

# School of Integrative Psychology - Distance Learning Catalogue

*Worldwide Learning Community*

*Growth, continuing ed and degree programs for leadership and self-transformation*

School of Integrative Psychology



**The School of Integrative Psychology** is dedicated to offering educational courses to balance one's intellectual, emotional, physical and spiritual resources, leading to the realization of the whole person and the development of integrated professional leadership.

Courses are designed to enhance personal growth, to prepare for professional service careers that are deeply meaningful, or to assist current professionals to expand and deepen their traditional skills as a therapist, caregiver, educator or administrator.

## Four Options for Study

### 1. Lifelong Learning

Any course in the School of Integrative Psychology can be taken individually for personal and/or professional enrichment. These courses are designed to involve the student in experiential learning and are taught via audio recordings of classes with supplemental handouts and videos where applicable. [read more...](#)

### 2. Continuing Education for Professionals

Professionals seeking Continuing Education Credit for integrative education and training are delighted with this opportunity. Course seminars are self-contained units of study on topics meaningful to those wanting to incorporate a more holistic orientation and learn the techniques demonstrated to be effective in this regard. [read more...](#)

*Continuing education for counselors is approved through the NBCC and the NAADAC. Therapeutic Breathwork™ certification is in accordance with the Global Professional Breathwork Alliance.*

### 3. Certificate Programs:

**Personal Integration Studies** – An 88 hour certificate program designed to give you theoretical and practical grounding in holistic life integration techniques. Appropriate for counselors, teachers, caregivers, life coaches, workshop and seminar leaders and students of self-help. [read more...](#)

**Therapeutic Breathwork Studies** – A 60 hour certificate program in the growing field of breathwork, using breath awareness and techniques for healing, personal awareness and spiritual evolution. Appropriate for medical professionals, therapists, educators, caregivers, life coaches, workshop and seminar leaders and students of self-help. [read more...](#)

### 4. Academic Degrees

Through our affiliation with Akamai University, we offer Masters and Doctorate level degrees as well as Postgraduate Diplomas in Integrative Psychology with options for specialities in Personal Integration or Therapeutic Breathwork Studies. [read more...](#)

Contact us for more information:  
[info@transformationsusa.com](mailto:info@transformationsusa.com)

## Course Catalogue

cp-pis - component of Certificate in Personal Integration Studies

cp-tbs - component of Certificate in Therapeutic Breathwork Studies

[For detailed course descriptions click here.](#)

### **Creative Life Series** (24 CE credits) all cp-pis

- CLS Seminar 1: Spiritual Psychology (4 CE credits)
- CLS Seminar 2: Body Mastery (4 CE credits w/ video)
- CLS Seminar 3: Prosperity (4 CE credits)
- CLS Seminar 4: Loving Relationships (4 CE credits)
- CLS Seminar 5: Multilevel Awareness (4 CE credits)
- CLS Seminar 6: Completion (4 CE credits)

### **Body Aliveness Series** (34 CE credits) all cp-pis

- Seminar 1: Psychic Sensitive (6 CE credits with BAS Video #1-#6)
- Seminar 2: Empathetic Nurturing (6 CE credits)
- Seminar 3: Inspirational Leadership (6 CE credits)
- Seminar 4: Steadfast Supportive (6 CE credits)
- Seminar 5: Gender Balanced (4 CE credits)
- Seminar 6: Energetic Grounded (6 CE credits)

### **SIP Core Integration** (14 CE credits) all cp-pis

- Seminar 1: Goals/Personal Time Study (2 CE credits)
- Seminar 2: Family Systems Study and Application (4 CE credits)
- Seminar 3: Communication, Pitfalls and Clearing Exercises (3 CE credits)
- Seminar 4: Therapeutic Breathwork Introduction (2 CE credits)
- Seminar 5: Levels of Existence and Spiral Dynamics (3 CE credits)

### **Personal Effectiveness Principles** (16 CE credits) all cp-pis

- Class 1: Personal Effectiveness – Clarity and Passion (2 CE credits)
- Class 2: Your Deepest Beliefs – The Analysis Principle (2 CE credits)
- Class 3: Changing Your Mind - The Affirmation Principle (2 CE credits)
- Class 4: Self Direction – The Goals Principle (2 CE credits)
- Class 5: Self Awareness – The Maintenance Principle and Breathing Your Body in Motion (2 CE credits)
- Class 6: Effective Communication – Healing Visions and the Risky Rascals (2 CE credits)
- Class 7: Personal Laws and Relationship Patterns – The Keys to Freedom (2 CE credits)
- Class 8: Living Your Purpose – Doing What it Takes (2 CE credits)

## Course Catalogue (continued)

[For detailed course descriptions click here.](#)

**Transformational Psychology - 8 seminars** (16 CE credits)

**Holistic Counseling - 6 seminars** (8 CE credits)

**Group Facilitator Training - 6 seminars** (8 CE credits)

**Life InWellness Video Series** (12 CE credits) all

- Class #1: Self-Responsibility and Love(1 CE credit)
- Class #2: Breathing (1 CE credit)
- Class #3: Sensing (1 CE credit)
- Class #4: Eating (1 CE credit)
- Class #5: Moving (1 CE credit)
- Class #6: Feeling (1 CE credit)
- Class #7: Thinking (1 CE credit)
- Class #8: Playing and Working (1 CE credit)
- Class #9: Communicating (1 CE credit)
- Class #10: Intimacy (1 CE credit)
- Class #11: Finding Meaning (1 CE credit)
- Class #12: Transcending (1 CE credit)

**Living Your Purpose Series - 9 seminars** (16 credits)

**Living with the Ascended Masters - 9 seminars** (13 credits)

**Practicum in Breathwork** (16 CE credits) all cp-tbs

- BP Seminar 1: Therapeutic Breathwork (8 credits)
- BP Seminar 2: Breathwork Supervision Group (8 credits)

**Breathworker Certification Modules** (60 CE credits) all cp-tbs

- BC Module 1: Introduction to Breathwork for Professional Caregivers (12 credits)
- BC Module 2: Breathwork in Water Training (8 credits)
- BC Module 3: Group Breathwork Training (8 credits)
- BC Module 4: The Anatomy of Breathwork(8 credits)
- BC Module 5: Energy Release and Body Types in Breathwork (8 credits)
- BC Module 7: Breathwork and Healing Trauma (8 credits)
- BC Module 8: Ethics in Breathwork (8 credits)

## Course Design and Educational Philosophy:

The course materials are clear, integrated, in-depth and presented in a manner that is experiential. The heart and body are being engaged as well as the mind in this whole person approach. [read more...](#)

## Transformations Mentoring Program: *bringing the teacher to you*

Mentors are now available to support you with any of our School of Integrative Psychology and Transformational Breathwork Training Program courses. Both individual and group mentoring can lend feedback and guidance to your coursework in Lifelong Learning, Certificate Programs, Continuing Education or Academic Degrees. [read more...](#)



*“Not only have these courses assisted me in my personal development, but also they have also greatly contributed to my professional body of knowledge... This coursework is based on a holistic approach... I believe this is an optimal method for fostering self actualization. Furthermore, I have been very pleased with the results.... This speaks highly of the focus and methodology from this exciting, innovative and comprehensive training.”*

Mary E. Gerber, MSW, CICSW

*“The Transformations home study program was an essential resource to me as a psychotherapist as it allowed me to learn the knowledge and skills of holistic methods at the convenience of my schedule... This course energized me to bring holistic techniques into my practice by accelerating and maintaining my learning.”*

Ron Rothchild, MSW, LCSW

## About Us: **Jim Morningstar, Ph.D., Director**

Jim has held licensure as a clinical psychologist since 1973. He is a clinical supervisor, seminar leader and has pioneered in the integration of psychotherapy with such mind/body techniques as breathwork and bio-spiritual energetics. He founded the School of Integrative Psychology in 1980 and the Transformations Breathworker Training Program in 1990 and has authored four books in the field of spiritual psychology. He is co-director of the Global Professional Breathwork Alliance and founder of InWellness.

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