

**Master Practitioner of Holistic Counselling Training Course** (1,100 hours) 53 modules – 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 <b>Practitioner of</b> Holistic Empowerment Coaching <b>Training Course</b>	See modules for the Master Practitioner of Holistic Empowerment Coaching Training Course	840 hours
Unit Two Holistic Counselling Skills  1 module	<ul style="list-style-type: none"> <li>• Creating safe environments</li> <li>• Client Centred Therapy</li> <li>• Understanding Anger</li> <li>• Anger Management</li> <li>• The Polyvagal Theory</li> <li>• Ethics for holistic counsellors</li> <li>• Client Assessment</li> </ul> <p><b>Required Reading:</b> Holistic Counselling - A New Vision for Mental Health by Dr Patricia Sherwood</p> <p>The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton Series on Interpersonal Neurobiology) by Deb A. Dana</p>	40 hours
Unit Three Clinical Practice	Case Study Sessions Students will <i>take five volunteer clients through hour long counselling sessions each week for 10 weeks. Supervision</i>	50 hours

1 module	<p><i>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.</i></p> <p>Volunteers will complete a review and email this to the college after each session to provide feedback on the students counselling abilities.</p>	
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	<ul style="list-style-type: none"> <li>• Meditation as therapy</li> <li>• Introduction to holistic psychotherapy</li> <li>• Psychodynamic Therapy</li> <li>• Family Therapy</li> <li>• Dialectical Behaviour Therapy</li> <li>• Interpersonal Therapy</li> <li>• Thought Field Therapy</li> <li>• Sand-play therapy</li> <li>• Rebirthing-breathwork</li> <li>• Neuro Linguist Programming</li> <li>• Hypnotherapy</li> <li>• Emotional Freedom Technique</li> <li>• Expressive Therapy</li> <li>• Drama and Role Play Therapy</li> <li>• Art Therapy</li> <li>• Acceptance and commitment therapy (ACT)</li> </ul>	80 hours
Unit Six Master Practitioner of Holistic Counselling Thesis 1 module	<p>Research and write a Master Practitioner of Holistic Counselling Thesis.</p> <ul style="list-style-type: none"> <li>• Develop ideas based on acquired knowledge and accumulated experience</li> <li>• Complete a major research project</li> <li>• Create a substantial piece of writing to demonstrate in-depth knowledge of selected topics</li> </ul>	80 hours

## Course Fees

**Upfront payment:**

Total \$5,990 **SAVE \$310**

**Payment plan:**

Initial \$400 deposit

20 x \$295 monthly deposits

Total \$6,300