



TP Institute Transpersonal Psychology Coaching

Programme Prospectus, Curriculum & Syllabus

Programme Overview

The 1-Year Transpersonal (TP) Psychology Coaching programme is a modular learning experience that blends Eastern spiritual philosophy with Western depth psychology, theory and practice. It focuses on experiential learning, prioritising interactive sessions and the Integrated Healing Process (IHP) across five layers of the Self.

The course is developmental and oriented towards a journey of personal growth and transcendence. It focuses on clarifying passions, improving skills and supporting self-actualisation. It is primarily present- and future-focused, assuming that clients are psychologically stable, and emphasises action, accountability and change through awareness and clarity.

The course is structured around 11 weekend modules, comprising two three-day in-person weekends in London and nine live online weekends. These modules include theory, reflective personal exercises, paired work and group work, alongside associated disciplines and structured TP Coaching practice, including supervised triad exercises.

There are also 43 live online Tuesday sessions covering theory, experiential exercises and Q&A. These sessions provide opportunities for students to revisit and review course material, share experiences and ask questions relating to their practice, personal transpersonal therapy and client placements.

The programme provides a total of 309 hours of guided tuition, comprising:

- 45 hours across two in-person weekends
- 135 hours across nine live online weekends
- 129 hours across 43 live online Tuesday sessions

In addition, students are required to complete a minimum of 75 hours of supervised TP Coaching practice, including client work and placement activities, supported by at least 37.5 hours of group and/or individual supervision.

Students are also required to complete a minimum of 30 one-to-one personal Transpersonal Psychotherapy, Counselling or Coaching sessions, either in person or online, with an approved practitioner. All programme requirements must be completed before students are eligible for certification and professional accreditation.

Programme Highlights

- **Accreditation** — Graduates receive a Transpersonal Psychology Coaching qualification from TP Institute, making them eligible to apply separately for professional Coach Accreditation with the International Association of Coaches, Therapists and Mentors (IACTM), subject to IACTM's accreditation requirements.
- **11 Months of Tuition** — 2 three-day in-person weekends in London (45 hours) + 9 live online weekends (135 hours) + 43 live online Tuesday sessions (129 hours) = 309 hours of guided tuition.
- **Transpersonal (TP) Therapy Requirement** — Biweekly one-to-one Transpersonal Psychotherapy, Counselling or Coaching sessions with an approved Transpersonal Psychotherapist, Counsellor or Coach (minimum of 30 sessions over the 11-month programme). *Please note: Personal session fees are*

separate from course tuition.

- **Coaching Practice & Placement** — A minimum of 75 hours of supervised TP Psychology Coaching practice, including real client work through in-class practice and external placements. *Please note: During periods in which students provide professional coaching, they will be supported by a TP Coach Supervisor or Mentor.*
- **Supervision** — A minimum of 37.5 hours of group and/or individual supervision, supporting safe, ethical and effective coaching practice.
- **Professional Access** — Inclusion in the TP Institute Directory of Counsellors, Therapists and Coaches, with access to resources, business networking and client referrals.
- **Graduate Opportunities** — Ongoing connection through the TP Institute graduate network, with access to professional directories and collaborative opportunities.
- **Accreditation Scope** — The qualification supports professional practice as a Transpersonal Psychology Coach worldwide, both in person and online, subject to applicable local regulations and professional requirements.

Programme Curriculum Overview

Overview: The 1-Year Transpersonal (TP) Psychology Coaching Programme takes students through a profound professional learning journey, combining inner work, personal development and disciplined personal practice to build a thorough foundation for working with clients. Below are the core curriculum learning pillars of the programme, which facilitate each student's personal and professional transformation:

Learning Through Experience: The learn-by-doing approach trains students interactively through live, experiential sessions, practical exercises, paired and group work. Special emphasis is placed on felt, somatic experience, whereby learning content is experienced and then practised through creative exercises to update patterns of relating and meaning. Key areas also include TP Coaching practice in live triads with guided supervision, Q&A sessions, debriefs, and methodology and technique reviews.

Self-Mastery: Required TP therapy and ongoing personal practice and assessments cultivate students' self-mastery, allowing them to become experienced in their own transformation process. Consequently, students develop the competence, confidence and authenticity needed to work with clients through a client-centred transpersonal process.

Customised Approaches: Our TP Psychology Coaches are trained differently. They are encouraged to discover themselves through inquiry and practice, cultivating self-mastery before learning to personalise selected tools and interventions to work with their clients creatively and effectively.

Multidimensional: TP Institute cross-pollinates the theories and teachings of Eastern philosophy and disciplines with Western transpersonal depth psychology and process work. The Tantric chakras and their elements provide an archetypal framework for healing and transformation, which aligns with Jungian theories of the unconscious and

the process of individuation. Eastern Yogic and Taoist philosophies are explored alongside perspectives from Western contemporary philosophy. The humanistic coaching approaches of Carl Rogers are supported by key contemporary transpersonal tools, techniques and interventions.

Trained & Qualified Differently: At TP Institute, we have intentionally designed a TP Psychology Coaching Programme that streamlines, optimises and refines the training process, selecting what is effective, disregarding what is erroneous or outdated, and amplifying what is profoundly impactful. Our unique blend of Eastern and Western perspectives, experiential learning and personal practice provides the foundation for developing exceptionally skilled Transpersonal Psychology Coaches.

Sample of Core Curriculum Subjects:

- Tantric Chakra Theory & Archetypal Healing Process
- Chakra Elements Theory & Archetypal Healing Process
- Jungian Personality Typology
- Carl Rogers — The Three Principles of Humanistic Coaching
- Transpersonal Client Ethics, Holding Space, Safety & Protocols
- Somatic Mapping & Awareness: Energy Balancing Techniques
- Jungian Shadow Work: Process & Development
- Parts Work: Discovery, Relating & Communicating
- Integrated Healing Process (IHP): Theory & Assessment
- Transactional Analysis for TP Coaching
- Triad Transpersonal Coaching Practice & Supervision

Programme Syllabus Overview

The 1-Year Transpersonal Psychology Coaching programme endeavours to provide students with challenging experiential learning, inner work, and the tools and skills needed to serve their clients effectively. The course is structured around the Tantric chakra model and addresses areas of personal development and transformation, such as core power and identity, authenticity, and transpersonal transcendence.

The progressive development of content relating to each of the chakras and their elements provides the overall syllabus structure for the course. The depth and emphasis of the chakra themes will also directly relate to corresponding areas of Western developmental psychology. The syllabus will place particular emphasis on TP Coaching protocols, ethics, safety, and the client–coach relationship within a client-centred process. Students will develop methods and strategies to unlock their clients' potential through the core competencies, theoretical frameworks and healing modalities outlined below.

Learning Structure

Weekend modules will focus on a specific chakra, providing a framework for further TP Coaching theory and experiential exercises. Certain chakras will be emphasised over more weekends than others, depending on their developmental importance for students. For example, three weekends will be allocated to the Root Chakra, which relates to ancestral themes, embodiment, the mother connection and complex, and self-love.

Theoretical Structure: Archetypal Chakras & Elements

The seven chakras and their corresponding elements provide the archetypal framework for the course, supporting students' understanding of personal development, psychological patterns, healing and transformation.

1. Root Chakra (Muladhara) – Earth Element

Balanced Archetype: The Divine Mother

Basic needs and security, home and resources (money), and the core relationship with the body, including self-love and nurturing. The nervous system and one's relationship with life. The mother complex.

2. Sacral Chakra (Svadhithana) – Water Element

Balanced Archetype: The Empress

Awareness of the balance and imbalances of the child's needs and attachment styles, masculine and feminine essences, relationships with sensual and sexual aspects, creative passions, excitement, embodied intuition and expression, and codependency.

3. Solar Plexus Chakra (Manipura) – Fire Element

Balanced Archetype: The Warrior

Harmonisation, activation and balance of personal power, realisation of identity, core beliefs and definitions, and relationship initiation, organisation and imbalances.

4. Heart Chakra (Anahata) – Air Element

Balanced Archetype: The Lover

Development towards a more individuated and integrated Self, with greater awareness of parts and shadow aspects. Refinement of archetypal parts, personas, the Self, and anima and animus. Improved social relationships, family dynamics, and integration of the higher mind and Self.

5. Throat Chakra (Vishuddhi) – Ether Element

Balanced Archetype: The Communicator

Improved awareness, clarity and power of personal truth, expression of voice, feelings, emotions and thoughts. Personal truth, interpersonal communication, relationships and boundaries.

6. Third Eye Chakra (Ajna) – Light Element

Balanced Archetype: The Magician

Improved insight and access to conscious intuition, personal narrative, and awareness of destructive patterns of intellectualism, judgement and criticism. Pattern awareness and interruption.

7. Crown Chakra (Sahasrara) – Thought Element

Balanced Archetype: The Master / Guru

Realisation of personal and collective divinity, aspects of whole embodiment, and surrender to higher consciousness. Awareness, witnessing and oneness.

Weekend Structure

Saturdays will examine two content components and include personal integrative practices, inquiry work and inner work disciplines. Sundays will include personal practice and review, alongside TP Coaching practice in triads (student, client and observer), with supervisor guidance.

Weekly Online Sessions

Weekly lectures will be delivered virtually through three-hour sessions on Zoom, incorporating theory, practical exercises, review and Q&A. These sessions will provide opportunities for students to revisit course material, share experiences and ask questions relating to their personal development, TP Coaching practice and client work.

Learning Content

The TP Coaching syllabus will primarily focus on the philosophy and psychology of the Tantric chakras and their elements, integrated personal practice, and the humanistic coaching approaches of Carl Rogers. Within these frameworks lies an understanding of energy and how it creates the environment for self-awareness, transformation and integration. A range of foundational subject areas will be taught to ground students in theory, concepts and organisation, enabling them to apply tools and techniques effectively when working with clients. Client tools, techniques and interventions will include Transactional Analysis for Coaches and Family Constellation themes, including introductory resolution methods.

Healing Modalities (Each Taught as a Separate Approach)

- Yin Yoga Healing
- Emotional Meridian Theory & Balancing
- Chakra Meditation as Healing
- Gestalt Energy Therapy
- Emotional Freedom Technique (EFT)
- Emotional Processing (Emo)
- Havening
- Core Belief Reprogramming
- Cognitive Behavioural Therapy (CBT)
- Integrated Healing Process (IHP)
- Archetypal Parts Integration (API)
- Family Constellation Tracing (FCT)

Graduation & Evaluation

TP Institute ensures that the training students have undergone has brought them to an optimal level of skill and professionalism. Our evaluation process includes the following TP Coaching accreditation criteria:

- You have completed the 309 hours of Transpersonal Coaching theory and lectures, delivered both in person and online. *Note: In addition to the 309 hours of guided tuition, students will undertake self-study, reflective Integrated Healing Process (IHP) practice, course assignments, additional TP development courses and associated CPD activities, where applicable.*

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- You have completed at least 75 hours of Transpersonal Coaching practice and placement. *Note: These hours can include triad practice sessions during the weekends.*
 - You have completed at least 37.5 hours of group and/or individual supervision. *Note: These hours can include supervision sessions conducted during the training weekends.*
 - You have completed at least 30 sessions of personal Transpersonal Psychotherapy, Counselling or Coaching over the 11 months of study. *Please note: Personal session fees are separate from course tuition.*
 - During the periods in which you provide professional coaching, you seek support from a TP peer coach, supervisor, or mentor, or engage in continued training that involves receiving personal support in your TP coaching work.
 - You can demonstrate competence and professionalism as a TP Coach in accordance with TP Institute's core competencies, policies, and code of ethics.

Programme Policies

To become a qualified Transpersonal Psychology Coach, students must attend all online and in-person weekend hours and weekday lectures. Certain lectures may be missed if pre-arranged and approved at the discretion of the course lead teachers. All missed hours and allocated assignments will need to be made up retrospectively, according to the specific hours and requirements of the course.

Assignments & Evaluation

The following homework, assignments, and dissertations will be required and organised throughout the year of study.

- **Weekly journaling:** Personal observations and transformation (relating to TP therapy and integration practices). Checked and discussed with the Student Journey Supervisor.
- **Each weekly online lecture (3 hours):** 2 × 500-word assignments on theory and reflection. Checked and marked, with feedback given weekly.
- **Live weekends:** 2 × 500-word assignments. Checked and marked, with feedback given monthly.
- **1 month prior to the end of the academic year:** 3 case studies (3 × 2,000 words). Graded at the end of the course.
- **1 month prior to the end of the academic year:** Focused extended written assignments:
 1. Personal Area of Transformation – 3,000 words.
 2. Personal Comparison and Evaluation of the Transpersonal Psychology Methods and Healing Modalities Studied – 3,000 words.
- **2 weeks prior to the end of the academic year:** Reflective essay about the course experience – 1,000 words.

Assignments & Grading: Assignments are graded on a scale of 0–5, with 5 representing the highest grade and 0 the lowest: 5 – Exceptional; 4 – Distinction; 3 – High Pass; 2 – Pass; 1 – Marginal Fail (resubmission required); 0 – Low Fail

(resubmission required). Students receiving a grade of 0 or 1 will be required to revise and resubmit their assignment within 7 days. All assignments must be submitted by the specified deadlines. Assignments submitted more than 3 days late, without prior approval for exceptional circumstances, will receive a one-grade deduction.

Instructor Information: Lead teachers Jamie Clarke and Lois Pimentel will be available on WhatsApp throughout the duration of the course. Questions and concerns regarding course content and processes should be directed to them. For supervision-related requirements, Safana Khan will also be available on WhatsApp throughout the course of study.

Ethics & Professional Practice

- Transpersonal Coaching Morals, Values & Ethics
- Organisation & Ethics of Holding Space
- TP Coach–Client Relationship: Safety Protocols

Learning Outcomes & Core Competencies

All graduating TP Psychology coaches are expected to be in alignment with their key professional practices and core competencies. Because of the varied and personal needs within the client–coach relationship, seven general core competencies are listed below and framed as a broad organising structure for TP coaches to refer to regularly as guidelines.

At TP Institute, we ensure that the services provided by all our TP Psychology coaches are congruent with our Core Competencies, as outlined in the following seven categories:

1. *Values and Attitudes*
2. *Practical Tools and Approaches*
3. *Interpersonal Skills*
4. *Intrapersonal Development*
5. *Transpersonal Development*
6. *Professionalism*
7. *General Competencies: Approaches, Facilitation, Intuition, Accountability and Resourcing*

Programme Fees & Payment Options

The cost of the 1-Year Transpersonal Psychology Coaching Programme is £6,875, including the £1,500 graduation fee. Payment can be made in full at the beginning of the course, or through an interest-free payment arrangement, structured as follows:

- £500 non-refundable deposit to secure a place and application. Fully refundable if the application is unsuccessful.
- £1,000 initial payment required one week before the start of the course.
- Monthly payment options:
 - 15 months: 14 payments of £258.30 and a final payment of £258.80.
 - 11 months: 10 payments of £352.30 and a final payment of £352.00.
- £1,500 graduation fee due upon course completion (required to receive full certification). This fee is included in the total course cost of £6,875.

Entry Requirements

Prospective students are required to have completed secondary or high school education to GCSE or O-level standard (or equivalent). Proof of education may be requested as part of the application process. If there have been any interruptions, breaks, or special circumstances in your educational history, you will have the opportunity to outline these in the in-depth application form for appropriate consideration. At TP Institute, we are committed to being an inclusive educational organisation, offering equal opportunities to all applicants, regardless of age, culture, nationality, or background.

Application Process

Step 1: Submit the initial online application form for your chosen course, along with a £500 Deposit of Intention, refundable if your application is unsuccessful.

Step 2: This will initiate the next stage, where you will receive two questionnaires — the "Life" & "Lineage" forms — along with the in-depth application form. All three documents should be completed and returned together.

Step 3: Once your forms have been received and reviewed, and upon initial approval, you will be invited to attend a 45-minute interview — with Jamie Clarke or Lois Pimentel (Lead Teachers). The interview should be completed within a three-week window from the time of receipt of the three forms. Contact information for your interview will be given upon receipt of your forms.

Step 4: Following the interview, applicants will be notified of their acceptance and provided with full details of the payment terms and responsibilities and the financial agreement for their course. If, for any reason, an applicant is not accepted, the £500 Deposit of Intention will be fully refunded immediately.

Have Questions? We're Here to Help.

If you have any questions about the programme, curriculum, entry requirements or application process, please don't hesitate to get in touch.

Our team will be happy to provide further information and help you decide whether this programme is right for you.

Email: tpinstituteuk@gmail.com

Website: www.tp-institute.com

We look forward to welcoming you to TP Institute.