



# **MCAC 5 Month Immersion Curriculum**



This programme develops competent, ethically aware Meta Consciousness Analysis Coaches who can accurately interpret the deep interconnections between conflict shocks, perception, belief, biological adaptation, behavioural patterns, and life outcomes.

The body is understood as a constantly adapting intelligent system. Conflict shocks — unexpected, highly charged, isolating experiences — trigger meaningful biological programmes designed for survival and resolution. Belief plays a central role in how these shocks are perceived, interpreted, and resolved. The training equips participants to uncover the biological meaning and adaptive intelligence behind both physical and psychological symptoms.

It integrates biological science, with particular emphasis on brain relays and phases of adaptation, alongside somatic awareness, trauma-informed practice, and applied case analysis. Participants are trained to recognise patterns without imposing interpretation, allowing meaning to emerge from the system rather than being applied to it.

### **Programme Learning Outcomes**

Upon successful completion, participants will be able to demonstrate the following competencies:

#### **Knowledge and Understanding**

- Explain the Meta Consciousness framework, including how conflict shocks initiate biological adaptation programmes and how belief shapes perception, emotional response, physiological expression, and life patterns.
- Detail the structure, function, and purpose of key brain relays (brainstem, midbrain, cerebellum, medulla, cortex) in relation to embryological origin, tissue type, biological intelligence, and associated experiential themes.
- Differentiate conflict-active and healing phases (including PCL-A and PCL-B), recognising cyclical and hanging patterns as meaningful ongoing biological adaptations.

#### **Analytical and Mapping Skills**

- Accurately map symptoms — whether physical or psychological — to specific organ, tissue, brain relay, and biological phase, revealing their underlying adaptive purpose in response to conflict shocks.
- Analyse trauma responses and behavioural patterns as intelligent biological adaptations rooted in conflict shocks, applying polyvagal theory concepts such as window of resilience, activation/freeze/shutdown states, and co-regulation.
- Recognise and trace recurring patterns across symptoms, behaviours, life events, and relational fields, identifying how conflict shocks and core beliefs maintain or transform these adaptations.

#### **Applied and Embodied Practice Skills**

- Track somatic states and work through embodied awareness in real time, determining when to stabilise, regulate, or actively intervene.
- Integrate somatic, cognitive, energetic, and systemic approaches — including tapping into consciousness, muscle testing, and constellations (as a method for accessing relational and field-based patterns beyond individual cognition).
- Construct, interpret, and refine a comprehensive **\*\*Soul-ution Map\*\*** — a structured integrative document linking conflict shocks, symptoms, core beliefs, behavioural patterns, life themes, and biological meaning — for personal and client use.



## Professional and Reflective Competence

- Conduct structured, defensible case analyses, progressing logically from observation and mapping through hypothesis formation, verification, and refinement.
- Facilitate client sessions with clarity and non-imposition while maintaining analytical precision during emotional activation.
- Integrate understanding of the effects of medication on physiology, perception, and behaviour to support responsible practice alongside medical care.

## Core Meta Consciousness Principle

The body is a constantly adapting intelligent system. Conflict shocks trigger purposeful biological programmes, while belief significantly influences perception and resolution of these programmes. The training emphasises tapping into consciousness through direct experiential processes, revealing the adaptive intelligence behind symptoms and patterns.

## Competency Framework

Competency Category	Key Competencies (Participants will be able to...)	Assessment Methods	Evidence of Achievement
<b>Knowledge and Understanding</b>	Explain the framework including conflict shocks as initiators of biological adaptation, belief dynamics, brain relays, and phases	Open-book knowledge assessment; Workbook exercises; Live discussions	Accurate, coherent explanations demonstrating integration of conflict shocks, biological meaning, and adaptive processes
<b>Analytical and Mapping Skills</b>	Accurately map symptoms to organ/tissue/brain relay/phase in response to conflict shocks; analyse trauma and recurring patterns as biological adaptations	Case study submissions (10 cases); Personal <u>Soul-ution Map</u> ; Peer review	Consistent, coherent mapping and pattern recognition across varied cases, showing understanding of adaptive purpose
<b>Applied and Embodied Practice Skills</b>	Track somatic states and work through embodied awareness in real time; integrate tools including tapping into consciousness, muscle testing, and constellations for field-based patterns; construct/refine <u>Soul-ution Maps</u>	Somatic practice sessions (observed/feedback); Personal & client <u>Soul-ution Maps</u> ; Live demonstrations	Successful real-time application; Completed <u>Soul-ution Maps</u> that integrate conflict shocks, belief, biology, trauma roots, and systemic insights
<b>Professional and Reflective Competence</b>	Conduct defensible case analyses; facilitate ethically and non-imposingly; integrate pharmaceutical awareness responsibly	Case study analyses with peer + tutor review; Self-assessment reflection; Final integration session	Structured reasoning in reports; Demonstrated ethical facilitation, boundary management, and responsible interdisciplinary awareness



## Minimum Standards for Certification

Participants must demonstrate consistent accuracy, coherence, and embodied application across all categories, particularly in revealing the adaptive intelligence triggered by conflict shocks and maintained through belief and biological programmes.

### Programme Structure

The curriculum progresses through **six sequential Gateways**, each containing two Elements that combine conceptual teaching, live demonstration, embodied practice (including tapping into consciousness), peer review, and case application.

#### **Gateway 1 — Perception, Meaning, and Orientation**

Foundational exploration of how belief shapes perception and assigns meaning to experience in response to conflict shocks.

**Elements:** Perception, Meaning, and Belief in Practice | Structural Mapping and Clinical Context.

#### **Gateway 2 — Biological Foundations**

Precision in brain relay mapping and understanding the purpose of tissue adaptation.

**Elements:** Brain Relay, Tissue, and Embryology | Phases of Adaptation and Repair.

#### **Gateway 3 — Behaviour, Trauma, and Nervous System**

Conflict shocks as core biological adaptations underlying trauma responses and recurring patterns.

**Elements:** Trauma as Biological Adaptation | Pattern Recognition Across Time.

#### **Gateway 4 — Working with the System (Embodied Practice)**

Real-time somatic awareness and tapping into consciousness.

**Elements:** Somatic Awareness and Embodiment | Applied Methods and Systemic Work.

#### **Gateway 5 — Case Study, Reasoning, and Application**

Deep integration through personal and client material.

**Elements:** Personal Soul-ution Map | Applied Case Analysis.

#### **Gateway 6 — Practitioner Integration**

Consolidation of professional identity and responsible facilitation.

**Elements:** Client Facilitation and Professional Practice | Integration, Embodiment, and Assessment.

### Delivery Format

- Two live training sessions per week (2–8pm GMT/BST)
- Supplementary pre-recorded lessons and materials, **including an additional 2-hour module on Diet and the Terrain** exploring how the body responds to food biologically and energetically
- Regular somatic, experiential, and consciousness-tapping practices
- Case study development with structured peer review and tutor feedback

Each week integrates theory, biological demonstration, embodied practice, and applied analysis.



## Assessment of Competence

Assessment is continuous and multi-method, aligned directly with the learning outcomes and Meta Consciousness principles.

## Requirements for Certification

- Minimum 80% live attendance
- Minimum 4 hours of self-directed study and practice per week
- Completion of 10 structured case studies (minimum two sessions per case), with peer review
- Full personal Soul-ution Map
- Self-assessment reflection and open-book knowledge assessment

## Total Programme Commitment

Approximately 320+ hours over five months (≈12 live hours + 4+ self-study hours per week).

## Learning Resources and Support

- Comprehensive workbook, training manual, brain relay maps, and printable mind–organ directory
- Lifetime access to all recorded sessions and materials, \*\*including the 2-hour pre-recorded module on Diet and the Terrain\*\*
- One 45-minute individual emotional support session
- Monthly masterclass (2.5 hours, first Friday of each month)
- Optional ongoing mentorship and study partnerships at reduced rates

## Pharmaceutical Integration Session

A dedicated session on pharmaceutical frameworks is led by registered pharmacist Megan, supporting participants in understanding the effects of medication on physiology, perception, and behaviour.

## Inclusivity and Accessibility

The programme accommodates diverse learning needs, including neurodivergent processing styles. Materials are provided in multiple formats, and reasonable adjustments are made to support regulation and safety while maintaining clear competency expectations.

## Professional Scope and Boundaries

**\*\*Important Disclaimer:\*\*** This is **\*\*not\*\*** a medical training programme and does not qualify participants to provide medical diagnosis, treatment, or advice. Graduates are trained as **\*\*Meta Consciousness Analysis Coaches\*\*** and are expected to work collaboratively and responsibly alongside allopathic (medical) care, referring to qualified healthcare professionals whenever appropriate. Clear professional boundaries must be maintained at all times.

## Summary

This curriculum delivers a rigorous, biologically precise, trauma-informed, and modality-integrated training that fully embodies the Meta Consciousness methodology. The programme is distinguished by its structured mapping model, which enables practitioners to move beyond symptom description into precise analysis of biological meaning, belief-driven patterns, and the purposeful intelligence underlying both physical and psychological symptoms. This approach distinguishes the work from symptom management models by focusing on the underlying biological meaning and adaptive intelligence of the human system.

This programme trains practitioners to identify, map, and work with biological meaning as it presents, rather than interpreting symptoms through assumption or abstraction.

