



PS AVALON DISTANCE EDUCATION



Psychosynthesis

Courses for
Personal and Spiritual Development
with Will Parfitt

What is Psychosynthesis?

Psychosynthesis was developed early last century by Roberto Assagioli, an Italian doctor who wanted to bring together the two traditions of psychology and mysticism. He saw that psychology was becoming rather dry and rational and needed infusing with a sense of soul and meaning, whilst those who practice the mystery traditions could benefit from the grounding and reflective qualities of psychology.

Since his time, Psychosynthesis has been developed into a coherent approach to growth and healing. It aims to restore balance between the various parts of the psyche through inclusion, to stress the importance of both personal and spiritual development, and to honour the unique creativity and path of each individual, their place in the world and in relationship.

The essential aim of Psychosynthesis is to help us to discover our true spiritual nature then to effectively use this discovery in everyday life. It helps us to realise our creative potential, increase our ability to function harmoniously in the modern world, and improve the quality of all our relationships.

Psychosynthesis is a practical system that integrates principles ideas and techniques from many approaches to both personal and spiritual growth. It is not about the application of techniques, however, but learning to live with a vision that comes from deep within oneself.

Why Distance Education?

There are many reasons why someone may choose to study Psychosynthesis through a distance education course.

For instance:

- some people want to learn Psychosynthesis primarily for their personal and spiritual development;
- not everyone wants to do a counselling training which is what most centres offer;
- some counsellors and therapists want to study Psychosynthesis without having to take another training;
- some people want to learn how to apply Psychosynthesis to their existing work and interests;
- there are those who for financial or geographical reasons cannot attend group based courses at Psychosynthesis centres;
- some people just prefer to learn in their own space and at their own rate, taking the time to thoroughly integrate Psychosynthesis into their lives.

Who is it for?

These courses offer a comprehensive and practical introduction to the subject through authentic learning, dialogue and mutual empowerment.

The courses are suitable for those:

- wanting to explore their life journey;
- seeking to improve understanding of self and others and increase their ability to communicate with empathy and confidence;
- wanting to further their psychological and spiritual education;
- wanting to create a better balance between their inner and outer life;
- who want to continue their professional development and acquire new skills to apply in their field of work.

Students and graduates include people in all walks of life, from business people to artists, from fishermen to complementary medicine practitioners.

Somewhat over half of the students are female, and students come from varied religious and ethnic backgrounds.

Who is the Course Tutor?



Will Parfitt

Will is a UKCP registered psychotherapist and an experienced group leader. He trained in Psychosynthesis and has more than thirty years experience of working with personal and spiritual development. He travels internationally to run courses on a variety of subjects, including both Psychosynthesis and Kabbalah.

Will is the author of several books including *Psychosynthesis: The Elements and Beyond* (PSAvalon, 2003) and *Kabbalah for Life* (Rider, 2006). Details of these books are found later in this brochure, and more on other books and articles at our website.

Will also offers individual psychotherapy, coaching, mentoring and supervision at his private practice in Glastonbury, England.

Course 1: Personal and Spiritual Development

You learn Psychosynthesis at your own pace thus enabling you to integrate your learning into your daily life. Through careful tutoring, you are encouraged to utilise your own resources to successfully follow your unique journey of exploration.

Course 1 offers you: an opportunity to grow and learn more about yourself; the ability to take positive action; a clearer connection to the transpersonal realms of soul and spirit; ways of grounding creative energies and manifesting true life purpose; an improvement to your inner life and interpersonal relations.

You learn Psychosynthesis at home in a practical way with reading, writing, reflection, visualisations, drawing, self-observation, rituals, meditations and other exercises.

Following the course work, combined with a personal project of your own choice, you keep a journal and send material at regular intervals for appraisal and comment. You work at connecting Psychosynthesis into your own life experiences, enabling it to become of living, meaningful value to your personal and spiritual development.

Everyone is encouraged to engage in regular therapeutic work with a local practitioner. This can take many forms depending upon individual life need and circumstances, for example psychotherapy, counselling, body work or healing.

On completion of Course 1, a Certificate is awarded to those students who demonstrate they are integrating Psychosynthesis into their lives. How long this takes depends upon your personal progress and rate of work, but the twelve lessons of Course 1 average one to two years to complete.

Lesson 1. The Journey of Life
An introduction to the models used in Psychosynthesis

between each lesson, on-going study and practical work is suggested.

Lesson 2. Body, Soul and Self
How we develop

Lesson 3. Subpersonalities and Self-expression
Understanding our inner world

Lesson 4. Love and Relationship
Moving towards right relationships

Lesson 5. The Child of Wisdom
The inner child and family dynamics

Lesson 6. The Art of Identification
Becoming the passionate witness

Lesson 7. The Power of Imagination
Living within the world we create

Lesson 8. Purpose and the Process of Willing
Personal and spiritual empowerment

Lesson 9. Realms of Spirit & Shadow
Exploring the height and depth of the psyche

Lesson 10. Global Issues and Action
Spiritual crisis, from isolation to action

Lesson 11. Acceptance and Change
The healing power of forgiveness

Lesson 12. Evolution and Synthesis
Embodiment and the voice of soul

Course 2: Visions and Values

This course deepens the student's connection with their own personal and spiritual development.

The twelve lessons are designed to facilitate a co-creative approach to research and practice. Will and the student work together to discover living, practical ways for the student to develop and deepen her or his journey of Psychosynthesis.

A Diploma in Psychosynthesis for Personal and Spiritual Development is awarded upon successful completion of this course.

Lesson 1. The Mystery Traditions

The synthesis of Eastern and Western approaches to personal and spiritual development

Lesson 2. The Egg and the Tree

Learning to work with principles, relationship, and techniques

Lesson 3. From Birth to Adolescence

Recognizing the deeper cycles within cycles on the journey of life

Lesson 4. Sexuality and Identity

Life energy, the erotic, projection, reflection and transformation

Lesson 5. Renewal, Change and Redemption

Existential crises and transition

Lesson 6. From Adult to Elder

Living your dying and the power of silence

Lesson 7. The Balancing and Synthesis of Opposites

Working with polarity, duality and conflict

Lesson 8. Awakening Within the Dream

The psycho-spiritual approach to dreamwork

Lesson 9. Everyday Soul and Immanence

Building and owning presence and leadership

Lesson 10. Developing Meaning and Caring For the Soul

On becoming one's very own self

Lesson 11. Assessment and the Next Step

A review from the head and heart

Lesson 12. Expression and Integration

The world of relationship

Advanced Tuition

The more you work with Psychosynthesis and integrate it into your life, the more interesting and useful it becomes. The visions and values of Psychosynthesis live with you in everything you do; increasing your awareness, deepening your connection to soul energy, giving you assistance in manifesting who you are and what you want to be in life. Advanced tuition is available to those who can demonstrate their continuing commitment to their personal and spiritual Psychosynthesis. We have detailed discussions about how each graduate may appropriately proceed with this stage of work.

Group Courses

Group courses and workshops led by both Will and other course leaders are occasionally offered as an option. Whilst these are not mandatory at any stage of the tuition, students are invited to attend those that suit their ongoing development.

Individual Coaching

Most of us can benefit from both the support and challenge involved through having a life guide or coach. Such work may lead to improving our ability to show ourselves to the fullest, and to move on with work and life issues that need our closest attention. Life guidance and coaching is suited to phone or email as well as for face to face consultation. Exactly how we work together will depend upon defining what you really need and helping you achieve this. I will therefore work closely with you to define your particular needs and how you can get these needs met. Phone or email to discuss the possibilities.

Books by Will Parfitt



Psychosynthesis: The Elements and Beyond

Describing what Psychosynthesis is and how it may improve the quality of your life and relationships, this book explores the psychospiritual and transpersonal realms in a deep and practical way. Having its roots in Kabbalah and other esoteric traditions, Psychosynthesis is revealed as the psychology of choice for the modern world.

£13.00 PSA 2003, ISBN 0-9544764-0-9



Kabbalah for Life

A thorough and fascinating exploration of Kabbalah, this book explains the wisdom and intricacies of a philosophy that delves deep into the scope of life while allowing space for personal insights to emerge. It is a guide to individual evolution as well as an exploration of how to live peacefully without harming our increasingly fragile universe.

£12.99 Rider 2006, ISBN 1-8460-4035-3



The Complete Guide to the Kabbalah

Through blending traditional teachings with state of the art psychological understanding, the ancient mysteries of the Tree of Life are revealed in a way that is both exciting and effective. This book will open you to your inner wisdom and show how to apply insights to everyday life.

£12.99 Rider 2001, ISBN 0-7126-1418-4

These books are available from all good bookshops, including on the internet, or direct from PS Avalon.

Applications

To apply for individual tuition, please send the following details to Will Parfitt at the postal or email address on the back cover

- Name, address, telephone number.
- Date of birth.
- Current occupation.
- Why you wish to study and practice Psychosynthesis.
- Your previous experience of Psychosynthesis or other psycho-spiritual methods.
- Details of any serious mental, emotional or physical illnesses.
- A description of what you would say are your main strengths and weaknesses.
- Any other relevant material.

All correspondence before and during this course is treated with the utmost confidentiality.

Fees

When you are accepted for tuition, you will be asked to send the initial signing-on fee of £120. This includes the cost of the first two lessons and the creation of your individual work-study plan.

Each subsequent lesson costs £50, which includes detailed written appraisal of the previous lesson's work, project work and the material for the next lesson.

You contract for 5 lessons at a time, and can either pay in monthly installments or in one payment (10% discount.)

Full payment details will be sent with your acceptance documents.

A few bursaries are available.

British students are asked to pay fees in Pounds Sterling. All other students are requested to pay by international money orders or bank drafts. Details will be sent when you are accepted for tuition.

(Currently £50 is approx. equivalent to U.S. \$80.)



PS Avalon
Psychosynthesis Courses,
Box 1865,
Glastonbury, BA6 8YR, England.

Telephone ++44 (0) 1458 833864
email: info@psavalon.com
website: <http://www.psavalon.com>