

FALL 2023 PROGRAMS

Sponsored by
The Canadian Institute for Transpersonal and Integrative Sciences
with Finkleman Communications Ltd



EMBODIED AWARENESS PROFESSIONAL TRAINING

With Dr. Beth Hedva

Level 1- LIVE STREAM ON-LINE TRAINING

WHEN: 10:00 am -1:00-pm MT (6:00pm-9:00 pm CET)
Sept 7-10; Sept 28-Oct 1; and Oct 26-29

& Level 2 –FACILITATOR CERTIFICATION

SUPERVISED PRACTICUM: 10:00 am -1:00-pm MT (6:00pm-9:00 pm CET)
November 9-12 & Dec 8-9

Up-coming (2024)

-- MASTER CLASSES FOR FACILITATORS

-- TRANSPERSONAL GROUP PROCESS TRAINING FOR TRAINERS

Join an international, eclectic community of peers dedicated to integrative, embodied healing practices. Helpers, Healers and Educators working in Medicine, Psychology, Social Work, Counselling, Coaching, Body Oriented Therapies, Recovery Counselling and more

The Canadian Institute of Transpersonal and Integrative Sciences TEL: +1(403) 286-5428
contact beth@integrativesciences.org

Dr. Beth Hedva's unique instructional and experiential training approach blends psycho-educational models of group work with cross-cultural healing traditions and transpersonal group process methods to help you train yourself and others to facilitate Self-healing and community-renewal.

Dr. Beth Hedva, Ph.D. Psychology, MA Clinical Psychology, MA Transpersonal Psychology, (California MFT#18470; Alberta Registered Psychologist, R.Psych. # 3212), co-chair of the Canadian Institute for Transpersonal and Integrative Sciences Founder and the developer of Embodied Awareness Facilitator™ Certification, is a past Director of the International Council of Psychologists, teaching psychology professionals and lay-audiences globally and offering new dimensions into inner healing.

Rachel Larabee, Faculty. Certified Embodied Awareness Facilitator™, Community Development Work Faculty and Program Coordinator, Centennial College, ON.

Dr. Julie Svay, Faculty in Training, Resilience Counsellor, Founder of Angkor Institute of Consciousness, France, and Cambodia.

LEVEL -1-
EMBODIED AWARENESS Live-Stream Training
Pre-requisites: NONE

10 Modules 10:00 am – 1:00 pm MT
9:00 am-12 pm PT / 12:00 -3:00 pm ET / 6:00pm-9:00 pm CET

*The Embodied Awareness program is based upon Dr. Hedva's culturally sensitive, integrative **5-step method**, developed by Dr Beth Hedva for the Indonesian Psychology Association psychologists after the massive S. E. Asian Tsunami. The program was validated training volunteer recovery workers, all of whom were survivors of both civil war trauma and the loss of 170,000 souls during the deadliest environmental disaster of this century. Dr. Hedva was invited to present her results in New York at the United Nations Symposium on Human Rights Violations and Recovery: Body Mind and Spirit. In this live-stream training you will learn both theory and practice applying ancient and contemporary healing tools to:*

1. **Connect** – to universal healing energies within, and when you connect with others
2. **Observe** – identify stress reactions, & Face Issues mindfully to enhance mental health
3. **Listen** – to feelings with your whole body, heart, and soul for emotional healing
4. **Engage Embodied Awareness** – to access intuition, creativity, inner guidance, and meaning for spiritual health
5. **Empower** – yourself and others to do what helps over what hurts for grass-roots community health and healing

Level 1 - Embodied Awareness Training Dates:
(3 weekends over 2 months)

OBJECTIVES:

1. Identify 5-steps in the Embodied Awareness-Spiritually Directed Therapy Protocol
2. Define 5 stages of growth after betrayal
3. Compare the 5-Step Protocol to stages of cross-cultural rites of passage & phases of recovery from mass trauma
4. Name 3 evidence-based ancient traditional cross-cultural spiritual healing practices that may be integrated into your practice and programs
5. Identify 4 Strategies for Self-Care that support renewal for self, others, community & environment
6. Enrich Yourself & Others to Heal & Move Forward

Join Faculty and peers in a private WhatsApp Q&A Group
Weekly Live-stream Q & A with Faculty-*times & dates TBA*



****Continuing Education Credits for California LMFTs, LCSWs, LPCCs and LEPs.** Beth Hedva, Ph.D. (Alberta R Psych. #3212; Canada RMFT # 69225; California MFT#18470), maintains responsibility for this program and its contents and **is an approved CEPA provider of continuing education by the California Association of Marriage and Family Therapists (CEPA # 003933)**. Visit <https://www.hedva.ca/accreditation/> or call +1 403-585-5805.

DATES:

September: 7, 8, 9, 10 (Thu-Sun)

Focus on SELF-STUDY, use handouts and worksheets
Engage in WhatsApp chat group with cohorts
Weekly Live Q & A with Faculty

September 28, 29, 30, Oct 1 (Thu- Sun)

Begin working with a cohort – study buddy
Engage in WhatsApp chat group with cohorts
Weekly Live Q & A with Faculty

October: 26 27, 28, 29 (Thu-Sun)

Develop and integrate embodied awareness into a customized 5-Step Train the Trainers / Grass Roots Community Wellness Program to meet the needs of your agency, institution, or private practice

Time: 10:00 am – 1:00 pm MT

9:00 am-12 pm PT / 12:00 -3:00 pm ET / 6:00pm-9:00 pm CET

Required reading

- 1) Hedva, B. *Embodied Awareness: Introduction to Spiritually Directed Protocol for Recovery.10 modules (supplied)*
- 2) *Betrayal, Trust & Forgiveness: A Guide to Emotional Healing and Self-Renewal*, B. Hedva, (2013 ed.) Wynword Press.

LEVEL – 2 –
FACILITATOR CERTIFICATION -- SUPERVISED PRACTICUM
Pre-requisites: Level 1 Certificate of Completion

Supervised Practicum Dates: (6 sessions over 2 months
Time: 10:00 am - 1:00 pm MT
9:00 am-12 pm PT / 12:00 -3:00 pm ET / 6:00 pm-9:00 pm CET
November (Thu-Sun) 9, 10, 11, 12
December (Fri and Sun) 8 and 9

Level 2 centers on skill-building through practice with cohort and ethical implementation of embodied awareness tools and techniques into the workplace – with individuals and or groups – in private practice, agency, institutional or community settings. Supervised practice includes 6 live stream seminars, engaging with cohorts and faculty between seminar meetings during supportive WhatsApp private Q & A Chat Group with faculty, along with weekly live WhatsApp group video chat with faculty.

Objectives

Supervised Support in the practice of:

1. Energy Work, breathwork & Pranic Healing
2. Blend Energy work with Inner work/Guided Meditation
3. Guide and Train others in the T-R-U-S-T Contemplative Meditation
4. Convert grief & loss into acceptance with the 5-A's
5. Engage 12 senses of embodied awareness for Self-directed guidance
6. Develop and deliver a 5-step Method training program
7. Empower –grass-roots emotional healing and community renewal programs

By the end of Level 2, participants are expected to have completed a minimum of 50 hours of practicum. Completion of all Level 1 and Level 2 requirements earns accreditation as a Certified Embodied Awareness Facilitator™.

UP-COMING (Dates To Be Determined)

LEVEL –3 – MASTER CLASSES
FOR CERTIFIED EMBODIED AWARENESS FACILITATORS™
Prerequisites: Completion of Level 1 and Level 2 Certifications.
6-month minimum commitment. Affiliate Membership Included.

The Master Class is a long-term, slow-open, process-oriented community-building group, designed for Certified Embodied Awareness Facilitators™ wishing to deepen and extend embodied awareness practices into one's practice, professional practice and community settings. The group is open-ended with each member committing to a trial period of six months, and when ready to leave the group, a 2 month notice of termination is required, to process “termination and transition”. Enrollment is limited for quality participation. Members are added as openings are available.

Objectives:

The main goals of these groups are:

- Build connections and network with an eclectic, interdisciplinary community of helping professionals, thought leaders and Global Healers
- Gain on-going peer support and supervision as you integrate embodied awareness practices into your work-life
- Deepen your personal facility with embodied awareness practices
- Engage in the practice of a 5-Step embodied awareness group process sharing circle
- Explore the Archetype of the Guardian and the 13 Guardians on the Threshold of the Awakening
- Stay current with your own inner process as a facilitator

UP-COMING (Dates To Be Determined)

LEVEL – 4 – LICENSED EMBODIED AWARENESS FACULTY

Level 4 is designed to provide a collaborative collective container that fosters and maintains relationships within a powerful community of eclectic educators, helping professionals and cultural heroes who are committed to co-creating the future of Embodied Awareness programming. Level 4 faculty are expected to have integrated the 5-steps skill-set as both a personal and professional practice.

Selection is based upon demonstrating:

Leadership: Successfully facilitate and or co-facilitate Level 1 and Level II Embodied Awareness programs on-line, live-stream and or in-person.

Ethics: Guided by the values of respect, competence, integrity, responsibility, and accountability - including working within one's scope of practice, as determined by one's licensing board and or profession, previous training, background, and or experience.

Community: Commitment to personal, interpersonal, community and environmental healing and renewal, through the practice and application of the EA 5 steps;

Enterprise: Demonstrate ability to extend and further develop grass-roots EA train-the-trainers community programs in support of individual Self-renewal and community healing; progress for each is progress for all

Business and Financial Acumen: This includes time management and organizational skills; innovation and strategic planning; along with the ability to make decisions that result in long-term growth, productivity, and profitability.

Benefits of Licensure:

Maintain relationships and creative connections within a powerful collaborative container of eclectic Level 4 licensed colleagues. Gain on-going personal support, peer supervision and consultation. Opportunities to attend special trainings on-line and or in person retreats with an eclectic community of global healers and thought leaders. Engage in co-creating the future of Embodied Awareness Facilitator™ programming in a collaborative, consensus building community of peers

- Facilitate, Supervise, Train, and Certify Embodied Awareness Facilitators
- Use Embodied Awareness Facilitator™ resources and marketing materials to promote your programs
- Develop, schedule, and deliver Embodied Awareness community programs on-line and in person
- Run Level 1, 2 and 3 EA Facilitator Trainings on-line and in person
- Develop and extend the impact of a global grass-roots healing community of facilitators locally and internationally.

Level 4 Licensed Embodied Awareness Faculty receive up to 70% of net sales of Level 1 programs through a direct affiliate link to the program. Participation in a licensed colleague's Level 3 Master-Class program once every three years is required to maintain one's Level 4 licensure.

Dr. Beth Hedva, Founder and developer of the Embodied Awareness Facilitator™ Certification has a **PhD in Psychology, a Masters Degree in Clinical Psychology and a Masters Degree in Transpersonal Psychology**, the latter of which reaches through and includes the energetic, psychic and spiritual realms of human encounter. She is Co-Chair of the Canadian Institute for Transpersonal and Integrative Sciences, former Director of the International Council of Psychologists and Canadian Chair of the Association for Trauma Outreach and Prevention.

A past Supervisor of Mastering Interns at two California universities, Dr. Hedva has been called by United Nations ambassadors and national associations on emergency missions to train and upgrade psychologists and volunteer recovery workers in the two deadliest natural disasters of the century; to support healing communication efforts in post-civil war Sierra Leone; develop and lead multigenerational trauma recovery programs in post Vietnam-War Cambodia; facilitate recovery from colonization while tackling racism issues between Aboriginal and non-Aboriginal Canadians.

To Register, complete and return this page to:

Dr. Beth Hedva by email to drbeth@hedva.com or by FAX 1-403-247-2545

(Please Print)

First Name:

Last Name:

Address:

City:

Province/State:

Email:

COUNTRY

Cell Phone:

Occupation:

Yes I am interested in continuing education credits. My license # is _____ Province _____

Yes. I have read and agree to the Policies, Terms and Conditions

(All funds in US Dollars)

\$3,600 (GST is included) Group Level 1 & Level 2 combined

Sold Separately:

\$1800.00 (GST is Included) Group Level 1

\$2400.00 (GST is Included) Group Level 2

Donate to Scholarship Fund (Fill in Amount):

Payment method

Credit card (Stripe) *Stripe Card Payment is safe to use and offers bank grade encryption*

e-transfer to drbeth@hedva.com **Money Order *** **Int'l Bank Transfer ***

* For details call or text 1-403-585-5805

Scholarship **Grant** **Sponsor** **Other**

Aboriginal, indigenous and certain international applicants may qualify for a tuition discount

Other (detail) _____ more info: call or text +1-403-585-5805

Cardholder Name (PRINT Exactly as it appears on your card): _____

Credit Card Number: _____

Expiration Date (MM/YY): / ____ / ____ /

(All funds in US Dollars)

Amount (Total) US\$ _____ **Signature** _____

TERMS AND CONDITIONS

Your access to and use of the course is conditional on your acceptance and compliance with the following:

The Level 1 program You are purchasing one year access to the Level 1 Embodied Awareness Programs for personal access only. This program involves online work, direct work, personal support, and supervision. Requirements for Level 1 training include 1) attendance at 10 half-day live-stream training seminars, 2) working with Level 1 cohorts, 3) completing experiential homework and download assignments, and 4) passing multiple-choice quizzes and final Exam with a grade of 75%. Completion of these criteria earns a '**Certificate of Completion**' from the Canadian Institute for Transpersonal and Integrative Sciences (CITIS). If you do not pass the course, you are welcome to take the course again by signing up and paying the course fee. No course refunds are available.

Auditing You may select to audit and take the online course(s) for no credit. Please note: auditors may by-pass exams and, in such case, would not receive a Certificate of Completion.

Professional Continuing Education: Professional continuing education credits (CECs) may be available. downloads are separated into 10 download modules. Each download includes workbook exercises, quizzes, and a final exam. A passing grade of 75% provides three Continuing Education Credits (3 CEC's). Upon completion and 75% pass criteria, you will receive a **Continuing Education Certificate of Attendance**, awarding up to 30 CEU's for Level I. This Continuing Education certification meets requirements for State of California Board of Behavioral Sciences for LMFTs, LCSWs, LPCCs and LEPs. Beth Hedva, Ph.D. (R.Psych., #3212, Alberta; CA-BBS MFT#18470), is an approved provider of Continuing Education (CEPA # 003933) by the California Association of Marriage and Family Therapists, and maintains responsibility for this program and its contents. You agree to investigate and satisfy yourself that Level 1 courses and course materials meet professional continuing education requirements within your specific jurisdiction and or licensing board.

Level 2 Program extends the training; and its completion earns accreditation as a **Certified Embodied Awareness Facilitator™**. By completion of Level 2, participants will have completed ongoing experiential process and a minimum of 50 hours of supervised practicum working with cohorts; and individuals, and groups within one's community, institution, or workplace. To accomplish this, **the program requires in person attendance in all livestream seminars and supervision sessions over the course of five weeks.** WhatsApp, Zoom or other interactive group chat and peer support activities plus weekly live group video conference with faculty is included. The seminars will cover the Embodied Awareness Method in detail, and provide opportunities to experience and integrate the Method through the development and delivery of a customized 5-Step grass roots community program. Use of any earned Certification carries with it responsibilities to become acquainted with, and work within one's professional standards of practice, which may differ according to local, regional, or federal locations, and licensing boards.

What happens after you pay:

Our secure payment processor is Stripe. You will receive a receipt for your records shortly after purchase and your credit card statement will say FINKLEMAN COMMUNICATIONS LTD. Receipts for payments made differently will be issued by email or post.

Please allow 48 hours for a welcome email that contains your login details. If you do not receive the login within 48 hours, please check your spam folder. Then, you may email info@integrativesciences.org for assistance.

Refunds:

As this is an instant digital access program, there is a no refunds policy whether you access the program materials or not.

Payment Schedule:

By completing this purchase, you acknowledge and authorize us to charge your card accordingly.

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Grievances: In the event that a participant has a grievance, a complaint about the Program, including but not limited to complaints about the instructor, content of the course, facilities, and staff, the complaint shall be directed to Customer Service, who shall contact the complainant and attempt to resolve the issue directly with the complainant. If a resolution satisfactory to the complainant cannot be reached, please contact Dr Beth Hedva directly. A summary of complaints, should there be any, are reported to the California Association of Marriage and Family Therapists, and kept in a password protected file for four years.

This program and its services, whether accessed in person or electronically, are provided by CITIS in Calgary Canada.

Waiver of liability and Governing Law: This Agreement will be governed by Alberta provincial law, without regard to its conflicts of law principles. I understand and agree that I submit to the personal jurisdiction and venue of the Alberta provincial courts and agree that any legal proceeding commenced shall take there. Prior to the filing of any suit, I agree to pursue resolution through conciliation, mediation, and/or arbitration using the International Association Better Business Bureau (BBB). You may learn more at <https://www.bbb.org/all/bbb-dispute-handling-and-resolution>

Your access to and use of the course is conditional on your acceptance of and compliance with these Terms. These Terms apply to all visitors, users and others who access or use the Service. By accessing or using the Service, you agree to be bound by these Terms. If you disagree with any part of the terms then you may not access the Service.

Electronic Signatures: You agree that your electronic signature as marked below is valid and binding evidence of your assent to the terms of this Agreement, including without limitation, payment authorization, releases and or license agreements.

e-Signature:

Date
