



### **Level One- The Medicine**

Level One introduces the practice of the Flower Essence Therapy and where it fits in the current medical model. Students will explore the basic science of how flower essences work, how to differentiate them from other plant remedies, and key flower essences to begin select single essences or FES blends for self-care. Students will also be introduced to core concepts that will be the foundation of their work with flower essences, including the stress response, the 4-fold subtle body, and the 5 Elements of Chinese Medicine

*\*Pending 12 credit hours from the National Commission for Certification of Acupuncture and Oriental Medicine (NCCAOM)*

### **Level Two- The Magic**

*Pre-Requisite: Level One or Equivalent*

Level Two expands on the magical aspect of flower essences and how they are used to amplify messages of the soul. Influenced largely by archetypal depth psychology and the work of Carl Jung, students will be introduced to tools and strategies to more deeply engage their friends and family in the process of soul alchemy. Students will also explore how to recognize key archetypal complexes- including flowers essences that resonate with each astrological archetypes- and the flower essences that support alchemical transformation on a spiritual level. Students will also learn to apply the principles of sacred geometry to make flower essence blends that function as a synergistic whole, and extend their use of flower essence to friends and family.

### **Level Three- The Practice**

Level Three prepares students to move beyond using flower essences for self, friends, and family as they establish a foundation for working with clients. During this Advanced Clinical Mentorship, student will be supervised as they professionally treat flower essence clients in a clinical setting. Students will explore practical considerations for working as a flower essence therapist, including how to establish practice boundaries, building a referral network, ethical considerations, treatment planning, documentation and follow-through. As an advanced practicum, the mentorship includes monthly seminars topics such as working with trauma, alchemical tools such as active imagination and dream work, and an introduction to plant botanical families. Level Three also prepares students to contribute to the field of flower essence therapy through conduct clinical case studies and field research.

## Level 1 - The Medicine Content Outline

### Day 1

Session 1	Intro to flower essences History of flower essence remedies from ancient times to present Medicine as applied philosophy: the flower essence philosophy of healing
Session 2	Flower Essences and the Subtle Human Energy Field: An in-depth exploration of the Physical, Etheric, Astral, and Spiritual planes; how flower essences interact with each of these planes and in comparison to other plant remedies (herbs, essential oils, homeopathics)
Session 3	The Human Stress Cycle: Flight, flight and freeze- somatic responses to stress Breaking the cycle through shifting thoughts, perceptions and emotions
Session 4	Key flower essences for anxiety, overwhelm, mental blocks Differential Diagnosis: Key Flower essences for Stress
Session 5	Principles of Alchemy and flower essences to support soul evolution: Working with Archetypes Differential Diagnosis: Key Archetypal Essences
Session 6	Emotions and the 5 Elements of Chinese Medicine: flower essences to ease emotional stress Flowers: Key Elemental Flower Essences
Session 7	Supervised Practice: Intake and Interview In teams, students will practice interviewing one another using the strategies presented in the course to prescribe a flower essence blend.
Session 8	Monitoring the results of flower essence use
Session 9	Grand Rounds: Participants observe a flower essence intake and treatment session integrating tools covered throughout the Level One Training Closing Questions & Next Steps

## Level 2- The Magic Content Outline

Session 1	Review: Principles of Alchemy and making space for magic. Levels of consciousness (Alpha, Beta, Theta, and Delta) and consciousness structures (archaic, magical, mythical, mental).
Session 2	The Language of the Soul and Psyche; images, dreams, symbols and synchronicity and the nature of archetypes Sun and Moon/ Yin & Yang Archetypes
Session 3	Archetypes of Mars - Flower essences for positive assertion and embodiment; supportive practices
Session 4	Archetypes of Venus- Flower essences for creativity and sexuality
Session 5	Jupiter Archetypes- Flower essences for abundance, love and connection to soul purpose
Session 6	Mercury Archetypes- Flower Essences for Clear Thinking and Communication
Session 7	Blending Remedies Archetypes of numbers 1-9, and using geometric principles to make flower essence blends Working with the Affirm a Flower/ Flower Essence Cards
Session 8	Beginning work with patients: 4 stages of Soul Healing Introduction to Case Study and Reflective Learning Essays
Session 9	Clinical Grand Rounds

### Level 3 Practice Mentorship

The Advanced Clinical Mentorship (ACM) includes one on one support as practitioners complete their case studies, essays, and portfolio in preparation for certification. Participants participate in a monthly 30min case supervision call where questions about practice can be addressed, as well as review and editing of portfolio writing.

The group meets for one full day orientation training, followed by one seminar per month for a period of 8 months as they complete their case studies and portfolio requirements. Time will be allotted during each seminar for participants to share case studies and critical questions for team problem solving and learning.

#### DAY 1:

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| Topic 1:     | Orientation and introduction to Case Studies, Portfolio Requirements, and Clinical Research  |
| Topic 2:     | Integrating flower essences into your holistic practice<br>Boundaries and Professionalism: the Alchemical Vessel<br>Practicum: Intro to SOAP notes and clinical presentations              |
| Topic 3:     | Active Imagination- In the treatment room and in nature  |
| Topic 4:     | Clinical Grand Rounds<br>Students observe intake, interview and flower essence formula making for 3 patients<br>Students practice patient interviewing skills                              |
| Topic 5:     | An Exploration of Botanical Plant Families with Richard Katz of Flower Essence Society   |
| Topic 6:     | Supported Practice- Intake, treatment planning, documentation and follow through.  |
| Topic 7:     | Shen, Saturn & Kali- A New Look at Trauma and associated flower essences<br>Working with Trauma- Red Flags and Getting Support<br>Critical Incidents- Questions and Solutions for Practice |
| Topic 8 & 9: | The Descent of Inanna and the unfolding process of soul work (4 stages, 9 steps of flower essence work)  |
| Topic 10:    | Blossoming- Sharing flower essences with new audiences and building community (Marketing)  |

### **About the Mentorship:**

The Magic & Medicine Practice Mentorship includes all of the requirements of the FES Practitioner Certification program, as well as components that I've added to ensure that you graduate as confident practitioners who can truly represent the field of flower essence therapy. These additional components include:

- The 4-fold Energy Body, which is the hallmark of the O&R training program
- Practitioner Reflective Learning Essays
- Flower Study Presentation
- Clinical Grand Rounds
- Working with Trauma
- Practice Management/ Business Development
- Annotated Bibliography

Though we will be meeting as a group monthly for our 2.5hour seminar, you should expect to budget a minimum 3-5 hours per week for the completion of your portfolio materials. This includes time to meet with your clients, document case findings, research, and of course, write your case study reports and essays.

### *Required Reading Materials:*

- *Flower Essence Repertory* by Patricia Kamininski and Richard Katz (bring either print copy or access to online account registration to each seminar)
- Affirm- a- Flower Cards (Quintessentials and Healing Herbs)- bring to seminar
- *On Becoming a Counselor, Fourth Edition: A Basic Guide for Counselors and Other Helpers* by Eugene Kennedy PhD and Sara C. Charles MD
- *Plant Spirit Healing: A Guide to Working with Plant Consciousness* by Pam Montgomery
- One book on the following two books on the energetics of trauma: *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* Bessel van der Kolk M.D. OR *Waking the Tiger: Healing Trauma* by Peter A. Levine and Ann Frederick
- One book on the science of Mind-body medicine. The two listed are personal favorites, but you can choose any book on this science: *Molecules of Emotion: The Science Behind Mind-Body Medicine* by Candace B. Pert OR *The Biology of Belief 10th Anniversary Edition: Unleashing the Power of Consciousness, Matter & Miracles* by Bruce H. Lipton Ph.D. Ph.D.
- One book on the original 38 Bach flower remedies (your choice) *Recommended: Healing Herbs of Edward Bach: An Illustrated Guide to the Flower Remedies* by Julian Barnard