




COURSE PROSPECTUS

At the Sophrology Academy, our mission is to work towards a more positive experience of life for all, through the gentle techniques of Sophrology - a method which combines ancient practices and modern science to help build inner harmony, and activate our capacities and resources in the world.


We offer a Sophrology Practitioner Diploma programme for those who wish to become qualified Sophrology practitioners, as well as a Foundations course for those who wish to learn and use Sophrology informally, to help themselves or loved ones in need of support.

Established in 2010, and affiliated with the oldest Sophrology federation in France (SFS), we maintain the integrity of our practice through our rich, dynamic, and interpersonal teaching approaches.

Apply today, and join us on a truly transformational journey.



**Train as a
qualified
Sophrology
Practitioner**



**Add to your
professional
skillset to help
others**



**Learn to
manage and
improve your
own wellbeing**

About Sophrology



What is Sophrology?

Sophrology uses a combination of practices, including **dynamic relaxation, mindfulness and meditation**, to boost your resilience, positivity and performance

Whilst understanding and integrating the theoretical and practical approaches of the structured method takes time, practice itself is accessible to all, requiring no special equipment, and can be adapted to suit the needs of the person.

The Mind-body Connection

With Sophrology, we learn to restore our inner balance, no matter what is going on 'out there'. From this inner state of calm and positive energy, we are better able to make more positive changes in our lives - with an alert mind in a relaxed body.

It starts with noticing when we're out of balance: tuning in to ourselves; our bodies. The body responds to what we think and feel, and our thoughts and feelings are informed by the state of our physiology. This interaction impacts our actions and behaviours.



Why Learn Sophrology?

For those working in a health and wellbeing related capacity, Sophrology offers many benefits to you and your clients:

Sophrology can be added to your Coaching or Therapy 'Toolkit'...

Sophrology can be fully integrated with existing therapies, enabling professionals to add a stronger element of embodied support and empowerment for their clients.

It can be used for a wide variety of client issues

Areas which Sophrology can help with include pain management, sleep, work burn-out, stress, worry, sports and stage performance, and self-esteem issues, amongst many others.

Empowers the client to take control of their situation

Many comorbid factors can also be improved by clients through the relaxation, mindfulness and gentle movement exercises which Sophrology incorporates. In turn, by learning to self-regulate, clients can better work through their issues with a greater sense of emotional control.

Sophrology practice is versatile and dynamic in its approach

Importantly, the techniques are also very easy for clients to learn, to adapt, and to fit in to their busy lifestyles, resulting in a greater likelihood of successful therapeutic outcomes.

Foundations Programme



Our Foundations programme will take you on a deeply transformational personal development path towards improving your own wellbeing, using the principles, tools and techniques of Sophrology to support family members or integrate with your professional work with others.

In this highly practical and experiential programme, students will:

- **Gain an understanding of the theoretical and practical aspects of Sophrology**

Using a combination of face to face and online experiential learning students will learn the origin, influences, key concepts and principles behind the structured method that is Sophrology. You'll learn dynamic relaxation levels one to four and related exercises to use in each level.

- **Develop personal mastery of the techniques used in Sophrology**

Personal practice is necessary for students to develop the ability to critically reflect on their own practice - an essential skill for life-long learning and development.

- **Learn to guide others in using Sophrology techniques**

Right from the start of the course, students are encouraged to begin practising the exercises with others. Attention is paid to the use of the voice, and how to safely guide others in an exercise.

Programme Location and Structure

In-person study for both the Foundations and Diploma programme takes place in the beautiful village of Wye, Kent. The beauty of the natural (and protected) surroundings, and peaceful feel of this hilly Kentish village is the perfect place to truly immerse yourself in your Sophrology training.

The Foundations programme is organised into four terms, as below. Please check our [website](#) for more details and specific dates.



Term 1:

- In-Person: 3 days
- Online workshops: 4 x Saturday afternoons
- Group Practice: Alt. Wednesday evenings
- Personal Practice Reflection Assignment

Term 2:

- In-Person: 3 days
- Online workshops: 4 x Saturday afternoons
- Group Practice: Alt. Wednesday evenings
- Personal Practice Reflection Assignment

Term 3:

- In-Person: 3 days
- Online workshops: 4 x Saturday afternoons
- Group Practice: Alt. Wednesday evenings
- Personal Practice Reflection Assignment

Term 4:

- In-Person: 3 days
- Online workshops: 1 x Saturday afternoons
- Group Practice: Alt. Wednesday evenings
- Personal Practice Reflection Assignment
- End of Foundations programme assessments

Practitioner Diploma

The Sophrology Practitioner Diploma offers an accredited qualification for those to train and work as a professional Sophrology practitioner. This is a two-year course which equips students to work with groups and accompany individual clients working towards specific health and wellbeing goals



Year one: Foundations Programme

In the first year, Sophrology Practitioner Diploma students will follow the Foundations programme to develop an in-depth understanding of the Sophrology method on both a theoretical and practical level. Personal practice is necessary to develop the ability to critically reflect on your own practice, before moving onto Year Two of your diploma.

Year Two: Practitioner Diploma

In year 2, Practitioner Diploma students will continue with their learning and will:

Develop skills and expertise in working with clients

Students will learn how to assess client needs and goals, and identify a relevant suite of Sophrology exercises. Learning will focus on building the Sophrologist/client alliance, for healing and change to take place. Further, students will learn to critically reflect, review and adapt the planning and delivery of Sophrology sessions based on client responses. Course students are required to take client case studies and a group internship to develop their skills and experience.

Acquire working knowledge of using Sophrology in particular application fields.

Taught by Sophrology experts in their fields, students will be introduced to areas such as stress and sleep management, children and teenagers, sports performance, business, and health. You will explore the benefits and limitations of Sophrology, and identify specific exercises, building appropriate protocols around specific client needs.

Gain competencies in ethical/professional responsibilities and business skills.

Students will learn how to practice safely in accordance with ethical and legal requirements. You will develop a professional attitude, and be able to make reasoned judgments informed by theory and practice. Input on business planning and marketing of your professional practice will be given to support you towards professional practice.

Practitioner Diploma (cont.)



Programme Location and Structure

Training is highly practical and experiential, using a combination of in-person and live online formats. Overall, the course comprises over 350 hours of contact time, and we expect students to undertake at least 300 hours of personal practice and private study. Online study takes place via Zoom and consists of half-day workshops and regular one-hour online group practices. In-person study takes place in 3-day modules, four times in the year, and is held in Wye, Kent.

Term 1:

- In-Person: 3 days
- Online workshops: 4 x Saturday afternoons
- Group Practice Coaching: Alternate Wednesday evenings

Term 2:

- In-Person: 3 days
- Online workshops: 5 x Saturday afternoons
- Group Practice Coaching: Alternate Wednesday evenings

Term 3:

- In-Person: 3 days
- Online workshops: 4 x Saturday afternoons
- Group Practice Coaching: Alternate Wednesday evenings

Term 4 and Year 3

- End of Diploma Programme Assessments
- Online workshops: 2 x Saturday afternoons

We offer two start dates in the year to enable you to work at a faster or slower pace to complete the course requirements:

March start: 29 months + 1 year of further workshops and group supervision

September start: 23 months + 1 year of further workshops and group supervision

Curriculum (Foundations/Practitioner)

These are the modules covered in the Foundations year:

- Sophrology Fundamentals: Origins, Theories, Principles, Terminology, Structure of Method
- History, Sources and Science: Relaxation, Phenomenology, Yoga, Buddhist Meditation, Japanese Zen, Mind-body Practices and Science
- Dynamic Relaxation Level 1, Present Exercises
- Breathing Theory and Practice
- Dynamic Relaxation Level 2, Future Exercises
- Dynamic Relaxation Level 3, Past Exercises
- Dynamic Relaxation Level 4, Values
- Sophrology in Practice

The Practitioner year modules follows on from the Foundation year and are as follows:

- Working with Clients
- Stress Management
- Sophrology & Sleep
- Sophrology & Anxiety
- Sports & Performance
- Sophrology & Mental Health
- Sophrology & Children
- Sophrology & Teenagers
- Event Preparation
- Business Planning & Marketing
- Good Practice in Sophrology

Please note: some topics may be subject to change

Why Train with Us?

What We Offer ...

Our Sophrology Academy courses will take you on a deeply personal journey, as you explore the mind-body connection, and learn to become more 'present' in how you respond to the world. All of our staff are dedicated to supporting you and providing an enriching environment for your journey. Here are some of the reasons why our students feel they gain so much from our courses ...

- Our staff are there to support you every step of the way, with 1-to-1 mentoring provided throughout the training, and informal support whenever needed.
- Class sizes are small (typically 8 to 12) to help you build connections with a supportive group of like-minded people
- Our in-person sessions take place in the beautiful serene Kent countryside to provide a peaceful environment for your learning
- Our dedicated **teachers** from various specialist fields add depth and breadth towards your learning experience and transferable skills
- Graduates of the Sophrology Academy are eligible for membership of a number of prestigious and recognised bodies. (see below)
- We endeavour to create a rich, fun and insightful learning environment. Check our **testimonials** to read our students' experiences.
- We support our students beyond graduation to help them set up as independent professional Sophrologists. (Visit our **blog** for some practical insights)

Accreditation/Professional Bodies

Complementary Medical Association:

Promotes ethical, responsible, professional complementary medicine to the public and the medical profession.

The International Sophrology Federation:

The professional body for Sophrology in the English-speaking world.

Société Française de Sophrologie:

Created in 1966, the SFS takes care to provide rigorous and complete information on Sophrology and ensures compliance with the rules of ethics.

"As Sophrologists, we are passionate about what we do, not just because we believe in the power that Sophrology has to change lives, but because we believe in the potential of our students to help others make that change."



Liz Murphy
Executive Director

Application Process and Fees



Application Process

See below, details of our application process and entry requirements.

- Request an application form from our [website](#)
- Complete and send with CV + motivation letter
- Once your application has been received, you will be invited to interview
- A place will be offered, subject to any further information requests
- Your deposit payment will be required to secure your place

We also hold regular online [Programme Information Evenings](#) to give you the opportunity to ask any specific questions you may have.

Entry Requirements

- Normally an A level or equivalent.
- At least have experienced one Sophrology session.
- A good level of English proficiency, usually a GCSE grade C or equivalent. English language proficiency in speaking and understanding will be assessed during interview.

Fees and Payment Plans

Fees for both the Foundations programme and the Practitioner Diploma programme are as below:

Foundations Programme

- Fee: £3920
- (£500 deposit + £285 per month over 12 months, or £275 over 13 months for March start)
- Option to continue to complete diploma: £4310
- Early bird discounts apply: see [website](#)

Practitioner Diploma Programme

- Fee: £7840
- (£500 deposit + £282 per month over 26 months, or £257 over 30 months for March start)
- Early bird discounts apply: see [website](#).
- Commit to two years up front to guarantee your place and save money

Should you wish to discuss any aspect of payment, please get in touch through the [contact form](#) on our website.

Further Information

Other Courses

We also offer:

- **Guiding Sophrology in English:** for French-speaking qualified Sophrologists wishing to work with English clients
- **Short Courses and CPD:** for qualified Sophrologists to continue their development
- **Advanced Levels and Specialist Diplomas:** for qualified Sophrologists.

Further information on these courses, and other events, can be found on our [website](#).

Further Reading

Sophrology is increasingly in the media, as new studies continue to emerge on the value and benefits of the Sophrology method across a wide range of health and wellbeing areas. Further reading is available on our [Research Insights](#) page.

Contact Us

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Follow Us



Follow us on social media for weekly
Sophrology tips and inspiration!

"We had a fantastic group of students from all over the world, and we have become good friends over these 2 years. The training was dynamic and fun, and the academy provides rich content, guidance, and active listening."

Sophrology has enabled me to take a step back from the 'everyday rush', appreciate my life at its best, and help others in becoming autonomous in their wellbeing."
Cecile, Diploma Student



www.sophroacademy.co.uk