

Objectives of the training

The Transpersonal MOSAIC module can be done independently of the other modules. It aims to understand the neurophysiological basis of altered consciousness experiences, non-dual states, egoless states, consciousness, emptiness, and then to experience these states for personal development but also to integrate them into therapeutic practice. This module is an initiatory journey of questioning beliefs in order to open up to greater than oneself, to open up to Unity in order to enlarge the vision of the World, of oneself and to integrate it into daily life.

Day 1 :

- Presentation of the participants
- Beliefs and the brain
- Practice on beliefs and biases
- The neurophysiological basis of compassion and empathy
- The self-compassion scale
- The MOSAIC transpersonal protocol
- Demonstration of the MOSAIC transpersonal protocol

Day 2 :

- Practices of compassion, love, peace, unity, ...
- with the MOSAIC transpersonal protocol
- Return of experience
- The neurophysiological basis of altered states of consciousness,
- non-dual states, egolessness, unity, consciousness
- Bringing down beliefs: demonstration and practice

Day 3 :

- Experiencing non-dual states or Unity
- Demonstration to amplify Oneness experiences
- Other experiences of Oneness
- Unity or non-duality in psychotherapy
- Oneness or non-duality in everyday life
- Evaluation of the training

TRAINER :

Dr Stéphanie KHALFA,
Clinical psychologist, research
fellow in Neuroscience

PUBLIC:

This training is for people who are
ready to experiment, to live other
possibilities

PREREQUISITES :

No prerequisites

PEDAGOGICAL MEANS :

- Theoretical courses
- Practical exercises and
demonstrations

EVALUATION METHODS :

Continuous oral evaluation
throughout the course, question
and answer time, MCQ

DURATION :

21 hours over 3 days
(time slot from 9:30 am to 5:30 pm)

RATE :

600.00 €

Residential training
(see schedule on the website
<https://therapiemosaic.com>)