

Dynamic Emotional Integration[®]

Cohort 5 Curriculum and Reading Schedule

Welcome! Thank you for your interest in joining the 5th cohort of *Dynamic Emotional Integration*[®] (also known as **DEI**). This schedule contains information about the 2019-2020 DEI curriculum, reading list, tuition, and retreats for the 5th learning cohort.

Your Self-Care track instructors are Licensed DEI Consultants and Trainers Amanda Ball, MS, Sherry Olander, LMT, and Jennifer Nate. Karla McLaren, M.Ed. is a guest instructor in the Self-Care track, and a regular instructor in the Licensing tracks.

Note that the members of the 4th cohort will join with you at your first DEI Intensive Retreat in December! They will continue onward into the Licensing courses with you as well.

Cohort 5 Self-Care Track					
Course Title	Course Description	Start Date	End Date	Tuition	Reading List*
<i>Learning the Language of Emotions</i> (4 weeks)	Introductory course based on the material in <i>The Language of Emotions</i> , involving skill building and delving further into new work with emotions and empathy.	Monday 4/29/19	Friday 5/24/19	\$300	<i>The Language of Emotions</i>
<i>Deeper Inquiry</i> (4 weeks)	Deeper inquiry into <i>The Language of Emotions</i> , including the Three Stages of Initiation (and trauma), Trauma Healing, and working in the Raging Rapids, including Panic, Rage, Suicidal Urges, and Emotion Shrines.	Monday 6/10/19	Friday 7/5/19	\$300	<i>Meeting the Shadow</i> edited by Zweig and Abrams <i>Owning Your Own Shadow</i> by Robert A. Johnson
<i>Exploring the Art of Empathy</i> (4 weeks)	Focused learning for empathic health and well-being based on <i>The Art of Empathy</i> , including communication skills, empathic practices, emotion work, and Emotional Styles.	Monday 7/22/19	Friday 8/16/19	\$300	<i>The Art of Empathy</i> <i>The Emotional Life of Your Brain</i> by Richard Davidson

Self-Care Practicum & Online Retreat Intensive (6 weeks)	Self-care and self-awareness practicum focused on integrating the skills, practices, and knowledge developed thus far. This course includes an integrated online retreat intensive for all students.	Monday 9/2/19	Friday 10/11/19	\$600 Online Retreat (included): September 20 th – 22 nd	Wishcraft by Barbara Sher (available for free online)
~~	Cohort 5 Self-Care Track Concludes				~~

Cohort 5 Licensing Track					
Course Title	Course Description	Start Date	End Date	Tuition	Reading List*
Deeper Empathy (4 weeks)	A deeper dive into the research behind <i>The Art of Empathy</i> , and a closer look at the rationale for the <i>Six Essential Aspects of Empathy</i> . Includes further exploration of supportive practices for self-care, communication, cross-cultural empathy, and Emotion Regulation.	Monday 10/28/19	Friday 11/22/19	\$300	The Age of Empathy by Frans de Waal Suggested: Born for Love by Bruce Perry Suggested: How Emotions Are Made by Lisa Feldman Barrett
*In-Person Retreat (3 days) ~or~	DEI Retreat Intensive 1: Initiation into the Empathic Livelihood and Commencement of the DEI Licensing Program. In-person.	Friday 12/6/19	Sunday 12/8/19	\$550	
*Online Retreat (3 days) (for people who cannot attend in person)	DEI Retreat Intensive 1: Initiation into the Empathic Livelihood and Commencement of the DEI Licensing Program. Online.	Friday 12/13/19	Sunday 12/15/19	\$275	
~~	Winter Break	Monday 12/16/19	Sunday 1/5/20	~~	~~
~~	Cohort 4 joins with cohort 5 for the following licensing courses				~~

Peer Consulting & Training (6 weeks)	Students will work in pairs and groups to practice empathic consulting and training skills; this course includes open-book tests, may require videotaping of one or more sessions.	Monday 1/6/20	Friday 2/14/20	\$550	<i>Mistakes Were Made, But Not By Me</i> by Carol Tavris and Elliot Aronson <i>Suggested: <i>On Being Certain</i> by Robert A. Burton</i>
Consultant Track: Specific Focus & Populations (8 weeks)	Consultants only: This course will focus on the Consultation track, and on developing DEI Consultation skills and experience. This course also includes business practices and ethical guidelines.	Monday 3/2/20	Friday 4/24/20	\$600	<i>Suggested: <i>Pink Brain, Blue Brain</i> by Lise Eliot</i> <i>Suggested: <i>The Heart of Addiction</i> by Lance Dodes</i>
Trainer track: Specific Focus & Populations (10 weeks)	Trainers only: This course will focus on the Trainer track and each licensee's specific concentration and intended population. This course also includes business practices and ethical guidelines.	Monday 3/2/20	Friday 5/8/20	\$750	<i>Suggested: <i>Pink Brain, Blue Brain</i> by Lise Eliot</i> <i>Suggested: <i>The Heart of Addiction</i> by Lance Dodes</i>
Online Retreat Intensive (3 days)	DEI Retreat Intensive 2: Welcoming, Witnessing, and the Ritual of Completion.	Friday 5/1/20	Sunday 5/3/20	\$275	
Licensing: Testing and Completion (4 weeks)	Testing, final assignments, business practices, and licensing. Celebration!	Monday 5/25/20	Friday 6/19/20	\$350	

***All in-person and online retreat intensives** begin on Friday evening and end after lunch on Sunday afternoon (*online retreats begin and end in each person's time zone*). The in-person retreat includes all meals, lodging, and learning materials and is held in Sonoma County, California. Local airports are San Francisco, Oakland, and Santa Rosa, California.

~~ If you choose the in-person retreat intensive, remember to factor in your travel costs ~~

***Reading List:** Each book should be read before the course begins. Empathy Academy is modeled upon the graduate seminar, where students and instructors come together to deepen their shared understanding of the material. We will review and discuss the reading and explore deeper material in the course units.

***Discounts for Payment in Full:** The tuition rates listed above are the pay-as-you-go prices. If you pay in full before each track begins, you will receive a \$125 discount per track. There is also a difference in pricing for the in-person intensive (\$550) as opposed to the online option (\$275):

- Tuition range for the 5-month **Self-Care Track:** \$1,375 to \$1,500
- Tuition range for the 8-month **Consultant Track:** \$2,225 to \$2,625 (plus travel costs if you choose the in-person retreat)
- Tuition range for the 8-month **Trainer Track:** \$2,375 to \$2,775 (plus travel costs if you choose the in-person retreat)

Costs for the entire licensing process:

- The total tuition range for the **Consultant Track:** \$3,600 to \$4,125 (plus travel costs if you choose in-person retreat)
- The total tuition range for the **Trainer Track:** \$3,750 to \$4,275 (plus travel costs if you choose in-person retreat)

***Dual-Licensees:** If you are interested in becoming **dual-licensed** as a DEI Consultant *and* Trainer, you will complete the Trainer Track first. After you are a licensed DEI Trainer, you may return for an accelerated 8-week Consultant's Licensing Course (\$650).

How to apply for Dynamic Emotional Integration®

Please email a statement of interest that includes:

1. Your name, contact information, location, and time zone.
2. The extent of your experience with Karla McLaren's work.
3. Your chosen learning track (which can shift and change as you do).
4. Your experience with online learning.
5. Your plans for implementing *Dynamic Emotional Integration*® in your life and practice.

Questions? Contact us at info@emotiondynamics.org. We look forward to hearing from you!