

THE SOPHROLOGY ACADEMY

FOUNDATION COURSE: Practitioner Certificate

Level 1- introductory core course – 8 week-ends

Level 2 - proficiency course – 8 week-ends

= 256 h

+ 24h practise sessions

+ 12h internship + report

+ 9 h (3 x 3h) tutoring

= 301 hours

Course starting in April 2010 will be held at week-ends, once/twice a month.

Course starting in September 2010 will be held 2 week days, once/twice a month.

ADVANCED COURSE/SPECIALIST TRAINING: Advanced Practitioner

Diploma - Level 3 - 150 h

(to be opened)

The Director

Florence PAROT VERRIER

graduated from one of the leading Parisian Schools of Sophrology (Centre d'Etudes et d'Applications de la Sophrologie). She started practising Sophrology 16 years ago and found it so beneficial that she decided sharing it with others. She works as a qualified Sophrologist both in the UK and in France. She is a member of The British Register of Complementary Practitioners Assoc. BRCP – General Division), the French Association for Professional sophrologists (Syndicat des Sophrologues Professionnels) and the French Sophrology Society (Société Française de Sophrologie).



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Banyan Retreat – Lake House – Maidstone Road

Hothfield – Ashford, Kent TN26 1AR

0786 142 00 59 – sophrocontact@gmail.com

www.sophro-florence-verrier.com

FOUNDATION COURSE LEVEL 1

introductory core course – 8 modules

Module 1.

Presenting the course

Definition, origin, sources of Sophrology

Aims and uses

Theory: levels and states of conscience, fundamental principles

Practise: Basic Sophronic exercises

Module 2.

Fundamental principles, theory and exercises:

- positive action
- objective reality
- body consciousness

Breathing – anatomy & physiology – theory and practice

Dynamic Relaxation Level 1 (1st part)

Organising Intersession homework, personal training & practise programme

Module 3.

Visualisation, guided imagery, mental images

grounding

Capacities

Dynamic Relaxation Level 1 (2nd part)

Module 4.

Dynamic Relaxation Level 1 (full practice)

« Present » exercises

focusing, mindfulness and other basic techniques

Module 5.

Terpnos Logos: the Sophrologist's « voice »

Guiding the patient's relaxation

Sharing the experience of a Sophrology session

Listening to oneself

Module 6.

Body conscience, 5 senses, feeling from inside

The body scan, relaxation

Introduction to Dynamic Relaxation Level 2

« Future » exercises



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Module 7.

Dynamic Relaxation Level 2

The contribution of phenomenology

The non-judgemental attitude and beginner's mind

Sophrology and the other relaxation techniques (Schultz, Jacobson...)

Yoga, zen and meditation: sources and influences

Module 8.

RD Levels 1 & 2: revising and practicing, systems

Dynamic Relaxation Level 3 (RD3)

« Past » exercises



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FOUNDATION COURSE LEVEL 2

proficiency course – 8 week-ends

Module 1.

Treating patients in an individual session, consultation, protocol, ethics and confidentiality /Basic counselling skills, the therapeutic alliance
How to run group sessions
Dynamic Relaxation Level 4

Module 2.

Sophrology and stress: neurophysiology, stress management techniques, specific exercises, anxiety, phobias, burn-out, depression

Module 3.

Sophrology and children, Sophrology in education, Sophrology and sport

Module 4.

Sophrology and communication / Creativity, memory and creativity
Sophrology in everyday life, health and well-being, self-development

Module 5.

Sleep: physiology, basics, Sophrology and sleep problem solving

Module 6.

Emotions, confidence, preparing for an event

Module 7.

Setting up a business
Health and safety in complementary medical practice, first aid
Complementary medicine and current regulations

Module 8.

Group work - Final assessment – Internship report



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