



**ISPS Peak States Therapy training**

Detailed course agenda

Sept 2024

This professional training is on peak states of consciousness and our trauma-based techniques for acquiring them. This in-depth experiential training course (about 62-65 hours depending on class size) goes into the theory and techniques used to acquire various peak states, such as the 'inner peace' and 'silent mind' states. The training focuses on the theory and gives extensive practice in working with prenatal trauma and key developmental events. We also show how this theory is applied to treating various diseases and disorders of consciousness, such as 'spiritual emergencies' (that can sometimes occur spontaneously or are triggered by the use of various spiritual or psychological techniques). Additionally, experience has shown us that most clients prefer to turn a momentary 'peak experience' into a continuous 'peak state' instead, and this application is emphasized in this course. Completion of our trauma therapy training is a prerequisite to participating in this training course.

**Venue**

This course is usually taught online. Training is available in English, French, German, and Polish.

**Course length**

About 63-66 hours depending on the class size.

**Prerequisites**

- Approval from instructor.
- Completion of the Trauma Therapy training.
- We recommend taking the introduction course.
- No current psychiatric or major problem issues (such as suicidal tendencies) - these classes are not for healing of major personal problems.
- No potentially life threatening conditions such as a weak heart.
- Signed liability and health forms.

**Recommended reading:**

- In-class manual.
- *Peak States of Consciousness*, volume 1 (2004) by Grant McFetridge, James Hardt, and Jacqueline Aldana.
- *Peak States of Consciousness*, volume 2 (2008) by Grant McFetridge and Wes Gietz.
- *The Basic Whole-Hearted Healing Manual* (2004) by Grant McFetridge PhD and Mary Pellicer MD. This book, although dated, focuses on prenatal regression and trauma.
- *Silence the Voices* (2017) by Grant McFetridge.

**Detailed agenda**

Below is a detailed agenda for the Institute's Foundational training. Note that each teacher is likely to teach material out of sequence. Or add, emphasize, or delete selected material given the needs of their particular students, and to circumstances like client session times and so on.

*Module 1: Peak States Therapy principles and states (3 classes)*

## *Peak States® Therapy Training Centre*

- Course overview
- Peak States Therapy principles
- Specific states: brain light, inner peace, silent mind, life path
- Peak experience to peak state technique

### *Module 2: Specific states with practice clients (7 classes)*

- Inner peace state
- Life path state
- Silent mind state
- Brain light state

### *Module 3: Peak experience to peak state practice clients (9 classes)*

- PE2PS peer practice (x2)
- PE2PS client practice (x6)

### *Module 4: Other peak states (2 classes)*

- Other peak states
- Flattened emotions
- Dominant issue process
- Spiritual emergencies due to states or abilities
- Review

Optional Certification testing (held after training is completed).

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#### Revision history:

*Sept 2024:* This training is half of the previous month-long in person intensive course. This second half is described here and is now called the Peak States Therapy training..