

Mini-Course: NON-ORDINARY STATES

CE Hours: 1

**Reading:
Pp. 101-106,
24-28**

Learning Goals:

1. To explain the concept that therapy, bodywork, and many other healing or personal growth processes often induce a non-ordinary state of consciousness in the client.
2. To be able to talk about the qualities and effects of non-ordinary experience.
3. To present practical knowledge about what adjustments need to be made when the client is in a non-ordinary state.

Self-Study Practice:

1. Complete Self-Study Practice—Shifting Your Focus—on page 102.

Assessment Questions:

1. Briefly describe your experience in the self-study, i.e. body sensations, images, emotions, increased sensitivity, or any other qualities described on page 102.
2. Of the qualities and effects of non-ordinary experiences listed on page 102, name three that are of particular interest to you.
 - 1.
 - 2.
 - 3.
3. Specifically how have non-ordinary states manifested in your current professional practice? How have you handled them? On a range of 1 - 10 how often have you noticed and ascribed these manifestations as effects of non-ordinary states?

1----- 10

4. Describe how you might educate a client about non-ordinary states either before or after they have experienced this in a session?

Feedback

1. Please rate in terms of value: 1 (lowest) 5 (highest)

professional _____
personal _____
reading _____
self-study _____
questions _____

2. Please rate from 1 (lowest).....5 (highest)
What was the degree of ease, if needed, in communicating with me _____
What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
Was there adequate support for the content questions _____
Were the unit objectives supported by the home study materials _____
Were assignments carried out in a private and secure manner _____
Did the content lend itself to a home study format _____
3. How many hours/minutes did the following pieces take you?
reading _____
self-study _____
questions _____
4. Anything else you'd like to say?
5. Your Helping Profession _____
6. Organization Requiring CEUs _____

Continuing Education

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