

Meditation Teacher Training Program Course Manual

On Campus Study - Including postgraduate courses

College of Conscious Living



Mind Body Education
Best Global Holistic Therapy
Training Provider 2021



**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS





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Course Background

Meditation Teacher Training Program

Our internationally award-winning and industry-approved meditation teachers training course and postgraduate courses are delivered face to face by experienced meditation practitioners.



- Interactive & face to face
- Study with high support
- Internationally industry approved training
- Course options to suit all career goals
- Practitioner and Advanced Practitioner courses available (T&Cs apply)

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

Study an interactive on-campus course 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 College of Conscious Living

The College of Conscious Living is based in Queensland Australia and provides industry-approved, evidence-based training in holistic wellbeing therapies.

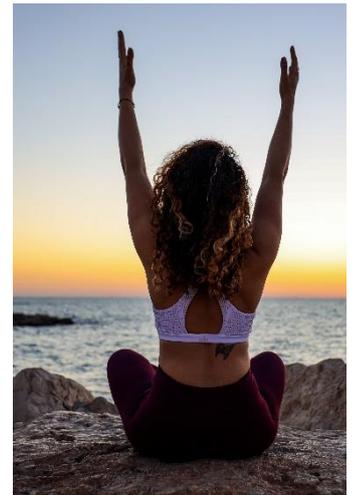
We offer internationally recognized courses for people who wish to become certified holistic therapists or teachers in meditation and holistic integrated creative arts therapies (HICAT).

For information on HICAT, please ask for the course prospectus, training is available online and face to face.

The meditation teachers training is offered on campus and is face to face learning.

We also offer postgraduate courses, also known as professional development courses, for students who wish to further their knowledge and/or keep their professional development current and ongoing.

It is our passion to offer these self-empowering courses, which allow you to turn your dreams into a career and live your best possible life.



***"With a qualification in meditation teaching,
You can make a real difference to the quality of your
life and to the life of your clients"
- Sanja***



Accreditation

College of Conscious living Professional Training Courses are internationally industry recognized in the following countries:

United Kingdom
Ireland
Germany
France
Spain
Portugal
Denmark
Gibraltar
Liechtenstein

Iceland
Belgium
Luxembourg
Greece
Latvia
Sweden
Channel Islands
Norway
Estonia

Austria
Malta
Isle of Man
Netherlands
Australia
New Zealand
United States
Canada
South Africa

COURSE INVESTMENT

| | | |
|--|---|---|
| Option 1 Payment in full Total: \$1320 AUD* | Option 2 Payment Plan Total: 1320 AUD* \$660 AUD* Deposit paid on enrolment \$660 AUD* Paid half way through the course *Price incl GST | Option Payment Plan Total: 1320 AUD* \$220 AUD* Deposit paid on enrolment \$220 AUD* x 5 weeks Paid at the beginning of each study week *Price incl GST |
|--|---|---|



Course Description

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

Course duration options: 6 weeks full-time study, 12 weeks part-time study, or 7 day retreat intensive study.

Study options are set by the college

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

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 Meditation as a healing tool & hypnotic states Journaling and gratitude Understanding affirmations Tools for developing a positive self-image | 10 hours |



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| | 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 <ul style="list-style-type: none"> ● Life charting ● Reflection time ● Needs assessment chart ● Gratitude journal ● Worry time ● Positive thinking skills ● Affirmations ● Meditation as a healing tool | 10 hours |
| 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 | 10 hours |



| | | |
|--|---|----------|
| | Working with seniors Choosing venues | |
| 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 |



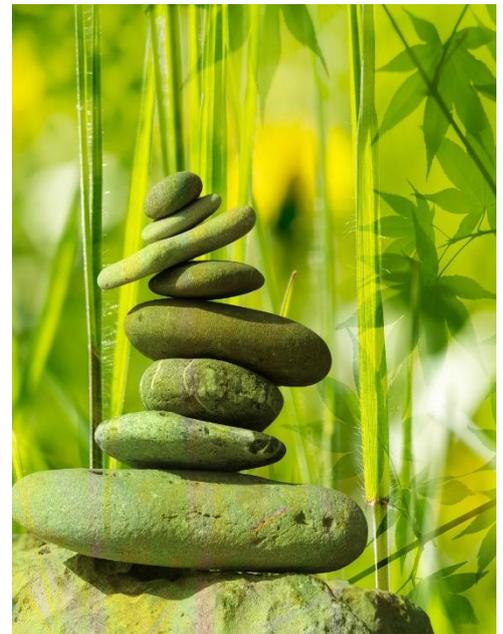


Professional Development Courses

20 Postgraduate Certificate Courses

Fast Facts:

- Prerequisite: Meditation Teacher Training Course or Holistic Integrated Creative Arts Therapy Practitioner training (HICAT).
- Enrol in individual Professional Development courses at any time after completing the certificate course.
- Students receive a certificate for each course completed.
- Study hours:
 - Full-time: 4 weeks (20 hours per week)
 - Part-time: 8 weeks (10 hours per week)



1. Certificate in Inner Child Work

1 Module - \$110

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.

2. Certificate in Holistic Therapies for PTSD

1 Module \$110

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.

3. *Certificate in the ART of Meditation*
1 Module - \$110

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 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.

4. *Certificate in Holistic Telephone Counselling*
1 Module - \$110

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.

5. *Certificate in Holistic Psychotherapy*
1 module - \$110

Meditation Therapy is where the practice of meditation is used to assist people in taking control of their thinking, giving them the power to choose the mindsets and belief systems they want to be operating in their daily lives. Rather than remaining a victim of unconscious belief systems and uncontrolled thinking (or monkey mind).

Through the regular practice of meditation, people can disengage the stress response (fight-or-flight reaction), normalize their neuro-chemicals and hormones and return to homeostasis (the relaxed response).

6. *Certificate in Holistic Grief and Loss Counselling*
1 Module - \$110

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).

7. *Certificate in Holistic Marriage and Relationship Counselling* **1 Module – Intensive - \$220**

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.

8. *Certificate in Holistic Trauma and Abuse Counselling* **1 Module – Intensive - \$220**

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.

9. *Certificate in Meditation Therapy for the Management of Depression and Anxiety* **3 Modules - \$330**

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.



10. *Certificate in Meditation Therapy for the Management of Pain and Healing*
3 Modules - \$330

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.

11. *Certificate in Autonomic Nervous System Realignment Therapy (ANSR)*
4 Modules - \$440

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.

12. *Certificate in Brain Body Medicine*
4 Modules - \$440

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.

13. *Certificate in Advanced Holistic Counselling Therapy*
4 Modules - \$440

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.

14. *Certificate in Meditation for Children*
4 Modules - \$440

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.

15. Certificate in Prenatal Meditation
4 Modules - \$440

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.

16. Certificate in Meditation Therapy for Men's Holistic Health and Wellbeing
4 Modules - \$440

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.

17. Certificate in Meditation Therapy for Women's Midlife Health and Wellbeing
4 Modules - \$440

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.

18. Certificate in Meditation Therapy for Weight Management
4 Modules - \$440

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.

**19. Certificate in Corporate Stress Management
4 Modules - \$440**

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.

**20. Certificate in Holistic Training & Assessment
17 Modules - \$1870**

This course is delivered via 17 units and requires you to read the unit lecture, complete some tasks and activities, and submit a short feedback form.

For more information,
please visit:
www.collegeofconsciousliving.com



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