

TRANSPERSONAL THERAPIST TRAINING

Course Programme
Dunderry Park, Co. Meath

INTRODUCTION, MODULE BREAKDOWN AND FAQs





MARTIN DUFFY

MIAHIP, MIACP, EAP

Transpersonal Psychotherapist
and Shamanic Teacher

Martin Duffy is the director of the Oaktree Charitable Trust, a non-profit organisation that runs the Irish Centre for Shamanic Studies at Dunderry Park.

The Centre is dedicated to promoting and preserving shamanic traditions from around the world, particularly those of the pre-Celtic and Celtic era. Contemporary Shamanic approaches are also taught at the centre.

Martin has worked as a mental health care professional since 1977. He is an accredited Transpersonal /Jungian psychotherapist. He has trained in various forms of consciousness shifting methods including Holotropic Breathwork™, Dreamwork, Trance Dancing, and Firewalking. His grandfather and mother are traditional folk healers and he is following in their footsteps.

Martin's work is influenced by the Druidic traditions of ancient Ireland. He has done fieldwork with indigenous Shamans from Mongolia, the Amazon, Andes, and Africa and also has trained in core Shamanism with the Foundation of Shamanic Studies (USA) and the Scandinavian Centre for Shamanic Studies.

Martin brings warmth and compassion to his shamanic practice. He has strong values with regards integrity, honesty and openness, in particular he believes in empowering the individual to find healing, knowledge and wisdom within themselves.

Martin is available for one to one sessions for Transpersonal Psychotherapy, Soul retrieval and Shamanic Counselling and healing.

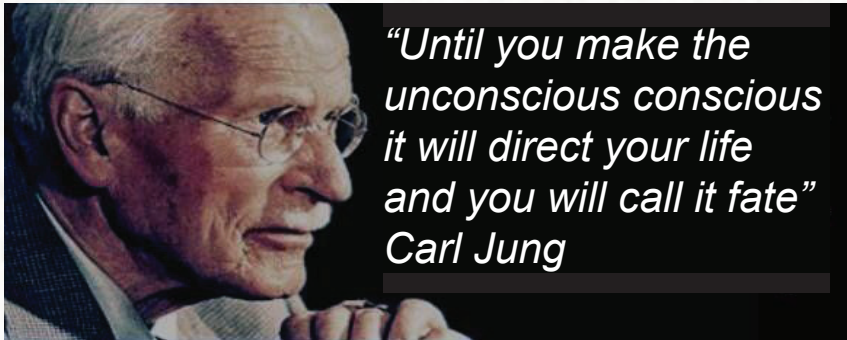


What is Transpersonal Psychology?

The term Transpersonal means beyond the personal. It is a form of spiritual psychology which studies human experiences beyond the realms of ordinary reality. This includes methods such as dreamwork, meditation, journeying, yoga, reiki, trance states, shamanism, mystical and peak experiences, ecology, non ordinary states of awareness and consciousness studies.

According Lajoe and Shapiro (1992) Transpersonal Psychology is concerned with humanity's highest potential, and with the recognition, understanding, and realisation of unitive, spiritual and transcendent states of consciousness.

At the Irish Centre for Shamanic and Transpersonal studies, we believe that an experiential and holistic approach to understanding Transpersonal Psychology is vital. We strive to combine the spiritual with the practical and theoretical, so that participants can have access to a direct experiential and theoretical understanding of the spiritual realms.



*"Until you make the
unconscious conscious
it will direct your life
and you will call it fate"*
Carl Jung

What does the Transpersonal Therapist Training involve?

This training will be modular in nature, participants can begin the course at any point as credits will be awarded for each module completed leading to a final certificate of accreditation as a Transpersonal Therapist when the required amount of credits have been obtained.

These credits will also be given for past courses completed through The Irish Centre for Shamanic and Transpersonal Studies when students have registered for the Transpersonal Therapist Training Course. These include Soul Seminars, Shamanic Breathwork, All Shamanic Courses, and One day courses.

How is the Transpersonal Therapist Training accredited?

The course is accredited by The Irish Centre for Shamanic and Transpersonal Studies, in the same manner as the Shamanic Practitioners course. The training allows those who have undertaken some Shamanic and Transpersonal studies to deepen their theoretical knowledge and gain accreditation as a Transpersonal Therapist. It also allows those with no past experience an opportunity to train in Shamanic and Transpersonal theory and practices.



“Consciousness does not just passively reflect the objective material world; it plays an active role in creating reality itself.” Stanislav Grof

What is Holotropic Breathwork™?

Holotropic Breathwork™ was created by Dr. Stanislav Grof and Christina Grof as a method to journey deeper into the non ordinary realms of consciousness, using deep and fast breathing, powerful evocative trance music and healing bodywork. Shamans and mystics have used the breath to access the healing potential of non ordinary reality for thousands of years.

Holotropic Breathwork™ leads one into an adventure of self discovery, self exploration and self healing. Participants have access to deep shamanic journeys, past life memories, merging with the cosmic mind, ecstatic and joyful experiences and mystical awareness states. Other experiences may include re-experiencing birth, release of energetic blockages caused by past traumas, and the healing of emotional and physical conditions.

This workshop takes place within a safe and sacred setting. Participants work in pairs, while one breathes the other sits and supports their journey. The Breathwork experience is also supported by group work and art therapy. The sessions typically last around three hours, giving adequate time to journey as deeply as you need to go.

Other activities will include Shamanic journey, time in nature, trance dancing and group sharing. Holotropic Breathwork is part of the personal development work on the Transpersonal Therapist Training.



Who can take part in this course?

Anybody with an interest in Shamanism or Transpersonal psychology can take part in this training.

In the past, we have had a wide variety of practitioners and non practitioners complete our training.

This includes Psychotherapists, Counsellors, Yoga teachers, Artists, Holistic Practitioners, Medical Nurses and Doctors, as well as people who previously did not practice in any discipline.

Indeed, during the training, we will explore in depth the archetype of 'The Wounded Healer', and 'The Way of the Wound'. This essentially means that Healers and Therapists who have journeyed to the depths of their own 'woundedness' to find healing for themselves, are better able to guide others to find their own healing. We are not interested in any group more than another, and encourage anyone with an interest in the Transpersonal perspective to take part.



What is the teaching format?

The teaching format will be through video interviews and documentaries, lectures, group work and dialogue, and experiential methods such as journeying, dreamwork, breathwork, meditation,

As the course is provided on a modular basis, there is no one off cost, as fees will be payable per module.

Costs for Shamanic Practitioners, Shamanic Breathwork, Solstice and Earth, Sea and Sky Woman are available online.

The Shamanic Breathwork will be €125 per workshop and Transpersonal Training Days will be €95 per workshop. Soul Seminars are €15 per session. You can book workshops directly through the website, and these will be added to your accumulated credits upon attendance, provided you are registered on the Transpersonal Therapist Training.

How do I register for the course?

Email us at info@shamanismireland.com

We require a deposit of €100, payable to The Oaktree Charitable Trust, which confirms your registration and will be put towards the cost of your first module(s).



What is the module breakdown?

Module/Credit Breakdown

Mandatory Modules: 700 Credits

The Shaman's Journey Introductory Workshop: 1, 40

Shamanic Gathering: 2, 50

Death and Rebirth.: 3, 50

Shamanic Healing. : 4, 50

Soul Retrieval. : 5, 50

Advanced Practitioners. 90

Shamanic Counselling. 90

Shamanic Breathwork:1, 40

Shamanic Breathwork : 2, 40

Shamanic Breathwork : 3, 40

Transpersonal Training Day: Jungian and Transpersonal Psychology 40

Transpersonal Training Day: Addiction - A Spiritual Perspective 40

Transpersonal Training Day: Spiritual Emergence/Emergency 40

Transpersonal Training Day: Dreamwork, Imagery and Visualisation 40



Optional Modules: 300 Credits Awarded

Winter Solstice. 40

Summer Solstice. 40

New Years Eve. 40

Earth, Sea, Sky Woman. 50

Soul Seminars 10 each

Optional Transpersonal Days:

Beyond Mindfulness/ Mandala / Consciousness Research / Gender and Spirituality / Philosophy / Eco Psychology/ Nature Therapy/ Non Ordinary States of Consciousness/ Art as Therapy etc. 40 each

The training involves a number of mandatory and optional modules, all of which have a certain number of applied credits. In order to complete the training, participants must gain 1,000 credits in total. The flexible nature of the optional modules, means that participants can choose how they want to amass the extra credits they need to receive certification.

The module credit breakdown is as follows. Participants who have already completed workshops, will have these credits calculated and put towards their final accreditation. There is no set timeline for completing any of the modules, mandatory or otherwise, and participants can set their own learning and schedules.



What about past courses I have attended?

If you have already completed any of the courses above, mandatory or optional, these credits will be automatically awarded to you upon registration, and you will not be required to attend the courses again.

Who is facilitating this course?

The course is being organised and facilitated by Martin Duffy. (MIAHIP, MIACP, EAP) Martin has worked as a Mental Health Professional for 35 years with the HSE and is an accredited Humanistic & Transpersonal Psychotherapist, Shamanic Practitioner and Teacher. You can read more here. There will also be guest facilitators and teachers on certain modules.

Is there a sequence to the modules that has to be followed?

No. We will work with you to accommodate your schedule and financial circumstances to ensure that you have a learning plan that works for you.



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What are Shamanic Breathwork modules?

Shamanic Breathwork modules will begin on a Friday evening at 8pm, and continue until Saturday evenings at 10pm. The Friday evening session will involve lectures on the Theory and Practice of Shamanic Breathwork. On Saturday we will have two sessions of Shamanic Breathwork, as sitter and breather. The music will have a Shamanic theme throughout the session. Also included will be mandala drawing and group integration work. Participants will need to have completed at least two Holotropic Breathwork weekend workshops to participate in these modules.

Transpersonal Therapist Training

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These credits will also be given for past courses completed through The Transpersonal Institute and Irish Centre for Shamanic Studies when students have registered for

the Transpersonal Therapist Training Course. These include Soul Seminars, Holotropic Breathwork, All Shamanic Courses, and One day workshops.

New mandatory modules will also be taught at the centre as one day workshops and evening classes through Soul Seminar meetups. Topics will include; Spiritual Emergence/Emergency, Addiction, Jungian and Transpersonal Psychology, Astrology, Dreamwork, Imagery and Visualization, Consciousness Research, Spirituality, Philosophy, and Shamanic Breathwork Modules with more topics introduced later in the year. The teaching format will be through video interviews, lectures, group discussion and dialogue, and experiential methods such as journeying, dreamwork, meditation, imagery and visualization.



To enquire on how to register for this Certificated Transpersonal Therapist Training email us with your details to info@shamanismireland.com or call 046 90 74455. Visit www.shamanismireland.com