

# Alcoholic to Alchemist

A Journey from Enslavement to Enlightenment

Licensed Practitioner Course for Trained Counsellors  
Level 3 Diploma



## Alcoholic to Alchemist

*Licensed Practitioner*

Course Prospectus

Course based on the book

Alcoholic to Alchemist



## Founder of Alcoholic to Alchemist™

### **About the Author**

After a life-threatening battle with alcohol in the 1980s, Paul Henderson developed a deep interest in the workings of the human mind. Subsequently, he qualified as a clinical hypnotherapist and psychodynamic counsellor, before embarking on a Bachelor's Degree and specializing in Child Development and Social Psychology.

Dedicated to promoting diversity and flexibility in the field of applied therapy, Paul recently founded the United Kingdom Association of Integrative Therapy (UKAIT), and its Associated Training School - the United Kingdom Academy of Integrative Therapy.

In addition to teaching psychology, Paul travels the country conducting workshops and speaking on a wide array of subjects, including Vedic Science, the Mechanisms of Consciousness, and Past-Life Therapy. His interest in the transpersonal led to his first novel 'Spirit of Adventure,' a compelling read which combines psychology, philosophy, modern science and spirituality in a way that is inspiring, challenging and transformative.



## Introduction

Welcome, my name is Paul Henderson, founder of Alcoholic to Alchemist™. I once drank two bottles of spirits a day, plus anything else I could lay my hands on. As my habit progressed, this included surgical spirits, methylated spirits, and after shave. Homeless, penniless, and desperate, I spent my nights on a rat-infested railway embankment. The extent of my deterioration was shocking: emaciated body, yellow complexion, eyes sunken, jittery and unkempt. At twenty-five years of age, the former fun-loving entertainer resembled an old man - bereft of meaning and emotionally bankrupt.

My constant battle with alcohol and the fear, futility, guilt, and paranoia it evoked, finally became too much. I took a lethal cocktail of painkillers and alcohol, only to have my life saved by the swift response and expertise of hospital staff. Death seemed imminent: almost welcoming. The destructive force that possessed me was relentless, intent on propelling me towards a liquid last supper.

Today, I am an inspirational speaker, author, therapist and trainer, who embraces the infinite possibilities that life has to offer. At sixty years of age, I am in the pinnacle of health. On reaching rock bottom, a powerful force emerged from the depths of my psyche and led me on a journey of radical transformation: this force I refer to as the archetypal alchemist. Alchemy is the art of transforming one's mental and emotional debris into the invaluable treasures of insight, inspiration, motivation, direction, prosperity and abundance: Alchemy promotes life.

As a result of implementing this programme, I experienced a radical shift in thinking. Subsequently, I pledged to develop and document my powerful antidote to alcoholism. Thirty years of work and continuing development has culminated in this philosophy. The information is not designed solely to liberate your clients from the clutches of alcoholism, although it will certainly do that if they work through the course with an open mind, determination and courage, it is designed to enable them to reach their true potential and transform their life beyond recognition.

Alcoholism is a mind-set; a destructive way of thinking, the answer to which is a profound shift in consciousness. The Alcoholic to Alchemist philosophy combines ancient wisdom, thought-provoking philosophy, and practical psychology in a way that educates, inspires, encourages, enlightens, empowers and evokes an incredible shift in thinking. If your clients are struggling with alcohol and seek answers, then it is time for them to join the ever-growing number of people who have transformed their lives the Alcoholic to Alchemist way.

## The course

The course draws on techniques from psychodynamic therapy, CBT, Transactional Analysis, Gestalt Therapy, and Life Coaching. Therefore, it is essential that you hold a current practitioner level diploma in counselling. To become a licensed practitioner, you must be able to demonstrate competently your ability to guide a client through the following curriculum.

### Phase One: Acceptance and Awareness

**Step 1:** Admit having developed a destructive alcohol habit as a consequence of attempting to escape the curriculum of life.

**Step 2:** Having crossed the Abreactive Threshold, we need to abandon the idea that alcohol provided a means of escape and supplant it with the following belief: The most effective way to escape our problems is to solve them

**Step 3:** Come to accept that the locus of the problem is a mind infected with fear, futility, guilt and pain – the answer to which is a profound shift in consciousness.

### Phase Two: Invoking the Shift

**Step 4:** Aspire to invoke a major shift in consciousness by allowing life to unfold from the wisdom of your Indwelling Divinity.

**Step 5:** Live Life Consciously

**Step 6:** Develop and sustain self-love through regular communion with your inner child.

**Step 7:** Make an inventory of all the kind and caring acts you've carried out throughout the course of your life - and/or – make an inventory of all the future kind and caring acts you intend to carry out.

**Step 8:** Forgive and be Free

**Step 9:** Identify Your Life's Purpose

## Phase Three: Maintaining the Magic

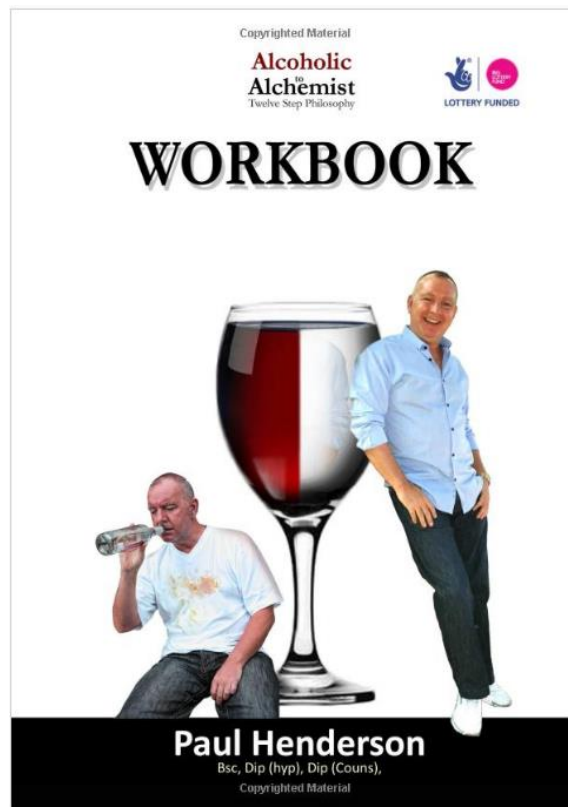
**Step 10:** Daily Meditation

**Step 11:** Continuing Development

**Step 12:** Having radically transformed our lives and actualized our optimal potential, we aspire to assist others to make the journey from Alcoholic to Alchemist.

There is a set workbook for this course which will be provided;

it is also available on Amazon



<https://www.amazon.co.uk/Alcoholic-2-Alchemist-NEW-Workbook/dp/1326321730>

Course Prerequisites: Diploma in counselling

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Course Tutor: Paul Henderson BSc Psychology. MNCP (Snr. Accred.)

Founder of Alcoholic to Alchemist

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Accreditation: ACCPH



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**Duration and Delivery:** The course takes a hybrid approach to delivery, consisting of eight days' classroom or ZOOM (live) training, normally split over 4 weekends, plus online training (please note: UKAIT have a world-leading Online Learning System). In total, the course is one year part-time.

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**Assessment:** students will be assessed by means of written assignments and ongoing classroom assessment

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Cost: £795

## Contact

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