

Lammas Earth Centre

at Maes Melangell, Lammas Ecovillage, Pembrokeshire

Diploma in Practical Spirituality and Wellness

Professional Benefits:

- Gain a nationally recognised qualification in person-centred and holistic spiritual care.
- Work professionally in your career or as a volunteer in multi-disciplinary teams e.g: hospices, hospitals, schools, colleges, prisons, etc.
- Integrate spiritual health into your current career.
- Become part of a professional network with peer support, insurance scheme and ongoing CPD.
- Set up an independent practice.
- Acquire practical strategies and grounded research that can immediately be shared with others.

This is the first Spirituality and Health qualification to be on the Ofqual Register



Ofqual Register: Crossfields Institute Level 3 Diploma in Practical Spirituality and Wellness (VRQ) · Qual No: 601/8673/2, Sector Subject Area: Health and Social Care

Personal Benefits:

- Strengthen your physical wellbeing and psychological health through a daily spiritual health practice.
- Enjoy improved relations with family, friends and work colleagues by applying skillful communication and compassionate care.
- Develop a meaningful lifestyle centred in mindfulness, presence and service.

Learn about the health benefits of spirituality • Develop your own spiritual health practice • Help others

The Course Consists of Four Units:

1 - SCIENCE AND CONTEXT

This unit introduces you to the history, culture and science of the relationship between spirituality and medicine. From a solid evidence base, the physiology and psychology of how spirituality can benefit health will be explored. You'll be supported in developing and clarifying your own language and terms of reference, so that you can communicate effectively with clients and colleagues in multicultural and interdisciplinary environments. You'll be encouraged to reflect on the relevance in relation to your own personal experience of illness and health.

2 - PERSON-CENTRED SPIRITUAL PRACTICE

In this unit you'll explore and experience the spiritual practices that benefit your own and others health and well-being. You'll be supported to clarify and implement approaches that best support your own daily spiritual health practice. In this way you experience for yourself the benefits and challenges. This all takes place within a group of supportive peers and tutors. From this personal experience and observing the diversity of approaches in your fellow learners, you then explore how best you might support others from diverse cultures and with different learning styles to develop their own spiritual health practice.

3 - DEVELOPING REFLECTIVE PRACTICE

In this unit you learn about the crucial importance of reflective practice for self-care, development and growth. You'll explore different reflective strategies, choose an approach that best suits you and implement a daily practice of careful and honest self-reflection. This is built on a foundation of mindfulness and the compassionate witnessing of your thoughts and feelings. You will study how reflective practice is a crucial element of self-managed healthcare and psychological well-being. You will also look at the psychological and mental health challenges that may be linked to spirituality.

4 - SPIRITUAL CARE IN PRACTICE

This unit focuses on the actual giving of spiritual care and enabling others to develop their own spiritual health practice. You will be introduced to and required to practice the fundamental skills of whole body listening and how to facilitate a developmental conversation, one-to-one and in small groups, around the health and wellbeing benefits of spirituality. You will learn how to lead individuals and small groups into meditation using different gateways. You will also study the psychological challenges that may arise in an enabling relationship and be introduced to the crucial topic of risk and the procedures for assessing and referral.



Defining Spirituality

The Spiritual Companions Trust encourages people to develop their own definition of spirituality. The following definition is offered as helpful in most educational and healthcare environments. "Spirituality affirms that human development is about the growth of compassion, awareness, heart and mind. Spirituality is everyone's natural connection with the wonder and energy of life - and the instinct to explore that experience and its meaning."

APPROACH

This is a person-centred, holistic approach, with the primary enquiry being 'What works best for you?'

RELEVANCE

There is an increasing need for spiritually competent people, whose approach is holistic, highly inclusive and who celebrate diversity. This is particularly relevant in the fields of healthcare, education and pastoral care. This is based on two important developments:

- 1: The growing evidence base for the beneficial links between spirituality and health.
- 2: A general social tendency away from membership of a single religious faith to a more general spiritual approach.

HISTORY

The qualification has its roots in courses that were trialled by Dr William Bloom in the Alternatives Programme of St. James's Church, Piccadilly, London. These were then integrated into the Certificate of Professional Practice in Spiritual Studies and Companionship, which was accredited by the College of Teachers. When the College of Teachers ceased their accreditation services, the course was developed and improved with a new accrediting partner, the Crossfields Institute. It achieved Ofqual accreditation in March 2016. This whole process has been under the umbrella of the Spiritual Companions Trust, an educational charity.

'Spirituality emphasises the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn, develop and mature.'

Royal College of Psychiatrists



Main Tutor: Hoppi Wimbush - with occasional support from William Bloom



Hoppi has been healing, teaching and transforming lives for nearly two decades, working with nature, creativity, Emotional Intelligence, cellular healing and spiritual counselling. She co-founded the Lammas Ecovillage and is the founder of the Lammas Earth Centre in Pembrokeshire, Wales.



William Bloom PhD, CertEd, leads the development of Spiritual Companions. He is one of Britain's leading educators and authors in a holistic approach to health, wellbeing and spirituality with over thirty years of practical experience, research and teaching.

'I've been privileged to have had access to ongoing personal and professional development throughout my career, but the Spiritual Companions course has had more impact than any other....It has enabled me to bring a sense of love and meaning to my life and my work.'

Sarah Jane Williamson, Associate Director of UK national charity

'Before the course I had done lots of personal development, therapy and awareness work, but on some level life was still an effort and I was living in tension. Through the teaching of simple and accessible meditation practices the course helped me to become more grounded, more kind, more loving - more me, more of the time...'

Pete Brown, IT project manager

'Overall, the course was a blessed, safe oasis giving me time and space to be and reflect, empty and stretch, expand and deepen connection and spiritual practice...The holistic nature and breadth of the material covered in a spirit of exploration with a warm, generous, experienced facilitator transparently consolidating alongside us. And of course, a wonderful opportunity and gift of practising spiritual companionship and embodiment.'

Ila Mazumdar, primary school teacher

'This course taught me to fully connect with my higher self and the universe around me. It has enabled me to develop a daily practice of connecting with the wonder and richness of life, which has in turn hugely enhanced my wellbeing and the wellbeing of those around me....This course fundamentally changed my life for the better on many levels.'

Diana Brown, administrator

'...What I got from the course was a beautiful deepening into spiritual practice leading to a far clearer idea of how this can be of service... As a few more layers of my own pretense have been stripped away I can meet others from a more real and loving place.... What a wonderful experience!'

Phil Roberts, leadership facilitator, coach and mentor

ADMINISTRATION

Entry Requirements

There are no formal academic entry requirements other than being 18 or older. There is an application form, which requires you to give some life history and describe your motivation. The aim is that learners demonstrate the potential to develop Emotional Intelligence, a welcoming attitude to diversity and mature self management.

Assessment and Accreditation

Assessment is via a portfolio containing reflective notes, a diary of insights, observations and mini-essays.

Digital Technology and the Internet

All students are required to have access to the Internet as the portfolio is web-based and some small group sessions may happen via Skype.

Timing and Structure

The course consists of four blocks of four days each. Students are also organised into small peer support groups, who meet several times during the run of the course, either in person or by conference call/Skype. Students are also required to support their learning between modules with time spent reading, engaged in spiritual practice, companionship and reflective writing assignments.

Course specifications may be downloaded from www.spiritualcompanions.org - 'about us' tab, downloads Course Fees & Dates may be found at www.lammasearthcentre.co.uk - 'One Planet Being' tab

'Health is a dynamic state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity.'

World Health Organisation

