



The 'Inner Gift Resourcing' (IGR) Practitioner Training Information Pack



The 'IGR Self-Help Training' (Part 1)



The 'IGR Professional Training' (Part 2)



'IGR Professional Development' Courses



About 'Inner Gift Resourcing'

WHAT IS 'INNER GIFT RESOURCING'?

'Inner Gift Resourcing' (IGR) is a gentle, energy-based stress-release modality with a strong focus on conscious self-empowerment, the fulfilment of our emotional needs and the restoring of healthy energetic boundaries.

IGR combines elements of energy clearing, parts integration and resourced drawing with the intention of clearing self-sabotaging beliefs, reducing emotional stressors and safely returning foreign energy imprints to family lines, past lives and other origins.



'Inner Gift Resourcing' is in its nature self-affirming and focuses on creating new pathways for self-love, confidence and relaxation. The deliberate interplay between energy clearing, energetic resourcing and emotional de-stress protocols connects the client to an inner sense of wholeness and holistic well-being - thereby enabling the client to embody the four pillars of 'Inner Gift Resourcing':

Self-Empowerment, Self-Care, Self-Awareness and Self-Responsibility

Applications for 'Inner Gift Resourcing' include 'inner critic' topics, stress management, anxiety and performance pressure, abundance blocks, self-sabotaging beliefs/habits, self-doubt, lack of confidence or motivation, conflict in relationships, self-love and heart connection, self-worth topics, burn-out recovery and support during life transitions (e.g. career change or divorce).



IGR Principles

Principle 1: Parts Integration

‘Inner Gift Resourcing’ utilises the concept of PARTS work, which is a well-known component in various fields of counselling and an important cornerstone of modalities like Gestalt Therapy, Internal Family Systems (IFS) and Emotional Freedom Technique (EFT).

PARTS work acknowledges disowned and rejected aspects of our mind and psyche – e.g. the ‘inner child’ – and focuses on integrating these PARTS into our conscious awareness. ‘Inner Gift Resourcing’ incorporates PARTS work as a way of harmonizing our relational dynamics with our PARTS, as well as resourcing aspects of self-neglect and self-sabotage, so that clients can reconcile internal conflict and regain a sense of inner wholeness, joy and holistic well-being.

Principle 2: Energy Clearing

‘Inner Gift Resourcing’ is in many ways an energy-clearing modality that recognises the presence of foreign energy imprints originating from the client’s family lines, past lives, present & past relationships and the Social Collective.

While ‘Inner Gift Resourcing’ neither revisits traumatic events nor works directly with the client’s family system (as is common during Therapy or Family Constellation Sessions), ‘IGR’ makes use of emotional clearing protocols and returns foreign imprints (in form of energy, emotions, beliefs or burdens) to the client’s ancestral lines, past lives and other origins, which helps to restore and repair the client’s physical, emotional and mental boundaries, autonomy and capacity for self-love.



Principle 3: Energetic Resourcing

‘Inner Gift Resourcing’ has a strong focus on resourcing the client’s emotional needs and re-directing the client’s attention towards proactive self-care.

The restoring of healthy personal boundaries and the deliberate resourcing of neglected PARTS are vital ingredients of ‘Inner Gift Resourcing’, which utilises the application of colour work, visualisations, archetypes, drawing processes and the use of energetic qualities (e.g. compassion, kindness) to meet internal needs and help clients to unearth their true essence, cherish their inner gifts and honour their unique life path and perspective. The Energetic Resourcing aspect is especially important for individuals, who have a tendency for people-pleasing, a habit of de-prioritising their own needs and difficulties with self-assertion and self-empowerment, e.g. empaths, helpers and highly sensitive people.

Principle 4: New Pathways

‘Inner Gift Resourcing’ encompasses a structured interplay between PARTS Integration, Energy Clearing and Energetic Resourcing with the sole intent of shifting blockages that hinder the client’s self-actualisation and capacity for self-love.

The objective of ‘Inner Gift Resourcing’ is the creation of new pathways for self-discovery, forward momentum and inner experiences that are in alignment with the client’s higher self, intuitive guidance and inner well-being. The ‘Inner Gift Resourcing’ philosophy suggests that the client’s INNER GIFTS can be harnessed and embodied more fully, once the client has regained a sense of inner wholeness or experienced a sense of ‘homecoming’ – and reconciled the divisions between their authentic self, social mask, inner critic and external expectations – so that body, mind, heart and soul can exist in self-sustaining harmony.



Meet Lisa Jonas

The 'IGR Practitioner Training is run by Lisa Jonas.

Lisa Jonas is the creator of 'Inner Gift Resourcing' (IGR) – a holistic, energy-based stress-release modality with a strong focus on self-empowerment, self-care and the restoring of healthy personal boundaries.

In her work, she combines her experience in Allied Health Modalities – like Family Constellation, EFT, Art Therapy, Hypnotherapy and Holistic Counselling – with her knowledge of Astrology, Meditation and Coaching - to help Clients, Trainees and Workshop Participants to regain a sense of inner wholeness and embody their innate gifts.

RESOURCE YOUR INNER GIFTS
CONNECT WITH YOUR SOUL WISDOM

SPIRITUAL COACHING
ASTROLOGY READINGS
PSYCHIC CLEARINGS
LIGHTWORKER SESSIONS
& EVENTS

LISA JONAS
Inner Gift Embodiment
& Astrology Coach

www.endorphina-creative.com



The 'IGR Practitioner Training'

Since 2023, ENDORPHINA CREATIVE is an approved Training Provider with the IICT (International Institute of Complementary Therapies) and offers 'Inner Gift Resourcing' as an insurable Practitioner Training for individuals with existing qualifications in Allied Health (e.g. Counselling, Hypnotherapy, NLP, EFT, Kinesiology or similar).

Individuals without qualifications in Counselling, Hypnotherapy, NLP, EFT or Kinesiology (but with qualifications in other Allied Health modalities) may attend the full Practitioner Training for Professional Development purposes and will receive a 'Certificate of Attendance'.

The IGR Practitioner Training consists of:

- Pre-Study Material (Online Course - 2hrs)
 - **Part 1: The Self-Help Training ('IGR' Foundations)**
 - Submission of 2 x Self-Help Case Studies
 - 60min Mentoring Session
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- Pre-Study Material (Online Course - 1hr 45min)
 - **Part 2: The Professional Training (Working with Clients)**
 - Submission of 3 x Client Case Studies
 - Completion of Written Assignment
 - Mentoring Session
 - Certificate

To attend the 'IGR Practitioner Training', you have to:

- Meet the 'Inner Gift Resourcing' Intake Criteria*
- Be an Allied Health Practitioner and/or an individual with sufficient experience in healing, personal growth or spiritual development.



'Inner Gift Resourcing' Intake Criteria

*'Inner Gift Resourcing' is no substitute for professional medical treatment or psychotherapy.

'Inner Gift Resourcing' Practitioner Trainings are NOT suitable for individuals, who:

- ✧ Have been diagnosed with a mental health condition (including epilepsy, schizophrenia, bi-polar disorder, borderline syndrome, dissociative identity disorder, severe depression).
- ✧ Experience suicidal thoughts and/or are in need of psychotherapy.
- ✧ Take medication linked to diagnosed mental health conditions (including anti-depressants)
- ✧ Are mentally disabled and struggle with comprehension.
- ✧ Suffer from severe physical health conditions (e.g. cancer, brain injuries, organ failure or other health issues that pose a risk to the client's life and physical well-being).
- ✧ Suffer from drug addiction or alcoholism.
- ✧ Presently find themselves in the midst of court proceedings.
- ✧ Presently experience domestic violence or sexual abuse at home.
- ✧ Have experienced the death of a loved one (partner, close friend or family member) within the last 3 months.
- ✧ Are under the age of 21.
- ✧ Are pregnant.



The 'IGR Practitioner Training' Information Pack

1:1 Format

Part 1: The 'IGR Self-Help Training'

The 'Self-Help Training' is PART 1 of the 'Inner Gift Resourcing' (IGR) Practitioner Training and open to individuals, who have previous experience with Allied Health modalities, personal development or energy work as a client or practitioner.

**Please note that the 'Self-Help Training' is not suitable for individuals, who are diagnosed with mental health conditions or suffer from life-threatening physical health issues.*



The 'Self-Help Training'
IGR Foundations & Self-Experience



The 'Self-Help Training' Curriculum

Pre-Study Online Course (2hrs)

Understanding the Foundations & Philosophy of 'Inner Gift Resourcing' (IGR)

IGR Protocols

1 Day (In-Person) | 2 x Half-Days (Online)

The 'Inner Gift Resourcing' Tool-Kit + The concept of PARTS

Application of the FEAR, ANGER & GRIEF Protocols

Application of the GUILT & SHAME Protocols

Application of the INTEGRATION & WHOLENESS Protocols

Self-Help Practise

1 Day (In-Person) | 2 x Half-Days (Online)

Using IGR Short Forms & Short Codes for Quick Stress Release

The 6 Circle Drawing Protocol

The IGR Breathing & Embodied Movement Exercise

IGR Freestyle Practicum (Demo)

Self-Practice: The IGR Energetics + Resourced Drawing Process

INTEGRATION & WHOLENESS Drawing/Journaling Exercise

The IGR SELF-HELP TRAINING includes:

2 Training Days (In-Person)

or 4 x Half-Days (= 4 x 2.5hr Online Sessions)

+ 2hrs Pre-Study

+ Pdf Manual (+ Print-outs for In-Person Trainings)

+ Mentoring Session (60min)



The 'Self-Help Training' Curriculum (Part 1 of Practitioner Training)

Pre-Study Material (Online Course - 2hrs)

The Foundations of 'Inner Gift Resourcing'

1) What is 'Inner Gift Resourcing'?

- Objective, Scope of Practice and Contraindications
- Allied Health Principles
- Core Elements and Differentiations

2) Core Pillars for Personal Development

- Self-Empowerment, Self-Care, Self-Awareness & Self-Responsibility

3) Personal Boundaries

- Boundary Oversteps & Boundary Neglect
- The Body's Survival Mechanism

4) Toolkit & Philosophy

- Underlying Principles of 'Inner Gift Resourcing'

5) Setting up Origin Transfers

- Family Lines
- Past Lives
- The Social Collective

6) 'Inner Gift Resourcing' Tools

- IGR Clearing Tools
- IGR Self-Expression Tools
- IGR Resourcing Tools



Steps towards the 'Professional Training' (Part 2 of Practitioner Training)

1) Submission of 2 Self-Help Case Studies

- 1 x IGR 'Energetics Process' Case Study
- 1 x IGR 'Resourced Drawing' Case Study

2) 60min Mentoring Session

- Identifying Objectives for the 'Professional Training' + Evaluation of Self-Help Case Studies



The 'IGR Practitioner Training' Information Pack

1:1 Format

Part 2: The 'IGR Professional Training'

The 'Professional Training' is PART 2 of the 'Inner Gift Resourcing' (IGR) Practitioner Training and open to individuals, who have are Allied Health Practitioners and have completed the 'IGR Self-Help Training'.

**Trainees must have completed and submitted 2 x Self-Help Case studies before attending the Professional Training.*



The 'Professional Training'

Working with Clients



The 'Professional Training' Curriculum

Pre-Study Online Course (1hr 45min)

'Inner Gift Resourcing' (IGR) Principles & Session Formats

3 Days (In-Person) or 6 x Half-Days (Online)

+ Mentoring Session

1 Day (In-Person) | 2 x Half-Days (Online)

Parts Identification + Session Formats (FEAR Protocol Demo)

Additions to the FEAR, ANGER & GRIEF, GUILT & SHAME Protocols

Permissions Exercise + FORGIVENESS Protocol

1 Day (In-Person) | 2 x Half-Days (Online)

Additions to the INTEGRATION & WHOLENESS Protocols

**The BURDEN + BURN-OUT Protocols, Energetic Boundary Tools,
Substitution Technique, Special Subjects, Review of Case Studies**

Client Intake, Spacing Test,

1 Day (In-Person) / 2 x Half-Days (Online)

Parts Dialogue, Review of Case Studies, Client Demo + Q&A

Session Format Practice, Practicum with real-life clients

The IGR PROFESSIONAL TRAINING includes:

3 Training Days (In-Person)

or 6 x Half-Days (= 6 x 2.5hr Online Sessions)

+ 1hr 45min Pre-Study

+ Pdf Manual (+ Print-outs for In-Person Trainings)

+ Completion of written assignment & case studies

+ Mentoring Session (60min)



The 'Professional Training' Curriculum (Part 2 of Practitioner Training)

Pre-Study Material (Online Course - 1hr 45min)

Working with Clients

1) Revision of 'Inner Gift Resourcing' Principles & Philosophy

- Working with Client Focus

2) Core Pillars for Professional Development

- Self-Empowerment, Self-Care, Self-Awareness & Self-Responsibility

3) Code of Ethics

4) 'Inner Gift Resourcing' Session Formats

- IGR Energetics Process
- IGR Resourced Drawing Process
- IGR Guided Energetics Process
- IGR Remote Drawing Process
- IGR PARTS Dialogue

5) Session Format Examples

- Scripted Example for IGR Energetics Process
- Scripted Example for IGR Resourced Drawing Process
- Scripted Example for IGR Guided Energetics Process

6) Introduction of 'IGR Remote Drawing Process'

- Set-up
- Scripted Example



Steps towards Certification & Insurance with the ICT

1) Submission of 3 Client Case Studies

Up to 2 Case Studies can be completed during the 1:1 'Professional Training' days. Case Study 3 will be completed separately and discussed in the Mentoring Session.

2) Completion of written Assignment

3) Mentoring Session

(Evaluation of Case Study & Written Assignment + Business Coaching)

Once Trainees have completed the 3 x Case Studies, submitted their written assignment and received their Mentoring Session, they will receive their IGR Practitioner Certificate.

Allied Health Practitioners with qualifications in Counselling, EFT, NLP, Hypnotherapy, Kinesiology or similar can obtain approved Practitioner Insurance from the ICT (International Institute for Complementary Therapy).

Allied Health Practitioners without the qualifications above will receive a Certificate of Attendance.

You can find the Prices for the 'IGR Practitioner Training' on the last 2 Pages.



IGR 'Professional Development' Courses

The IGR SPIRIT Course (3 Days + 1 Mentoring Session)



The IGR SPIRIT Course utilizes the 'Inner Gift Resourcing' approach for working with Chakras and for deepening an individual's connection with their Higher Self. Practitioners will also expand on their intuitive skills with the 'Remote Drawing' Process.

The IGR CREATOR Course (3 Days + 1 Mentoring Session)



The IGR CREATOR Course utilises the 'Inner Gift Resourcing' approach for self-actualisation practices. Focus areas include Manifesting with the Law of Attraction, awakening our creative life force and successfully attaining goals and life objectives.

The IGR STARGAZER Course (2 Days + 3 Days + 1 Mentoring Session)



The IGR STARGAZER Course explores the 'Inner Gift Resourcing' approach through the lens of Astrology and teaches self-care processes, meditations and stress-reduction for astrological imprints in regards to an individual's birth chart and planet placements.



The IGR STARGAZER Course consists of the 'Birth Chart Foundations Course (2 Days), which teaches the foundations of Astrology (Star Sign Archetypes, Planets, Aspects, Transits & Progressions) and the IGR ZODIAC Course (3 Days), which applies simple IGR tools for astrological life challenges.



'IGR Practitioner Training' Price Overview

In-Person Participation: 5 Days + 2 x Mentoring Sessions
Online Participation: 10 x Half-Days + 2 x Mentoring Sessions

| | | |
|-------------------------|---------------|---|
| 1:1 Format: | \$3300 | Work exclusively with Lisa |
| 2 Participants: | \$2200 | Share the Training with 1 Person |
| 3+ Participants: | \$1550 | Participate in a small Group (max.4) |

If you are an Allied Health Practitioner, who is able to provide the venue for free, you will receive a discount of \$750.

If you are participating in this Training online via Zoom, you will receive a discount of \$550.

'IGR Professional Development Courses' Price Overview: IGR SPIRIT & IGR CREATOR Course

In-Person Participation: 3 Days + 1 Mentoring Session
Online Participation: 6 x Half-Days + 1 Mentoring Session

| | | |
|-------------------------|---------------|---|
| 1:1 Format: | \$1800 | Work exclusively with Lisa |
| 2 Participants: | \$1100 | Share the Training with 1 Person |
| 3+ Participants: | \$ 750 | Participate in small Group |

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$330.

If you are participating in this Training online via Zoom, you will receive a discount of \$330.

If you are booking this Course together with the 'IGR Practitioner Training', you will receive a discount of \$110.



'IGR Professional Development Courses' Price Overview: IGR STARGAZER Course

In-Person Participation: 5 Days + 1 Mentoring Session
Online Participation: 10 x Half-Days + 1 Mentoring Session

| | | |
|-------------------------|---------------|---|
| 1:1 Format: | \$3000 | Work exclusively with Lisa |
| 2 Participants: | \$1550 | Share the Training with 1 Person |
| 3+ Participants: | \$1100 | Participate in small Group |

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$330.

If you are participating in this Training online via Zoom, you will receive a discount of \$330.

If you are booking this Course together with the 'IGR Practitioner Training', you will receive a discount of \$150.
