franciscan in the Episcopal Church and certainly believe I am learning the skills and knowledge needed to be an interfaith coach.”

—James Alexander, Ph.D., MATheol. Professor Emeritus Kentucky Wesleyan College. Co-author: Alfred North Whitehead on Learning and Education. Co-author: North American Adult Educators. Author: Stories of a Recovering Fundamentalist. Author: The Mystics Way for Regular People

Q. What is the application process?

A: Complete the following three items (in any order):

- 1) *Submit a professional CV* featuring your work experience and education. This can be in whatever level of detail you prefer, and can/should include non-related work experience.
- 2) *Write a 1-2 page personal essay* (single-spaced) about why you want to pursue the certificate at this time. This can include where you’re coming from and/or where you envision you’d like to go.
- 3) *Complete a formal introductory coaching session* of 75-90-minutes with Dr. Bright before your

application will be finalized (payment by donation amount of your choice). To book your session online, use the following link. Choose the “Intro Session” option, and book any available time on the calendar: <https://TranspersonalCoaching.as.me>.

Q: What happens once I have submitted/completed the three requirements for application to the program of my choice?

A: Following completion and/or submission of these three items, you will be notified about your acceptance, typically within 48 hours, and provided with a formal contract. From there you would:

- 1) Sign, date, and *return the contract* online
- 2) *Make payment* according to the plan of your choice (upfront lump sum, three payments during the first six months; monthly payments for the first 12 months). Payment methods include Zelle, Venmo, PayPal, credit card, and more.

Q: How do I contact you, schedule the introductory session, or submit my application?

A: Please visit <https://depthinsights.com/transpersonal-coaching> and use the form at the bottom of the page to reach out with questions or interest and we will respond as soon as possible with detailed information.