



Course Syllabus

Course Name: Integral Transpersonal Counseling
A transformative approach of counseling according to the new paradigm of the transpersonal vision.

Course ID: ITC
This course runs for 12 weeks.



Whenever there is a question about which assignments are due, this syllabus is considered the ruling document.
All material handbook and video will be provided by instructor.



Faculty Information

Simona Vigo has a Master's Degree in Philosophy at the State University of Milan. She is a transpersonal counselor and counselor trainer graduated at the Integral Transpersonal Institute (ITI) in Milan. In Italy she is member of AssoCounseling (Professional Association of Counselor category).

She is a biotransenergetic teacher and tutor supervisor of the Integral Transpersonal Counseling Training in ITI. She is senior trainer in BteBodyMindWork (psycho-bodily awareness and dynamic mindfulness practices). In Ubiquity University she is Faculty of Integral Transpersonal Counseling and Archetypes in Transpersonal Counseling.

She practices as a counselor with an integral-transpersonal approach in individual and group settings. She conducts workshops aimed at discovering and consolidating Soft Skills to promote awareness and the expression of their talents. She worked in counseling supporting for the ONLUS Hospital Volunteers Association (AVO) in Sesto San Giovanni (Milan).

During the Master Degree in Philosophy, she deepened her studies in humanistic and archetypal psychology both through university courses and numerous theoretical-experiential masters and personal analysis paths. During the training in Transpersonal Counseling she worked on the study of ancient spiritual traditions, in particular related to shamanism. These studies became a book: "Shamanic Meditation" written in collaboration with Pier Luigi Lattuada for Macro Edizioni Italia.

She is founder of the Integral Transpersonal Writing (ITW), an innovative method of writing which integrates techniques of awareness and breadth of consciousness with the philosophical and transpersonal vision. Since 2019 ITW has become a course of Integral and Transpersonal Writing for Integral Transpersonal Institute in the ITI Writing Unit, of which she is responsible.

Previously she carried out publishing activities at the Apogeo Srl publishing house for some years first as a collaborator and then as an employee. Then, for ten years, she was chief curator and responsible for the Agorarte SRL Contemporary Art gallery. Responsible for the related editorial series, author of the drafting of all the critical texts relating to the artists and the curatorship of the exhibitions in Milan and Buenos Aires.

Course Description

This course combines theoretical and practical aspects of counseling in a transpersonal perspective. It proposes an integral vision of the human being and an innovative approach to taking care of the others. Practical tools will be made available to learn how to manage your inner experience to develop awareness, presence and self-mastery.

The emerging figure of the counselor responds to the urgent need of the society of listening, contact and presence. The counselor is not necessarily a psychologist but always a Soft Skills professional trainer. Counseling does not deal with mental illness. The mission of counseling is to build a relationship of supporting with a person or a group in order to arouse essential qualities to improve general welfare around. This is why counseling can be integrated into many professional contexts where a good level of awareness, emotional mastery, observation skills is needed to impact on the general health and prosperity of the environment.



In particular, the transpersonal counselor shares with the client a journey of consciousness evolution and spiritual realization. Becoming counselor means have earned the ability to master one's inner experience with the acquisition of an operational methodology able to offer respect, presence, listening and support to the processes of existential realization and personal fulfillment. The ability to create the necessary conditions to recognize and express one's own talents and one's uniqueness as a human being to consolidate: ability of autonomous judgment, versatility and intellectual flexibility, creativity, responsibility for one's own life, tolerance and spirit of solidarity, compassion for oneself and other people, ability in taking care, respect for all living forms together with a greater civic and ecological sensitivity.

Course Learning outcomes

By the end of this course, you should be able to:

- Understand the basis of the transpersonal vision and some topic philosophical elements in counseling.
- Understand the archetypes of consciousness and how to recognize them in action.
- Manage the basis of methodology of transpersonal counseling: the maieutic dialogue.
- Improve self-mastery in taking care of oneself and the other: knowing how to be and how to do respecting one's own uniqueness.
- Recognize one's inner, specific talents and qualities to offer the most useful service to the context around.

Instructional Mode and Methods

This course will combine:

- Direct instruction through live lessons
- Indirect instruction through the provision of suggested learning materials related to the learning outcomes.
- Independent study through essays included in bibliography.
- Written compositions through the illustrated maieutic method
- Feedback about Mindfulness experiences and practices proposed in lessons or slides.
- Interactive instruction through facilitated and peer-to-peer discussion forums.

Assignments

- Each week, students write a 300–350-word essay on that week's assigned readings or on an experiential exercise proposed during the lesson
- There will be a final paper to demonstrate both understanding and application of the topic. The final paper will be a maximum 12 pages about all the content covered during the class. Prior to the end of the course, the student will be required to submit a proposed paper to the faculty and then proceed with the paper.

Resources/Bibliography

- Simona Vigo: Handbook: Integral Transpersonal Counseling
- Carl Gustav Jung: The Archetypes and the collective unconscious, Collected Works, Amazon



- Campbell, Joseph: The hero with a thousand faces, [the collective work of Joseph Campbell], New World Library (3rd edition) 2008, Novato, California (US)
- Andrea Gentili, "The Archetypal and Transpersonal Dimension in Modern Narratives: Watching the Lion King as a Process of the Self Realization." pp. 86/103, Integral Transpersonal Journal 15- December 2020
- James Hillman, Senex and Puer : <https://www.amazon.it/Senex-Uniform-Writings-Hillman-English-ebook/dp/B006PVVC6O>
- Rogers, Carl R. Counseling and Psychotherapy: Newer Concepts in Practice. Boston: Houghton Mifflin Company, 1942.
- May, Rollo, The Art of Counseling - how to gain and give mental health, Read Books 2011, Redditch, Worcestershire (UK)
- Abraham H. Maslow: Toward a Psychology of Being: Introduction. Part II, chap.3 Van Nostrand, Reinhold Co., London, New York
- Wilber, Ken: No Boundary, Shambala Publications (reprint edition) 2001, Boulder, Colorado (US)
- Goleman, Daniel, Emotional Intelligence, why it can matter more than IQ, Bantam books (10th anniversary edition) 2005, New York (US)

Specific chapters to read linked to the lesson will be indicated under each module. Reading assignments and reflection tasks will be further specified during class.

Module Week n.1

Who is a counselor? The motivations to the counseling path

The counselor is a taking care professional. They listen, they observe without judgment, they stay in the presence of the suffering offered by the client. They have no plans for the client but propose methodologies and approaches that can awaken in the person awareness, personal value, responsibility and free choice.

The ability to take care of others begins with awareness and self-compassion. It is a process of deep wisdom that asks to leave expectations of success to support trust, compassion, patience, courage. There are two fundamental motivations that inspire a helping relationship.

Topics:

Counseling: a centred person therapy

- Ability to interact in a professional manner in both individual and group counseling settings
- Maslow's Needs Hierarchy
- Deficiency Motivation and Growth Motivation
- Intentions and tasks
- Practice: presence and listening

Reading assignments:

- Handbook
- Carl R. Rogers: Counseling and Psychotherapy, Part I, chap. 1, 2
- Rogers, Carl R. Counseling and Psychotherapy: Newer Concepts in Practice.



- Boston: Houghton Mifflin Company, 1942.
- Rollo May: The Art of Counseling: Part I: chap. 1,2,4
- May, Rollo, The Art of Counseling - how to gain and give mental health, Read Books 2011, Redditch, Worcestershire [UK]
https://www.amazon.com/Rollo-May/dp/1447425944/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1594750570&sr=1-1

Additional materials:

- Abraham H. Maslow: Toward a Psychology of Being: Introduction. Part II, chap.3 Van Nostrand, Reinhold Co., London, New York
- https://www.amazon.com/Toward-Psychology-Being-Abraham-Maslow/dp/1515430944/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1594751244&sr=1-1
- Maslow, Abraham H.: Toward a Psychology of Being, Wilder Publications 2018, Radford [US]

Reflection task:

Write a clear and concise composition (300/350 words) about the fundamental characteristics of counseling you learned from assigned reading, handbook and practice.

Module Week n. 2

The Transpersonal and integral vision of human being

Trans-personal means *beyond a person* usually considered only from as a psycho-biological biography. We define trans-personal a higher plane of consciousness seat of creativity, cosmic love, genius intuition, states of enlightenment, sudden understandings [Insight]... This plan, in psychology, is defined Self, or Transpersonal Self.

From a transpersonal point of view, every experience must cause an integral transformation process. It must happen on five levels of the living being: physical, energetic, emotional, mental, spiritual or transpersonal.

Topics:

- The philosophical roots of transpersonal vision
- Metaphysics and reality: being and becoming.
- The Self in transpersonal vision
- Integrated consciousness systems: who hears, who elaborates, who acts
- five levels of body-mind
- Practice 1: Flowing across the five levels of body-mind
- Practice 2: Learning from inner experience.

Reading assignments:

- Handbook
- Ken Wilber: No Boundary
- https://www.amazon.com/No-Boundary-Eastern-Approaches-Personal/dp/1570627436/ref=sr_1_1?dchild=1&keywords=ken+wilber+no+boundary&qid=15



94752348&sr=8-1

• Wilber, Ken: No
2001, Boulder, Colorado [US]

Boundary, Shambala Publications (reprint edition)

Additional materials

- Daniel Goleman: Emotional Intelligence: Part I, chap.1; Part II, chap 4, 5.
- https://www.amazon.com/Emotional-Intelligence-Matter-More-Than/dp/055338371X/ref=sr_1_1?crd=D0UTFSL02WSR&dchild=1&keywords=daniel+goleman+emotional+intelligence&qid=1594752747&srefix=daniel+goleman%2Caps%2C290&sr=8-
- Goleman, Daniel, Emotional Intelligence, why it can matter more than IQ, Bantam books (10th anniversary edition) 2005, New York [US].

Reflection task:

Describe in a concise composition (300/350 words) your experience in discovering your inner word considering the integral and transpersonal structure.

Module Week n.3

The Transpersonal perspective in Counseling

The transpersonal counselor shares with the client a journey of consciousness evolution and spiritual realization. Counselor is like a guide who has already made many journeys, so has many maps to navigate in the mysterious territories of consciousness. Nevertheless, every experience is on the present so it is always a new journey with every client.

Topics:

- a journey of awareness
- the soul's code: the sacred process of self-realization
- the *daimon*: the calling of your destiny
- Practice: awakening your inner voice

Readings assignments:

- Handbook
- James Hillman: The Soul's Code: chap. 1, chap 4 sec 1, 2.
- https://www.amazon.com/Souls-Code-Search-Character-Calling/dp/0399180141/ref=sr_1_1?dchild=1&keywords=james+hillman+the+soul%27s+code&qid=1594752440&sr=8-1
- Hillman, James: The Soul's Code, in search of character and calling, Ballantine Books (reprint edition) 2017, New York [US]

Reflection task:

Write a clear and concise composition (300/350 words) about the Soul's code and your personal journey of awareness.

Module Week n.4

The Archetypes of consciousness

Archetypes are the guiding principles of our psychic experience. Every quality and



emotion of human
abstract concepts but
collective consciousness that we can recognize in all cultures of all ages.

nature is archetypal. Archetypes are not
real energies and qualities of a universal and

Topics:

- The archetypes of the collective unconscious in Jung's vision
- Archetypes as a psychic function
- Practice: awakening your inner archetypes

Reading assignments:

- Handbook
- Carl Gustav Jung: The Archetypes and the collective unconscious, Collected Works,
- Amazon
- https://www.amazon.com/Archetypes-Collective-Unconscious-Collected-Works/dp/0691018332/ref=sr_1_1?dchild=1&keywords=carl+gustav+jung+archetypes+and+the+collective&qid=1594752924&sr=8-1
- Jung, Carl G., The Archetypes and the collective unconscious [collected work of C.G. Jung
- [48] vol. 9 part. 1] Princeton university press, 2nd edition 1981, Princeton, New Jersey, [US]
- Andrea Gentili, "The Archetypal and Transpersonal Dimension in Modern Narratives: Watching the Lion King as a Process of the Self Realization." pp. 86/103, Integral Transpersonal Journal 15- December 2020

Reflection task:

Write a clear and concise composition (300/350 words) about your experience of archetypes during the Mindfulness practice.

Module Week n.5

The hero's journey as a metaphor for a transpersonal counseling path

Ancient Greek philosophers knew as nobody else the mysteries of human soul. They described through mythology the evolutionary process of the individual consciousness in front of its obstacles. Those who were once gods and heroes, now are recognizable in the archetypal structure of the *psyche* as the innate and universal capacity of every human being.

Topics:

- The archetypes in the myth: Ulysses, Eros, Psyche
- The steps of the hero's journey towards self-fulfillments
- Recognizing archetypes in everyday life
- Practice: awakening your inner archetypes

Reading assignments:

- Handbook
- Joseph Campbell: The hero with a thousand faces: Prologue: The Monomyth



Myth and Dream PART ONE
The Adventure of the Hero CHAPTER I: Departure

1. The Call to Adventure
2. Refusal of the Call
3. Supernatural Aid
4. The Crossing of the First Threshold

Campbell, Joseph: The hero with a thousand faces, [the collective work of Joseph Campbell], New World Library [3rd edition] 2008, Novato, California [US]

- https://www.amazon.com/Thousand-Faces-Collected-Joseph-Campbell/dp/1577315936/ref=sr_1_1?crid=36O663BHO8N03&dchild=1&keywords=joseph+campbell+hero+with+a+thousand+faces&qid=1594753342&srefix=joseph+campbell%2Ca ps%2C773&sr=8-1

Additional Materials:

- Erich Neuman: Amor and Psyche: The Psychic Development of the Feminine
https://www.amazon.com/Psyche-Mythos-Books-Erich-Neumann/dp/0691017727/ref=sr_1_1?crid=1W73FREDKYT0Q&dchild=1&keywords=amor+and+psyche+erich+neumann&qid=1594753161&srefix=erich+neumann+amor+and+%2Caps%2C292&sr=8-1
- Neuman, Erich: Amor and Psyche: The Psychic Development of the Feminine, A commentary on the Tale by Apuleius, Princeton University Press (reprint edition) 1971, Princeton, Ney Jersey [US].

Module Week n.6

The practice of transpersonal counseling: the maieutic dialogue

In the ancient Greece, the great philosopher Socrates introduced the maieutic dialogue to help each individual to give birth to their own destiny. Socrates believed that true was not coming from beliefs imposed from the outside but it was the result of a birth of the soul. Transpersonal Counseling uses the maieutic dialogue to bring out the qualities and the inner resources of a person through words.

Topics:

- The magic power of the maieutic word: *logos* and *daimon*
- The maieutic dialogue from Socrates to the Biotransenergetics

Resources:

- Handbook

Assignments

Write a clear and concise composition (300/350 words) about your personal experience in using words that transformed a situation. It could be really happened or just imagined.

Module Week n. 7

The structure of the maieutic dialogue

In the maieutic dialogue we have to focus in four essential stages. We can understand



them as four guidelines
counseling relationship.
identify in every story that illustrates a transformation process, for example in the myths
and fairy tales.

to orientate the dialogical exchange in a
They are also regularities that we can

Topics:

- Context
- Content or text
- Process or developing of text
- Structure or organization of the text

Text organization takes place through four dialogic phases Topics:

- Clarifying the context
- Developing the text
- Revealing the pretext
- Reorganizing the text

Assignments:

Choose one experience you had during a Mindfulness practice, or a dream, or a dialogue
and describe it according to the four stages.

Reading assignments

- Handbook
- Joseph Campbell: The hero with a thousand faces
- PART ONE, CHAPTER II: Initiation
 1. The Road of Trials
 2. The Meeting with the Goddess
 3. Woman as the Temptress
 4. Atonement with the father
 5. Apotheosis

Assignments:

Write a composition (300/350 words) or analyse a famous fairy tale or a myth (for example
Eros and Psyche) where you can recognize context, text, process, structure).

Module Week n. 8

Five maieutic categories, dissolving

The maieutic dialogue works to give voice to what is in silence, to bring to light what is in
shadow, to give movement to what is still, to bring out what is inside through poetic acts,
metaphors, magic words.

Topics:

- Five maieutic categories: dissolving, navigating, expanding, prolonging, becoming the
other
- Primary cycle: observation, acceptance, awareness
- First maieutic category: dissolving
- Practice: persistence of contact, dissolving

**Reading assignments:**

- Handbook
- Joseph Campbell: The hero with a thousand faces PART ONE, CHAPTER III: Return

1. Refusal of the Return
2. The Magic Flight
3. Rescue from Without
4. The Crossing of the Return Threshold
5. Master of the Two Worlds
6. Freedom to Live

Assignments:

Describe in a small composition (300/350 words) your experience in persistence of contact and in dissolving some block.

Module Week n. 9**Second maieutic category: Navigating**

We can imagine consciousness as an ocean that hides mysterious forces and precious treasures. Our task is not to seek explanations but to invite us to navigate this sea by exploring its features so as to bring out the imprisoned archetypal qualities.

Topics:

- Observing
- Flowing
- To accept without judgement
- Practice: navigate the silence to meet the archetypal forces of nature

Reading assignments:

- Handbook
- Joseph Campbell: The hero with a thousand faces PART ONE, CHAPTER IV: The Keys

Assignments:

Feedback of the experience in the practice (300/350 words)

Module Week n.10**Third maieutic category: Expanding**

Going beyond the confines of a problem means not interpreting but describing a lived experience of suffering in details: widening one's gaze, capturing every detail in order to give breath to thoughts and create space for new understandings.

Topics:

- Observing
- Describing



- Imaging
- Practice: beyond the boundaries of your story

Reading assignments:

- Handbook
 - Joseph Campbell: The hero with a thousand faces
 - PART TWO
 - The Cosmogonic Cycle CHAPTER I: Emanations
1. From Psychology to Metaphysics
 2. The Universal Round

Assignments

Feedback of the experience in the practice (300/350 words).

Module Week n. 11

Fourth maieutic category: Prolonging

When an experience is interrupted [awakening from a dream, loss, mourning] we can prolong it by implementing reparative actions bringing out our deepest resources, making us support by our archetypal allies.

Topics:

- observation
- creativity
- Contact with archetypal support resources
- Practice: prolonging a dream

Reading assignments

- Handbook
 - Joseph Campbell: The hero with a thousand faces:
 - PART TWO, CHAPTER III: Transformations of the Hero
1. The Primordial Hero and the Human
 2. Childhood of the Human Hero
 3. The Hero as Warrior
 4. The Hero as Lover
- Handbook

Assignments

Feedback of the experience in the practice (300/350 words)



Module Week n. 12

Fifth maieutic category: Becoming the other

Ancient traditions have taught us that to understand the origin of what we cannot control we must become what we do not control. If you fear staying in the dark, try to become the darkness that you keep inside yourself: think like the darkness would think, act like the darkness would act, feel like the darkness would feel. Get to know the darkness, enter into its mystery.

Topics:

- Mastery of *transe*
- Recognition of sub personalities
- Contact with archetypal resources
- Practice: mastery of *transe*
- Conclusions

Reading Assignments:

- Handbook
- Joseph Campbell: The hero with a thousand faces
- PART TWO, CHAPTER III: Transformations of the Hero
 1. The Hero as Emperor and as Tyrant
 2. The Hero as World Redeemer
 3. The Hero as Saint
 4. Departure of the Hero

Assignments:

- Feedback of the experience in the practice (300/350 words)
- Proposal of final course paper (12-15 pages). This final paper will be a project to demonstrate both understanding and application of the topic.





















