

Unit 07 — Keep — the week after the session

Weeks 13-14 · Integrative level

Duration	Weeks 13-14
Level	Integrative level
Delivery	Online study, one live lab each week, small-group practice
Assessment	Written work reviewed by Prof. Oprea; unit 08 adds the case study and oral assessment
Tuition	Included in the programme tuition of \$1,799 — or 6 monthly instalments of \$300
Cohort size	Small groups, so every session gets attention

Overview

Applied positive psychology and epigenetic coaching for consolidation, plus what to do honestly when nothing has moved.

Learning objectives

- Design one small daily practice
- Structure the review against agreed markers
- Respond appropriately when there is no measurable change

Prerequisites

- Enrolment in a current cohort
- Unit 06 — Turn — the change itself, including its written work
- Signed intake and consent forms reviewed in Unit 02

Core concepts

Consolidation · habit formation · structured review · honest measurement

Applied component

Write a Keep plan and a review script for a live client.

Founded and taught by Prof. Catalina A. Oprea. The Certificate of Completion is issued by Hermes University Rome and signed by Prof. Oprea. It is a private professional certificate: it is not a government licence and does not replace any registration you need locally in order to practise. Questions: support@thekuremethod.com