



*Inspire. Awaken. Empower*

## **Diploma of Meditation Therapy**

Meditation Teacher, Holistic Coaching &  
Holistic Counselling Training Program  
**Course Manual**

# Our Courses

**Certificate in Meditation Teaching and Holistic Human Development** (min 120 hours) – 12 modules.

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

## **Diploma of Meditation Therapy**

(min 520 Hours) 32 modules

Course duration: **15 months part time**

Part-time 10 hours study per week x 64 weeks. Study break allowance (included in course durations) = 12 weeks

Full time 20 hours study per week x 32 weeks. Study break allowance (included in course durations) = 6 weeks

**IICT Recognised certification:** (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist

**Certificate in Meditation Teaching and Holistic Human Development** (average 120 hours) – 12 modules.

**Approved Modality** - Certificate in Meditation Teaching and Certificate in Holistic Counselling skills for Meditation Teachers.

<b>Curriculum Area</b>	<b>Competency</b>	<b>Minimum Hours</b>
<b>Module One</b> 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
<b>Module Two</b> 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
<b>Module Three</b> 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
<b>Module Four</b> 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 Meditation as a healing tool Movement meditation	10 hours
<b>Module Five</b> 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
<b>Module Six</b> 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
<b>Module Seven</b> Working with specific groups	Teaching various meditation styles Working with teenagers Working with people with physical disabilities	10 hours

	<p>Working with people with emotional disorders  Working with health care professionals  Business clients and corporate groups  Dealing with difficult clients</p>	
<p><b>Module Eight</b>  Counselling &amp; coaching skills for meditation teachers</p>	<p>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</p> <ul style="list-style-type: none"> <li>• Life charting</li> <li>• Reflection time</li> <li>• Needs assessment chart</li> <li>• Gratitude journal</li> <li>• Worry time</li> <li>• Positive thinking skills</li> <li>• Affirmations</li> <li>• Meditation as a healing tool</li> </ul>	10 hours
<p><b>Module Nine</b>  Designing and facilitating classes and workshops</p>	<p>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  Working with seniors  Choosing venues</p>	10 hours
<p><b>Module Ten</b>  Virtual, corporate and community settings</p>	<p>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</p>	10 hours
<p><b>Module Eleven</b>  Holistic small business management</p>	<p>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</p>	10 hours

<b>Module Twelve</b> 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
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**Upon Successful completion of this course, you will receive the following certificates.**

**Certificate in Meditation Teaching**

**Certificate in Holistic Counselling skills for Meditation Teachers**

**Advanced Certificate in Meditation Teaching and Holistic Human Development** (min 360 hours) – 24 modules

Curriculum Area	Competency	Minimum Hours
<b>Unit One</b> Certificate in Meditation Teaching and Holistic Human Development 12 modules	See modules for the Certificate in Meditation Teaching and Holistic Human Development training course	120 hours
<b>Unit two</b> Postgraduate Certificate in Autonomic Nervous System Realignment Therapy 4 modules	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• How you will be able to use autonomic nervous system reprogramming</li> <li>• The study of the ANS (autonomic nervous system)</li> <li>• Dr Bruce Lipton</li> <li>• Language</li> <li>• The three brains</li> <li>• The autonomic nervous system</li> <li>• Neurochemicals</li> <li>• The endocrine system</li> <li>• Module summary</li> <li>• The Autonomic Nervous System (ANS)</li> <li>• The Amygdala</li> <li>• The Central Nervous System (CNS)</li> <li>• The Autonomic Nervous System (ANS)</li> <li>• What a nerve consists of</li> <li>• The evolution of human consciousness</li> <li>• Homeostasis</li> <li>• The heart brain</li> <li>• The Gut Brain</li> <li>• Reprogramming the autonomic nervous system by changing our perceptions and beliefs</li> <li>• Finding beliefs to change</li> <li>• Belief changing technique</li> </ul>	80 hours

	<p><b>Required Reading:</b>  Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs by Herbert Benson MD</p> <p>The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles by Bruce H. Lipton PHD</p>	
<p><b>Unit three</b>  Postgraduate Certificate in Brain-Body Medicine  4 modules</p>	<ul style="list-style-type: none"> <li>• Introduction to Brain Body Medicine (Psychophysiology)</li> <li>• The Role of the Brain Body Therapist (Psychophysiology Therapist)</li> <li>• Introduction to Brain Body Medicine</li> <li>• The Physiology of Belief</li> <li>• Traumatic Beliefs</li> <li>• The Power to Heal</li> <li>• The Faith Factor and How to Provide it</li> <li>• Providing Evidence for Your Clients</li> <li>• Placebo – The Science Behind Brain Body Medicine</li> <li>• Diagnosis and Seeking the Cause of Illness</li> <li>• Guiding Clients to Self-diagnose and Healing</li> <li>• Psychophysiology Diagnostic Tools</li> <li>• How to Work with Damaging Belief Systems and Conditioning</li> <li>• Medical Meditation</li> <li>• Writing the Prescription</li> <li>• Tools for the Psychophysiology Therapist</li> <li>• Marketing Your Brain Body Therapy Practice</li> <li>• Building Clientele</li> <li>• Referring and Networking</li> </ul> <p><b>Required Reading:</b>  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><b>Unit four</b>  Postgraduate Certificate in Advanced Holistic Counselling for Meditation Teachers  4 modules</p>	<ul style="list-style-type: none"> <li>• Introduction to Advanced Holistic Counselling</li> <li>• Seeing Clients – Individual and Group Therapy</li> <li>• Humanistic Psychology</li> <li>• Emotions and Counselling</li> <li>• Relationship Counselling and Counselling Couples</li> <li>• Counselling Young Adults</li> <li>• Trauma Counselling</li> <li>• Counselling Clients with Depression</li> <li>• Mediating</li> <li>• Running Group Counselling and Therapy Sessions</li> <li>• Fight or Flight and the Relaxation Response Review •</li> <li>• Powerful Tools for Holistic Counselling</li> <li>• Creative Expression Therapy</li> </ul> <p><b>Required Reading:</b>  The Games People Play by Eric Berne PHD</p>	<p>80 hours</p>

**Upon Successful completion of this course, you will receive the following certificates.**

Advanced Certificate in Meditation Teaching and Holistic Human Development

Postgraduate Certificate in Autonomic Nervous System Realignment Therapy 4 modules

Postgraduate Certificate in Brain-Body Medicine

Postgraduate Certificate in Advanced Holistic Counselling for Meditation Teachers

**Diploma of Meditation Therapy (min 520 Hours) 32 modules**

<b>Curriculum Area</b>	<b>Competency</b>	<b>Minimum Hours</b>
<b>Unit two</b> postgraduate courses of the student choice x 4 modules	As per the selected units	80 hours
<b>Unit three</b> postgraduate courses of the student choice x 4 modules	As per the selected units	80 hours

**Upon Successful completion of this course, you will receive the following certificates.**

Diploma of Meditation Therapy

8 x Postgraduate Certificates

**Diploma of Meditation Therapy**

Upfront = \$3,000

Payment Plan = \$3,200 (\$400 Deposit and 14 x monthly instalments of \$200)

*Please visit our website for our next student intake*













