

## MLR3067 : Transpersonal Skills Lab 3 (Spiritual Focus)

Topics vary and may include components of Holotropic Breathwork, using the Enneagram with clients, psychosynthesis, spiritual emergency/emergence therapy, and mindfulness-based CBT and DBT techniques. Each skills lab will teach tools and techniques in the chosen topic to help therapists work more effectively in the spiritual and transpersonal modalities with clients.

**Credits** 1