

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 Certificate in Autonomic Nervous System Realignment Therapy 4 modules	<ul style="list-style-type: none"> ● Introduction ● How you will be able to use autonomic nervous system reprogramming ● 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 <p>Required Reading: Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs by Herbert Benson MD</p>	80 hours

	<p>The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles by Bruce H. Lipton PHD</p>	
<p>Unit three Certificate in Brain-Body Medicine 4 modules</p>	<ul style="list-style-type: none"> ● 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 <p>Required Reading: Mind Over Medicine: Heal Your Thoughts Cure Your Body by Lissa Rankin MD</p> <p>Meditation as Medicine: Activate the Power of Your Natural Healing Force by Dharma Singh Khalsa MD</p>	<p>80 hours</p>

<p>Unit four Certificate in Advanced Holistic Counselling for Meditation Teachers 4 modules</p>	<ul style="list-style-type: none"> ● 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 <p>Required Reading: The Games People Play by Eric Berne PHD</p>	<p>80 hours</p>
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Course Fees

Upfront payment:

*Total \$2,150 **SAVE \$250***

Payment plan:

Initial \$400 deposit

8 x \$250 monthly deposits

Total \$2,400