



## Electives & Credits

This list includes current program offerings and will be updated from time to time as new programs come available or are no longer offered. Historical program offerings, although not listed here, will still count towards fulfilling credits as applicable.

All credits in effect under the 2003 syllabus have continued. Internship in programs (other than some of the Core Programs - Phase I & II, and Come Alive) carry the same credits as participation in the program. No program can be interned unless the student first takes it as a participant, except for programs for children and teens. Programs from any of the specific Elective lists A-E may instead be used as an elective under the general requirement Elective from list A-F.

<b>Credits</b>	<b>Category and Program</b>
	<b>Core Programs</b>
1.0	Come Alive
1.2	Come Alive Internship
4.6	Living Alive Phase I
6.0	Living Alive Phase I Internship
4.6	Living Alive Phase II
6.0	Living Alive Phase II Internship
4.6	New Horizons (Phase III)
1.0	Sexual Intelligence
	<b>"A" list – Skill Development</b>
1.0	Body Breath and Energy Training
0.6	Deep Listening / Coaching: Engaging Relationships
1.0	Couples Alive Intern
0.4	Dealing with DSM IV
0.6	Dynamic Dialogue / Communication Fundamentals
0.6	Dynamic Empathy
0.6	Five Elements Practicum
1.2	Satir Training Level 1
1.2	Satir Training Level 2
1.2	Sexual Intelligence Intern (for Diploma interns with approval from DIT and Program Leader)
0.6	Skills 1 – Introduction to Personality Styles
0.6	Skills 2 – Group Leadership
0.6	Skills 3 – Gestalt Plus

0.6 Skills 4 – Transference and Projection  
0.6 Understanding People

**“B” – Embodiment**

0.6 Body Breath and Beat 5 Rhythms  
1.0 Body, Breath and Energy  
0.2 Breathe  
0.6 Connective Touch  
0.6 Conscious Sexuality  
0.6 Eros and Intimacy, Sex and Spirit for Couples / For Play  
0.6 Living with Passion  
0.6 Our Body’s Tell  
0.6 Passion for Couples  
0.4 Moving into Connection  
0.6 Sensational Contact  
1.2 Sexuality and Identity  
1.0 Sexual Intelligence  
0.4 Spirit Body – Soul Dance  
0.4 Stirring the Cauldron

**“C” – Relationships**

0.6 Boundaries: The Vital Edge  
1.0 Come Alive  
0.6 Connective Touch  
0.4 Couples in Conflict  
0.8 Couples Series (credits per)  
1.0 Couples Series Intern (credits per)  
0.6 Dynamic Dialogue / Communication Fundamentals  
0.6 Dynamic Empathy  
0.6 Effective Boundaries  
1.2 Family Reconstruction  
0.6 Eros and Intimacy, Sex and Spirit for Couples (was For Play)  
1.4 Non Violent Communication  
0.6 Passion for Couples  
0.4 Personal Parenting  
0.6 Relationships  
0.6 Relationship: Review and Renew  
0.4 New Beginnings / Relationship Skills for Singles  
0.6 The Power of Direct Mirroring

**“D” – Boundaries**

0.6 Anger, Boundaries and Safety  
0.4 Anger, Boundaries and Safety 2  
0.6 Boundaries: The Vital Edge

- 0.8 Couples Alive I: Communication and Boundaries
- 0.6 Connective Touch
- 0.6 Effective Boundaries
- 0.6 Living with Passion: Expression, Containment and Contact

**“E” – Organizations**

- 0.6 Career Revisioning
- 0.6 Deep Listening: Core Skills for Coaching / Coaching: Engaging Relationships
- 0.6 Skills 2: Group Leadership

**“F” – Other recommended (also includes any of the above)**

- 0.4 Act Natural
- 0.6 Addictions: A Wider Path to Recovery
- 2.0 Awareness through Creative Expression
- 0.6 Befriending your Inner Critic
- 0.4 Body, Self and Soul (IBP Intro)
- 0.6 Body Breath and Beat 5 Rhythms
- 1.0 Depression: Conscious Alternatives
- 0.4 Dealing with the DSM IV
- 0.6 Drum Talk
- 0.4 From Memory to Memoir
- 0.4 Grieving: Change and Growth
- 1.0 Healing Stitches
- 0.6 Inner Wisdom for Women
- 0.4 Intuitive Healing Weekend
- 1.0 Intuitive Healing Five day
- 1.0 Intuition Mastery
- 1.2 The Journey to Self
- 1.0 Kids in the Spotlight Intern
- 0.4 Life after Separation
- 0.4 Moving into Connection
- 0.6 Self Compassion
- 0.4 Spirit Body/Soul Dance
- 0.8 Spirit in the Song
- 1.0 Sexual Intelligence
- 0.6 The Quantum Laugh / LaughteRx
- 0.6 The Singing Soul
- 0.4 The Spirit Journal
- 0.8 The Spirit Journal Intensive
- 0.6 Transforming Anxiety and Stress
- 1.0 Transforming Beliefs
- 0.6 Yoga Immersion