

Course I

THREE LEVEL OF MINDFULNESS

The basics



A comprehensive view of the human psyche. 81 types of personalities. Interactions between different types, genders, in society. Management of yourself, of people and teams.

6 months. An intensive course is possible.

20 hours of seminars, 5 hours of independent study, 15 blocs of practice, 10 individual sessions.



- 1 Introduction
- 2 Freudianism
- 3 Behaviourism
- 4 Existential psychology
- 5 Concept of three levels of mindfulness
- 6 Self-diagnosis of the dominant level of the psyche and diagnosis of others
- 7 Substantivists
- 8 Associativists
- 9 Metaphorists
- 10 The relations of the sexes. Substantivists.
- 11 The relations of the sexes. Associativists.
- 12 The relations of the sexes. Metaphorists.
- 13 Substantive, associative and metaphoric levels of the world
- 14 Levels of mindfulness of the three levels of the psyche
- 15 Levels of mindfulness of the substantive level of the psyche
- 16 Level of mindfulness of the associative level of the psyche
- 17 Level of mindfulness of the metaphoric level of the psyche
- 18 Modus of mindfulness
- 19 Difficult cases
- 20 People interactions, people management, teams



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