

Selfology



The Selfology Curriculum

Selfology is a Psychology of the Self.

The Selfology curriculum has been designed to provide you with new ways of thinking about mental health in your personal life and in society. It is a holistic curriculum that draws on a broad range of approaches, while providing you with practical exercises to apply in your everyday life.

All of the content that you learn about in Selfology will help you to explore your personal life experience and mental health through a therapeutic lens. Through a guided process of self enquiry, you will develop a deeper understanding of your personal psychology and find opportunities for personal growth.

You will have access to a personal, online handbook throughout each module to capture your personal learning and reflections. You can come back to your handbook at any time to continue developing your reflective practice.

You will have the opportunity to take part in discussion forums with other young people who are using the platform, to gain a wider perspective on key topics and learn from other young people about their views and experiences.

We believe that learning about ourselves is the best way to fulfil our potential and overcome the challenges that we face. The Selfology platform has been developed to provide a private online space for you to learn, grow and develop a new perspective on the meaning of your experiences.

Body, Feelings, Mind

Self Awareness

Self Awareness and Identity
Self Awareness and Self Esteem
Benefits of developing self awareness
The Johari Window

Body

Body Image
Interoception
Physical tension and the Mind
Physical tension and behaviour
Body Scan Meditation

The Mind

The nature of the mind
Mindfulness: Calming the mind
Mindsets
Thinking Styles
The Default Mode Network
The Task Positive Network

Developing the Mind -Body Connection

The Vagus Nerve
Breathing and Physical Wellbeing
Movement
Yoga and exercise
Contact and touch

Emotion

Mindsets about emotions
Emotional Intelligence
Emotional Regulation
Defences against emotion
Inner Child practice

Mind-Body Approaches

What are Mind-Body approaches?
How effective are Mind-Body Approaches
The Mind-Body connection
Integrating the Body, Feelings and Mind
Mind-Body Meditation

Personality and Identity

Selfology

Personal Identity

The meaning in names
Life events and personal History
Social Identity
Carl Jung and Individuation
Inner Child Practice

Subpersonalities

Personality development
Subpersonalities and inner conflict
Origins of subpersonalities
Personas and unmet needs
Exploring subpersonalities

The Subconscious

The Shadow and the repressed self
The Shadow and personality development
Projection
Shame, repression and personal growth

Family and Relationships

Relationships and psychological needs

Early experiences of relating
Needs in relationships
The purpose of healthy relationships
Love and disconnection
Attunement and Mirroring
Family and the Ideal Self

Attachment Styles

Attachment styles, behaviour and psychological needs
Generational influences of attachment styles
Family environment and attachment styles
Reparenting and meeting our emotional needs

Mind-Body Awareness and conflict in relationships
Empathy and Attunement
Listening
Boundaries
Wounding in relationships
Rupture and repair
Ending Relationships
Forgiveness

Qualities of Healthy relationships
Self Compassion
Practicing Self Compassion
Self compassion Meditation
External Unifying Centres
Mentalising
The Task Positive Network

Anxiety

Forms of Anxiety
State anxiety
Trait anxiety
Existential anxiety
Spiritual anxiety

Anxiety and the mind
The neuroscience of anxiety
Rumination
Anxious thinking styles

Anxiety and the Body
Fight, flight and Freeze Responses
Anxiety, Shame and Internal Beliefs
Noticing the effects of anxiety in our lives

Calming anxiety
Limiting and supportive beliefs
Emotional regulation and self soothing
Body techniques
Breathing exercises
Self Compassion
Anxiety and Acceptance
Anxiety and Self realisation

Causes of anxiety
Internal and External Fears
Anxiety in a risk society
Anxiety and avoidance
Anxiety and unmet needs
Anxiety and social insecurity
Anxiety and control

Depression

The biomedical model of depression

DSM and the categorisation of depression

The chemical imbalance theory

Is depression an illness?

Biogenetic beliefs and recovery

The Psychosocial Model of depression

Major themes in psychosocial theories of depression

Depression and social systems

Adverse Childhood Experiences

Depression and abusive relationships

Neuroplasticity and psychotherapy

Depression and therapeutic approaches

Cognitive behavioural therapy

Interpersonal therapy

Psychodynamic therapy

Psychotherapy and family therapy

Depression and relationships

Depression and social support

Unconditional positive regard

Empathy and Compassion

Mind-Body Approaches to Depression

Diet, Exercise and Sleep

Acceptance and Self Compassion

Depression and Rumination

Mindfulness for Depression

Behavioural Activation

What is mental
illness?

Coming

Soon

What young people say

“This course for me had a role aimed at finding heroes within ourselves and giving us the push to start living our true potential. This is a necessary course for adolescents in the UK and all over the world.”

Aliyah, 17

“Selfology helped me to respect and develop a true appreciation for the complexity of life and while this entails some difficult times, I am more able to respond with love.”

Ella, 18

“Selfology breaks down mental health and wellbeing and makes it about you.”

Young person, Foyer Federation

“The first step of improving one’s mental health is to first understand it fully and try to connect in with yourself and find the roots of the problem and the correct way to manage and become better. I feel like this course does this exactly.”

Young person, NCS College

Why sign up?

100%

of young people gave Selfology a 4 or 5* rating compared to other mental health resources

98%

of young people would recommend this course to a friend

97%

of young people felt that Selfology helped them to progress their personal wellbeing goals

How to sign up

Visit **selfology.io** to create your account today and begin your journey.

If you are a student or young person accessing Selfology through your school or organisation, please contact the safeguarding lead or member of staff responsible for mental health and wellbeing in your institution.