

# **Mini-Course: NON-ORDINARY STATES**

**CE Hours: 1**

**Reading:  
Pp. 101-106,  
24-28**

**Learning Goals:**

1. To explain the concept that therapy, bodywork, and many other healing or personal growth processes often induce a non-ordinary state of consciousness in the client.
2. To be able to talk about the qualities and effects of non-ordinary experience.
3. To present practical knowledge about what adjustments need to be made when the client is in a non-ordinary state.

### **Self-Study Practice:**

1. Complete Self-Study Practice—Shifting Your Focus—on page 102.

### **Assessment Questions:**

1. Briefly describe your experience in the self-study, i.e. body sensations, images, emotions, increased sensitivity, or any other qualities described on page 102.
2. Of the qualities and effects of non-ordinary experiences listed on page 102, name three that are of particular interest to you.
  - 1.
  - 2.
  - 3.
3. Specifically how have non-ordinary states manifested in your current professional practice? How have you handled them? On a range of 1 - 10 how often have you noticed and ascribed these manifestations as effects of non-ordinary states?

1----- 10

4. Describe how you might educate a client about non-ordinary states either before or after they have experienced this in a session?

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### **Feedback**

1. Please rate in terms of value: 1 (lowest) ..... 5 (highest)

professional \_\_\_\_\_  
personal \_\_\_\_\_  
reading \_\_\_\_\_  
self-study \_\_\_\_\_  
questions \_\_\_\_\_

2. Please rate from 1 (lowest).....5 (highest)  
What was the degree of ease, if needed, in communicating with me \_\_\_\_\_  
What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) \_\_\_\_\_  
Was there adequate support for the content questions \_\_\_\_\_  
Were the unit objectives supported by the home study materials \_\_\_\_\_  
Were assignments carried out in a private and secure manner \_\_\_\_\_  
Did the content lend itself to a home study format \_\_\_\_\_
3. How many hours/minutes did the following pieces take you?  
reading \_\_\_\_\_  
self-study \_\_\_\_\_  
questions \_\_\_\_\_
4. Anything else you'd like to say?
5. Your Helping Profession \_\_\_\_\_
6. Organization Requiring CEUs \_\_\_\_\_

***Continuing Education***

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