



Inspire. Awaken. Empower

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

(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

The Masters in Holistic Empowerment Coaching

(min 840 hours) 48 modules

Course duration: **2 years part time**

Part-time 10 hours study per week x 100 weeks. Study break allowance (included in course durations) = 16 weeks

Full time 20 hours study per week x 50 weeks. Study break allowance (included in course durations) = 8 weeks

IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching

Masters in Holistic Counselling

(min 1,100 hours) 53 modules

Course duration: **2 ½ years part time**

Part-time 10 hours study per week x 110 weeks. Study break allowance (included in course durations) = 20 weeks

Full time 20 hours study per week x 55 weeks. Study break allowance (included in course durations) = 10 weeks

IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (5) Holistic Counselling

Combined Masters in Meditation Teaching and Holistic Counselling

(min 1,340 hours) 63 modules

Course duration: **3 years part time**

Part time 10 hours study per week x 134 weeks. Study break allowance (included in course durations) = 22 weeks

Full time 20 hours study per week x 67 weeks. Study break allowance (included in course durations) = 14 weeks

IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching (5) Holistic Counselling

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.

Curriculum Area	Competency	Minimum Hours
Module One 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
Module Two 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
Module Three 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
Module Four 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

Module Five 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
Module Six 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
Module Seven 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	
Module Eight 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"> • Life charting • Reflection time • Needs assessment chart • Gratitude journal • Worry time • Positive thinking skills • Affirmations • Meditation as a healing tool 	10 hours
Module Nine 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

Module Ten 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
Module Eleven 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
Module Twelve 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

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
Unit One 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

<p>Unit two Postgraduate Certificate in Autonomic Nervous System Realignment Therapy 4 modules</p>	<ul style="list-style-type: none"> • Introduction • How you will be able to use autonomic nervous system reprogramming • The study of the ANS (autonomic nervous system) • Dr Bruce Lipton • Language • The three brains • The autonomic nervous system • Neurochemicals • The endocrine system • Module summary • The Autonomic Nervous System (ANS) • The Amygdala • The Central Nervous System (CNS) • The Autonomic Nervous System (ANS) • What a nerve consists of • The evolution of human consciousness • Homeostasis • The heart brain • The Gut Brain • Reprogramming the autonomic nervous system by changing our perceptions and beliefs • Finding beliefs to change • Belief changing technique 	<p>80 hours</p>
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	<p>Required Reading: 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>Unit three Postgraduate Certificate in Brain-Body Medicine 4 modules</p>	<ul style="list-style-type: none"> • Introduction to Brain Body Medicine (Psychophysiology) • The Role of the Brain Body Therapist (Psychophysiology Therapist) • Introduction to Brain Body Medicine • The Physiology of Belief • Traumatic Beliefs • The Power to Heal • The Faith Factor and How to Provide it • Providing Evidence for Your Clients • Placebo – The Science Behind Brain Body Medicine • Diagnosis and Seeking the Cause of Illness • Guiding Clients to Self-diagnose and Healing • Psychophysiology Diagnostic Tools • How to Work with Damaging Belief Systems and Conditioning • Medical Meditation • Writing the Prescription • Tools for the Psychophysiology Therapist • Marketing Your Brain Body Therapy Practice • Building Clientele • Referring and Networking <p>Required Reading: 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>Unit four Postgraduate Certificate in Advanced Holistic Counselling for Meditation Teachers 4 modules</p>	<ul style="list-style-type: none"> • Introduction to Advanced Holistic Counselling • Seeing Clients – Individual and Group Therapy • Humanistic Psychology • Emotions and Counselling • Relationship Counselling and Counselling Couples • Counselling Young Adults • Trauma Counselling • Counselling Clients with Depression • Mediating • Running Group Counselling and Therapy Sessions • Fight or Flight and the Relaxation Response Review • • Powerful Tools for Holistic Counselling • Creative Expression Therapy <p>Required Reading: The Games People Play by Eric Berne PHD</p>	<p>80 hours</p>

Upon successful completion of this course, you will receive the following certificate.

Advanced Certificate in Meditation Teaching and Holistic Human Development
 Postgraduate Certificate in Brain-Body Medicine
 Postgraduate Certificate in Autonomic Nervous System Realignment Therapy
 Postgraduate Certificate in Advanced Holistic Counselling for Meditation

Diploma of Holistic Empowerment Coaching (600 hours) 36 modules

Curriculum Area	Competency	Minimum Hours
Unit One Advanced Certificate in Meditation Teaching and Holistic Human Development 24 modules	See modules for the Advanced Certificate in Meditation Teaching and Holistic Human Development training course	360 hours
Unit Two Postgraduate Certificate in Holistic Telephone Counselling 4 modules	<ul style="list-style-type: none"> • Introduction to telephone counselling • Using Zoom and other online platforms for counselling • Outline of the counselling call • The seven core principles of telephone counselling • Feelings are key • Active listening • Minimal encourages • Reflection of content • Exploration of feelings • Open and closed questions • Guidelines for summarising • Basic telephone counselling communication guidelines • Barriers to effective communication • Listening skills • Self-care • Warnings and contras - When not to use telephone counselling • Domestic violence and suicidal clients • Role play exercises 	80 hours
	Required reading: The telephone counsellor's role play handbook by Kerry Doolan Telephone Counselling - A Handbook for Practitioners by Maxine Rosenfield	

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

Upon successful completion of this course, you will receive the following certificate.

Diploma of Holistic Empowerment Coaching

Postgraduate Certificate in Holistic Grief and Loss Counselling
 Postgraduate Certificate in Holistic Telephone Counselling
 Postgraduate Certificate in Holistic Trauma and Abuse Counselling

The Masters in Holistic Empowerment Coaching (840 hours) 48 modules

Curriculum Area	Competency	Minimum Hours
Unit One Diploma of Holistic Empowerment Coaching 36 modules	See modules for the Diploma of Holistic Empowerment Coaching	600 hours

<p>Unit Two Postgraduate Certificate in Holistic Marriage and Relationship Counselling 4 modules</p>	<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 	80 hours
	<ul style="list-style-type: none"> • Love Maps • Strategies for success in making marriages work • Meditation as an effective modality in relationship mediation. <p>Required Reading: Wired for Love: How Understanding Your Partner’s Brain Can Help You Defuse Conflicts and Spark Intimacy by Stan Tatkin PsyD. MFT.</p>	
<p>Unit Three Postgraduate Certificate in Holistic Therapies for PTSD 4 modules</p>	<ul style="list-style-type: none"> • Introduction to Post Traumatic Stress disorder • 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: The body keeps the score by Bessel Van Der Kolk</p>	80 hours
<p>Unit Four Postgraduate Certificate in Inner-Child Work 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: Heal Your Inner Child by Glenn Harrold FBSCH Dip C.H.</p>	80 hours

Upon successful completion of this course, you will receive the following certificate.

Masters in Holistic Empowerment Coaching
Postgraduate Certificate in Holistic Marriage and Relationship Counselling
Postgraduate Certificate in Holistic Therapies for PTSD
The Postgraduate Certificate in Inner-Child Work

Masters in Holistic Counselling (1,100 hours) 53 modules– **Not Available in the USA due to differing regulations from state to state.** 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.

Curriculum Area	Competency	Minimum Hours
Unit One The Masters in Holistic Empowerment Coaching	See modules for the Masters in Holistic Empowerment Coaching	840 hours
Unit Two Holistic Counselling Skills 1 module	<ul style="list-style-type: none"> • Creating safe environments • Client Centred Therapy • Understanding Anger • Anger Management 	40 hours
	<ul style="list-style-type: none"> • The Polyvagal Theory • Ethics for holistic counsellors • Client Assessment <p>Required Reading: 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>	
Unit Three Clinical Practice 1 module	<p>Case Study Sessions</p> <p>Students will take five volunteer clients through hour long counselling sessions each week for 10 weeks. Supervision and guidance will be provided via email to assist students with planning and facilitating the case study sessions.</p> <p>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.</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>	50 hours
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"> • Meditation as therapy • Introduction to holistic psychotherapy • Psychodynamic Therapy 	80 hours

	<ul style="list-style-type: none"> • Family Therapy • Dialectical Behaviour Therapy • Interpersonal Therapy • Thought Field Therapy • Sand-play therapy • Rebirthing-breathwork • Neuro Linguist Programming • Hypnotherapy • Emotional Freedom Technique • Expressive Therapy • Drama and Role Play Therapy • Art Therapy • Acceptance and commitment therapy (ACT) 	
Unit Six Masters in Holistic Counselling Thesis 1 module	Research and write a Masters in Holistic Counselling Thesis <ul style="list-style-type: none"> • Develop ideas based on acquired knowledge and accumulated experience • Complete a major research project • Create a substantial piece of writing to demonstrate in-depth knowledge of selected topics 	80 hours

Upon successful completion of this course, you will receive the following certificate.

Masters in Holistic Counselling

Certificate in Holistic Psychotherapy

Combined Masters in Meditation Teaching and Holistic Counselling (1,340 hours) 63 modules

Curriculum Area	Competency	Minimum Hours
Unit One Masters in Holistic Counselling 53 modules	See modules for the Masters in Holistic Counselling	1,100 hours

<p>Unit Two Postgraduate Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing 4 modules</p>	<ul style="list-style-type: none"> • Introduction to Meditation for Women in Transition and Women's Mid-life Health and Wellbeing • Defining the Mature Woman (mid-life) • The Mature Woman in Modern Society • What Older Women Really Want • The Role of the Therapist Working with Women in Mid-life • Health Issues for Mature Women • Menopause • Empty Nest Syndrome • Marriage Breakdown • Career Changes • Sexuality and the Older Women • Positive Health Habits for the Mature Woman • • Tools and Exercises • Diet and Nutrition • Herbs • Defining and meeting needs • Hormones Research Project • Working with women from diverse cultural backgrounds • Working with Women Individually • Working with Women in Groups • Inner Goddess Workshops • Running Women's Retreats • Open book exam based on the required reading book: The Female Brain • <p>Required Reading: The Female Brain by Dr Louann Brizendine</p>	80 hours
<p>Unit Three Postgraduate Certificate in Meditation for Men's Health and Wellbeing 4 modules</p>	<ul style="list-style-type: none"> • The Psychological issues for men's health • Physiological issues for men's health • Love and self-love • Sex & sexuality • Emotional guidance strategies • Alienation • Relationship breakdown • Suicide ideation • Alcoholism • Drug dependence • Working with Substance Abuse • Working with Suicidal, potentially suicidal & selfharming clients • Working with the emotionally disconnected male • Tools for healing • 	80 hours
	<p>Required Reading: Manhood by Steve Biddulph</p> <p>The Male Brain by Louann Brizendine</p>	

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	

Upon successful completion of this course, you will receive the following certificate.

Postgraduate Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing
Postgraduate Certificate in Meditation for Men's Health and Wellbeing

COURSE FEE'S;

Combined Masters in Meditation Teaching and Holistic Counselling

Upfront = \$7,000

Payment Plan = \$7,400 (\$400 Deposit and 35 x monthly instalments of \$200)

For next student intake please visit our website