



## 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 <b>Master Practitioner of Holistic Counselling Training Course</b> 53 modules	See modules for the Master Practitioner of Holistic Counselling Training Course	1,100 hours
Unit Two Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing  4 modules	<ul style="list-style-type: none"> <li>• Introduction to Meditation for Women in Transition and Women's Mid-life Health and Wellbeing</li> <li>• Defining the Mature Woman (mid-life)</li> <li>• The Mature Woman in Modern Society</li> <li>• What Older Women Really Want</li> <li>• The Role of the Therapist Working with Women in Mid-life</li> <li>• Health Issues for Mature Women</li> <li>• Menopause</li> <li>• Empty Nest Syndrome</li> <li>• Marriage Breakdown</li> <li>• Career Changes</li> <li>• Sexuality and the Older Women</li> <li>• Positive Health Habits for the Mature Woman ·</li> <li>• Tools and Exercises</li> <li>• Diet and Nutrition</li> <li>• Herbs</li> <li>• Defining and meeting needs</li> </ul>	80 hours

	<ul style="list-style-type: none"> <li>• Hormones Research Project</li> <li>• Working with women from diverse cultural backgrounds</li> <li>• Working with Women Individually</li> <li>• Working with Women in Groups</li> <li>• Inner Goddess Workshops</li> <li>• Running Women’s Retreats</li> <li>• Open book exam based on the required reading book: The Female Brain</li> <li>•</li> </ul> <p><b>Required Reading:</b> The Female Brain by Dr Louann Brizendine</p>	
<p>Unit Three Certificate in Meditation for Men’s Health and Wellbeing 4 modules</p>	<ul style="list-style-type: none"> <li>• The Psychological issues for men’s health</li> <li>• Physiological issues for men’s health</li> <li>• Love and self-love</li> <li>• Sex &amp; sexuality</li> <li>• Emotional guidance strategies</li> <li>• Alienation</li> <li>• Relationship breakdown</li> <li>• Suicide ideation</li> <li>• Alcoholism</li> <li>• Drug dependence</li> <li>• Working with Substance Abuse</li> <li>• Working with Suicidal, potentially suicidal &amp; self-harming clients</li> <li>• Working with the emotionally disconnected male</li> <li>• Tools for healing</li> </ul> <p><b>Required Reading:</b> Manhood by Steve Biddulph</p>	<p>80 hours</p>



	The Male Brain by Louann Brizendine	
Unit Four Meditation Course Design 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	

## Course Fees

**Upfront payment:**

*Total \$7,000 **SAVE \$400***

**Payment plan:**

Initial \$400 deposit

20 x \$350 monthly deposits

*Total \$7,400*