



**Transformation of the Double and Shadow during Biographical Development**

The 6 Modules for this Professional Group encompass a coherent further training in how to deal with adversarial beings during biographical development. Therefore, it is useful and possible for colleagues to participate in just these 6 modules. Homework between modules will be minimal.

In addition Colleagues, who are pursuing the Modular Further Professional Training, can begin Project Work with clients, under Supervision of the Direction, and by working appropriately together with professionally experienced, participating colleagues (Intervision). In this respect tools for self-observation are facilitated and caring for the development of the I-documentation® is continued.

**Participation Modalities**

All colleagues who have already established and worked through their biography thoroughly and up-to-date by the first module of the 2nd Professional Group of the next Cycle are most welcome to take part, e.g.,

- ◆ who have already completed a training or further training in biography work;
- ◆ who completed the 1st Professional Group in an earlier Cycle;
- ◆ who in other ways have worked through their own biography under appropriate professional guidance.

In all cases a formal conversation by telephone or in person is required before registration. Participation is confirmed in advance by a mutual agreement documented in writing.

**Contents of 6 Modules - each constituting 27(22)hrs for the Further Professional Training**

In the first module the pre-birth incorporation of the human Double and Shadow into ones own life in connection with the principles of karma are observed. After this the activity and transformation of the Double and Shadow from birth until 7 years is to be researched and undertaken. In each of the next four modules this process is continued for two consecutive seven year life phases up to 63 years. The tools and ways of working are designed using manifold social artistic exercises (e.g., *collage, drawing, guided imagination, modelling, painting, rituals, sketching, writing*), which professional colleagues can apply directly with their own clients. In all modules the further development of the Spiritual Faculties, Imagination, Inspiration and Intuition, is to be engaged in. In the sixth module this will be especially taken into account, as also the phenomenology of the Double and Shadow in relation to dealing hygienically with the chakras and gender in working with biographical development.

**Guiding Principles of the Direction's Training Methodology**

Coherent spiritual-scientific relationships between categories of study, learning, practise, applied mediums and work with biography are mediated by developing and applying interdisciplinary language.

Especially valuable is research accessing one's own available wisdom, anchoring this dynamically in the consciousness of the soul, and developing a training community through sharing with each other.

Particular attention is given to the development and demonstration of skills enabling self-assessment in one's own work and interaction with peers.

Contextual knowledge and literary references are facilitated comprehensively on paper (not digitally). This content is mediated primarily through processes, and secondarily through verbal commentary.

An additional course of private anthroposophical study is supported by the direction, according to individual needs and in alignment with the dynamic constitution of the training community.