Meditation Teacher, Holistic Coaching & Holistic Counselling Training Program

Course Manual

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Course Background

Meditation Teacher, Holistic Coaching & Holistic Counselling Training Program

Our internationally award-winning and industry-approved training courses are delivered by quality training organisations all over the world.

- **Flexible, online courses available**
- **Study with high support**
- **Internationally industry approved training**
- **Course options to suit all career goals**
- **Practitioner, Advanced Practitioner and Master Practitioner level courses**

If you are looking for a unique, evidence-based and industry recognized course you are in the right place!

Study only at times that work for you that will lead you into an exciting career.

We are motivated to respond to the ever-increasing global incidents of physical, emotional and mental disease, including anxiety and depression. The demand for more meditation teachers and holistic therapists is huge and growing as more people seek evidence-based, holistic ways to realign their health and maintain their physical, mental and emotional wellbeing.

About Mind Body Education

Mind Body Education is a global education network that provides industry-approved, evidence-based training in holistic wellbeing therapies.

2021 corporatevision Education and Training Awards

Mind Body Education
Best Global Holistic Therapy Training Provider 2021

We offer internationally recognized courses and programs for people wishing to become certified holistic therapists or teachers in one or more of our modalities and also for existing holistic wellbeing professionals who are ready to take the next step and become training providers.

Our courses are available through independent training providers worldwide and currently offered online and on-campus in Australia, New Zealand, United States, United Kingdom, India, Russia, Brazil, United Arab Emirates, Canada, Ireland and more.

We at Mind Body Education, and the independent training providers who work with us, are working towards training many more therapists and making self-empowering, holistic therapies more accessible to all people who wish to live their best lives.

Together, we are making a real difference on a global scale!

Thanks to our training providers, we are recognized for delivering the most comprehensive, industry-recognised and evidence-based training courses in holistic wellbeing globally.

Our courses provide qualifications from Practitioner to Master Practitioner level for those wanting to pursue careers as:

- **Meditation Teachers and Therapists**
- **Holistic Counsellors**
- **Empowerment Coaches**
- **Holistic Integrative Creative Arts Therapists**

If you are ready to become a certified meditation teacher or holistic therapist, you can find a training provider in our directory.

If you are ready to take your holistic wellbeing career to the next level and become part of the global solution by helping to train meditation teachers and holistic therapists, then apply to become a licensed MBE Training Provider.

We are looking forward to welcoming you!

Accreditation

Mind Body Education Professional Practitioner Training Courses are internationally industry recognized in the following countries:

United Kingdom	**Iceland**	**Austria**
Ireland	**Belgium**	**Malta**
Germany	**Luxembourg**	**Isle of Man**
France	**Greece**	**Netherlands**
Spain	**Latvia**	**Australia**
Portugal	**Sweden**	**India**
Denmark	**Channel Islands**	**New Zealand**
Gibraltar	**Norway**	**United States**
Liechtenstein	**Estonia**	**Canada**
		South Africa

MIND BODY SPACE

CMA

2022 SEAL of EXCELLENCE

APPROVED TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

IMTA

International Association of Therapists
Accredited Training Provider
www.iaoth.com

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M&A TODAY GLOBAL AWARDS 2022 WINNER

2022 SEAL of EXCELLENCE
GLOBAL EDUCATION AMBASSADOR
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

2021 corporate vision Education and Training Awards

Mind Body Education
Best Global Holistic Therapy Training Provider 2021

Our Courses

Meditation Teacher Training Course (Details on page 7)
(min 120 hours) – 12 modules.
Course duration: **3 months part-time**
Part-time 10 hours study per week x 12 weeks
Full time 20 hours study per week x 6 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers

Corporate Stress Management Practitioner Training Course (Holistic Training and Assessment) (Details on page 10)
(min 220 hours) 35 modules.
Course duration: **6 months part-time**
Part-time 10 hours study per week x 26 weeks. Study break allowance (included in course durations) = 6 weeks
Full time 20 hours study per week x 15 weeks. Study break allowance (included in course durations) = 4 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Stress Management

Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course
(Details on page 12)
(min 360 hours) 24 modules
Course duration: **1 year part-time**
Part-time 10 hours study per week x 46 weeks. Study break allowance (included in course durations) = 10 weeks
Full time 20 hours study per week x 23 weeks. Study break allowance (included in course durations) = 5 weeks
IICT Recognised certification: (1) Meditation teacher (2) Holistic counselling skills for meditation teachers

Practitioner of Meditation Therapies Training Course
(Details on page 14)
(min 520 Hours) 32 modules
Course duration: 15 months part-time
Part-time 10 hours study per week x 64 weeks. Study break allowance (included in course durations) = 12 weeks
Full time 20 hours study per week x 32 weeks. Study break allowance (included in course durations) = 6 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist

Practitioner of Holistic Empowerment Coaching Training Course
(Details on page 15)
(min 600 hours) 36 modules
Course duration: 19 months part-time
Part-time 10 hours study per week x 72 weeks. Study break allowance (included in course durations) = 12 weeks
Full time 20 hours study per week x 36 weeks. Study break allowance (included in course durations) = 6 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching

Master Practitioner of Holistic Empowerment Coaching Training Course (Details on page 17)
(min 840 hours) 48 modules
Course duration: 2 years part-time
Part-time 10 hours study per week x 100 weeks. Study break allowance (included in course durations) = 16 weeks
Full time 20 hours study per week x 50 weeks. Study break allowance (included in course durations) = 8 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching

Master Practitioner of Holistic Counselling Training Course
(Details on page 19)
(min 1,100 hours) 53 modules
Course duration: 2 ½ years part-time
Part-time 10 hours study per week x 110 weeks. Study break allowance (included in course durations) = 20 weeks
Full time 20 hours study per week x 55 weeks. Study break allowance (included in course durations) = 10 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (5) Holistic Counselling

Master Practitioner of Meditation Teaching and Holistic Counselling Training Course
(Details on page 21)
(min 1,340 hours) 63 modules
Course duration: **3 years part-time**
Part-time 10 hours study per week x 134 weeks. Study break allowance (included in course durations) = 22 weeks
Full time 20 hours study per week x 67 weeks**.** Study break allowance (included in course durations) = 14 weeks
IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (**5**) Holistic Counselling

20 Professional courses (Details on page 24)
(min 80 hours each) 4 modules each

Part-time 10 hours study per week x 8 weeks.
Full time 20 hours study per week x 4 weeks.

> **... This course gives you many options for your future both professionally and personally.**
>
> - Vicki R

Course Descriptions

Meditation Teacher Training Course (average 120 hours) – 12 modules.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers
Initials graduates can use: Mbe.MedTeach. (Mind Body Education Meditation Teacher)

Curriculum Area	Competency	Minimum Hours
Module One Foundation studies in meditation	History and theory of meditation Meditation in the western world Brainwaves in meditation Meditation techniques and styles Developing meditation routines Deepening and refining your practice	10 hours
Module Two Understanding the cause & effects of stress	Understanding stress Psychological causes of stress The Fight-or-flight response Physiology of the stress response Human behavioural manifestations of fight-or-flight Negative effects of the stress response in humans Positive stress Stress management Meditation development and practice Chakra meditation Concentrative meditation Mindfulness meditation	10 hours
Module Three Foundations of human happiness	The psychology of happiness Subconscious programming and reprogramming States of mind Fundamentals of self-image The pursuit of happiness Subconscious programming and reprogramming Guided meditation (creative visualisation)	10 hours
Module Four Tools for healing	Tools for healing Positive thinking skills Foundations of mind-body medicine	10 hours

	Meditation as a healing tool & hypnotic states Journaling and gratitude Understanding affirmations Tools for developing a positive self-image Meditation as a healing tool Movement meditation	
Module Five Meditation styles and techniques	Poses and positions Breathwork Chakras and energy meditation Guided meditation & creative visualisation Mantras and affirmations in meditation Gentle seated movement meditation (formally chair yoga)	10 hours
Module Six Teaching skills	Before you teach Talking to groups & group leadership skills Answering questions about meditation Leading guided meditations Overcoming obstacles to meditation practice Creating safe and effective teaching environments Group leadership skills	10 hours
Module Seven Working with specific groups	Teaching various meditation styles Working with teenagers Working with people with physical disabilities Working with people with emotional disorders Working with health care professionals Business clients and corporate groups Dealing with difficult clients	10 hours
Module Eight Counselling & coaching skills for meditation teachers	A client-centred approach Your role as holistic counsellor Building the foundations of happiness Equipment Outcomes of holistic counselling The holistic counselling sessions Assessment and introspection Goal setting Support Part Listening skills Holistic counselling tools for meditation teachers	10 hours

	• Life charting • Reflection time • Needs assessment chart • Gratitude journal • Worry time • Positive thinking skills • Affirmations • Meditation as a healing tool	
Module Nine Designing and facilitating classes and workshops	Designing courses and workshops Integrity and intentions Setting the scene Creating strong foundations for your groups Understanding learning styles Choosing your teaching style Terrific teaching techniques and tips Student management Working with seniors Choosing venues	10 hours
Module Ten Virtual, corporate and community settings	Corporate stress management workshops – Includes corporate teachers course manual. Approaching community groups and organisations Volunteer and community work Teaching online – Using Zoom Corporate stress management	10 hours
Module Eleven Holistic small business management	Ethics and Professionalism Your public profile Fundamentals of customer service Maintaining student/client records Charging for your services Running a small home office Joining organisations Insurance and legalities	10 hours

Module Twelve Marketing: The key to success	Understanding the power of branding Targeted marketing and advertising Building your community How to find and use free advertising Public image Final review Your graduation	10 hours

Corporate Stress Management Practitioner Training Course (Holistic Training and Assessment)
(min 220 hours) – 35 modules.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Stress Management
Initials graduates can use: Mbe.CorpStressprac. (Mind Body Education Corporate Stress Practitioner)

Curriculum Area	Competency	Minimum Hours
Unit One **Meditation Teacher Training Course** 12 modules	See modules for the Meditation Teacher Training Course.	120 hours
Unit two Holistic Training and Assessment 19 modules	• Introduction • Before you teach • Your teaching space • Integrity and intentions • Setting the scene • Creating strong foundations • Learning styles • Teaching styles • Delivery techniques • Student management • Teaching online • Teaching via Zoom • Maintaining your cool • Counselling and coaching skills for trainers and assessors	20 hours

	• Assessments • Designing workshops • Working from home • Marketing your training and assessment courses	
Unit three Postgraduate Certificate in Corporate Stress Management 4 modules	• Corporate stress management and what a corporate stress management consultant does • Understanding your corporate stress management students and clients. • How to market your corporate stress management services and attract clients to your business. • Conduct Corporate Stress Management consultations to assess your prospective clients' needs. • Assess and analyse your corporate clients' needs. • Design Corporate Stress Management proposals and provide quotes. • Calculate fees and costs for your services. • Source and book suitable venues for workshops when onsite workshops are not an option. • Design class plans for corporate stress management courses and workshops • Materials and equipment for conducting corporate stress management courses and workshops • Holistic counselling for corporate clients • Teach stress management and meditation to executives and upper management • Tools and procedures for corporate clients • Workplace health and safety • Managing difficult and unwilling participants • Assessing and reporting on productivity in the workplace • Facilitating corporate retreats • Providing ongoing programs	80 hours

	• Developing your professional reputation and public image • Creating an online presence • Developing confidence and professionalism	

Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course
(Min 360 hours) – 24 modules.

Recognised certification: (1) Meditation teacher (2) Holistic counselling skills for meditation teachers
Initials graduates can use: Mbe.AdvMedTeach. (Mind Body Education Advanced Meditation Teacher)

Curriculum Area	Competency	Minimum Hours
Unit One **Meditation Teacher Training Course** 12 modules	See modules for the Meditation Teacher Training Course.	120 hours
Unit two Postgraduate Certificate in Autonomic Nervous System Realignment Therapy 4 modules	• Introduction • How you will be able to use autonomic nervous system reprograming • The study of the ANS (autonomic nervous system) • Dr Bruce Lipton • Language • The three brains • The autonomic nervous system • Neurochemicals • The endocrine system • Module summary • The Autonomic Nervous System (ANS) • The Amygdala • The Central Nervous System (CNS) • The Autonomic Nervous System (ANS) • What a nerve consists of • The evolution of human consciousness • Homeostasis • The heart brain • The Gut Brain • Reprogramming the autonomic nervous system by changing our perceptions and beliefs • Finding beliefs to change • Belief changing technique **Required Reading:** **Beyond the Relaxation Response: How to Harness the**	80 hours

	Healing Power of Your Personal Beliefs by Herbert Benson MD **The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles** by Bruce H. Lipton PHD	
Unit three Postgraduate Certificate in Brain-Body Medicine 4 modules	• Introduction to Brain Body Medicine (Psychophysiology) • The Role of the Brain Body Therapist (Psychophysiology Therapist) • Introduction to Brain Body Medicine • The Physiology of Belief • Traumatic Beliefs • The Power to Heal • The Faith Factor and How to Provide it • Providing Evidence for Your Clients • Placebo – The Science Behind Brain Body Medicine • Diagnosis and Seeking the Cause of Illness • Guiding Clients to Self-diagnose and Healing • Psychophysiology Diagnostic Tools • How to Work with Damaging Belief Systems and Conditioning • Medical Meditation • Writing the Prescription • Tools for the Psychophysiology Therapist • Marketing Your Brain Body Therapy Practice • Building Clientele • Referring and Networking **Required Reading:** **Mind Over Medicine: Heal Your Thoughts Cure Your Body b**y Lissa Rankin MD	80 hours

	Meditation as Medicine: Activate the Power of Your Natural Healing Force by Dharma Singh Khalsa MD	
Unit four Postgraduate Certificate in Advanced Holistic Counselling for Meditation Teachers 4 modules	• Introduction to Advanced Holistic Counselling • Seeing Clients – Individual and Group Therapy • Humanistic Psychology • Emotions and Counselling • Relationship Counselling and Counselling Couples • Counselling Young Adults • Trauma Counselling • Counselling Clients with Depression • Mediating • Running Group Counselling and Therapy Sessions • Fight or Flight and the Relaxation Response Review • • Powerful Tools for Holistic Counselling • Creative Expression Therapy **Required Reading:** The Games People Play by Eric Berne PHD	80 hours

Practitioner of Meditation Therapies Training Course (min 520 Hours) 32 modules

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist
Initials graduates can use: Mbe.MedTherp. (Mind Body Education Advanced Meditation Therapist)

Curriculum Area	Competency	Minimum Hours
Unit One **Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course** 24 modules	See modules for the Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course	360 hours

Unit two **P**ostgraduate courses of the students**'** choice from the list below 4 modules	As per the selected units	80 hours
Unit three **P**ostgraduate courses of the students**'** choice from the list below 4 modules	As per the selected units	80 hours

Practitioner of Holistic Empowerment Coaching Training Course (600 hours) 36 modules

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching
Initials graduates can use: Mbe.EmpCoach. (Mind Body Education Empowerment Coach)

Curriculum Area	Competency	Minimum Hours
Unit One **Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course** 24 modules	See modules for the Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course	360 hours
Unit Two Postgraduate Certificate in Holistic Telephone Counselling 4 modules	• Introduction to telephone counselling • Using Zoom and other online platforms for counselling • Outline of the counselling call • The seven core principles of telephone counselling • Feelings are key • Active listening • Minimal encourages • Reflection of content • Exploration of feelings • Open and closed questions • Guidelines for summarising	80 hours

	• Basic telephone counselling communication guidelines • Barriers to effective communication • Listening skills • Self-care • Warnings and contras - When not to use telephone counselling • Domestic violence and suicidal clients • Role play exercises **Required reading:** The telephone counsellor's role play handbook by Kerry Doolan Telephone Counselling - A Handbook for Practitioners by Maxine Rosenfield	
Unit Three Postgraduate Certificate in Holistic Grief and Loss Counselling 4 modules	• Introduction grief and loss counselling • What is grief? • Healing the wounds of grief • Grief takes time • The journey through grief • The grief processes • The role of the holistic grief counsellor • The pitfalls to avoid • Influencing factors on grieving • Resources and referrals • Complicated grief • Depressive grief and clinical depression • Dealing with Acute Emergency Situations (AES)	80 hours

	• The grief counsellor's role in AES • Guidelines for grief counselling • Counselling the dying • Taking care of yourself • Debriefing	
Unit Four Postgraduate Certificate in Holistic Trauma and Abuse Counselling 4 modules	• Introduction to trauma and abuse counselling • Trauma • How healing happens • Foundational Relationship Attachment Concepts • Abuse • Treatments and Solutions • The Role of Love in Healing from trauma and/or Abuse • Earned Secure Adult Attachment **Required Reading:** Earned Secure Adult Attachment by Kerry Doolan	80 hours

Master Practitioner of Holistic Empowerment Coaching Training Course (840 hours) 48 modules

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching
Initials graduates can use: Mbe.MastEmpCoach. (Mind Body Education Master Empowerment Coach)

Curriculum Area	Competency	Minimum Hours
Unit One **Practitioner of Holistic Empowerment Coaching Training Course** 36 modules	See modules for the Practitioner of Holistic Empowerment Coaching Training Course	600 hours
Unit Two Postgraduate Certificate in Holistic	• Introduction to holistic marriage and relationship counselling	80 hours

Marriage and Relationship Counselling 4 modules	• Benefits of Holistic Marriage and Relationship Counselling • Issues to consider • Attachment Styles • Communication Styles • Issues for a couple to consider • Love Maps • Strategies for success in making marriages work • Meditation as an effective modality in relationship mediation. **Required Reading:** **Wired for Love:** **How Understanding Your Partner's Brain Can Help You Defuse Conflicts and Spark Intimacy b**y Stan Tatkin PsyD. MFT.	
Unit Three Postgraduate Certificate in Holistic Therapies for PTSD 4 modules	• Introduction to Post Traumatic Stress disorder • Understanding PTSD • The vagus nerves • Foundational Relationship Attachment Concepts • The effects of abuse and neglect in early life • The effects of depression, stress and anxiety • Treating depression • Understanding panic attacks • Working with grief and loss • Tools for managing PTSD • Using art therapy to treat PTSD • Designing meditations for PTSD • Talk therapy and PTSD • Designing programs and workshops for PTSD • Self-care for PTSD counsellors	80 hours

	Required Reading: The body keeps the score by Bessel Van Der Kolk	
Unit Four Postgraduate Certificate in Inner-Child Work 4 modules	• Types of Childhood Trauma • Theta waves and the realm of imagination • The wounded child • Tools, exercises and activities for working with the Inner-Child • Designing Inner-Child healing programs and workshops • **Required Reading:** Heal Your Inner Child by Glenn Harrold FBSCH Dip C.H.	80 hours

Master Practitioner of Holistic Counselling Training Course (1,100 hours) 53 modules – Not Available in the USA due to differing regulations from state to state. A minimum of 120 hours of this course must be completed in a face-to-face learning environment. This can be done via zoom (or other live conference call), in a classroom or via residential retreat.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (5) Holistic Counselling
Initials graduates can use: Mbe.HolCouns. (Mind Body Education Master Holistic Counselling)

Curriculum Area	Competency	Minimum Hours
Unit One Master **Practitioner of** Holistic Empowerment Coaching **Training Course**	See modules for the Master Practitioner of Holistic Empowerment Coaching Training Course	840 hours
Unit Two Holistic Counselling Skills 1 module	• Creating safe environments • Client Centred Therapy • Understanding Anger • Anger Management • The Polyvagal Theory	40 hours

	• Ethics for holistic counsellors • Client Assessment **Required Reading:** Holistic Counselling - A New Vision for Mental Health by Dr Patricia Sherwood The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton Series on Interpersonal Neurobiology) by Deb A. Dana	
Unit Three Clinical Practice 1 module	Case Study Sessions Students will *take five volunteer clients through hour long counselling sessions each week for 10 weeks. Supervision and guidance will be provided via email to assist students with planning and facilitating the case study sessions. Case study sessions maybe conducted in your own home, live via video conferencing (like zoom) or at a well-being centre in your local area.* Volunteers will complete a review and email this to the college after each session to provide feedback on the students counselling abilities.	50 hours
Unit Four Case studies exam 1 module	Write and submit an essay detailing the experiences gained through the case study sessions.	10 hours
Unit Five **Holistic Psychotherapy** **1 module**	• Meditation as therapy • Introduction to holistic psychotherapy	80 hours

	• Psychodynamic Therapy • Family Therapy • Dialectical Behaviour Therapy • Interpersonal Therapy • Thought Field Therapy • Sand-play therapy • Rebirthing-breathwork • Neuro Linguist Programming • Hypnotherapy • Emotional Freedom Technique • Expressive Therapy • Drama and Role Play Therapy • Art Therapy • Acceptance and commitment therapy (ACT)	
Unit Six **Master Practitioner of Holistic Counselling Thesis** **1 module**	Research and write a Master Practitioner of Holistic Counselling Thesis. • Develop ideas based on acquired knowledge and accumulated experience • Complete a major research project • Create a substantial piece of writing to demonstrate in-depth knowledge of selected topics	80 hours

Master Practitioner of Meditation Teaching and Holistic Counselling Training Course
(1,340 hours) 63 modules

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (5) Holistic Counselling
Initials graduates can use: Mbe.HolCounsMedTeach. (Mind Body Education Master Holistic Counselling Meditation Teaching)

Curriculum Area	Competency	Minimum Hours
Unit One **Master Practitioner of Holistic Counselling Training Course** 53 modules	See modules for the Master Practitioner of Holistic Counselling Training Course	1,100 hours
Unit Two Postgraduate Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing	• Introduction to Meditation for Women in Transition and Women's Mid-life Health and Wellbeing • Defining the Mature Woman (mid-life)	80 hours

4 modules	• The Mature Woman in Modern Society • What Older Women Really Want • The Role of the Therapist Working with Women in Mid-life • Health Issues for Mature Women • Menopause • Empty Nest Syndrome • Marriage Breakdown • Career Changes • Sexuality and the Older Women • Positive Health Habits for the Mature Woman • Tools and Exercises • Diet and Nutrition • Herbs • Defining and meeting needs • Hormones Research Project • Working with women from diverse cultural backgrounds • Working with Women Individually • Working with Women in Groups • Inner Goddess Workshops • Running Women's Retreats • Open book exam based on the required reading book: The Female Brain • **Required Reading:** The Female Brain by Dr Louann Brizendine	
Unit Three Postgraduate Certificate in Meditation for Men's Health and Wellbeing	• The Psychological issues for men's health • Physiological issues for men's health • Love and self-love	80 hours

4 modules	• Sex & sexuality • Emotional guidance strategies • Alienation • Relationship breakdown • Suicide ideation • Alcoholism • Drug dependence • Working with Substance Abuse • Working with Suicidal, potentially suicidal & self-harming clients • Working with the emotionally disconnected male • Tools for healing **Required Reading:** Manhood by Steve Biddulph The Male Brain by Louann Brizendine	
Unit Four Meditation **C**ourse **D**esign 1 module	Design a six-week meditation program comprised of six x 1 ½ hour sessions. Including mapping intent and processes of achieving the desired outcomes.	80 hours
Unit Four 30 Hour case study 1 module	Students are required to provide three detailed references from students who have studied meditation with them for more than a total of 10 hours each	

Professional Courses

20 Professional courses
80 hours each

Add-ons and electives

Fast Facts:

- **Prerequisite: Meditation Teacher Training Course.**
- **Enrol in individual postgraduate courses at any time after completing the certificate course.**
- **Students receive a postgraduate certificate for each course completed.**
- **Study hours:**
  - **Full-time: 4 weeks (20 hours per week)**
  - **Part-time: 8 weeks (10 hours per week)**

Certificate in **Autonomic Nervous System Realignment Therapy (ANSR)**

The Autonomic Nervous System is responsible for determining which neurochemicals and what amounts are released into our bodies; these chemicals create the physical environment our cells form and live in. This course explores the link between the way we chose to think (our perception), the neurochemicals those mental states determines and how chemical imbalances cause disease. Based on clinical evidence, ANSR investigates how and why, what we think influences our level of physical wellbeing and explains, in practical terms, how changing our thinking process will dramatically improve our physical health.

Certificate in **Brain Body Medicine**

This course explores why people can find themselves 'trapped' in old belief systems, negative thinking and habitual ideas that do not contribute to living happy or healthy lives. It provides a deeper understanding of the simple and practical tools we can use to help adopt a more positive and healthier thinking process. It includes in-depth exploration of how and why particular thinking patterns manifest into specific physical

illness. Based on scientific research and humanistic psychology, this course takes the mystery out of 'mind body medicine' and brings a popular theory into a new light as concrete healing modality.

Certificate in Advanced Holistic Counselling Therapy

This course delves deeper into the practicalities of holistic counselling therapy. You will study communication skills (verbal and nonverbal), building counsellor/client relationships, relationship counselling, the holistic counselling process, mental and emotional wellbeing, counselling parents, counselling teenagers and releasing past trauma. This course also looks at the important ethical aspects of holistic counselling and will guide you in developing a completely professional practice.

e Certificate in Holistic Marriage and Relationship Counselling

This course provides students with the skills and information required to counsel married couples, unmarried couples, families, siblings and others involved in close relationships who are seeking assistance to overcome difficulties within the relationship.
In this role the Marriage and Relationship Counsellor will often act as a mediator and will provide the couple (or family) with positive communication skills and life tools to assist them in expressing their emotions in a positive and non-blameful manner, taking responsibility for their part in the relationship breakdown, setting goals and identifying desired outcomes for themselves and the relationship.

Certificate in Holistic Trauma and Abuse Counselling

Trauma and Abuse Counselling works to assist people whose lives have been adversely affected through being abused or traumatised either physically and/or psychologically. This may include sexual abuse, violent physical attack, bullying at home and school or in the workplace, domestic violence, witnessing or being involved in a traumatic incident or accident.
The Trauma and Abuse Counsellors provides support, guidance and resources for the client to overcome the trauma and begin to implement strategies and positive life habits that allow them to live a normal, balanced life again.
Trauma and Abuse Counsellors must also have a thorough understanding of referral networks and the cycle of domestic violence as some of their clients may still be experiencing abuse and require guidance in removing themselves from danger.

Certificate in Holistic Grief and Loss Counselling

Grief and Loss counselling become necessary when a person is so disabled by their grief and so

overwhelmed by their loss, that their normal coping processes are disabled or shut down.
People may require Grief and Loss Counselling after the death of a loved one, after a long term relationship ends or even after losing their job. All people experience grief and loss differently. Grief counselling facilitates the expression of emotion and thoughts about the loss, including their feeling sad, anxious, angry, lonely, guilty, relieved, isolated, confused, or numb.
Holistic Grief and Loss Counsellors are able to provide clients with coping skills, emotional support and resources (and sometimes referrals) to help support them through the normal grieving process and also through what is known as 'complicated grief' (which occurs when the client gets stuck in, or does not progress through, the natural stages of grief on their own.

Certificate in Meditation Therapy for the Management of Depression and Anxiety

This course provides people with the tools required to self-manage depression and anxiety as well as better manage stress in daily life. As we witness the distressing increase in the number of people dependent on antidepressant drugs to cope with daily life, we realise how essential it has become to provide natural and self-managed alternatives to medication as a standalone treatment. Teaching Meditation for Depression and Anxiety is particularly useful for practitioners who wish to focus on the epidemic of stress, depression and anxiety-related disorders that are rampant in our society.

Certificate in Meditation Therapy for the Management of Pain and Healing

Modern research has confirmed the age-old wisdom that meditation has the ability to cure many physical and psychological ailments. This training program allows practitioners to specialise in the area of self-empowered healing and personal pain management and covers self-healing, recovery and meditation for pain management. This is an excellent course for anyone who is interested in working in the holistic healing field and combines particularly well with Chair Yoga teaching.

Certificate in Meditation for Children

This is a great course for those with a special interest in children. Teaching meditation to children is very different from teaching adults and offers young students a fantastic first step toward a lifetime of health and happiness. The kids' classes are lots of fun and high energy. Children learn the basics of traditional yoga poses through role play. They learn about how their bodies work, how to look after themselves and how to be calm and relaxed as well as developing a myriad of important positive life skills to help them cope with the pressures of daily life. Learning meditation also significantly contributes to better sleeping patterns for children and a wide range of other health and emotional benefits for kids and their parents.

Certificate in Prenatal Meditation

Prenatal meditation and the use of meditation during childbirth contribute significantly to a more peaceful, faster and less painful birthing experience. It also helps to create a calmer, happier baby and a more confident, relaxed mother. This is a wonderful and rewarding field to teach meditation in and the program you will learn to facilitate can be offered as a two-day workshop or adapted for a weekly class structure.

Certificate in Meditation Therapy for Men's Holistic Health and Wellbeing

This course offers a fantastic opportunity to explore the issues many men face in our modern society. Subjects include men and communication, understanding anger, facing fear, sexuality, men's roles in modern society, rites of passage, fatherhood, men's health, and cultivating creativity for men. This course also covers running workshops and retreats for men, including warrior-style workshops and celebrations of manhood.

Certificate in Meditation Therapy for Women's Midlife Health and Wellbeing

This course will prepare you to support women in transition and guide them with beautiful tools that assist in developing high self-esteem, self-empowerment, inner strength, trust, self-love, joy and forgiveness. You will also learn about the physical effects of menopause, explore social attitudes regarding women and aging and develop an understanding of the effects of diet, exercise and meditation during menopause. This course also covers running workshops and retreats for women, including goddess-style workshops and celebrations of womanhood.

Certificate in Meditation Therapy for Weight Management

This course will assist you in developing a good understanding of the causes underlying weight problems, eating disorders and obesity; the physical and emotional impact these conditions have on people's health and quality of life and teach you how to facilitate workshops which assist people in accomplishing a healthy body weight, developing and maintaining healthy lifestyles, healthier mindsets and a more positive self-image. You will also be able to assist people in adopting healthy eating habits, basic exercise programs and meditation routines and guide them towards developing positive thinking skills. Your clients and students will be exposed to a new understanding of why they have weight issues and will be inspired to apply new, practical and achievable ideas. They will have the resources and support they need to overcome the root causes of their weight issues and move forward into a healthier and happier future.

Certificate in Corporate Stress Management

Stress can have a major effect on work performance. Some of the consequences include absenteeism, diminished performance, negative attitude and cynicism, decline in commitment and creativity, and a decreased ability to concentrate, learn and interact with other employees. Stressed workers can also develop a range of negative health symptoms including insomnia, headaches, back pain, gastrointestinal disorders, fatigue, anxiety, irritability and depression. This course focuses on developing your skills as a Corporate Stress Management Consultant and using your qualification to help build strong workplace stress management programs, better self-esteem among employees, stronger workplace teams and greater productivity levels for business owners.

Certificate in Elemental Movement Meditation

Movement meditation encourages natural and authentic self-expression and provides a means of re-connecting with our most primal, graceful and authentic self. It opens our creative life force, expands awareness and develops equanimity.
Students will experience the benefits of movement meditation and learn how to facilitate courses and workshops for a range of different groups.

Certificate in Sound Therapy and Vibrational Healing

A living cell is a blend of resonant frequencies — vibrational healing influences cellular health by changing its frequency through sympathetic resonance. Sound Therapy acts as a catalyst for healing by transferring energy frequencies into the physical body. This type of therapy has been used in medicine in both treatment and diagnostics for many years.
Learn how and why this intriguing therapy works and experience Sound Therapy and Vibrational Healings self-evident benefits for yourself.

Certificate in Holistic Therapies for PTSD

Based on the ground-breaking work of psychiatrist, author and educator, Bessel van der Kolk, who has been at the forefront of research in the area of post-traumatic stress the 1970s. Dr van der Kolk has spent his career studying how children and adults adapt to traumatic experiences and have interpreted his findings into his book; The Body Keeps the Score.

Students will explore what PTSD is, how it is recorded in the brain, and how it affects the development of the cells. You will also discover very effective ways for supporting your clients to move beyond PTSD into self-empowerment and improved mental, emotional and physical health.

Certificate in the ART of Meditation

Creating art is a type of meditation that can have fast and profound healing benefits. Art making is a natural vehicle for meditation, relaxation and self-connection. It increases awareness and emphasises acceptance of feelings and thoughts without judgment. It is a catalyst for the relaxation of the body and the mind.
Art therapy is useful where talk therapy is ineffective because the client cannot express their issues in words. It assists clients to explore, express and accept their thought and feelings in a peaceful and self-empowering way.

Certificate in Inner Child Work

So many, if not all, emotional issues and mental health problems can be traced back to childhood trauma. Inner child work is a way of effectively identifying and resolving childhood trauma. It is focused on the experiences, emotions and unconscious beliefs still being held onto by the adult as a result of childhood experiences. It helps to develop a sense of safety as well as connecting us to the joy, innocence, playfulness, openness and confidence of childhood.

Certificate in Holistic Telephone Counselling

This course prepares students to offer telephone and online counselling therapy for clients who are unable to attend in person for various reasons. These reasons may include family or work commitments, disability, location, lack of transport or isolation.
Telephone counsellors need special skills to ensure the client experiences as close as possible, the safe and nurturing environment the counsellor would provide in a face-to-face consultation.

For the next intake dates, times,

and course fees, please visit this link.