

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 Certificate in Holistic Marriage and Relationship Counselling 4 modules	<ul style="list-style-type: none"> • Introduction to holistic marriage and relationship counselling • 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. <p>Required Reading:</p> <p>Wired for Love: How Understanding Your Partner’s Brain Can Help You Defuse Conflicts and Spark Intimacy by Stan Tatkin PsyD. MFT.</p>	80 hours
Unit Three Certificate in Holistic Therapies for	<ul style="list-style-type: none"> • Introduction to Post Traumatic Stress disorder 	80 hours

<p>PTSD</p> <p>4 modules</p>	<ul style="list-style-type: none"> • 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 <p>Required Reading:</p> <p>The body keeps the score by Bessel Van Der Kolk</p>	
<p>Unit Four Certificate in Inner-Child Work</p> <p>4 modules</p>	<ul style="list-style-type: none"> • 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 • <p>Required Reading:</p> <p>Heal Your Inner Child by <u>Glenn Harrold FBSCCH Dip C.H.</u></p>	<p>80 hours</p>

Course Fees

Upfront payment:

Total \$4,495 **SAVE \$305**

Payment plan:

Initial \$400 deposit

20 x \$240 monthly deposits

Total \$4,800