

SoulPages® Therapy Training Program Syllabus

Module 1 - Introductory to the SoulPages® Method

The Seven Elements as Layers of Meaning

In this module, you will get familiar with the building blocks of the SoulPages® journaling method, the seven elements, through a powerful process of inner work. You will get to know the archetype of the inner child and how we can activate it in ourselves and learn a new artistic language. In this Module, you will learn the basics of the artistic language of SoulPages® which will help you gain insight about yourself.

Lesson#	Name of lesson	Date
1	The Inner Child Archetype	Sep 28
2	The Intention & Background Element	Sep 29
3	Magical Coincidence Techniques	Sep 30
4	Images & Colors	Oct 14
5	Lines & Text	Oct 21

Module 2 - Voice Dialogue Technique and working with clients

This technique is one of the fundamentals of the SoulPages® method. SoulPages® is based on understanding our inner parts/ voices/ characters. The Voice Dialogue method was developed by Hal & Sidra Stone, two Jungian psychologists, and is one of the most powerful methods you can add to your toolbox.

Lesson#	Name of Lesson	Date
6	Our Soul as Beautiful Fabric	Oct 28
7	Our Inner Children- Working with Vulnerable Parts	Nov 4
8	Our Inner Management	Nov 11
9	Creating Visualizations	Nov 18
10	Working with transference/countertransference	Nov 25

Module 3 - Facilitating A Group

In this module, we will learn different theories of the psychology of art and working with groups as a mentor of change and transformation. We will create a special journal that we will make especially for this module.

Lesson#	Name of lesson	Date
11	Theories that influenced SoulPages®	Dec 2

12	SoulPages® Groups	Dec 9
13	The Facilitator/Therapist Roles	Dec 14
14	Dealing with Difficult Emotions	Dec 15
15	Reflection on Journal Spreads	Dec 16

Module 4 - Your Diamond Mine, Creating SP Protocols

How to create SoulPages® protocols for your clients

Lesson#	Name of lesson	Date
16	Mind Maps	Jan 6
17	Creating Winning Metaphors	Jan 13
18	Creating intention exercises in different modalities (writing, movement, music, etc)	Jan 20
19	Materials and Techniques	Jan 27

Private meetings in the last week of January

Module 5 - Trauma- Connecting with the Healthier Parts of the Psyche

SoulPages® Therapy has strong tools that you can adapt with groups and private clients. During this Module, students will work with a small group or private clients and write a Therapy Journal. In every lesson, you will learn different techniques that you can add to your private meetings.

Lesson#	Name of lesson	Date
20	Assessment and Therapy Plan	Feb 3
21	Trauma Pt.1	Feb 10
22	Trauma Pt. 2	Feb 17
23	Intergenerational Trauma	Feb 24

Module 6 - Case studies

In this final module, students will present their case studies. The final artistic work will be around an issue they encounter during their practicum. All the lessons in this Module will be 4 hours.

Lesson#	Name of lesson	Date
24	Case study 1	Mar 3
25	Case study 2	Mar 10
26	Case study 3	Mar 17
27	Case studies 4 & Final Meeting	Mar 24