



*Inspire. Awaken. Empower*

## **Diploma of Holistic Empowerment Coaching**

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.

Course duration: **3 months part-time**

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

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

Course duration: **1 year part time**

Part-time 10 hours study per week x 46 weeks. Study break allowance (included in course durations) = 10 weeks

Full time 20 hours study per week x 23 weeks. Study break allowance (included in course durations) = 5 weeks

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

**Diploma of Holistic Empowerment Coaching** (Details on page 8)

(min 600 hours) 36 modules

Course duration: **19 months part time**

Part-time 10 hours study per week x 72 weeks. Study break allowance (included in course durations) = 12 weeks

Full time 20 hours study per week x 36 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 (4) Holistic Empowerment Coaching

**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
	Working with people with emotional disorders Working with health care professionals Business clients and corporate groups Dealing with difficult clients	
<b>Module Eight</b> Counselling & coaching skills for meditation teachers	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 <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
<b>Module Nine</b> Designing and facilitating classes and workshops	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	10 hours
<b>Module Ten</b> Virtual, corporate and community settings	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	10 hours
<b>Module Eleven</b> Holistic small business management	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	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 Completion of this certification, 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> 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 <ul style="list-style-type: none"> <li>• Belief changing technique</li> </ul> </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 completion of this course, you will receive the following certificate;

**Advanced Certificate in Meditation Teaching and Holistic Human Development**

**Diploma of Holistic Empowerment Coaching (600 hours) 36 modules**

Curriculum Area	Competency	Minimum Hours
<p><b>Unit Two</b> Postgraduate Certificate in Holistic Telephone Counselling 4 modules</p>	<ul style="list-style-type: none"> <li>• Introduction to telephone counselling</li> <li>• Using Zoom and other online platforms for counselling</li> <li>• Outline of the counselling call</li> <li>• The seven core principles of telephone counselling</li> <li>• Feelings are key</li> <li>• Active listening</li> <li>• Minimal encouragements</li> <li>• Reflection of content</li> <li>• Exploration of feelings</li> <li>• Open and closed questions</li> <li>• Guidelines for summarising</li> <li>• Basic telephone counselling communication guidelines</li> <li>• Barriers to effective communication</li> <li>• Listening skills</li> <li>• Self-care</li> <li>• Warnings and contras - When not to use telephone counselling</li> <li>• Domestic violence and suicidal clients</li> <li>• Role play exercises</li> </ul>	80 hours
	<p><b>Required reading:</b></p> <p>The telephone counsellor’s role play handbook by Kerry Doolan</p> <p>Telephone Counselling - A Handbook for Practitioners by Maxine Rosenfield</p>	

<p><b>Unit Three</b> Postgraduate Certificate in Holistic Grief and Loss Counselling 4 modules</p>	<ul style="list-style-type: none"> <li>• Introduction grief and loss counselling</li> <li>• What is grief?</li> <li>• Healing the wounds of grief</li> <li>• Grief takes time</li> <li>• The journey through grief</li> <li>• The grief processes</li> <li>• The role of the holistic grief counsellor</li> <li>• The pitfalls to avoid</li> <li>• Influencing factors on grieving</li> <li>• Resources and referrals</li> <li>• Complicated grief</li> <li>• Depressive grief and clinical depression</li> <li>• Dealing with Acute Emergency Situations (AES)</li> <li>• The grief counsellor's role in AES</li> <li>• Guidelines for grief counselling</li> <li>• Counselling the dying</li> <li>• Taking care of yourself</li> <li>• Debriefing</li> </ul>	<p>80 hours</p>
<p><b>Unit Four</b> Postgraduate Certificate in Holistic Trauma and Abuse Counselling 4 modules</p>	<ul style="list-style-type: none"> <li>• Introduction to trauma and abuse counselling</li> <li>• Trauma</li> <li>• How healing happens</li> <li>• Foundational Relationship Attachment Concepts</li> <li>• Abuse</li> <li>• Treatments and Solutions</li> <li>• The Role of Love in Healing from trauma and/or Abuse</li> <li>• Earned Secure Adult Attachment</li> </ul> <p><b>Required Reading:</b> Earned Secure Adult Attachment by Kerry Doolan</p>	<p>80 hours</p>

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

Diploma of Holistic Empowerment Coaching

Postgraduate Certificate in Holistic Telephone Counselling

Postgraduate Certificate in Holistic Grief and Loss Counselling

Postgraduate Certificate in Holistic Trauma and Abuse Counselling

**COST OF COURSE;**

**Diploma of Holistic Empowerment Coaching**

Upfront = \$3,400

Payment Plan = \$3,600 (\$400 Deposit and 16 x monthly instalments of \$200)

*Please visit our website for our next student intake*



