

Eudaimonia Syllabus

Introduction

- This course will consist of 10 lessons to be taken one week at a time.
- An evaluation in the form of a written exam will follow.
- Peer Support Community
- Weekend retreat
- Eudaimonia Referral Program
- Welcome into the world of “Calm”
- How Eudaimonia Psychology was born.
- How its methods and tools will enhance your psychotherapy practice.

Lesson 1 - It's all about energy.

- We are to energy as fish is to water.
- We move energy, all the time, in everything we do.
- The power of thought.
- Life is all about the conversations we have.

Lesson 2 – Meet your wounded Inner Child

- 95% of all your decisions are based on subconscious irrational beliefs.
- We have been taught to look at what's going wrong and fix it, as opposed to looking at what's going right and celebrate it.
- It's time to self-partner, accepting the good, the bad, and the ugly about ourselves.

Lesson 3 – Those two bitches, fear and worry.

- Fear is, “False Evidence Appearing Real”, Let’s identify those lies.
- Nothing in life is a mistake, so if you weren’t afraid what would you do?

Lesson 4 – Let’s meet your Future Best Self

- Your higher self is the best coach you will ever meet.
- Learning to visualize
- Nothing happens if you don’t have clarity of vision.
- Separating the drama from the reality.

Lesson 5 – Words are magic wands

- Becoming aware of your self-talk.
- Choosing between love and fear every day.
- Creating a Vision Shelf

Lesson 6 – Are you part of the problem or the solution?

- The difference between what you need to do and what you are willing to do, how to be honest with yourself.
- Is your heart open to receive love?

Lesson 7 – Intention vs Reaction

- How to program your life vs. responding to whatever shows up.
- Rewrite the script to your life.
- Be what you want to see.

Lesson 8 – Developing your New Normal

- It's about deciding and thriving.
- There are different permeations of self, lets pick yours.

Lesson 9 – Quieting your thoughts.

- Meditation vs. visualization vs. prayer.
- Listen to your body to avoid illness.

Lesson 10 – Eudaimonia Business Model

- The coaching component.
- The delivery.
- Providing your clients with the tools and methods to thrive.
- Staying connected with your clients.

This course will culminate into an evaluation in the form of a written exam. At the successful completion of the written exam there will be entrance to the Eudaimonia Peer Support Community. It is within this community where the clinician will become a participant in ongoing conversations pertaining to the advancement of holistic psychotherapy and where there will be peer support for the needs of the practitioner.

A weekend retreat will follow where the trainee will meet with Dr. Donna personally, to continue their training with her and in small groups with other clinicians. At this time entrance into the Eudaimonia Referral Program will be discussed along with additional training regarding the business model of the Eudaimonia program and its delivery to clients.