Section 5: Session Design & Coaching Flows

Overview: Structuring Transpersonal Support

This section provides practical session templates and flow structures for working with clients across the Seven Territories. These designs balance structure with emergence, safety with exploration, and insight with integration.

****Core Principle**:** The container shapes the content. Create structures flexible enough for the unexpected, stable enough for the vulnerable.

5.1 Universal Session Architecture

The Sacred Container Model

Every transpersonal coaching session benefits from a three-phase structure:

1. **Opening** (10-15 minutes)

- Arrival and grounding
- Check-in on integration from last session
- Present moment assessment
- Intention setting

2. **Exploration** (30-60 minutes)

- Territory-specific work
- Tool application
- Emergent process
- Witnessing and reflection

3. **Integration** (10-15 minutes)

- Harvesting insights
- Somatic anchoring
- Between-session practices
- Closing ritual

Essential Container Elements

****Physical Space****

- Private, quiet environment
- Comfortable seating options
- Access to floor space for movement
- Natural elements if possible (plants, stones, water)
- Tissues, blanket, water available

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****Energetic Space****

- ○ Clear beginning and ending
- ○ Practitioner grounded presence
- ○ Non-judgmental field
- ○ Respect for mystery
- ○ Honor for client's sovereignty

****Temporal Space****

- ○ Consistent session length
- ○ Protected time (no interruptions)
- ○ Spaciousness without urgency
- ○ Respect for natural timing
- ○ Integration buffer after intensity

5.2 Intake & Assessment Session

90–Minute Initial Session Structure

Opening (20 minutes)

- ○ Welcome and orientation to the work
- ○ Explain scope and boundaries
- ○ Establish confidentiality and consent
- ○ Initial somatic settling

Assessment (40 minutes)

- ○ Life story arc (brief)
- ○ Current challenges-opportunities
- ○ Spiritual-consciousness history
- ○ Support systems inventory
- ○ Territory indicators checklist

Orientation (20 minutes)

- ○ Introduction to Seven Territories model
- ○ Normalize non-ordinary experiences
- ○ Discuss arc of potential work
- ○ Identify starting point

Closing (10 minutes)

- ○ Resource installation
- ○ Between-session practice
- ○ Questions and concerns
- ○ Scheduling and logistics

Key Assessment Questions

****General Orientation****

- "What brings you to this work now?"
- "What's shifting in your inner or outer world?"
- "What are you hoping for from our work together?"

****Territory Assessment****

- "How would you describe your current relationship with reality?"
- "Have you experienced any unusual perceptions or states?"
- "What's happening with your sense of identity?"
- "What supports you when things feel uncertain?"

****Risk Assessment****

- "How are you sleeping and eating?"
- "Do you have thoughts of harming yourself or others?"
- "What's your history with mental health?"
- "Who else knows about what you're experiencing?"

5.3 Territory–Specific Session Flows

Territory 1: Awakening Curiosity (60 minutes)

Opening (10 min)

- Grounding in present moment
- Check-in: "What's feeling stuck or limited?"

Exploration (40 min)

- Values clarification exercise (15 min)
- Future self dialogue (15 min)
- Identify one edge to explore (10 min)

Integration (10 min)

- Commitment to one small action
- Daily mindfulness practice assigned
- Journal prompt for the week

Territory 2: Stabilizing Sensitivity (60 minutes)

Opening (15 min)

- ○ Extended grounding sequence
- ○ Normalize current experiences
- ○ "What needs containment today?"

Exploration (35 min)

- ○ Perception mapping exercise (15 min)
- ○ Defusion practice with concerns (10 min)
- ○ Energy hygiene teaching (10 min)

Integration (10 min)

- ○ Create daily stability practice
- ○ Anchor resource state
- ○ Plan for challenging situations

Territory 3: Narrative Alchemy (75 minutes)

Opening (15 min)

- ○ Resource state activation
- ○ Check which parts are present
- ○ Safety and boundaries reminder

Exploration (45 min)

- ○ Parts dialogue process (20 min)
- ○ Timeline perspective work (15 min)
- ○ Reframe one core story (10 min)

Integration (15 min)

- ○ Somatic integration of new narrative
- ○ Self-care plan for activated parts
- ○ Integration journal structure

Territory 4: Vision Integration (75 minutes)

Opening (15 min)

- ○ Create sacred space
- ○ Share recent visions-dreams
- ○ Set intention for dialogue

Exploration (45 min)

- ○ Active imagination with symbol-figure (20 min)
- ○ Amplification through art-movement (15 min)
- ○ Bridge to practical life (10 min)

Integration (15 min)

- ○ Create honoring practice
- ○ Identify integration action
- ○ Dream journal assignment

Territory 5: Embodying Unity (60 minutes)

Opening (15 min)

- ○ Settle into expanded awareness
- ○ Both-and paradox check-in
- ○ "How is Oneness living through you?"

Exploration (35 min)

- ○ Paradox practice with life situations (15 min)
- ○ Service orientation exploration (10 min)
- ○ Embodiment experiments (10 min)

Integration (10 min)

- ○ Choose daily embodiment practice
- ○ Small service commitment
- ○ Creativity assignment

Territory 6: Identity Reconstruction (90 minutes)

Opening (20 min)

- ○ Extra grounding and safety
- ○ Parts retrieval check-in
- ○ Assess integration needs

Exploration (50 min)

- ○ Gentle parts welcoming (20 min)
- ○ Identity flexibility experiments (15 min)
- ○ Both-and bridge practice (15 min)

Integration (20 min)

- Extended closing and containment
- Daily reconstruction practices
- Support system activation
- Follow-up plan

5.4 Group Session Formats

Territory Integration Circle (2 hours)

****Participants**:** 4-8 people in similar territories

****Structure**:**

Opening Circle (20 min)

- Brief check-ins
- Group grounding
- Confidentiality agreements

Teaching Segment (20 min)

- Territory-specific psychoeducation
- Normalizing experiences
- Tool introduction

Paired Practice (30 min)

- Apply territory-specific tool
- Witness each other
- Harvest insights

Group Integration (30 min)

- Share insights (optional)
- Collective wisdom harvest
- Group coherence building

Closing Circle (20 min)

- Integration practices
- Commitments
- Appreciation round

Monthly Integration Intensive (4 hours)

****Format**:** Deeper dive for ongoing clients

****Flow**:**

- ○ Opening ritual and territory check-in (30 min)
- ○ Somatic movement session (45 min)
- ○ Break (15 min)
- ○ Deep territory work in pairs (60 min)
- ○ Creative expression time (45 min)
- ○ Break (15 min)
- ○ Integration circle (45 min)
- ○ Closing ceremony (15 min)

5.5 Crisis Intervention Flows

Spiritual Emergency Session (Immediate)

Quick Assessment (5 min)

- ○ Safety check
- ○ Reality testing
- ○ Support system
- ○ Substance use

Stabilisation (20 min)

- ○ Grounding exercises
- ○ Bilateral stimulation
- ○ Resource activation
- ○ Present-moment anchoring

Containment (15 min)

- ○ Create “emergency kit”
- ○ Simplify to next 24 hours
- ○ Activate support system
- ○ Schedule follow-up

Referral (5 min)

- ○ Assess need for higher care
- ○ Provide referral information
- ○ Ensure safe transition

Dark Night Support Flow

Validation (15 min)

- ○ Normalize the experience
- ○ Share archetypal context
- ○ Honor the difficulty

Resourcing (30 min)

- ○ Identify what still works
- ○ Find tiny sparks of meaning
- ○ Build micro-practices
- ○ Connect to lineage-tradition

Gentle Forward (15 min)

- ○ One small next step
- ○ Daily contact plan
- ○ Professional referrals
- ○ Faith in the process

5.6 Integration–Focused Formats

Post–Ceremony Integration (90 minutes)

Week 1-2: Gentle Landing

- ○ Extended grounding (20 min)
- ○ Share experience without analysis (30 min)
- ○ Identify key images-messages (20 min)
- ○ Create integration altar-practice (20 min)

Week 3-4: Making Meaning

- ○ Review integration journal (20 min)
- ○ Identify emerging themes (30 min)
- ○ Bridge insights to life (25 min)
- ○ Adjust practices (15 min)

Month 2-3: Embodying Change

- ○ Assess what's sticking (20 min)
- ○ Work with resistance (30 min)
- ○ Refine daily practices (25 min)
- ○ Plan sustainable rhythm (15 min)

Life Transition Navigation

For Major Life Changes Through Transpersonal Lens

****Session 1**:** Current reality mapping
****Session 2**:** Values and vision clarification
****Session 3**:** Shadow and resistance work
****Session 4**:** Resource and allies activation
****Session 5**:** Ritual and threshold crossing
****Session 6**:** New identity integration

5.7 Advanced Practitioner Formats

Supervision Session Structure

****For Practitioners Working with Complex Cases****

Case Presentation (20 min)

- Territory assessment
- Interventions tried
- Stuck points
- Counter-transference

Group Exploration (30 min)

- Somatic resonance check
- Alternative perspectives
- Tool suggestions
- Referral considerations

Practice Lab (30 min)

- Role-play challenging moments
- Embody client's experience
- Try new approaches
- Harvest insights

Integration (10 min)

- Key takeaways
- Action steps
- Self-care needs

Peer Practice Groups

****Monthly Format for Skill Development****

1. Opening Practice (15 min)
2. Skill Teaching (30 min)
3. Triad Practice (60 min)
    - Practitioner, client, observer roles
    - 20 minutes each position
4. Debrief Circle (30 min)
5. Closing Integration (15 min)

5.8 Session Design Principles

Flexibility Within Structure

- Have a plan, hold it lightly
- Follow client's organic timing
- Balance challenge with support
- Allow for emergence

Safety as Foundation

- Establish before exploring
- Return when activated
- Build incrementally
- Honor protective parts

Integration Over Insight

- Small changes over big breakthroughs
- Daily practice over peak experience
- Embodiment over understanding
- Relationship over technique

The Practitioner as Instrument

-
- Your presence is the primary tool
- Coherence is contagious
- Humility serves the work
- Mystery is the teacher

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5.9 Documentation Templates

Session Notes Structure

Date:
Territory:
Presenting State:
Interventions Used:
Client Response:
Insights-Shifts:
Between-Session Practice:
Follow-up Needed:
Practitioner Notes:

Treatment Planning Arc

Starting Territory:
Goal Territory:
Estimated Timeline:
Key Interventions:
Risk Factors:
Support Systems:
Referral Resources:
Progress Markers:

Integration Tracking

Week:
Practices Maintained:
New Patterns Emerging:
Challenges Arising:
Support Activated:
Territory Shifts:
Next Focus:

5.10 Closing Reminder

Each session is a ceremony. Begin with reverence, proceed with curiosity, close with gratitude. The structure serves the sacred-never let it become rigid or mechanical.

Your presence, more than any technique, creates the conditions for transformation. Trust the client's inner wisdom, trust the process, trust the mystery.

The best sessions are the ones where you're both surprised by what emerges.

Section 6

Preparation, Stabilisation & Integration in Transpersonal Coaching

Why This Matters

Working with transpersonal material is not about tools. It's about presence.

A practitioner cannot reliably support clients in altered states, spiritual emergence, or ego dissolution unless they are grounded in their own field stability, philosophical literacy, and experiential trust in the terrain.

This training does not teach you to "guide journeys" or "activate awakening." It teaches you to:

- Recognize Territories and thresholds
- Hold stabilised, coherent space
- Support integration of disruptive or expanded states
- Stay within ethical, somatic, and psychological scope

You are not an operator of transcendence. You are a field stabilizer and integration partner.

Three Core Capacities

1. Preparation – Resourcing before entry
   - Grounding practices (for client and coach)
   - Setting safe boundaries for exploration
   - Clarifying intention without scripting experience
2. Stabilisation – Holding disorientation with coherence
   - Resourcing somatic anchors
   - Working with time-space distortion
   - Naming and normalizing non-ordinary phenomena
3. Integration – Digesting experience into meaning and self
   - Supporting story-making and symbolic reflection
   - Closing altered state loops
   - Encouraging rest, embodiment, creative expression

Practitioner Pre-Requisite

We believe:

"The best way to support someone through a liminal state is to have walked through it yourself."

Therefore, while this training is open to all coaches, therapists, and guides:

- Those working actively with transpersonal states (especially Territories 4–6) should have direct, grounded, and integrated experience of those states.
- You will not be asked to share that experience.
- But you will be asked to practice within the level of embodiment and stability you currently hold.

This ensures the model serves people, not ego or curiosity.



Certification Levels

1. Foundation Level: Transpersonal Literacy

Credential: Certified Transpersonal Diagnostic Practitioner™ – Foundation

Who it's for:
Professionally trained coaches or facilitators working with clients experiencing inner transformation who want to responsibly incorporate transpersonal material.

Requirements:

- Completion of all live or recorded training modules
- Demonstrated fluency with the Seven Territories™
- Pass open-book comprehension quiz
- Submit one written client case study (non-identifying)
- Signed ethical agreement and scope of practice

Focus:

- Phenomenological recognition
- Stage-appropriate support
- Referring appropriately
- Practitioner stability and ethics

2. Practitioner Level: Applied Mastery

Credential: Certified Transpersonal Diagnostic Practitioner™

Who it's for:
Coaches, facilitators, or integration specialists working regularly with clients in Territories 3–5 (identity breakdown, archetypal experiences, nonduality glimpses).

Requirements:

- Foundation certification + 6 months supervised practice or cohort participation
- Submission of 3 anonymized case studies across different Territories
- Peer practice demonstration (recorded session or live)
- Supervised feedback session or practicum review
- Reflective essay on practitioner development
- Signed commitment to annual CPD

Focus:

- Diagnostic application
- Territory-specific coaching design
- Field stabilisation in altered states
- Complex client navigation and ethics

3. Master Practitioner: Systemic Leadership & Transmission

Credential: Certified Transpersonal Diagnostic Master Practitioner™

Who it's for:
Highly experienced practitioners, educators, or supervisors who wish to embody and transmit the model in leadership, teaching, or field-coherence roles.

Requirements:

- Practitioner certification + at least 2 years in applied transpersonal work
- Evidence of supervision or team leadership experience
- Lead-facilitate a training module or peer practice group
- Reflective portfolio or published piece (article, workshop, casebook)
- Interview with senior faculty or review board

Focus:

- Embodied transmission of presence
- Complex systems work (teams, collectives, organizations)
- Cultural humility and lineage transparency
- Model evolution and co-creation

Continuing Development & CPD

All certified practitioners are expected to engage in annual continuing development. Options include:

- Attending refresher workshops or new modules
- Supervision or peer case consultations
- Submitting reflective practice journals
- Participating in integration circles or retreats

Practitioner integrity is not about credentials-it is about presence, growth, and field coherence.

Pathway Summary Chart

Level	Title	Focus Areas	Requirements
Level 1	Foundation Practitioner	Literacy, recognition, ethical containment	1 case study, training modules, ethics, quiz
Level 2	Practitioner	Applied mastery, territory interventions	3 case studies, peer demo, feedback session
Level 3	Master Practitioner	Systemic field leadership, teaching, transmission	Portfolio, teaching, 2+ years practice, interview

Certification Ethics & Revocation

Practitioners are held to the ethical standards outlined in Section 1. Certification may be revoked if:

- Scope of practice is violated (e.g. diagnosing clinical conditions)
- Cultural appropriation or unethical use of tradition-based practices occurs
- Client safety is compromised
- Misrepresentation of credentials or lineage occurs

Our priority is the dignity of the work, the safety of clients, and the integrity of this field.

Final Note

Certification is a rite of passage-not a badge. It signals readiness, humility, and responsibility in working with the most sacred aspects of human experience.

Let this path be a deepening spiral-not a hierarchy of status.

"In the end, the most qualified practitioner is the one who can stay present when mystery walks into the room."

Section 7: Reference Appendix & Suggested Reading

"Rigour is not the enemy of mystery-it is what allows us to work with the mysterious responsibly."

This section gathers the foundational sources, references, and further reading that underpin the Transpersonal Diagnostic Practitioner™ model. It serves both as a scholarly backbone and a resource library for continued development.

7.1 Core Academic References (APA Format)

These texts inform the psychological, somatic, developmental, and philosophical grounding of this model.

Transpersonal Psychology & Development

- Grof, S. (2009). Psychology of the future: Lessons from modern consciousness research. SUNY Press.
- Wilber, K. (2000). Integral psychology: Consciousness, spirit, psychology, therapy. Shambhala.
- Vaughan, F. (1995). The inward arc: Healing and wholeness in psychotherapy and spirituality. Shambhala.
- Washburn, M. (1995). The ego and the dynamic ground: A transpersonal theory of human development. SUNY Press.

Adult Development & Integral Theory

- Cook-Greuter, S. R. (2000). Mature ego development: A gateway to ego transcendence. Journal of Adult Development, 7(4), 227–240.
- Kegan, R. (1994). In over our heads: The mental demands of modern life. Harvard University Press.
- Torbert, W. R., & Associates. (2004). Action inquiry: The secret of timely and transforming leadership. Berrett-Koehler.
- Beck, D., & Cowan, C. (1996). Spiral dynamics: Mastering values, leadership, and change. Wiley.
- Gebser, J. (1985). The ever-present origin (N. Barstad, Trans.). Ohio University Press.

Neuroscience, Somatics, and Regulation

- Porges, S. W. (2011). The polyvagal theory. W. W. Norton.
- Siegel, D. J. (2010). The mindful therapist. W. W. Norton.
- Armour, J. A. (1991). Anatomy and function of the intrathoracic neurons regulating the mammalian heart. In Cardiovascular Regulation. Oxford University Press.
- HeartMath Institute. (2016). Science of the Heart: Volume 2. HeartMath.

7.2 Complete Reading Index by Tradition

Yoga & Vedānta

- Patañjali – The Yoga Sūtras (Swami Satchidananda or Georg Feuerstein editions)
- T.K.V. Desikachar – The Heart of Yoga
- B.K.S. Iyengar – Light on Yoga
- Stephen Cope – Yoga and the Quest for the True Self
- James Mallinson – Roots of Yoga
- Adi Śankara – Vivekachūdāmani
- Rupert Spira – Being Aware of Being Aware
- Ramana Maharshi – Talks with Ramana Maharshi
- Nisargadatta Maharaj – I Am That
- Mooji – Vaster Than Sky, Greater Than Space

Buddhism (Theravāda, Mahāyāna, Zen, Vajrayāna)

- Bhikkhu Bodhi – In the Buddha's Words
- Joseph Goldstein – Mindfulness: A Practical Guide to Awakening
- Nyanaponika Thera – The Heart of Buddhist Meditation
- Thich Nhat Hanh – The Heart of the Buddha's Teaching
- Nāgārjuna – The Fundamental Wisdom of the Middle Way
- Matthieu Ricard – Happiness
- Shunryū Suzuki – Zen Mind, Beginner's Mind
- Joan Halifax – Standing at the Edge
- Norman Fischer – Training in Compassion
- Dōgen – Shōbōgenzō
- Chögyam Trungpa – Cutting Through Spiritual Materialism
- Tsoknyi Rinpoche – Open Heart, Open Mind
- The Dalai Lama – The Union of Bliss and Emptiness

Christian Mysticism

- St. John of the Cross – Dark Night of the Soul
- Teresa of Ávila – Interior Castle
- Meister Eckhart – Selected Writings
- Evelyn Underhill – Mysticism
- Thomas Merton – New Seeds of Contemplation
- James Finley – Christian Meditation

Kabbalah

- Daniel C. Matt – The Essential Kabbalah
- Aryeh Kaplan – Meditation and Kabbalah
- Gershom Scholem – Major Trends in Jewish Mysticism
- Adin Steinsaltz – The Thirteen Petalled Rose
- Rabbi David Cooper – God is a Verb
- The Zohar (Pritzker Edition, vol. 1) – trans. Daniel Matt

Sufism

- William C. Chittick – The Sufi Path of Love
- Coleman Barks (Trans.) – The Essential Rumi
- Jean-Louis Michon & Roger Gaetani – Sufism: Love and Wisdom
- Ibn Arabi – Journey to the Lord of Power
- Robert Frager – Heart, Self, and Soul
- Daniel Thomas Dyer – Ninety-Nine Names of God

Alchemy

- Cherry Gilchrist – Alchemy: The Great Work
- C.G. Jung – The Red Book
- Adam McLean – The Alchemical Tradition in the Late Twentieth Century
- Dennis William Hauck (Trans.) – The Emerald Tablet
- Edward Edinger – Jung and Alchemy

Hermeticism

- The Kybalion – The Three Initiates
- Brian Copenhaver (Trans.) – Hermetica
- Manly P. Hall – The Secret Teachings of All Ages
- Anonymous – Meditations on the Tarot
- Marsilio Ficino – Philosophia Hermetica

Western Magickal Traditions

- Aleister Crowley – The Book of the Law
- Donald Michael Kraig – Modern Magick
- William Whitecloud – The Magician's Way
- Israel Regardie – The Golden Dawn
- Phil Hine – Condensed Chaos
- Alejandro Jodorowsky – Psychomagic
- Angeles Arrien – The Tarot Handbook

Taoism

- Laozi – Tao Te Ching (Trans. Stephen Mitchell or D.C. Lau)
- Zhuangzi – The Book of Chuang Tzu
- Witter Bynner – The Way of Life
- Benjamin Hoff – The Tao of Pooh
- Deng Ming-Dao – The Wisdom of Taoism
- Eva Wong – Cultivating Stillness

South American Plant–Based Traditions

- Joseph Tafur, M.D. – The Fellowship of the River
- Jeremy Narby & Rafael Chanchari Pizuri – Plant Teachers
- Rachel Harris, Ph.D. – Listening to Ayahuasca
- Jeremy Narby – The Cosmic Serpent
- Arno Adelaars – Ayahuasca: Rituals, Potions, and Visionary Art
- Johannes Wilbert – Tobacco and Shamanism in South America

Druidic & European Animism

- John Michael Greer – The Druidry Handbook
- Sharon Blackie – The Enchanted Life
- Graham Harvey – Animism: Respecting the Living World
- Morris Berman – The Reenchantment of the World
- Sharon Paice MacLeod – Celtic Myth and Religion
- Malidoma Somé – Of Water and the Spirit

North American Indigenous Traditions

- The Sacred Tree – Four Worlds Development Project
- Black Elk – Black Elk Speaks
- Robin Wall Kimmerer – Braiding Sweetgrass
- Paul Shepard – Coming Home to the Pleistocene
- Dhyani Ywahoo – Voices of the Ancestors
- Melissa Nelson (Ed.) – Original Instructions

7.3 Cross–Traditional & Comparative Sources

- Aldous Huxley – The Perennial Philosophy
- Richard Tarnas – Cosmos and Psyche
- Jorge Ferrer – Revisioning Transpersonal Theory
- Jeremy Johnson – Seeing Through the World
- Walsh, R., & Vaughan, F. – Paths Beyond Ego

7.4 Coaching & Practitioner Tools

- Eugene Gendlin – Focusing
- Strozzi-Heckler – The Leadership Dojo
- Linehan, M. – Cognitive-Behavioral Treatment of Borderline Personality Disorder
- Hayes, S. et al. – Acceptance and Commitment Therapy
- Arnold Mindell – The Leader as Martial Artist

7.5 Suggested Reading by Certification Level

Foundation

- The Heart of Yoga – Desikachar
- Mindfulness: A Practical Guide to Awakening – Goldstein
- The Sacred Tree – Four Worlds

Practitioner

- Mature Ego Development – Cook-Greuter
- Integral Psychology – Wilber
- Spiritual Emergency – Grof (Ed.)

Master Practitioner

- Cosmos and Psyche – Tarnas
- Seeing Through the World – Johnson
- Jung and the Alchemical Imagination – Raff

Section 8: Appendices–Maps, Tools & Templates

"The map is not the territory-but it helps us travel wisely."

This section provides practical tools to support the application of the Transpersonal Diagnostics™ model in real client work. These include visual maps of the Seven Territories, assessment forms, intervention planning worksheets, and integration templates.

Each tool is modular and designed for use across sessions, trainings, and group facilitation.

Territory	Core Experience	Common Indicators	Primary Challenge	Risk if Unsupported
Consensus Reality	Identity with roles and norms	External focus, goals, restlessness	Disconnection from meaning	Bypass or collapse under change
Adjusted Cognition	Emerging altered states, energetic shifts	Sensory changes, synchronicity	Grounding new perception	Misdiagnosis as pathology
Personal Narrative Processing	Ego structure begins to dissolve	Emotional release, trauma surfacing	Navigating inner conflict	Flooding or retraumatization
Transcendent Visualisation	Archetypal–symbolic material	Visions, dreams, energetic images	Making meaning of altered symbols	Inflated ego or dissociation
Oneness with Source	Non–duality, unitive experience	Stillness, love, loss of boundary	Returning with integration	Spiritual bypass or disengagement
Ego Death & Rebirth	Total dissolution of identity	Surrender, groundlessness, rebirth	Re–entering everyday life	Identity fracture, functional collapse

8.1 Diagnostic Intake Template

Client Intake Snapshot

- ○ Presenting concern(s):
- ○ Territory indicators observed:
- ○ Current spiritual-psychological framework:
- ○ Existing practices or resources:
- ○ Risk factors present:
- ○ Integration capacity:

8.2 Territory Mapping Worksheet

Territory	Present?	Indicators	Risk	Factors	Resources
T1	☐	☐	☐	☐	☐
T2	☐	☐	☐	☐	☐
T3	☐	☐	☐	☐	☐
T4	☐	☐	☐	☐	☐
T5	☐	☐	☐	☐	☐
T6	☐	☐	☐	☐	☐

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8.3 Intervention Planning Grid

Territory	Suggested Tools	Notes
ACT (Values)	NLP Future Self	Basic Mindfulness
Energy Hygiene	Defusion	Open Monitoring
IFS (Parts)	Constellations	Timeline Reframe
Active Imagination	Symbolic Integration	%
Embodiment Anchors	Paradox Practice	Service Framing
Re-entry Protocol	Parts Retrieval	Identity Flexibility

8.4 Integration Tracking Journal

Weekly Reflection Template

- ○ Current dominant Territory:
- ○ Practices engaged:
- ○ Emotional tone:
- ○ Insights or symbols arising:
- ○ Body sensations or shifts:
- ○ Integration challenges:
- ○ Intention for next week:

8.5 Referral Decision Flowchart

Use this when assessing whether to refer a client.

1. **Is there a safety concern?**

Yes → Refer to therapist, psychiatrist, or emergency services
No → Continue

2. **Is the client grounded and able to reflect?**

No → Use grounding tools first. Re-assess.
Yes → Continue

3. **Is the experience within their known worldview or support system?**

No → Consider referral to integration specialist or spiritual director
Yes → Continue

4. **Are you confident this is within your scope of practice?**

No → Refer or co-hold with specialist
Yes → Proceed with transpersonal support

8.6 Client Consent & Scope Template (Sample)

This form is intended for coaches only. It should be reviewed with your legal advisor to comply with your jurisdiction.

Client Agreement

I understand that this session engages with altered states of consciousness, symbolic imagery, and psychological reflection in a coaching-not therapeutic-context. I acknowledge:

- ○ This is not a clinical or medical service
- ○ My coach is not diagnosing or treating illness
- ○ I can pause or stop the process at any time
- ○ I will be offered referral support if needed

Signed: _____
Date: _____

8.7 1–Page Practice Handouts (Select Examples)

- ○ “Breath as Anchor” (T1–T2)
- ○ “Who Is Noticing?” (T2–T5)
- ○ “Fire, Water, Gold” (T3–T4)
- ○ “Sanctum Within” (T3–T5)
- ○ “River Knows” (T5–T6)
- ○ “Name Your Will” (T3–T6)

These can be printed, adapted, or turned into visuals in slide decks or online sessions. A digital library will be maintained as the training grows

Appendix: References by Tradition (APA 7th Edition)

Yogic & Vedāntic Sources

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