



Professional Development Courses Information Pack



The 'IGR STARGAZER Course'



The 'IGR SPIRIT Course' The 'IGR CREATOR Course'



The 'IGR Practitioner Training'



The 'IGR STARGAZER Course'



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 Astrology Course'**, which teaches the foundations of Astrology (Star Sign Archetypes, Planets, Aspects, Transits & Progressions) and the **'IGR ZODIAC Course'**, which applies simple IGR tools for astrological life challenges.



The 'Birth Chart Foundations' Astrology Course

This Course is part of the 'IGR STARGAZER Course'
and a Pre-Requisite for the 'IGR ZODIAC Course'.

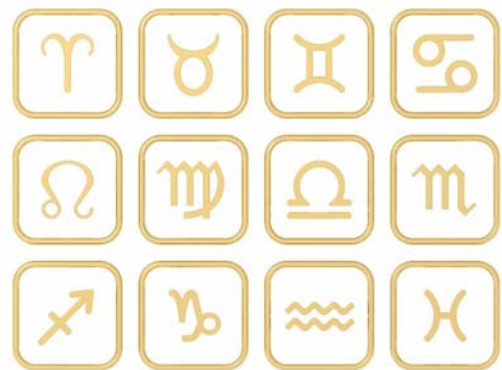
Day 1

- The 4 Elements
- Houses, House Systems & the 4 Angles
- The inner & outer Planets
- Moon Phases
- The 12 Star Sign Archetypes
- The 'Birth Chart Energetics' Exercise
- Aspect Challenges
- 12 Archetype Meditations



Day 2

- Planet Returns & Life Cycles
- Transit Awareness
- Secondary Progressions
- Progression Life Story Analysis + Demo
- Karmic Imprints (Pluto, Lunar Nodes)
- The 'Zodiac Support System' Exercise



This Course creates a basis for astrological self-understanding and explores Birth Chart imprints, current and upcoming Transits & Progressions.



The 'IGR ZODIAC Course'

This Course is part of the 'IGR STARGAZER Course'.

Pre-Requisite: The 'Birth Chart Foundations Astrology Course' or prior study of Astrology.

Day 1

- Introduction of basic IGR Techniques
- Clearing Element Imbalances
- Victim & Ego States for 12 Archetypes
- Star Sign Well-Being Topics
- Planet & Progression Clearing
- Star Sign & Planet Resourcing



Day 2

- 12 x IGR Zodiac Clearing Tools for the 12 Star Signs & their Ruling Planets



Day 3

- Chiron & Lunar Node Clearings
- Balancing the Axis
- Birth Chart Quick Assessment
- IGR Birth Chart Questions
- Transit Self-Care Practices
- Zodiac Gift Assessment
- Zodiac Healing Circle



This Course combines Energy Clearing Modality 'Inner Gift Resourcing' (IGR) with Astrological Challenge Topics.



Booking Formats

**1:1 Format or Group Workshops
'IGR STARGAZER Course'
(= 'IGR ZODIAC Course' + 'Birth Chart Foundations Course')**

Course Format

- In-Person Option: (5 Days + Mentoring Session)
- Online Option: (10 x Half-Days + Mentoring Session)
- 2 x Manuals included

1:1 Format (1 Participant): \$3000

1:2 Format (2 Participants): \$1550/Person

Group Format (3+ Participants): \$1100/Person

Course Discounts

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$550.

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

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



Contact Lisa Jonas via email: welcome@endorphina-creative.com



Booking Formats

1:1 Format or Group Workshops 'IGR ZODIAC Course' (standalone)

Course Format

- **In-Person Option: (3 Days + Mentoring Session)**
- **Online Option: (6 x Half-Days + Mentoring Session)**
- **Manual included**

1:1 Format (1 Participant): \$1800

1:2 Format (2 Participants): \$1100/Person

Group Format (3+ Participants): \$750/Person

Course Discounts

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.



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Booking Formats

1:1 Format or Group Workshops

'Birth Chart Foundations Course' (standalone)

To book the full 'IGR STARGAZER Course', please review Page 4.

Course Format

- In-Person Option: (2 Days)
- Online Option: (4 x Half-Days)
- 2 x Manuals included

1:1 Format (1 Participant): \$1100

1:2 Format (2 Participants): \$660/Person

Group Format (3+ Participants): \$440/Person

Course Discounts

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$220.

If you are participating in this Training online via Zoom, you will receive a discount of \$220.



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The 'IGR SPIRIT Course'



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.



The 'IGR SPIRIT' Course

This Course is suitable for Allied Health Professionals with prior experience in energy healing and/or chakra work.

Course Preparations: Chakra Self-Assessment Worksheet

Day 1

- Introduction of Chakras (Key Topics & Imbalances)
- Review of Chakra Self-Assessment
- Earth Star / Soul Star Breathing Process
- Intuitive Chakra Drawing
- Intuitive Chakra Assessment & Clearing Process for the 7 Chakras (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown)



Day 2

- Chakra Themes Assessment
- Chakra Well-Being Chains & Chakra Guardians
- Chakra Spaces & Power Sources
- 'Higher Self' Exercise (Drawing & Guided Journey)



Day 3

- Spiritual Well-Being Dialogue
- Healing Feminine & Masculine Polarities
- The 'Remote Drawing Process'
- IGR Energy Work Toolkit
- IGR Spirit Guide Process
- Mystery Meditation



This Course applies the approach of Energy Clearing Modality 'Inner Gift Resourcing' (IGR) on Chakra & Higher Self Topics.



Booking Formats

1:1 Format or Group Workshops

Course Format

- **In-Person Option: (3 Days + Mentoring Session)**
- **Online Option: (6 x Half-Days + Mentoring Session)**
- **Manual included**

1:1 Format (1 Participant): \$1800

1:2 Format (2 Participants): \$1100/Person

Group Format (3+ Participants): \$750/Person

Course Discounts

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.



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The 'IGR CREATOR Course'



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 CREATOR' Course

This Course is suitable for Allied Health Professionals with prior experience in energy healing and a basic understanding of the Law of Attraction.

Day 1

- 'Inner Creator' Focus Areas
- An introduction of IGR Clearing Tools
- 'Inner Creator & Inner Critic' Assessment
- 'Inner Critic' & 'Inner Cheerleader' Reflection Exercise & Clearing Process on 2 Topics
- 'Trusting in Existence' Exercise



Day 2

- Manifesting Self-Assessment & Worksheet
- Identifying your Desired Manifestations
- IGR 'Clearing Resistance' Process
- 'Creative Attitude' Clearing Exercise
- 'Affirmations & Beliefs' Clearing Exercise
- Utopia Exercise: Ideal Thriving Conditions
- 'Future Reality' Visualisation



Day 3

- Energy Assessment for Manifesting
- Heart Attraction Field Clearing
- 'Opposing Worlds' Exercise
- Balancing Male & Female Polarities
- 'Energetic Support System' Exercise
- Coaching Tools for Manifesting
- Vision Board Drawing Exercise



This Course applies the approach of Energy Clearing Modality 'Inner Gift Resourcing' (IGR) on Creativity, 'Inner Critic' & Manifesting Topics.



Booking Formats

1:1 Format or Group Workshops

Course Format

- **In-Person Option: (3 Days + Mentoring Session)**
- **Online Option: (6 x Half-Days + Mentoring Session)**
- **Manual included**

1:1 Format (1 Participant): \$1800

1:2 Format (2 Participants): \$1100/Person

Group Format (3+ Participants): \$750/Person

Course Discounts

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.



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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).





The 'IGR Practitioner Training'

The 'IGR Practitioner Training' consists of the 'IGR Self-Help Training' (Part 1) and the 'IGR Professional Training' (Part 2).

Pre-Study Material for the 'IGR Self-Help Training'

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

- Clearing Tools
- Self-Expression Tools
- Resourcing Tools





Part 1: The 'Self-Help Training' (2 Days in Person or 4 x Half-Days Online)

Self-Experience Protocols (Day 1)

- 1) Working with PARTS
- 2) The IGR Protocols

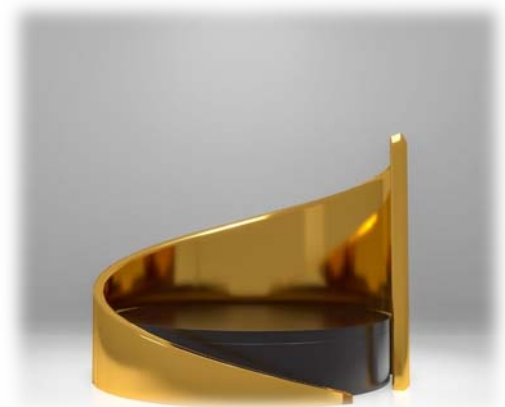
Practical Application of the IGR Resourced Drawing Process for all IGR Protocols:

- The IGR ANGER Protocol
- The IGR GRIEF Protocol
- The IGR GUILT Protocol
- The IGR SHAME Protocol
- The IGR INTEGRATION Protocol
- The IGR WHOLENESS Protocol

- 3) Understanding the IGR Protocols

Self-Experience Processes (Day 2)

- 1) IGR Quick Processes
 - IGR Short Codes + Practice
 - IGR Short Protocols for every-day Stress-Management
- 2) IGR Practicum with Demonstration Session
- 3) IGR Breath Protocol
- 4) IGR 6-Circle Drawing Process
- 5) IGR Movement Impersonation
- 6) Q & A + Self-Help Case Study Preparations





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) Mentoring Session (60 min)

- Assessment of 'Self-Help' Case Studies
- Identifying Objectives for 'Professional Training'



Pre-Study Material for the 'IGR Professional Training'

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'





Part 2: The 'Professional Training' **(3 Days in Person or 6 x Half-Days Online)**

Protocol Additions (Day 1)

- **Parts Identification & Session Formats**
- **Additions to the IGR FEAR, ANGER, GRIEF, GUILT and SHAME Protocol**
- **Permissions Exercise & FORGIVENESS Protocol**



IGR Application (Day 2)

- **Additions to the IGR INTEGRATION and the IGR WHOLENESS Protocol**
- **BURDEN + BURN-OUT Protocols**
- **Energetic Boundary Tools**
- **Special Subjects (Body Symptoms & Relationships)**
- **Review of Case Studies**
- **Client Intake and Spacing Test**



Client Focus (Day 3)

- **Parts Dialogue**
- **Review of Case Studies**
- **Client Demo & Q&A**
- **Session Format Practice**
- **Practicum with real-life Clients**
- **Resourced Meditation Process**



Steps towards Certification

- 1) **Submission of 3 Client Case Studies**
- 2) **Completion of written Assignment**
- 3) **1 x Mentoring Session (Assessment of Case Studies & written Assignment + Business Mentoring)**
- 4) **Practitioner Certificate (approved insurance with the IICT)**





Booking Formats

1:1 Format or Group Workshops

Course Format

- **In-Person Option: (5 Days + 2 x Mentoring Sessions)**
- **Online Option: (10 x Half-Days + 2 x Mentoring Sessions)**
- **Pre-recorded Online Pre-Study Content (3hr 45min)**
- **2 x Manuals included**

1:1 Format (1 Participant): \$3300

1:2 Format (2 Participants): \$2200/Person

Group Format (3+ Participants): \$1550/Person

Course Discounts

If you are an Allied Health Practitioner, who supplies 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.

If you are booking the 'IGR Practitioner Training' in conjunction with one of the Professional Development Courses, you will receive a discount of \$110.



Contact Lisa Jonas via email: welcome@endorphina-creative.com



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



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.