

Dynamic Emotional Integration®

Cohort 5 Curriculum, Tuition, 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. **CE units** are available for an additional fee.

DEI Self-Care Track			
Course & Tuition	Description	Dates (month/day/year)	Reading List
<i>Learning the Language of Emotions</i> (4 weeks) \$300 USD	Introductory course based on the material in <i>The Language of Emotions</i> and delving further into new work with emotions and empathy.	Mon 4/29/19 to Fri 5/24/19 CE Units: 18	<i>The Language of Emotions</i> by Karla McLaren
<i>Deeper Inquiry</i> (4 weeks) \$300 USD	Deeper inquiry into <i>The Language of Emotions</i> , including the Initiation, Trauma Healing, and working with Panic, Rage, Suicidal Urges, and Emotion Shrines.	Mon 6/10/19 to Fri 7/5/19 CE Units: 25	<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) \$300 USD	Focused learning for empathic health and well-being based on <i>The Art of Empathy</i> , including communication skills, empathic practices, and Emotional Styles.	Mon 7/22/19 to Fri 8/16/19 CE Units: 28	<i>The Art of Empathy</i> by Karla McLaren <i>The Emotional Life of Your Brain</i> by Richard Davidson
<i>Self-Care Practicum & Online Retreat Intensive</i> (6 weeks) \$600 USD Online Intensive September 20th – 22nd 2019	Self-care and self-awareness practicum focused on integrating the skills, practices, and knowledge developed thus far. Includes an integrated online retreat intensive for all students.	Mon 9/2/19 to Fri 10/11/19 CE Units: 23	<i>Wishcraft</i> by Barbara Sher (available free online)

After you complete the Self-Care track, you may apply for one of the licensing tracks that begin in October of 2019. Note that the members of the 4th cohort will join you at your first DEI Intensive Retreat in December – and they'll continue onward into the Licensing courses with you as well.

DEI Licensing Tracks			
Course & Tuition	Description	Dates (month/day/year)	Reading List
<i>Deeper Empathy</i> (4 weeks) \$300 USD	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> .	Mon 10/28/19 to Fri 11/22/19	<i>The Age of Empathy</i> by Frans de Waal
In-Person Intensive (3 days) \$500 USD ~or~	DEI Retreat Intensive 1: Initiation into the Empathic Livelihood and Commencement of the DEI Licensing Program. In-person.	Fri 12/6/19 to Sun 12/8/19	
Online Intensive (3 days) \$275 USD (for people who cannot attend in person)	DEI Retreat Intensive 1: Initiation into the Empathic Livelihood and Commencement of the DEI Licensing Program. Online.	Fri 12/13/19 to Sun 12/15/19	
~~	Winter Break	12/16/19 to 1/5/20	~~
<i>Peer Consulting & Training</i> (6 weeks) \$550 USD	Students will work in pairs and groups to practice empathic consulting and training skills; this course includes open-book tests and may require videotaping of one or more sessions.	Mon 1/6/20 to Fri 2/14/20	<i>Mistakes Were Made, But Not By Me</i> by Carol Tavris and Elliot Aronson <i>Suggested: <i>On Being Certain</i></i> by Robert A. Burton
<i>Consultant Track: Specific Focus & Populations</i> (8 weeks) \$600 USD	Consultants only: This course focuses on developing DEI Consultation skills and experience.	Mon 3/2/20 to Fri 4/24/20	<i>Suggested: <i>Pink Brain, Blue Brain</i></i> by Lise Eliot <i>Suggested: <i>The Heart of Addiction</i></i> by Lance Dodes

<p>Trainer Track: Specific Focus & Populations (10 weeks) \$750 USD</p>	<p>Trainers only: This course will focus on the Trainer track and each licensee's specific concentration and intended population.</p>	<p>Mon 3/2/20 to Fri 5/8/20</p>	<p><i>Suggested: Pink Brain, Blue Brain by Lise Eliot</i> <i>Suggested: The Heart of Addiction by Lance Dodes</i></p>
<p>Online Retreat Intensive (3 days) \$275 USD</p>	<p>DEI Retreat Intensive 2: Welcoming, Witnessing, and the Ritual of Completion.</p>	<p>Fri 5/1/20 to Sun 5/1/20</p>	
<p>Licensing: Testing and Completion (4 weeks) \$350 USD</p>	<p>Testing, final assignments, business practices, and licensing. Celebration!</p>	<p>Mon 5/25/20 to Fri 6/19/20</p>	

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

Reading List: Each book should be read before the course begins. Empathy Academy is based upon the graduate seminar model, 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 in the tables 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). All prices are in U.S. Dollars:

- 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*
- Tuition range for the 8-month **Trainer Track:** \$2,375 to \$2,775*

Costs for the entire licensing process:

- The total tuition range for the 13-month **Consultant License:** \$3,600 to \$4,125*
- The total tuition range for the 13-month **Trainer License:** \$3,750 to \$4,275*

**Remember to add your travel costs if you choose the in-person retreat in December.*

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).

Continuing Education Units are provided by R. Cassidy Seminars for psychologists, psychoanalysts, counselors, marriage and family therapists, social workers, creative arts therapists, nurses, dentists, educators, and chemical dependency counselors for an additional \$40 per course.

For Mental Health Professionals: The DEI Practitioner Track: Licensed mental health professionals who wish to become DEI Practitioners will complete their Trainers' licensing, and will then return for a focused 6-month post-licensing education in DEI theoretical foundations and guided practicum. Instructors: Karla McLaren, M.Ed., Sarah Alexander, LCSW, and Amanda Ball, MS.

DEI Practitioner Track			
Course & Tuition	Description	Dates (month/day/year)	Reading List
DEI Practitioner Theoretical Foundations (8 weeks) \$650 USD	Introduction to theory and practice, applications, contraindications, supportive theory, and contradictory theories of emotional functioning. Includes case studies, critiques, study of addiction, trauma, oppression, intersectionality, and complex multiple-emotion states.	Mon 8/10/20 to Fri 10/2/20	<u>Psychoanalytic Diagnosis</u> by Nancy McWilliams <u>The Heart of Addiction</u> by Lance Dodes
DEI-Informed Practicum (8 weeks) \$800 USD	Practicum involving DEI-informed cases studies, work with varied populations, observed sessions, and study of multiple therapeutic orientations.	Mon 10/19/20 to Fri 12/11/20	<u>Emotion-Focused Therapy</u> by Leslie Greenberg TBA
DEI Practitioner Licensing (6 weeks) \$650 USD	Focus on DEI-informed case studies, therapeutic case notes, ethics and oversight, and licensing.	Mon 1/4/21 to Fri 2/12/21	TBA

Discount for Payment in Full (\$125). All prices are in U.S. Dollars:

- Tuition range for the 6-month post-licensing **Practitioner Track**: \$1,975 to \$2,100
- The total tuition range for the entire 19-month **Practitioner License**: \$5,725 to \$6,375

How to apply for Dynamic Emotional Integration®

Please email your statement of interest by the application deadline of **Friday, April 12th, 2019**.

Your statement should include:

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!