



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 believe everyone can benefit from the transformative power of mind-body training. That's why we offer a pathway into Sophrology that fits every need and interest.

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 is a **uniquely structured mind-body practice** for self-development, enhanced performance and overall health and wellbeing. Drawing on a combination of techniques, including **dynamic relaxation, breathing, mindfulness and meditation**, Sophrology is designed for easy integration into daily life.

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 performance coaching, or 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.

Sophrology Training Pathways

Choose Your Starting Point



Our courses are designed so you can tailor your learning pathway based on your goals. Take your Sophrology training one step at a time, or make a commitment to a professional qualification and take advantage of savings by starting with the end in mind.

Aspiring Sophrology practitioners can undertake our **Practitioner Diploma** and emerge equipped to guide others on their own journeys towards improved performance, health and wellbeing.

Coaches, Therapists and Healthcare practitioners will benefit greatly from our **Foundations Certificate Programme**, which equips you with essential Sophrology techniques to use for yourself and with others to improve client/patient outcomes.

Anyone wishing to discover the power of the Sophrology method can start with the **Sophrology Level One Course** and learn Sophrology techniques including dynamic relaxation, breathing and guided imagery for your own health and wellbeing.

Sophrology Level One Course

3 Months

Option to continue to complete the remainder of the Foundations Certificate or Practitioner Diploma

Foundations Certificate in Sophrology

1 Year

Option to complete Year 2 of the Practitioner Diploma

Sophrology Practitioner Diploma

2 - 2.5 Years

Sophrology Level One Course

This course will equip you to integrate the embodied techniques of the first level of the Sophrology method into your own life in a structured way, underpinned by a good understanding of the fundamental theory and principles of the method. The course is also for people considering the Foundations or Practitioner programmes who'd like to try it out before making a longer-term commitment to training in Sophrology.



In this course, you will:

- Gain an understanding of the origins, key concepts and fundamental principles of Sophrology
- Develop personal mastery of the techniques from Level One of the Sophrology method, including dynamic relaxation, breathing and mental imagery
- Discover the wellbeing benefits of re-connecting with the body and living more fully in the present

Structure and Format

- 3 months in duration: March to June or September to December
- All classes taught 'live' online in small groups
- Option to continue on to Levels Two to Four to complete the Foundations Certificate



Choose to start in March or September

- Online classes take place via Zoom
- 4 blocks of 3 half-day classes (Fri-Sun) taking place approximately monthly
- Additional guided sophrology group practices (Wednesdays)
- Comprehensive course workbook plus access to online 'Student Toolbox' with additional resources

Course Content

The Sophrology Level One course covers:

- Sophrology Fundamentals: Origins, Theories, Principles, Terminology, Structure of the Method
- Influence of Relaxation and Yoga on the development of Sophrology
- Practice and integration of exercises and specific techniques of Dynamic Relaxation Level One
- When and how to use Level One exercises for yourself and with others

Foundations Certificate



Our Foundations Programme will take you on a deeply transformational personal development path. You will master the fundamental cycle (four levels) of the Sophrology method for your own self-development and/or to improve outcomes for clients or patients in your current profession as coach, therapist or healthcare worker.

In this highly practical and experiential programme, students will:

- **Gain an in-depth understanding of Sophrology on both a theoretical and practical level**

Using 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 from Levels One to Four of Sophrology**

Personal practice is critical for students to integrate the transformational benefits of the first four levels making up the Fundamental Cycle in Sophrology. The ability to critically reflect on their own practice is an essential skill for life-long learning and development.

- **Learn to guide others safely and effectively 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.

Structure and Format

- 1 year in duration: March to March or September to July
- All classes taught 'live' online in small groups
- Option to continue on to Year 2 to complete the Practitioner Diploma programme

Choose to start in March or September

- Online classes take place on Zoom
- 13 blocks of 3 half-day classes (Fri-Sun) taking place approximately monthly
- Additional guided sophrology group practices (Wednesdays)
- 1-to-1 mentoring
- Comprehensive course workbook plus access to online 'Student Toolbox' with additional resources



Foundations Certificate

Curriculum

The Foundations Programme covers:

- 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
- Dynamic Relaxation Level 2, Future Exercises
- Dynamic Relaxation Level 3, Past Exercises
- Dynamic Relaxation Level 4, Values
- Sophrology in Practice

Optional: In-Person 'Residential'

For those able to travel, this 4-day in-person 'residential' takes place in September in Kent, UK. The beauty of the natural surroundings, and peaceful feel of a hilly Kentish village is the perfect place to truly immerse yourself into consolidating and deepening your Sophrology learning.



Teaching

No fewer than five practising sophrologists, each with a background in learning and education, bring their expertise to facilitate deep experiential learning in the Foundation Year. One of these teachers will be your personal mentor for the duration of the course.

"Classes are engaging, delivered by experienced professionals and built around active learning. The curriculum is very well structured, focussed and fun, with plenty of support and resources. I am thoroughly enjoying the course and feel very grateful I embarked on this journey. I have already applied the skills learnt in so many situations."

Julie E, London
Foundation Programme student

Practitioner Diploma



The Sophrology Practitioner Diploma offers an accredited qualification for those who want to work as a professional Sophrology practitioner or add an accredited qualification in a mind-body method to their current work in sports, healthcare, therapy, teaching, wellbeing, or business.

This course equips students to work with groups and accompany individual clients working towards specific health and wellbeing goals.

Year one: Foundations Year

In the first year, 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.

Year Two: Practitioner Year

In year 2, Practitioner Diploma students 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 development and change to take place. Further, students will learn to critically reflect, review and adapt the delivery of Sophrology sessions based on client responses. Practical work includes client case studies and a group internship to develop 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 and performance, and mental 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 and 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 will be given to support you towards professional practice.

"I have done a variety of training courses and personal development programs. Sophrology training exceeded all my expectations. I am changed from the inside out."

Dr Jane S, Kent UK
Practitioner Diploma graduate

Practitioner Diploma



Structure and Format

- Start the Foundation Year in March or September. These two cohorts merge to complete the Practitioner Year together
- The Practitioner Year starts in September each year making a 2 or 2.5 year duration for the full diploma course depending on when you choose to start
- There is a further year of mentoring support in your first year as a Sophrology Practitioner



Year 2 starts in September

- Online classes take place on Zoom
- 13 blocks of 3 half-day classes (Fri-Sun) taking place approximately monthly
- Coached guiding practice (Wednesdays)
- Practical work: Group and individual client case studies supported by 1-to-1 and group mentoring
- Course workbook and access to an online 'Student Toolbox' with additional resources

Teaching

A further five specialist sophrologists join the teaching faculty in the Practitioner Year.

Curriculum

Training is highly practical and experiential, comprising over 300 hours of contact time. We expect students to undertake at least 300 hours of personal practice and independent work.

In addition to the Foundations Year topics, the Practitioner Year covers:

- Working with Clients: The Alliance, Anamnesis and Building Protocols
- Sophrology for Stress Management
- Sophrology for Sleep
- Sophrology for Mental Health
- Sophrology for Sports & Performance
- Sophrology & Creativity
- Sophrology for Children
- Sophrology for Teenagers
- Sophrology for Preparing for Events
- Sophrology for Long-Term Health Conditions
- 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 extensive teaching faculty includes [teachers](#) from various specialist fields who 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 GSCE grade C or equivalent. English language proficiency in speaking and understanding will be assessed during interview.

Fees and Payment Plans

Fees for the programmes are as below. Several flexible payment plans are available including monthly instalments.

Level One Course	Foundations Certificate	Practitioner Diploma Programme
<ul style="list-style-type: none">• Fee: £850: £150 deposit + single or monthly payments• Option to continue to complete Foundations Certificate: £2500• Option to continue to complete Practitioner Diploma: £6050	<ul style="list-style-type: none">• Fee: £3250: £250 deposit + annual/ bi-annual/ quarterly or monthly payments• Option to continue to complete Year 2 of the Practitioner Diploma: £3850	<ul style="list-style-type: none">• Fee: £6800: £500 deposit + annual/ bi-annual/ quarterly or monthly payments• 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 Coaching Programme:** 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](#).

Find out More

Join an online [Programme Information webinar](#)

Come along to a [free Sophrology taster session](#)

Contact Us

The Sophrology Academy Limited
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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