



# PS AVALON DISTANCE LEARNING



## Psychosynthesis

Courses for  
Personal and Spiritual Development  
with Will Parfitt

## What is Psychosynthesis?

Psychosynthesis was developed early last century by Roberto Assagioli, an Italian doctor who wanted to bring together the two traditions of psychology and mysticism. He saw that psychology was becoming rather dry and rational and needed infusing with a sense of soul and meaning, whilst those who practice the mystery traditions could benefit from the grounding and reflective qualities of psychology.

Since his time, Psychosynthesis has been developed into a coherent approach to growth and healing. It aims to restore balance between the various parts of the psyche through inclusion, to stress the importance of both personal and spiritual development, and to honour the unique creativity and path of each individual, their place in the world and in relationship.

The essential aim of Psychosynthesis is to help us to discover our true spiritual nature then to effectively use this discovery in everyday life. It helps us to realise our creative potential, increase our ability to function harmoniously in the modern world, and improve the quality of all our relationships.

Psychosynthesis is a practical system that integrates principles ideas and techniques from many approaches to both personal and spiritual growth. It is not about the application of techniques, however, but learning to live with a vision that comes from deep within oneself.

## Why Distance Education?

There are many reasons why someone may choose to study Psychosynthesis through a distance education course.

For instance:

- some people want to learn Psychosynthesis primarily for their personal and spiritual development;
- not everyone wants to do a counselling training which is what most centres offer;
- some counsellors and therapists want to study Psychosynthesis without having to take another training;
- some people want to learn how to apply Psychosynthesis to their existing work and interests;
- there are those who for financial or geographical reasons cannot attend group based courses at Psychosynthesis centres;
- some people just prefer to learn in their own space and at their own rate, taking the time to thoroughly integrate Psychosynthesis into their lives.

## Who is it for?

These courses offer a comprehensive and practical introduction to the subject through authentic learning, dialogue and mutual empowerment.

The courses are suitable for those:

- wanting to explore their life journey;
- seeking to improve understanding of self and others and increase their ability to communicate with empathy and confidence;
- wanting to further their psychological and spiritual education;
- wanting to create a better balance between their inner and outer life;
- who want to continue their professional development and acquire new skills to apply in their field of work.

Students and graduates include people in all walks of life, from business people to artists, from fishermen to complementary medicine practitioners.

Somewhat over half of the students are female, and students come from varied religious and ethnic backgrounds.

## Who is the Course Tutor?



Will Parfitt

Will is a UKCP registered psychotherapist and an experienced group leader. He trained in Psychosynthesis and has more than forty years experience of working with personal and spiritual development. Committed to life-long learning, Will is a Fellow of the Institute of Continuing Professional Development. He runs courses in England and Europe on a variety of subjects, including both Psychosynthesis and Kabbalah.

Will is the author of several books including *Psychosynthesis: The Elements and Beyond* (PSAvalon, 2006) which have been translated into more than a dozen languages. Details of Will's books are found later in this brochure, and more on his other books and articles at our website.

Will also offers individual psychotherapy, coaching, spiritual mentoring and professional supervision at his private practice in Glastonbury, England.

# Course 1: Personal and Spiritual Development

You learn Psychosynthesis at your own pace thus enabling you to integrate your learning into your daily life. Through careful tutoring, you are encouraged to utilise your own resources to successfully follow your unique journey of exploration.

Course 1 offers you: an opportunity to grow and learn more about yourself; the ability to take positive action; a clearer connection to the transpersonal realms of soul and spirit; ways of grounding creative energies and manifesting true life purpose; an improvement to your inner life and interpersonal relations.

You learn Psychosynthesis at home in a practical way with reading, writing, reflection, visualisations, drawing, self-observation, rituals, meditations and other exercises.

Following the course work, combined with a personal project of your own choice, you keep a journal and send material at regular intervals for appraisal and comment. You work at connecting Psychosynthesis into your own life experiences, enabling it to become of living, meaningful value to your personal and spiritual development.

Everyone is encouraged to engage in regular therapeutic work with a local practitioner. This can take many forms depending upon individual life need and circumstances, for example psychotherapy, counselling, body work or healing.

On completion of Course 1, a Certificate is awarded to those students who demonstrate they are integrating Psychosynthesis into their lives. How long this takes depends upon your personal progress and rate of work, but the twelve lessons of Course 1 average one to two years to complete.

**Lesson 1. The Journey of Life**  
An introduction to the models used in Psychosynthesis

*between each lesson, on-going study and practical work is suggested.*

**Lesson 2. Body, Soul and Self**  
How we develop

**Lesson 3. Subpersonalities and Self-expression**  
Understanding our inner world

**Lesson 4. Love and Relationship**  
Moving towards right relationships

**Lesson 5. The Child of Wisdom**  
The inner child and family dynamics

**Lesson 6. The Art of Identification**  
Becoming the passionate witness

**Lesson 7. The Power of Imagination**  
Living within the world we create

**Lesson 8. Purpose and the Process of Willing**  
Personal and spiritual empowerment

**Lesson 9. Realms of Spirit & Shadow**  
Exploring the height and depth of the psyche

**Lesson 10. Global Issues and Action**  
Spiritual crisis, from isolation to action

**Lesson 11. Acceptance and Change**  
The healing power of forgiveness

**Lesson 12. Evolution and Synthesis**  
Embodiment and the voice of soul

## Course 2: Visions and Values

This course deepens the student's connection with their own personal and spiritual development.

The twelve lessons are designed to facilitate a co-creative approach to research and practice. Will and the student work together to discover living, practical ways for the student to develop and deepen her or his journey of Psychosynthesis.

A Diploma in Psychosynthesis for Personal and Spiritual Development is awarded upon successful completion of this course.

**Lesson 1. The Mystery Traditions**  
The synthesis of Eastern and Western approaches to personal and spiritual development

**Lesson 2. The Egg and the Tree**  
Learning to work with principles, relationship, and techniques

**Lesson 3. From Birth to Adolescence**  
Recognizing the deeper cycles within cycles on the journey of life

**Lesson 4. Sexuality and Identity**  
Life energy, the erotic, projection, reflection and transformation

**Lesson 5. Renewal, Change and Redemption**  
Existential crises and transition

**Lesson 6. From Adult to Elder**  
Living your dying and the power of silence

**Lesson 7. The Balancing and Synthesis of Opposites**  
Working with polarity, duality and conflict

**Lesson 8. Awakening Within the Dream**  
The psycho-spiritual approach to dreamwork

**Lesson 9. Everyday Soul and Immanence**  
Building and owning presence and leadership

**Lesson 10. Developing Meaning and Caring For the Soul**  
On becoming one's very own self

**Lesson 11. Assessment and the Next Step**  
A review from the head and heart

**Lesson 12. Expression and Integration**  
The world of relationship

## Advanced Tuition

The more you work with Psychosynthesis and integrate it into your life, the more interesting and useful it becomes. The visions and values of Psychosynthesis live with you in everything you do; increasing your awareness, deepening your connection to soul energy, giving you assistance in manifesting who you are and what you want to be in life. Advanced tuition is available to those who can demonstrate their continuing commitment to their personal and spiritual Psychosynthesis. We have detailed discussions about how each graduate may appropriately proceed with this stage of work.

## Group Courses

Group courses and workshops led by both Will and other course leaders are occasionally offered as an option. Whilst these are not mandatory at any stage of the tuition, students are invited to attend those that suit their ongoing development.

## Spiritual Mentoring

Most of us can benefit by being both supported and challenged to be true to ourselves, to our innermost sense of truth, to increase our ability to show ourselves more fully, and to find a way to move forward. Spiritual mentoring (or companionship) may include a very wide range of possibilities, so exactly how the work proceeds will depend upon defining what you really need and helping you achieve this. To this aim, I draw on different traditions as appropriate and useful in exploring your unique spirituality.

## Books by Will Parfitt



### Psychosynthesis: The Elements and Beyond

Describing what Psychosynthesis is and how it may improve the quality of your life and relationships, this book explores the psychospiritual and transpersonal realms in a deep and practical way. Having its roots in Kabbalah and other esoteric traditions, Psychosynthesis is revealed as the psychology of choice for the modern world.

£13.00 PSA 2003, ISBN 978-0-9552786-0-0



### Psychosynthesis New Perspectives and Creative Research

Fifteen authors explore a variety of perspectives on Psychosynthesis in the modern world, all steeped in the visions and values of Psychosynthesis, making this collection a must for everyone who wants to further their own personal and spiritual development, and learn how to live peacefully without harming our increasingly fragile universe.

£13.00 PSA 2010, ISBN 978-0-9562162-0-5



### The Complete Guide to the Kabbalah

Through blending traditional teachings with state of the art psychological understanding, the ancient mysteries of the Tree of Life are revealed in a way that is both exciting and effective. This book will open you to your inner wisdom and show how to apply insights to everyday life.

£12.99 Rider 2001, ISBN 0-7126-1418-4

These books are available from all good bookshops, including on the internet, or direct from PS Avalon.

## Applications

To apply for individual tuition, please send the following details to Will Parfitt at the postal or email address on the back cover

- Name, address, telephone number.
- Date of birth.
- Current occupation.
- Why you wish to study and practice Psychosynthesis.
- Your previous experience of Psychosynthesis or other psycho-spiritual methods.
- Details of any serious mental, emotional or physical illnesses.
- A description of what you would say are your main strengths and weaknesses.
- Any other relevant material.

*All correspondence before and during this course is treated with the utmost confidentiality.*

## Fees

When you are accepted for tuition, you will be asked to send the initial signing-on fee of £120. This includes the cost of the first two lessons and the creation of your individual work-study plan.

Each subsequent lesson costs £50, which includes detailed written appraisal of the previous lesson's work, project work and the material for the next lesson.

After the initial 2 lessons, you contract for 5 lessons at a time, and can either pay in monthly installments or in one payment.

Full payment details will be sent with your acceptance documents.

A few bursaries are available.

British students are asked to pay fees in Pounds Sterling. All other students are requested to pay by electronic transfer, paypal or international money order. Details will be sent when you are accepted for tuition.

(Currently £50 is approx. equivalent to U.S. \$80/ 60 Euros)



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