




IMPACT ACADEMY

2026 Training Guide

Dr. Jeanie Cavé
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“I relate therefore I am, so how I IMPACT on you and how you IMPACT on me, determine the nature and quality of our being”
– Prof. Charl Vorster

WELCOME TO THE IMPACT ACADEMY 2026



Impact Academy follows an academy-style format that blends learning, reflection, and community. Training happens in a cyclical rhythm rather than a linear course structure. Each contact point connects to the others, allowing for integration over time. Learning is experiential, interactive, and applied, with participants engaging as both learners and contributors. The format encourages curiosity, peer collaboration, and ongoing professional growth within a supportive community of practice.

Our work is guided by the Impact Framework, an integrative model that connects philosophy, approach, theory, conceptual framework, application, and technique (the PATCAT model). Together we explore how therapeutic practice becomes most effective when grounded in both science and system, when the person is understood as a system, in a system, and within a broader context.

Impact Academy invites you to learn through experience. We work from an eco-systemic frame that highlights the connection between internal states and external relationships, between personal, professional, and contextual systems. Across the year, our training structure weaves together reflection, skill development, and integrative thinking so that theory becomes embodied practice.

This guide will orient you to the rhythm of the Academy, the purpose of each contact point, and how they interconnect to create a cohesive and transformative learning experience.

A NOTE FROM THE DIRECTOR

Hi I'm Jeanie,

And I am not a naturally gifted therapist. For many years, I believed therapy was an art form reserved for a gifted few – the Carl Rogers, Milton Ericksons, and Jay Haleys of the world. I thought, and was even told, that I would never be an effective therapist because I didn't possess that mysterious “gift.”

What I have learned, after sixteen years in private practice, is that therapy is not a talent. It is a skill – one that can be learned, practiced, refined, and mastered. The joy of my professional life has been discovering how. How clients develop the way they do. How to understand my role, the relationship, and the process of change. How to apply this understanding to therapy that leaves clients feeling seen, mobilised, and empowered – and leaves me feeling grounded and energised rather than depleted.

Impact Academy was born out of that journey. It is a space for practitioners to learn not just what to do, but how to do it – to translate theory into embodied skill, and skill into sustainable, ethical, and creative practice. My aim is to offer others the kind of learning I wish I had when I started out, so that you can grow in confidence and coherence without having to learn the hard way.

Welcome to a year of learning that is not about perfection, but about presence; not about talent, but about transformation.

Dr Jeanie Cavé
Clinical Psychologist
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The framework we use in Impact Academy is data-driven, systematic, strategic and powerful.

I cannot wait to share it with you!

Jeanie



“We are technique supported, not technique defined”
– Dr Jeanie Cavé

OVERVIEW

Academy Format	A 12 month membership to the academy, rather than stand alone trainings
Investment	R3000 per month for 12 months (early bird and upfront discounts apply)
CEU's	25 Clinical and 5 Ethics (obtained via MCQ any time)
Time (pre-requisite)	Two connect sessions (first and last Masterclass of the year)
Time at your discretion	1 x monthly Case Group (Zoom) (Third Friday of the month 8am to 12 noon) 2 x monthly Masterclasses (Zoom) (Monday 10am to 16:30 OR Tuesday 8am to 14:30) 3 x annual Intensives (Zoom OR in Person in GP) (Friday 10am – 17:00 AND consecutive Saturday 8am to 17:00)
Outcomes	Framework: develop, consolidate, deepen Impact Framework Skills: Strengthen fluency of clinical skills of the dual attunement frame, somatic access point, eye position and movement, and direct verbal suggestion Apply: Master treatment planning and application to clients and presenting complaints.

LEARNING PHILOSOPHY AND FRAMEWORK INTEGRATION

At Impact Academy we learn through connection. Our philosophy rests on the understanding that transformation happens when knowledge is embodied, relationships are authentic, and learning is situated within context. We use an eco-systemic frame that views the person as a system, the person in a system, and the system in context. This means that every experience, emotion, and interaction is seen as both internally generated and relationally influenced. Growth therefore happens through awareness, integration, and attunement across these levels. The Academy’s structure mirrors this philosophy. Each contact point contributes to a different layer of learning.

The PATCAT model provides the scaffolding for this learning process.

- Philosophy grounds us in why we work the way we do.
- Approach guides how we hold the therapeutic relationship.
- Theory explains the principles that inform our understanding of behaviour and change.
- Conceptual framework links these ideas into a coherent structure of being with clients.
- Application translates the framework into real-world practice.
- Technique provides the practical tools and interventions that bring everything together.

Cases invite reflection within the personal system as you integrate your professional identity and clinical thinking.

Masterclasses bring you into the interpersonal system as you engage with peers and expand your skills.

Intensives situate you within the broader context as you embody the work through practice, collaboration, and experiential processes.



The difference between eclectic and integrative: eclectic is playing many instruments well, integrative is being the conductor of the orchestra.

Dr Jeanie Cavé

STRUCTURE

Cases	Peer Integration Sessions When: Third Friday of each month, 08:00 to 12:00 Who: Academy Members and IPA Growth Group Members These sessions are dedicated to live case discussions and collaborative formulation. We draw from the Impact and RPA frameworks to examine real cases through multiple lenses including neurobiological, relational, systemic, and contextual perspectives. The aim is integration, connecting theory to the living process of therapy, supervision, and peer reflection.
Masterclasses	Learning and Concept Integration When: Choose one cohort Mondays 10:00 to 16:30 Tuesdays 08:00 to 14:30 Each masterclass explores a core concept within the Impact Framework through the PATCAT structure. Participants engage with both theory and application, moving from philosophy and approach to clinical technique, to ensure a deep and embodied understanding of brain-based, interactional, and person-centered principles.
Intensives	Practice Immersion and Experiential Learning When: Three intensives per year Friday 10:00 to 17:00 and the consecutive Saturday 08:00 to 17:00 Format: Choose in person or online for each intensive (can alternate) Intensives provide an opportunity for immersive, experiential work. Each one focuses on a major domain of integrative practice including the principles of presenting complaints, integrative practice, and experiential learning. Participants will engage through live demonstration, practice, and guided reflection to consolidate learning and embody the Impact approach.

Together, these three contact points form a cyclical and cumulative learning journey that integrates knowledge through Masterclasses, applies it in practice through Intensives, and reflects on its impact through Cases.

Knowledge

- Deep understanding of the Impact Framework, integrating the PATCAT, IBBA, and RPA models.
- Comprehensive grasp of brain-based, relational, and interactional principles that underpin effective psychotherapy.
- Conceptual clarity about the relationship between the nervous system, behaviour, and relational process.

Skills

- Fluent application of the Dual Attunement Frame, Somatic Access Point, Pointer Work, and Direct Verbal Suggestion.
- Competence in planning and implementing treatment through the Recharge-Reset-Rewire model.
- Skillful use of language, metaphor, and hypnotic suggestion to support rewiring and integration.
- Strategic flexibility in responding to resistance, rupture, and systemic complexity.

Presence


- Embodied awareness of self as system, in system, and in context.
- Ethical and attuned engagement in relational spaces.
- A capacity for reflective practice that translates knowledge into wisdom through ongoing self-inquiry.

Learning in the Academy follows a cyclical rhythm rather than a linear path. Each contact point represents a movement within a living system of development.

Masterclasses introduce and deepen knowledge. Intensives bring that knowledge into embodied experience.

Case discussions integrate reflection, supervision, and peer collaboration.

This rhythm – learn, practice, reflect, integrate – repeats throughout the year, creating an ever-widening spiral of growth. As the cycle continues, theory becomes embodied understanding, skill becomes intuition, and practice becomes artistry.



“If you want to go fast, go alone. If you want to go far, go together”
- African Proverb

MASTERCLASS SYLLABUS

There are 20 Masterclasses per year per cohort. Masterclass focuses are structured to cycle through our eco-systemic frame, with a focus on the four access points of Integrative Brain Based Therapy Context (connect sessions, Dual Attunement Frame), Person as System (Somatic Access Point), Person in a System (Pointer Work) and System in Context (Direct Verbal Suggestion). You will be asked to choose a Masterclass Cohort for your year of Impact Academy, depending on your preference of either:

Monday Cohort: Alternate Mondays 10:00 – 16:30
Start Date: 19 January 2026
Number of participants accepted for 2026:
Minimum 10, Maximum 20

Tuesday Cohort: Alternate Tuesdays 08:00 – 14:30
Start Date: 27 January 2026
Number of participants accepted for 2026:
Minimum 10, Maximum 20

Please note: Please note: The schedule may occasionally be adjusted to accommodate public holidays, the festive season, or unforeseen circumstances (e.g., facilitator illness). Accordingly, the programme comprises 20 sessions rather than 26 for the year. Up to 130 hours of Masterclass Training guaranteed for the year.

Masterclass Syllabus	Topic
MC1 Connection and orientation	Programme overview and building mutual context
MC2 Person Centred Interviewing & the DAF	Developing attunement, presence, and formulation through PCI
MC3 Somatic Skills Part 1	Introduction to somatic tracking and regulation.
MC4 Pointer Skills Part 1	Foundational eye-position and pointer techniques.
MC5 RIH Skills Part 1	Foundational rapid induction hypnosis techniques
MC6 Recharge Reset Rewire Treatment Planning	Thorough training in treatment planning using RRR model
MC7 Post Hypnotic Suggestions Skills	Crafting effective post-hypnotic frames for rewiring.
MC8 Parts Skills	Comprehensive theory, skills, and protocols for IBBA parts work
MC9 Connection and Debrief session	Consolidation and integration.
MC10 Somatic Skills Part 2	Advanced somatic sequencing and pendulation.
MC11 Pointer Skills Part 2	Advanced applications and therapeutic deepening.
MC12 RIH Skills Part 2	Advanced applications and therapeutic deepening.
MC13 Strategic Interactional Psychotherapy	Integrating strategic techniques for working through resistance.
MC14 Connection and debrief	Mid program reflection
MC15 Somatic Skills Part 2	Continued practice and refinement.
MC16 Pointer Skills Part 2	Complex presentations and composite interventions.
MC17 Pointer Skills Part 3	Complex presentations and composite interventions.
MC18 Post Traumatic Growth Continuum	Applicationi of PTGC to client contexts and presenting complaints
MC19 One on One Family Therapy	Brand new Impact Only protocol
MC20 Connection and debrief	Programme closure and consolidation.



To heal is not to erase survival, but to transform it into skill.
– Dr Jeanie Cavé.

PRACTICAL INFORMATION

Payments	<p>12 x Payments of R3000 each starting 1 January 2025</p> <p>Early Bird: Pay first 2 months by 1 November 2025 to receive 15% discounted fee of R2500 per month (next payment 1 March 2026)</p> <p>Upfront Discount: Pay full Academy year fees before 1 November 2025 to receive 25% discount (total R27000)</p>
Attendance	<p>Masterclasses and Case Groups conducted live on Zoom. Intensives can be attended on Zoom or in person in Braodacres, GP.</p> <p>The Academy provides 218 hours of live training. Only first and last Masterclass are pre-requisite. At least 150 hours of training must be completed via live attendance to progress to Level 2 in 2027.</p>
Materials	<p>Training manuals, handouts, printable resources will be provided for all Masterclasses and Intensives</p>
Assessment	<p>Impact Academy values process over performance. There are no exams or tests – learning is measured through engagement, curiosity, and reflective participation.</p> <p>Progress is personally observed subjectively by each participant through:</p> <ul style="list-style-type: none">• Reflective journaling and self-assessment throughout the year.• Integration of principles into live cases and peer discussions.• Enjoyment of clinical work in practice <p>Growth is not about mastery of content, but about deepening coherence between what you know, how you practice, and who you are as a practitioner.</p>

ETHICS AND COMMUNITY ETHOS

Impact Academy functions as a community of practice built on psychological safety, confidentiality, and mutual respect.

Participants are expected to:

- Maintain confidentiality for all material shared within the Academy by trainer as well as participants.
- Engage with curiosity and compassion, recognising that learning involves vulnerability.
- Approach differences in perspective as opportunities for dialogue and understanding.
- Maintain professional boundaries consistent with the HPCSA Ethical Rules and the spirit of Person-Centredness

By upholding these values, we create a collective field of trust that allows learning and transformation to unfold naturally.



Impact begins in awareness – of self, of system, and of the space between.

As you move through the year, may you discover that learning is not only about what you know, but about how you relate, perceive, and connect. The Impact Academy exists to cultivate that awareness – so that your work becomes more than a profession. It becomes a practice of presence.

“We learn to heal by learning to relate.”