

Online - training program 24/25  
in the  
**Phyllis Krystal Method®**



Conducted by Peter Schlachter  
in cooperation with the Phyllis Krystal Foundation

Having successfully completed this training will allow you to attend a **Certification module**, provided by the Phyllis Krystal Foundation. Receiving the certificate gives you the opportunity to become a **cooperation partner** of the Phyllis Krystal Foundation.



Having accompanied Phyllis Krystal for many years on her seminars and training programs, I know how much she longed to pass on the method to other people in its original form. I am delighted to follow her wish by offering this training program to impart to you this very effective method in a deeper way. I hope, that you not only will benefit greatly from your own experiences of the method during the training, but, you will eventually also share it with others.

### Requirements for attending the training program

This training can be attended without any preparatory knowledge. You just need to be open to the method as well as ready to practice it on a regular basis during the training as well as participating the designated peer-group meetings. You should have the *Phyllis Krystal Method Workbook* and the book *Cutting the Ties That Bind* available for study during the training.

However, persons suffering any **psychological crisis** for which they need **professional support** or who are in any **psychotherapy** would not be suited for this training.

### Aim of the training program

This training program is following an agreed curriculum, which was developed in close cooperation with the Phyllis Krystal Foundation.

The aim of this training program is

- to enable you to use the Phyllis Krystal Method the way Phyllis taught it, **initially for yourself.**
- and finally - after **having practiced sufficiently** - to also share the method with other people.

Step by step, you will be shown the different symbols and exercises and how to practice these yourself, as well as how to lead others through the various exercises.

While learning the techniques, you can use your own topics to experience the remarkable effect of the method.

Once you receive the **certificate – proving that you have understood and internalized the method to a certain degree** - you can choose to become a cooperation partner of the Phyllis Krystal Foundation and then participate at the yearly supervision seminars and any other event the foundation might offer for cooperation partners.

## Structure of this training program

The training will be conducted **online via Zoom** in five weekend modules. You find the content of these modules listed below. After having **finished all of the five modules successfully**, you can register for the **certification module**, provided by the Phyllis Krystal Foundation.

An important part of the training is the **personal reflection** on your experiences with the method and will be part of a possible subsequent certification.

These personal reports after each module should include the following topics:

- ✓ personal impressions during the training
- ✓ experiences during peer group meetings
- ✓ how and what for you used and integrated the method in your daily life
- ✓ your own development since the previous module derived from using the method
- ✓ questions regarding the use and understanding of the method

Another integral part of the training will be the participation in the **peer group meetings** to occur sometime between two modules.

These peer group meetings help you to:

- ✓ deepen your knowledge through mutual exchange regarding questions you might have
- ✓ discuss experiences you might have while practicing the exercises
- ✓ share insights from reading through primary literature
- ✓ practice leading each other through the various exercises

## Organisational matters

### Place

Online via ZOOM

### Module dates

Module 1	05 – 06	Oct 2024
Module 2	25 – 26	Jan 2025
Module 3	24 – 25	May 2025
Module 4	27 – 28	Sep 2025
Module 5	24 – 25	Jan 2026

### Regular price

Total for the 5 modules **€ 1500,-** (excl. VAT)

### Payment per module

Each module **€ 330,-** (excl. VAT)

### Times (CET) Saturday/Sunday

11 a.m. – 2 p.m. | 4 p.m. – 7 p.m.

## Content of the training program

### 1<sup>st</sup> module

This first module will present you with the basics of the method:

- Origin of the method
- Characteristics of the method:
  - Working with symbols
  - Contact to the Higher Consciousness
- *Maypole* exercise
- Main basic symbols: *Tree, Circle, Figure Eight*
- Explanation, preparation and conduct through *Cutting the ties from a person*

### 2<sup>nd</sup> module

This second module offers a deepened engagement with the Figure Eight and the Tree exercise.

- Further questions regarding *Cutting the ties from a person*
- Supplementary questions regarding *control factors* and *cutting from a symbol*
- Methods for creating a symbol
- Deepening of the *Tree exercise – cosmic parents*
- Cutting from a symbol

### 3<sup>rd</sup> module

The main part of this module consists of dealing with the significance of the Cosmic Parents in various situations and the contact to the Higher Consciousness.

- Further options in respect to the *Cosmic Parents*
- Working with the *Inner Child*
- *The Balloon*
- Introduction of various symbols and how they can be applied to your life situation and experience (*Beach Ball, Star for Fear, Five Star, etc.*)
- *Cutting from a symbol*

## 4<sup>th</sup> module

The focus during this module is on dealing with the significance of the Cosmic Parents in various situations and of the contact to the Higher Consciousness.

- *Nest-of-dolls roles*
- Dealing with *Family Atmospheres*
- *The Inner Enemy*
- Further symbols (*Hourglass, Yin Yang, Mandala, etc.*)
- *Cutting from a symbol*

## 5<sup>th</sup> module

This module will include exercises to consolidate the work and to discuss how best to guide other people.

- Conducting a given exercise
- How to introduce the method to someone else
- How to guide a process during exercises like, for example, the *Inner House*
- Open questions

**Note:** This curriculum is mainly a guideline and will be adapted according to the group process.

### contact

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