

Linda Vera Roethlisberger / Michael Noah Weiss / Monika Langenegger-Ulmer

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An interdisciplinary series of the Trilogos®Foundation

Volume 5

Trilogos Diploma Certificate 1 **Trilogos Trainer**

Handbook



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Bibliographic information published by the German National Library:

The German National Library lists this publication in the National Bibliography; detailed bibliographic data are available on the Internet at <http://dnb.dnb.de> .

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Imprint:

Copyright © 2022 GRIN Verlag
ISBN: 9783346602046

This book at GRIN:

<https://www.grin.com/document/1183660>

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Ulmer**

Trilogos Diploma Certificate 1 - Trilogos Trainer

Handbook

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Handbook

Trilogos Diploma Certificate 1 | Trilogos Trainer

This handbook on becoming a Certificate 1 | Trilogos Trainer will provide you with the following qualifications:

You'll become familiar with the theoretical and practical building blocks of holding a Trilogos training session and capable of applying them accordingly. You'll gain a basic knowledge of psychological and pedagogical approaches and will independently learn how to produce image journeys in the style and sense of the Trilogos®Method, holding these sessions in a group and evaluating them. As a Trilogos Trainer, you will learn how to process feedback that will serve as self-reflection with, and for, the participants of a Trilogos training session, as well as facilitate these sessions, so that the participants can achieve self-knowledge about their personality and their everyday life. You will learn how to plan, conduct and follow up on Trilogos training sessions, presentations and roundtables in terms of organization as well as content. Finally, you will learn how to facilitate the exchange rounds of Trilogos training sessions as well as discussions at conferences, presentations and roundtables.

As a Trilogos Trainer, you will learn how to make use of all didactic-methodical elements of this training for your own development. You will also become aware of your individual human potential (PsyQ) and learn how to continue to contribute to your personal competence and inner maturity (PsyK).

Psychology
Trilogos Foundation / Zurich

**Trilogos Diploma Training
Certificate 1
(Trilogos Trainer)**

Handbook

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Trilogos Diploma Training Certificate 1 (Trilogos Trainer)

Handbook

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Impressum

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Acknowledgments

My heartfelt thanks go first and foremost to the two co-authors Monika Langenegger Ulmer (pedagogue, certified Trilogos trainer), who is responsible for the structured, methodical-didactic preparation of the workbook, as well as to Michael Noah Weiss, professor of pedagogy and a Trilogos training graduate and mentor, who has prepared, in fastidious detail, the contents of this Trilogos handbook.

I would also like to thank my Trilogos friends, Dorothe Hebisch (physician), Ernestine Zink (psychologist, trauma and art therapist) and Walter Zink (theologian and former director of studies at Leuenberg), who contributed to the editing of this manuscript.

Last but not least, I would like to thank Cathleen Poehler for her professional translation, and also Eliane Degonda for her professional and invaluable editing and final drafting of the handbook.

Linda Roethlisberger

Küsnacht, November 2021

1 Introduction

This introduction outlines and explains all the elements of the Trilogos Diploma Training Certificate 1 Course.

1.1 Background

The training for Certificate 1 of the Trilogos Diploma Training Course was developed by Linda Vera Roethlisberger. The concept behind this training, as well as all the content, including the exam at the end, have been standardized since 1995.

Since 1995, an interdisciplinary advisory board that has been working in the background has ensured the quality of the content, each board member from the perspective of his or her scientific discipline. Some members have served as external exam experts on the Certificate 1, Certificate 2 and Certificate 3 exams. (Please note that the board members are available, for a fee, to provide content-related information and to offer personal guidance).

In 1997, the first—and immediately successful—Certificate 1 final examination took place with an internal and external examination board.

This handbook was created on the basis of the learning contents and materials compiled for the Certificate 1 training, and by drawing on the trainees' many years of experience, in order to accomplish the following:

- The trainees should be able to independently pick up the skills, knowledge and general competencies to create and guide their Trilogos image journeys.
- This handbook sets out guidelines in preparation for the preliminary exams and the Certificate 1 final exam. The trainee must pass these exams to acquire the title *Trilogos Trainer*.
- This handbook serves as a reference book, so that graduates of Certificate 1 may keep up their skills, knowledge and competences as Trilogos trainers.

1.2 Prerequisites

The following prerequisites apply in order to begin the Trilogos Trainer training (Certificate 1 of the Trilogos diploma training):

- You have relevant professional training as a psychologist, psychotherapist, doctor or psychiatrist. Under certain circumstances, you may also engage in the Certificate 1 training as a teacher, priest, pastor, social worker, life coach or in some similar role. This is to be determined in a personal conversation with the president of the Trilogos Foundation.
- You've completed the self-guided course *In Touch With Your Inner Voice*, by Linda Vera Roethlisberger, Levels 1–3.
- You've passed Prerequisite I; in other words, you've had a psychological-graphological report (using Form 2, *Graphological Report*) drawn up and have noted your findings from it.
- You've passed Prerequisite II; in other words, you've had a psychological-astrological report prepared (using Form 3, *Astrological Report*).
- You've carried out and evaluated the self-guided Master Examination from the course *In Touch With Your Inner Voice*, Level 3, and you've discussed the results as part of a mediumistic consultation with Linda Vera Roethlisberger or a Trilogos-certified trainer—following delivery of Prerequisite I and II.
- As an organizer of a Trilogos reading group, you've successfully completed at least Level 1, lessons 1–3, in the textbook *In Touch With Your Inner Voice* (see forms 17–20).
- You've confirmed that you do not suffer from any known mental and/or physical impairments that could jeopardize course completion. The Trilogos Foundation assumes no liability for any psychological complications that may be associated with the diploma or the certificate training.
- You enjoy exploring new body-mind-spirit connections, as this exploration pertains to your everyday life.

- You enjoy accompanying people on their individuation path.
- You've attended at least one training day offered by Trilogos (see Agenda).
- You're motivated to continuously work on yourself and are interested in lifelong, learning that follows the trajectory of a spiral.
- You're interested in exploring, recognizing and experiencing new body-soul-spirit relationships, most importantly in relation to others, allowing you reflect on yourself in a new and expanded way.
- You enjoy communicating.
- You recognize the importance and responsibility of continually making meaningful connections between what you perceive and the quotidian, or the aspects of your everyday life.

1.3 Mentoring of the Certificate 1 trainees

As a trainee, you can complete the training for Certificate 1

- alone,
- with a Trilogos mentor and/or
- with an external coach.

It is you, who decides whether and what type of mentoring you would like to have.

1.3.1 Without mentoring

If you do not wish to receive mentoring—neither from a Trilogos mentor nor from an external coach—you may instead assimilate the learning content and objectives listed in this handbook independently and in a self-guided fashion. In that case, you can simply sit for the exams (see *5 Exam Requirements* page 149 for more information). Once you've passed the interim exams, you'll be eligible to take the final exam. And once you pass the final exam, you'll have completed the training for Certificate 1.

1.3.2 With a Trilogos mentor

If you wish to be accompanied by a Trilogos mentor, please contact the Trilogos Foundation. In consideration of your place of residence as well as what resources are available to you, in terms of your time, the Foundation will clarify under which conditions, to what extent and at what price a mentor can provide you with training support.

For example, if you live in the north of Germany and are heavily taken in by your job, the framework conditions would be different than if you live in Zurich, close to the Trilogos Foundation, and have a half-day job. The first step, is therefore, to find a feasible mentoring arrangement. Depending on the situation, a good part of the mentoring can be done digitally, in other words, via email, Skype, Zoom or another shared platform.

The Trilogos mentor is familiar with the tasks assigned to a Certificate 1 mentoring. These are listed in Form 1 *Tasks and Responsibilities* (see Appendix).

1.3.3 With an external coach

If you wish to be accompanied by an external coach, you will have to organize this yourself. The conditions, scope and payment are determined exclusively between you and your coach—independently of the Trilogos Foundation. Ideally, you should choose a psychotherapist or a psychologist as your external coach. Representatives of other professions are possible if you so desire.

The external coach should take on the following tasks (see also Form 1 *Tasks and Responsibilities*):

- Inspect the space you've prepared on the day of the event (clean restrooms; choosing a well-ventilated room, setting up with a circle of chairs and provisions, such as water and snacks).
- Be mindful of how you greet participants as they arrive (welcome them, explain house rules, introduce them to the space).
- Intervene if, as you guide an image journey, something happens that you aren't adequately reacting to (e.g., a participant has a panic attack).

- Intervene if, as you guide an exchange round, something happens that you aren't adequately reacting to (e.g., a participant has a crying fit or becomes manipulative).
- Look to see whether each participant is leaving the training day/exercise session in a psychologically positive or stable state; if not, intervene accordingly.
- Conduct a follow-up with you about the training day/exercise session/lecture, examining your psychological competence in leading a group and discussing your personal development.

1.3.4 With a Trilogos mentor AND an external coach

You can choose to be accompanied and supervised through the training by both a Trilogos mentor and an external coach.

For example, you can hire an external coach with whom you meet in person (i.e., who lives close to your place of residence) in addition to a mentor who can be present at events (e.g., training sessions or lectures) via your preferred online platform, such as over Skype. When choosing this variant, Form 1 *Tasks and Responsibilities* provides information about the respective tasks of both the mentor and the coach. You will find this form in the Annex of this manual.

1.4 Four possibilities for working with the handbook

Among the possibilities elaborated so far regarding mentoring in the Certificate 1 training, there are four ways of working with this manual, addressing the different types of trainees as follows:

- 1) trainees wishing to work through this manual entirely on their own and independently
- 2) trainees wishing to work with an external coach
- 3) trainees wishing to work with a Trilogos mentor
- 4) trainees wishing to work with external coach as well as with a mentor

Important: This handbook will focus on the fourth variant only, as it covers all the other variants. In other words, regardless of whether a trainee works alone, only with an external coach or only with a Trilogos mentor, they can still use this handbook, which will guide them appropriately and cover all the elements in their chosen variant.

1.5 Training possibilities

1.5.1 Organizing a Trilogos reading group

Since a prerequisite for enrolling in this training is that you've already completed Level 1 of the self-guided course *In Touch With Your Inner Voice* with a reading group, it is advisable to continue working with that group. You may then work through all the practice sessions, lectures and book reviews prescribed in this training as part of that group.

1.5.2 Organizing a Trilogos training day

Another way to complete the necessary practice sessions and lectures for this training is to independently organize a Trilogos training day or evening at your place of residence. The organizational steps for this are described in this manual, while other, more detailed information can be obtained from your Trilogos mentor.

1.5.3 Using the training days of the Trilogos Foundation

Another option is to schedule your training sessions to take place on the same day as the training days of the Trilogos Foundation. For this, contact your mentor for scheduling.

1.5.4 Organizing independent training possibilities

If you decide to do the entire training for Certificate 1 independently and in a self-guided fashion, you must organize the necessary practice opportunities on your own and in complete autonomy. It is your discretion how you might proceed.

1.6 Learning modules

The training—and, therefore, including this handbook—consists of three learning modules.

You may work on these three modules in parallel, even though, in the handbook, they are listed one after the other.

All modules will be accompanied and discussed with you by your Trilogos mentor and your coach in the run-up as well as while you carry out the exercise.

1. Learning Module A

Design at least ten Trilogos training sessions with different contents, and successfully conduct and follow up on them as a facilitator with a group.

2. Learning Module B

Prepare, deliver and follow up on two book reviews, two lectures and one technical presentation including a roundtable.

3. Learning Module C

Use learning modules A and B for own personal development.

1.7 Key qualifications to be acquired

Upon successful completion of the Trilogos Trainer Certificate 1 training, you will have acquired the following qualifications:

1.7.1 Knowledge

- You're familiar with all the tasks involved for holding a Trilogos training session, including those to be done in advance and those on site.
- You know the theoretical and practical components of a Trilogos training module and can apply them accordingly.
- You have basic knowledge of psychological and pedagogical approaches.

1.7.2 Skills

- You can independently write image journeys in the style and spirit of the Trilogos®Method, guide these journeys with a group and evaluate them.
- You can communicate mindfully, taking responsibility for what you say.

- You can initiate self-reflection processes within the participants of a Trilogos training session, as well as accompany these processes accordingly, so that the participants can acquire self-knowledge on their path of self-development and with respect to their everyday life.
- You are able to plan, conduct and follow up on Trilogos training sessions, presentations and roundtables in terms of the organization as well as the content.
- You can facilitate the exchange rounds of Trilogos training sessions as well as exchange rounds at presentations and roundtables.

1.7.3 General competencies

- You can independently deepen your competence as an exercise facilitator by keeping a list of items that will help you learn further and improve.
- You use all didactic-methodical elements of this training for your own development.
- You are aware of your individual human potential (PsyQ) and continue to bring this awareness to a further understanding of your greater personal competence and inner maturity (PsyK).

1.8 Exams

The final evaluation is structured as follows.

1.8.1 Initial evaluations during the training

You will be evaluated on a continual basis throughout each of the training modules (see also Chapter 5, page 149 of this handbook, which describes the prerequisites, such as interim examinations).

Your mentor will be responsible for evaluating your preparatory and follow-up work, while your coach will be responsible for evaluating your performance during the training.