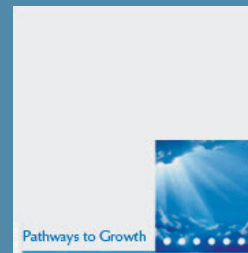


# Professional Development Foundation educate.

**Pathways to Growth**

*..... transcending your potential*



**prospectus**

# Leaders Welcome

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On behalf of the 'Pathways to Growth' Faculty, I would like to welcome you to our innovative Masters Degree, in Professional and Personal Development.

This programme is unique in that it enables students to embark on a personal journey, which incorporates all three facets of life: Mind, Body and Spirit. It will examine the challenge of successfully re-integrating these aspects onto everyday life including your professional work.

It is expected to be challenging, insightful, supportive, non-linear and rewarding. We will assimilate the experiential, creative and theoretical aspects of our being to enable students to develop aspects of themselves, which may have been dormant or unexpressed. You will be looking for transformation, growth, creativity and we will facilitate that journey.

This programme evolved out of ideas put forward from my own personal development work involving spirituality, meditation, bodywork and psychology over the past 12 years.

**This Masters course is aimed at senior professionals, who have already made a contribution to their field / workplace / profession or community, who wish to explore new ways of living and working.**

We hope that graduates will see themselves and the world in a new fresh perspective, with valuable skills and knowledge to advance their chosen field and be part of a possible paradigm shift in a rapidly changing world.



**Susan Redgrave BA(Hons),  
FCSD, FRSA**

This programme was developed and is delivered and assessed by PDF, awarded by and quality assured by Middlesex University.



## Who We Are

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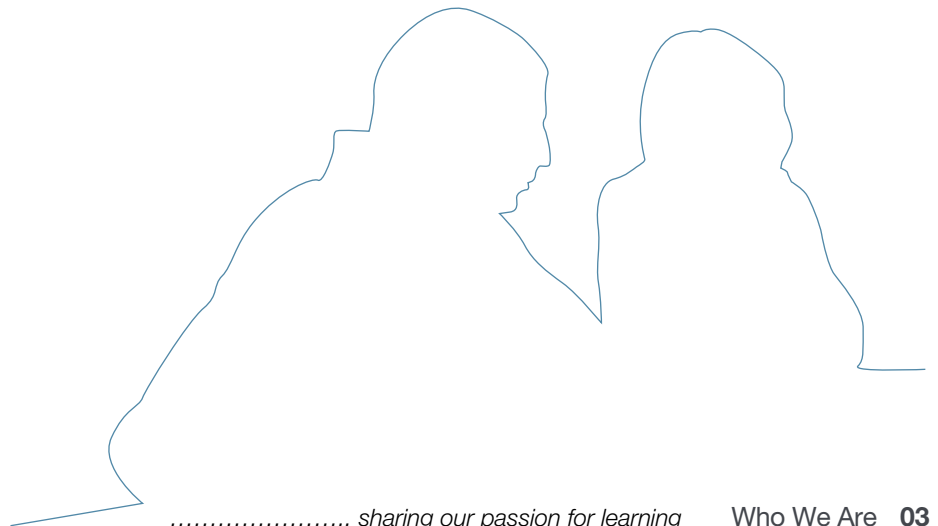
**The Professional Development Foundation [PDF] has been working in the area of Professional Development for over 35 years. It is founded on the principle of 'learning from each other'. We tutors and candidate share a 'learning journey' as co-faculty.**

The core faculty will bring expertise from around the globe. It will include spiritual leaders, creative professionals, psychologists and academics, who will work together to provide a challenging and rewarding experience for the candidate.

Contact: Client Manager Carole Ferro on  
**+44(0)1257 400 197**

Or email: [carole.ferro@pdf.net](mailto:carole.ferro@pdf.net)

The degree is validated and offered in partnership with Middlesex University. Assessments are rigorous and continually audited through PDF and Middlesex University. Graduation Ceremonies are held annually in London through Middlesex University.



# Introduction

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**We have created a flexible approach to learning, involving a core module in the first year, which provides the underpinning for the subsequent modules.**

The compulsory core module is divided into three sections: **Experiential, Theoretical** and **Creative**, where the candidate will explore all three facets with the intention of working towards assimilating all three into a meaningful 'whole'. This will be a unique opportunity to develop creativity, bodywork, meditation, psychology and spirituality into everyday life, while at the same time researching the current theoretical framework.

## **Mentor / Learning Advisor**

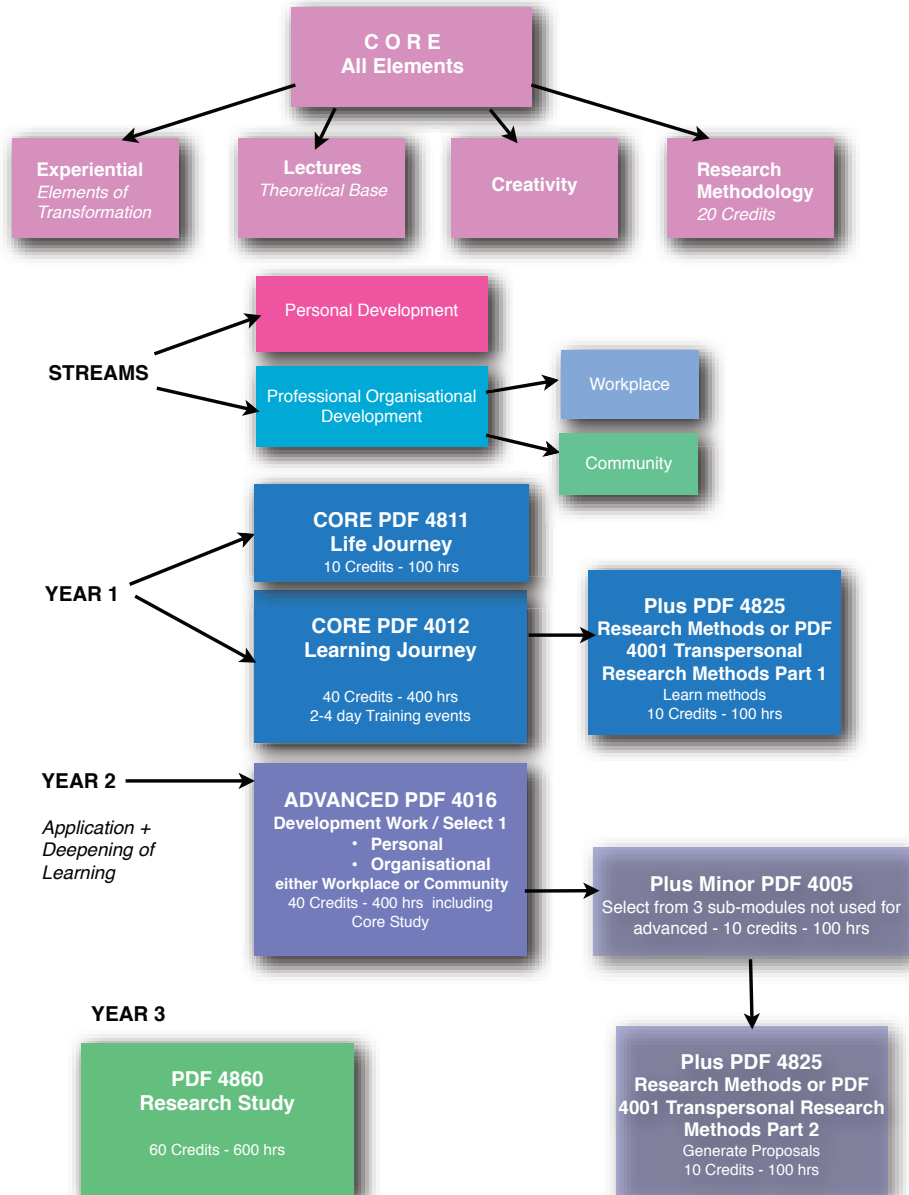
Each candidate will be allocated a qualified Learning Advisor to discuss their learning plans, review submissions and generally support and guide through the masters programme.

The masters programme is designed to be a journey of 'self discovery', with the intention of leading to greater creativity and new ways of thinking in both your personal and professional life. The 'live' workshops and retreats are to help assist this journey of self discovery and transformation through a longer emersion into meditation, bodywork, breathwork and energy / transpersonal work. We hope that this will lead to a better understanding of 'who we are', our inteconnectedness to others and a better integration of 'mind, body and spirit'.

We operate from an open non-ideological approach to learning.

Please note that this programme provides an academic study of the ways in which personal growth is conceptualised in different philosophical traditions. We draw these together to help you understand, critique and use those ideas in your own development and then apply them into your professional or community commitments. It is about understanding personal and professional development it is not a therapeutic journey so is not suitable for those seeking personal change through therapy.

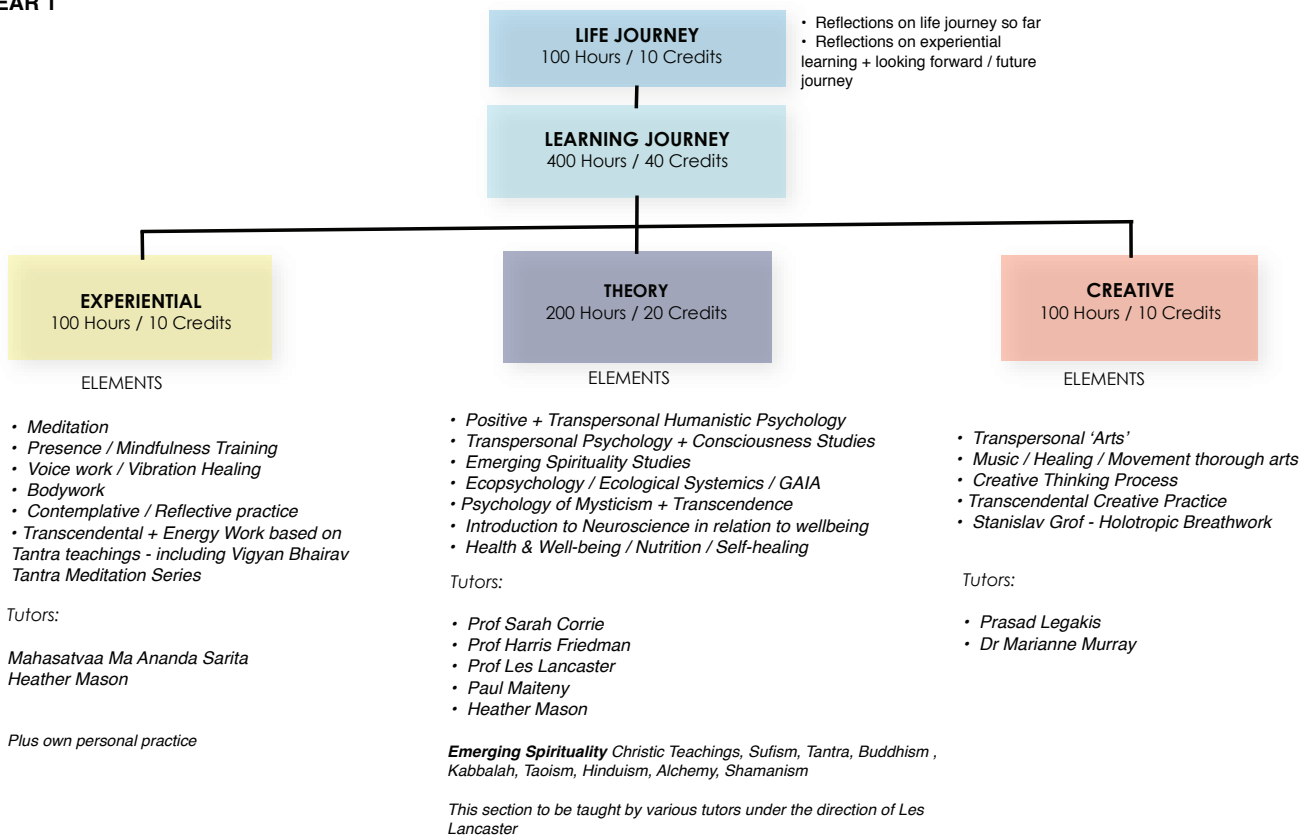
**MA Pathways to Growth  
Degree Breakdown**



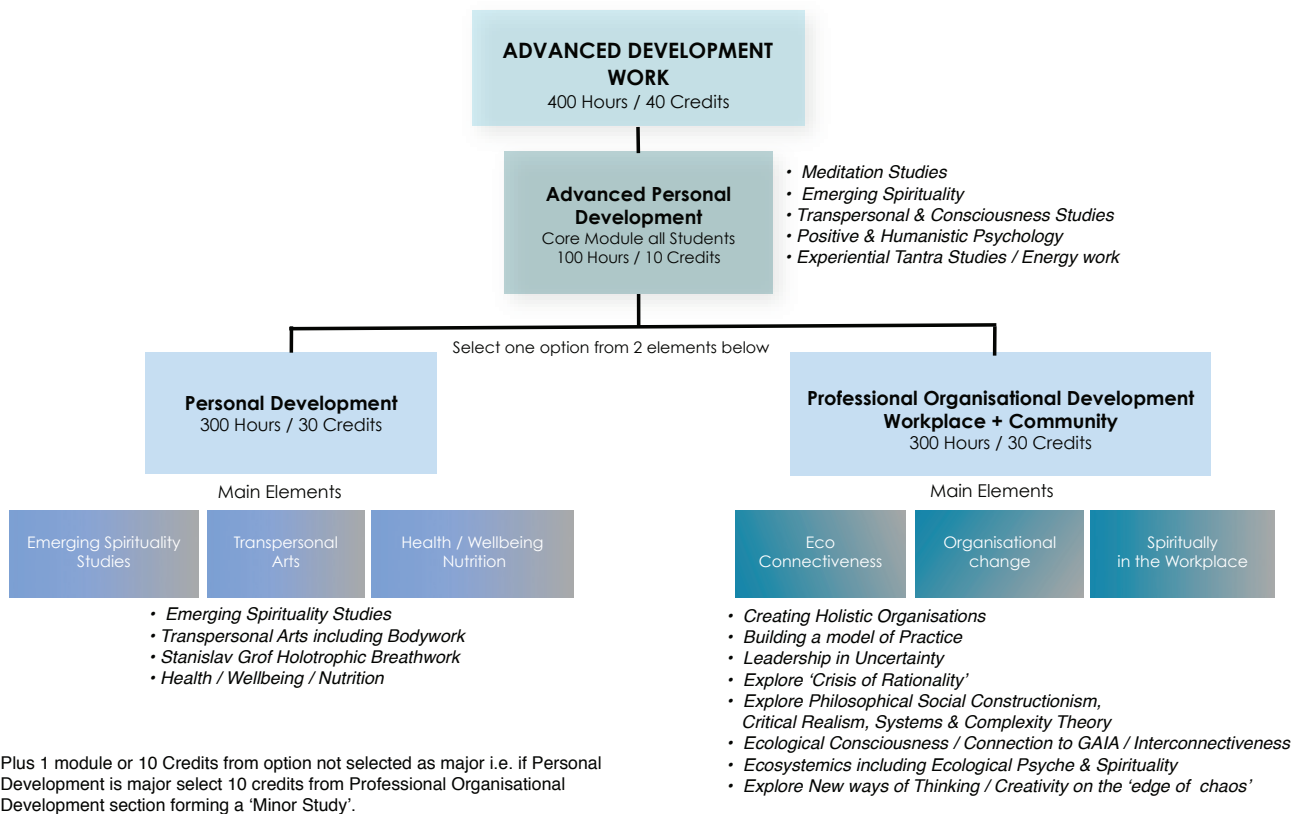
**TOTAL MA: 180 Credits**

© Susan Redgrave / PDF 19 May 2014

**MA Pathways to Growth  
YEAR 1**

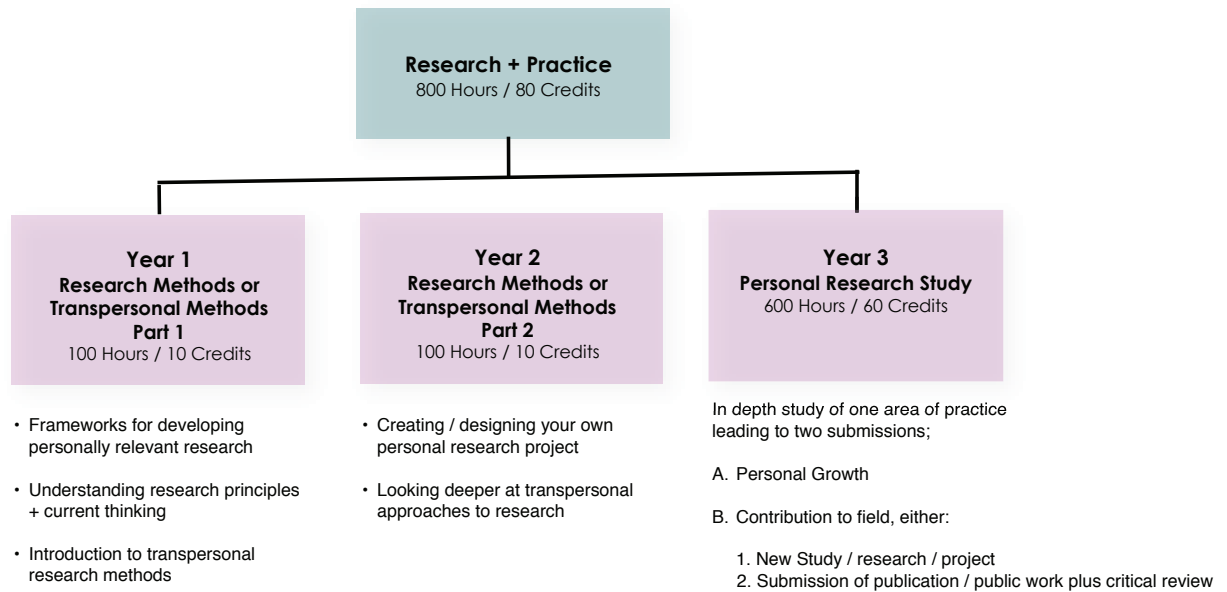


**MA Pathways to Growth  
YEAR 2**



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**MA Pathways to Growth  
Research + Practice**



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# MA Professional Development [Pathways to Growth] or MA Personal Development depending on final stream selected. Time Frame: 3 years

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During the second year the candidate will be able to select from two streams: Personal Development or Professional Development linked to either Community or the Workplace. This will enable the candidate to explore their work and the teachings in more depth.

There will also be a 'core' section in the second year and a Research Methodology module, as indicated on the chart shown on Page 7.

The third year will be devoted to a Research Study selected by the candidate and approved by PDF.

## Own Experiential Practice

Throughout the 3 years the candidate will be expected to be following 'their own chosen practice' or practices, to facilitate their learning and to help the 'transformation' process. This can be daily meditation, yoga, Tai Chi, Chi Gong, Breathwork etc. A Journal of Experiences and evidence from a qualified teacher will need to be submitted at the end of each year. It is expected that each student will under-take at least 100 hours of practice during the first year.

## Resources & Support

The master's degree has been designed to fit around your work commitments using distance learner methods as well as live workshops.

## Main Points:

- You will be assigned your own Personal Learning Advisor who will be available on-line or through individual telephone / webcam tutorials throughout the programme.
- During the final year you will be assigned a Research Supervisor to help with your selected research project.
- You will have access to a 'virtual learning environment' including webcam, tutorials, personal space for portfolio development, access to Athens for journals, the archive of Scientific and Medical Network which includes presentations from the most acclaimed writers and researchers in the new paradigm science and other relevant professional networks.
- Web-based and face to face workshops with the faculty

All tutors are highly regarded in their field of practice. There will be live on-line discussions with tutors & fellow students to enhance knowledge from different perspectives, sharing and connection.

## Technical Requirements

You will need access to and the ability to use:

- *an internet connection preferably broadband,*
- *a computer with a webcam, the ability to play audio and a printer,*
- *up-to-date software,*
- *up-to-date anti-virus software.*

Fees on application.

# Programme Learning Structure

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The MA has been designed to be a flexible learning process to enable candidate's to continue working while studying. Although it will be challenging, we hope that it will be a very rewarding experience and allow 'new opportunities' to enfold both in your everyday personal life and working environment as a result of this study programme.

## Residential Experiential Workshops

The programme will include a number of residential workshops including:

### Year 1

- 4 Day residential workshop [over a week-end] – Meditation / Energy work transformation Practices with Mahasatvaa Ma Ananda Sarita
- 1 Day workshop – Transpersonal + Consciousness Studies with Les Lancaster
- 1.5 Day workshop – Eco Psychology with Paul Maiteny
- 2 Day workshop – Transpersonal Arts with Prasad Legakis
- 1.5 Day workshop – Meditation / Health & Wellbeing / Nutrition with Heather Mason
- 2 Day Holotrophic Breathwork with Stanislav Grof trainers.

### Year 2

Core Section will include further residential workshops from the above tutors taking the work deeper.

### Year 3

No workshops / Own research study.

## Professional Links

We are currently looking into offering accreditation on graduation via. UKAHPP [UK Association of Humanistic Psychology Practitioners] either as an Associate or Organisational Development Consultant.



# Frequently Asked Questions

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## **Is this type of degree of equal standing to other university Master's Degrees?**

The Master's Degree is assessed to the same level and rigour as a conventional MA. The difference is that you will need to show the impact and application of your studies to your own development or professional work. It enables you to attain excellence either or both in your professional practice and in your own personal development and have that excellence acknowledged.

Previous PDF candidates have presented their work at professional conferences and published within refereed journals. This is practice we encourage. All our research supervisors are research active in publishing at the highest level.

## **What can I work on for my final research project?**

This is your opportunity to carry out a research project which addresses questions and dilemmas about which you are passionate. We actively encourage creative and exploratory research which will impact significantly on you and your professional work. It must be innovative and developmental in nature.

## Faculty Members

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### Susan Redgrave

Susan is a Design Director, having set up her own design consultancy Inter Arc Design Ltd; in 1997. She has extensive experience in the design industry specializing in interior architecture and linking psychology and wellbeing to the design of public and commercial interior environments. In 2001 she was made a fellow of the Chartered Society of Designers.



For 5 years Susan was a visiting Consultant Professor for the London BA Interiors Programme, at Syracuse University, where she was responsible for setting up and running both the Contract and Commercial Interior Design modules.

More recently Susan has been inspired to create a new MA degree – Pathways to Growth, which has evolved out of her own ‘spiritual journey’ into Eastern philosophy, experiential practices and transpersonal psychology. She is currently involved in professional and personal development to help people reach their true potential together with exploring the re-integration of ‘mind, body and spirit’.

### Professor David Lane

Professor David Lane is a Chartered Psychologist with a career long commitment to helping people develop their potential. Working with children, families and adults he has sought to find ways to help them enhance their life chances. Working with professionals he has been involved in key change programmes which have challenged the development agenda of the professions and promoted collaborative approaches to learning.



He is interested in the role of stories in our lives and how we can learn to re-author unhelpful story lines and build new narratives that engage a sense of progress. He has worked with more than 100 organisations on change issues and many hundreds of individuals as therapist and coach. He has published many papers in professional journals and ten books including with Sarah Corrie, *Constructing Stories Telling Tales* (Karnac) and *Successful Decision Making in Counselling and Psychotherapy* (OU Press).

His contribution to the programme focuses on model building for personal and professional development and working with complexity in organisational change. His personal motto is "contribute quietly".

### **Professor Les Lancaster**

Les Lancaster is Emeritus Professor of Transpersonal Psychology at Liverpool John Moores University, Honorary Research Fellow in the Centre for Jewish Studies at Manchester University, and Adjunct Research Faculty at Sofia University and the California Institute of Integral Studies. He is currently Chair of the Transpersonal Psychology Section of the British Psychological Society, and President of the International Transpersonal Association.



Les' research interests focus on the cognitive neuroscience of consciousness and the psychology of mysticism, with a specific focus on Kabbalistic Psychology. He has some forty years' experience of working with kabbalistic practices and related practices from other spiritual traditions. Over his career, Les has striven to disseminate key aspects of research into consciousness and transpersonal psychology to a wide audience, both academic and more popular.

He is committed to the value of transpersonal perspectives in a range of professional areas, including coaching, therapy and management.

### **Sarah Corrie**

Sarah Corrie is a Chartered Psychologist specialising in coaching psychology, a Consultant Clinical Psychologist and an accredited CBT therapist, supervisor and trainer. She is Visiting Professor at Middlesex University where she is also an Academic Advisor for the Doctorate in Professional Studies Programme. Sarah has extensive experience in both public and private sector services and runs her own coaching and therapy practice as well as working as a freelance supervisor and trainer.



She is Director of the Postgraduate Diploma & MSc in Cognitive Behavioural Psychotherapy offered by Royal Holloway University of London. Sarah's passion for facilitating the development of others – at both a personal and professional level – has resulted in a 20 year relationship with the Professional Development Foundation and a body of published work spanning academic journals, trade magazine and books.

Her books include, *The Art of Inspired Living: Coach Yourself with Positive Psychology* (Karnac) and *Making Effective Decisions in Counselling and Psychotherapy: A Practical Guide* (Open University Press).

## Heather Mason

Heather is the founder of the Minded Institute an organization dedicated to revolutionizing the treatment of mental health through yoga therapy and mindfulness. The Institute draws on the wisdom of yoga and mindfulness, and combines this with medical knowledge, psychology, and neuroscientific insights to develop and implement programmes for clinical mental health populations. Additionally, the Institute conducts research, organizes conferences, and trains professionals.



Alongside her director role at the Institute, Heather offers an elective at the Boston University school of Medicine on the physiological correlates and clinical applications of yoga and mindfulness. Heather's eclectic background allows her to work in multi-dimensional way that attends to the mind, body, and brain.

She holds an MA in Psychotherapy, an MA in Buddhist Studies from the University London and has completed part of an MSc. in Neuroscience at Roehampton University; she is also a MBCT facilitator. From 2000-2003 Heather spent 3 years living in Buddhist Monasteries in South East Asia, where she practiced and studied Buddhism. As a result all her teaching integrates Buddhist philosophy and ideas.

## Harris Friedman

Harris L. Friedman, PhD is retired as Research Professor of Psychology at University of Florida and Professor Emeritus at Saybrook University. He actively practices both clinical and organizational psychology, and is engaged in a variety of research and writing projects.



His primary interest is in transpersonal psychology, and he serves as the Senior Editor of the International Journal of Transpersonal Studies, the President of the International Transpersonal Association's Board, and recently published The Wiley-Blackwell Handbook of Transpersonal Psychology. He also works extensively in cross-cultural psychology, and is authoring Cross-Cultural Competency (expected 2014; American Psychological Association Press).

He also is Senior Editor of The Praeger Series on Social Justice and Psychology for which he has several edited volumes forthcoming, and he co-edits the series, Advances in Parapsychological Research. In addition, he practices and researches in gestalt-bioenergetics therapy and clinical hypnosis, and holds high rank in the nonviolent Japanese martial art, aikido.

### **Marianne Murray**

Marianne is on the core faculty and a member of the Board of Trustees at the Academy for the Love of Learning in Santa Fe, New Mexico. She co-facilitates core programmes and, for the past 14 years, has been intimately involved with the development of the Academy's transformative learning-based curriculum, helping to establish the philosophic and pedagogic ground for future programming. She completed her PhD at the California Institute of Integral Studies.



Certified as a Holotropic Breathwork facilitator, she is on the international Grof Transpersonal Training facilitation team, working in England, Ukraine, India, and the United States. She is also a Systemic Constellations facilitator, and incorporates perspectives from both these disciplines in her depth facilitation work.

Marianne spends time in both her native England - where in addition to trainings and workshops she has a small psychotherapy practice and is completing a second MA in Core Process psychotherapy - and her work in North America.

### **Mahasatvaa Sarita**

Sarita is a world renowned Tantra Meditation Teacher and author of two books on Tantra, (Tantric Love and Divine Sexuality) She has been teaching since 1990 and currently teaches in 12 countries, working with a dedicated team. She studied Tantra directly with the Indian Mystic, Osho, for 17 years.



She also works in the following Healing modalities: Ito Thermie from Japan, (19 years study with master healer Kohrogi Sensei) Tachyon Technologies, (9 years apprenticeship with David Wagner, inventor) Colour Light Therapy AKA, Esoteric Medicine (7 years study with originator Peter Mandel).

Sarita runs many spiritual focused trainings, including the ancient meditation methods from the Vigyan Bhairav Tantra series and 'From Sex to Superconsciousness' exploring the chakra system as a transformational process.



### **Paul Maiteny**

Paul is an ecologist, anthropologist, integrative transpersonal psychotherapist, ecological life-coach and spiritual director / accompanier. He has worked in conservation, and ecological education & research for thirty years, held university research fellowships, and tutored an MSc in Education for Sustainability since 1996.



He has written and spoken widely on psycho-spiritual and cultural dimensions of ecology, sustainability, learning, and behaviour. He integrates scientific and mytho-religious ways of knowing in seeking to understand the evolving role of the human, person and species, as intrinsic to the ecosystem.

### **Prasad Evangelos**

Prasad is a professional dancer, choreographer and therapist of diverse dance styles and healing practices. He studied with great dance artists including William Forsythe, Gill Clarke and Julyen Hamilton.



Prasad has studied Chi Gong and Tai Chi with many masters including Grand Master Mantak Chia who accredited him as an instructor of the Universal Healing Tao. He specializes in integrating healing and spiritual practices within dance and movement meditation such as Chi Gong 5 elements, Chi Gong Fusions I, II & III, Tai Chi and Kundalini Yoga.

He has developed the “Methodology of Transcendental Choreology” which fuses dance improvisation with spirituality. Core Subjects include Emotion Improvisation Methodologies, Applied Linguistic Variations, and Consciousness Enhancing Faculties. He has been internationally teaching and lecturing in Universities, Dance Festivals and Studios and writing papers on Emotions, Art and Performance.



# Admission Criteria / How to Apply

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## Requesting an Application

**We strongly suggest that you have a conversation with one of our senior faculty members so we can get to know you and identify early on whether this programme is suitable for your needs.**

This will be highly informal and will provide an opportunity for you to explore the opportunities available within the Pathways to Growth Faculty before you invest a significant amount of time in making an application.

Once you and we are satisfied that this is an appropriate learning opportunity for you we will invite you to submit an application.

### ***You must submit:***

- The completed application form
- An up to date CV
- A short statement of up to 1000 words with identifies your reason for wishing to study with the faculty and your professional scope and any initial thoughts you may have on the focus of your desired learning journey

Candidates will require sufficient experience of work within personal or professional development to benefit from advanced study.

**Academic:** The minimum requirement is normally an undergraduate degree at class 2.2 honours in the case of UK awards or an equivalent level if a non-UK degree.

Candidates without a degree will be considered subject to their possession of professional qualifications and/or experience to a level and relevance which is deemed appropriate for admission to the course. Such applicants may also be asked to submit a 1500 word essay, the title of which will be negotiated with the Course Director.

Candidates will be required to have the IT skills and equipment necessary to allow full participation in the course.

Use of English: For students whose first language is not English, proficiency in English is required to the following standard:

IELTS 6.5  
TOEFL: PBT 580, CBT 233, IBT 90-91

For further information contact:

Client Manager:  
**Carole Ferro**  
carole.ferro@pdf.net

## Accreditation of Prior Learning (APEL)

Where appropriate, the normal arrangements for APEL will apply, as detailed in PDF/Middlesex University Regulations. It is a University requirement that 50% of credits must be obtained through study undertaken within the Pathways to Growth faculty.

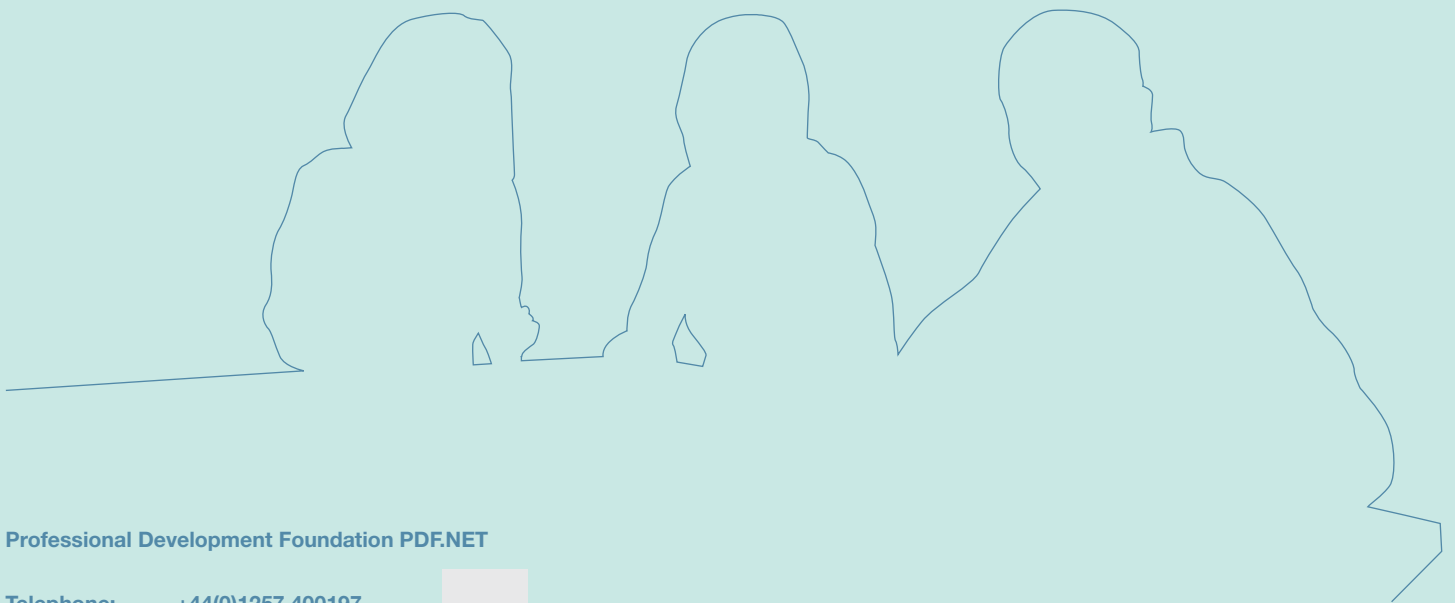
### ***Candidates wishing to apply for APEL will be required to:***

- Provide a reflective account of their knowledge and skills
- Demonstrate an on-going application of their skills

### ***Subsequently candidates will:***

- Apply their learning in a research project
- Complete the core modules of the course

The fees for candidates seeking APEL exemptions will be identified at their time of application.



**Professional Development Foundation PDF.NET**

**Telephone:** +44(0)1257 400197  
**Email:** [enquiries@pdf.net](mailto:enquiries@pdf.net)  
**Website:** [www.pdf.net](http://www.pdf.net)

