

Archetypal Psychology self-study course

The Archetypal Psychology course is comprised of 6 modules, each consisting of theory in audio and pdf format. The audio and pdf's are all downloadable which means that once purchased they are yours to keep and thus you have the leisure of using the material at any time.

Course Presenter

Helen Hansen has worked with thousands of people of all ages, of all walks of life, across the globe over the past 25 years. Her skills in development psychology, holistic psychology and archetypal psychology are interwoven with yin-yang philosophy and mind-body awareness. Currently Helen is in part time practice as she is now also focusing on sharing the skills of muscle testing, meridian therapy and archetypal psychology through online courses.

Course Outline

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| Module 1 | <ul style="list-style-type: none">* Introduction to the concept of archetypes.* Mythology and archetypal narrative.* Jung's foundation for archetypal psychology. |
| Module 2 | <ul style="list-style-type: none">* Uncovering belief systems within.* Looking at the most common archetypal expressions, eg: the victim, the saboteur.* Why archetypal work is so important today. |
| Module 3 | <ul style="list-style-type: none">* Uncovering your personal archetypal patterns.* Questionnaire for archetypal activation. |
| Module 4 | <ul style="list-style-type: none">* Unravelling the messages of your personal archetypes in your life.* Looking at the archetypes through the yin-yang lens.* Liaising with Helen Hansen via email in a reflective discussion around your personal archetypes. |
| Module 5 | <ul style="list-style-type: none">* Creating your archetypal chart for daily guidance and activation of the higher self. |
| Module 6 | <ul style="list-style-type: none">* Reflection of all your archetypes to Know yourself, Be yourself, Love thyself. |
| Bonus | <ul style="list-style-type: none">* FAQ's and a proven method to retrain a destructive pattern into a beneficial one. |

The Archetypal Psychology Course Whatsapp group

This is an ongoing support group where you can ask questions to the presenter of the course as well as share your experience of the course.