



# 1-Year certification in soul-centered coaching psychology

Available via the  
**Institute for Soul-Centered Psychology & Coaching**

**Founder/Director: Bonnie Bright, Ph.D.**

**This program is designed to deliver a foundation in aspects of depth psychology, transpersonal psychology, and soul-centered coaching techniques, and includes personal coaching sessions that lead into monthly supervision for peer and client practicum phases.**

## **WHO CAN BENEFIT FROM CERTIFICATION IN SOUL-CENTERED COACHING PSYCHOLOGY?**

- Current coaches or psychotherapists who wish to bring a more soulful approach to existing practices
- Professionals looking to make a career change or start a coaching career

**Comprised of 12 monthly themes, each monthly module consists of multiple facets.**

### **Takeaways include:**

- Twelve 30-60 minute recorded video lectures by Bonnie Bright, Ph.D., one on each monthly theme
- Required and/or recommended readings and multi-media content on each theme
- Suggested exercises and approaches for personal development or use in a coaching setting on each theme
- One monthly 75-90 minute experiential coaching/learning sessions with Dr. Bright for each of 12 months
- Hands on coaching experience, beginning with your peers before moving on to our client practicum
- Practical information on branding, marketing, technology, start-up tools, and ethics for starting your coaching practice

### **Certification Requirements include:**

- A minimum of one 75-90-minute coaching and/or supervisory session with Bonnie Bright, Ph.D. each month. Additional sessions are encouraged if you feel you can benefit from spending time in the coaching dyad more frequently.
- One written academic paper of 2-3 pages (double-spaced) for each monthly theme showing you have integrated the material from the lecture and readings/multimedia. Papers will be individually reviewed and assessed by Dr. Bright, and satisfactory completion will be based on standard criteria.
- Ongoing commitment to personal development, including daily practice(s)
- 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)

## Prerequisites

- 1-2 page written application/essay stating your reasons for pursuing certification as a soul-centered coach
- CV outlining current and past professional experience
- Preliminary 75-90 minute coaching session with Dr. Bonnie Bright to determine if the program is a fit for you

## Other Considerations

**Privacy:** All personal details and data pertaining to certification candidates and/or clients will be treated as highly sensitive. No clients are to be inappropriately solicited at any time by certification candidates, who agree to hold the highest ethical standards in all aspects of their participation in this program. Guidelines and recommendations for protecting the privacy of coach/client sessions regarding record-keeping and technology will be provided before practicum begins.

**Conflict Resolution:** In the event of concerns or conflicts on any issue related to finances, requirements, certification, content, curriculum, logistics, ethics, or decorum, certification candidates agree to present such issues directly and honestly, in a timely manner, to Bonnie Bright, Ph.D. for mitigation or resolution.

## **Themed modules include\***

### **FOUNDATIONS**

1. Soul and the Sacred
2. Somatic Theories and Practice
3. Soul-centered Coaching Theories and Techniques

### **APPROACHES**

4. Jungian Concepts: Topics may include Archetypes, Shadow, Persona, Anima/Animus Transcendent Function, Synchronicity, etc.
5. Images, Symbols, and Stories (including fairy tales and myth)
6. Depth and Transpersonal Methods: Topics may include Dreamwork, Active imagination, Shamanic journeying, Breathwork, Divination, Sandplay, etc.

### **DEEPENING**

7. Alchemy
8. Ritual
9. Ecopsychology & Relationship to Nature

### **COSMOLOGIES**

10. Indigenous Perspectives
11. Shamanism
12. Psychedelics

### **BONUS LECTURE**

Logistics, Marketing, & Ethics for Coaching

*\*May be subject to minor changes, combining or separating topics, etc.*

## PROGRAM SUMMARY

**Program Length:** 12 months\*

**Program Format:** Distributed learning via video lectures, academic reading and writing, experiential online coaching sessions with Dr. Bonnie Bright, and peer and client practicum supervision.

**Program Cost:** \$2,999 USD due before release of the content for the first module (but also payable in 3 installments of \$1050 each over the first three months, or in 6 installments of \$550 over the first six months, if needed). Payable via credit card, PayPal, personal check (must clear before certification begins) or wire transfer.

**Cost Breakdown:**

- Lectures, curriculum, content, delivery—12 modules. Total: \$600 (or \$50/month)
- One monthly required 75-90 minute online coaching and/or supervisory session with Bonnie Bright, Ph.D., over 12 months. Total: \$1800 (or \$150/month).
- Review and assessment of monthly written papers; follow-up and support for questions about content or other questions that arise; education/information about potentially useful business and marketing tools; general admin over the course of the program. Total \$599 (or \$50/month)

*\*Program length is estimated based on completing one themed module per month, complete with required lecture, reading and multimedia educational content; approval of one written 2-4 page double-spaced academic paper to illustrate integration of the material; a minimum of one coaching or supervisory session with Bonnie Bright Ph.D. per month; successful completion of required practicum hours with both peer(s) and prospective clients/clients.*

*If this 1-year timeline is not met due to unforeseen circumstances, each student will have the benefit of up to an additional six months to complete the certificate—to be determined on a case-by-case basis. Once tuition is paid, refunds will not be available.*

## GETTING STARTED

For questions, or to begin the application process for certification in Soul-centered Coaching Psychology, please email [info@depthinsights.com](mailto:info@depthinsights.com).