

<b>Stage</b>	<b>Title</b>	<b>How</b>	<b>Week</b>
Opening & Introduction	Training Opening, Introductions & What is SE?	Online Zoom Session	Week 1
Stage 1 - Finding the Feelings & Expression	Stages of Enquiry & Levels of Expertise	Online Zoom Session	Week 1
Stage 1 - Finding the Feelings & Expression	Finding the Feelings - Sharing & Processing	Online Zoom Session	Week 1
Stage 1 - Finding the Feelings & Expression	Practice & Sharing Session, Listen Skill, PCT & Chakra	Online Zoom Session	Week 2
Stage 2 - Elevating from the Story	Practising & Processing: Template, Questioning, Stages	Online Zoom Session	Week 2
Stage 3 - Making Sense of it All	Exercises & Practices of Transactional Analysis	Online Zoom Session	Week 2
Stage 3 - Making Sense of it All	Exercises & Practices of Psychodynamic	Online Zoom Session	Week 3
Stage 3 - Making Sense of it All	Exercises & Practices of Transpersonal	Online Zoom Session	Week 3
Stage 3 - Making Sense of it All	Exercises & Practices of Gestalt	Online Zoom Session	Week 3
Stage 4 - Solutions & Acceptance	Exercises & Practices of CBT & Stages of Transition	Online Zoom Session	Week 4
Stage 5 - Self Realisation	Exercises & Practices of Gestalt & Johari Window	Online Zoom Session	Week 4
Stage 6 - Holding Spiritual Enquiry	Hold A Spiritual Enquiry Session - Introduce IPR	Online Zoom Session	Week 5
Stage 6 - Holding Spiritual Enquiry	Hold A Spiritual Enquiry Session - Introduce IPR	Online Zoom Session	Week 5
Stage 6 - Holding Spiritual Enquiry	Hold A Spiritual Enquiry Session - Introduce IPR	Online Zoom Session	Week 5
Stage 6 - Holding Spiritual Enquiry	Present Your Session, Facilitator, Witness & Client	Online Zoom Session	Week 6
Stage 6 - Holding Spiritual Enquiry	Present Your Session, Facilitator, Witness & Client	Online Zoom Session	Week 6
Stage 6 - Holding Spiritual Enquiry	Present Your Session, Facilitator, Witness & Client	Online Zoom Session	Week 7
Stage 7 - Closing & Training Feedback	Personal Reflection Exercises, Feedback & Closure	Online Zoom Session	Week 7