



Empowering Hearts, Enlightening Minds: Holistic Wellness for All



Meditation Teacher, Holistic Coaching & Holistic Counselling Training Programs

Contents

Welcome	3
Study and Career Pathways	5
Why Choose The Wholesome Wellbeing College?	6
Industry & International recognized courses	6
Courses Offerings	8
Course Outlines	10
Postgraduate courses	30

Welcome to The Wholesome Wellbeing College!

At The Wholesome Wellbeing College, we are dedicated to guiding you towards a career and life abundant in holistic wellbeing, joy, and fulfilment. Founded by Dannyell & James Tansey, our college is more than just an educational institution—it's a nurturing environment that equips you with the tools and insights to create a deeply fulfilling life and career.

Why Study With Us?

Are you keen to change careers or expand your skills? We offer globally accredited and industry-approved courses in Australia and 26+ countries. Our courses are recognized by 5 leading international industry associations and are designed to empower you as a holistic practitioner while also fostering personal growth and profound wellbeing.

Your Teachers: James and Dannyelle Tansey

James and Dannyelle are fueled by a profound passion for helping individuals like you enhance your career or business and transform your life. With their qualifications and personal experience in holistic therapy, they are here to support you every step of the way, both during your studies and beyond.

Our Mission

At The Wholesome Wellbeing College, our mission is to educate, build knowledge, and support individuals to thrive in healthy, happy, and balanced lives. We are driven by a passion to reach as many people as possible, empowering practitioners who can guide others towards holistic wellness. With integrity as our foundation, we are committed to upholding the highest standards of ethics and professionalism in all aspects of our work. Through empowerment and approachability, we create a supportive environment where students feel valued and inspired. Our family-oriented ethos emphasises the importance of work-life balance and the support of loved ones in our students' journeys. Together, we strive to cultivate a community dedicated to holistic growth, fostering a world where individuals can flourish both personally and professionally.

Our Vision

Our vision at The Wholesome Wellbeing College is to illuminate the path of holistic education, empowering individuals globally to craft lives and careers rich in holistic wellbeing. We aim to nurture a network of practitioners who, fortified with knowledge, compassion, and integrity, lead others towards holistic health and happiness, igniting waves of positive transformation in communities worldwide. We envision a world where everyone has access to the wisdom and resources needed to embrace a life of balance, fulfilment, and vitality.

Our Values

- **Integrity:** We are committed to upholding the highest standards of ethics and professionalism in every aspect of our work.
- **Empowerment:** We believe in empowering our students with the knowledge and skills necessary to flourish both personally and professionally.
- **Approachability:** We pride ourselves on being approachable and fostering a welcoming environment where students feel supported and valued.
- **Family-Oriented:** We embrace a family-oriented approach, recognizing the importance of work-life balance and the support of loved ones in our students' journeys.
- **Community:** We foster a supportive community where holistic journeys are embraced, celebrated, and supported.

Study Online and Become Certified

Whether you're looking to become a Meditation Teacher, Holistic Counsellor, Stress Management Consultant, or Holistic Coach, our courses are designed to meet your needs. With flexible, online courses and high levels of support, you can study at your own pace and become certified in your chosen area.

Join Us Today

Join us in responding to the growing global need for evidence-based, holistic approaches to health and wellbeing. Start your journey with The Wholesome Wellbeing College today!

Begin Your Holistic Career Journey

Study and Career Pathways:

Embark on your holistic career with our Meditation Teacher Training Course, the cornerstone of all our programs and the initial step on our Meditation Teacher Study Path.

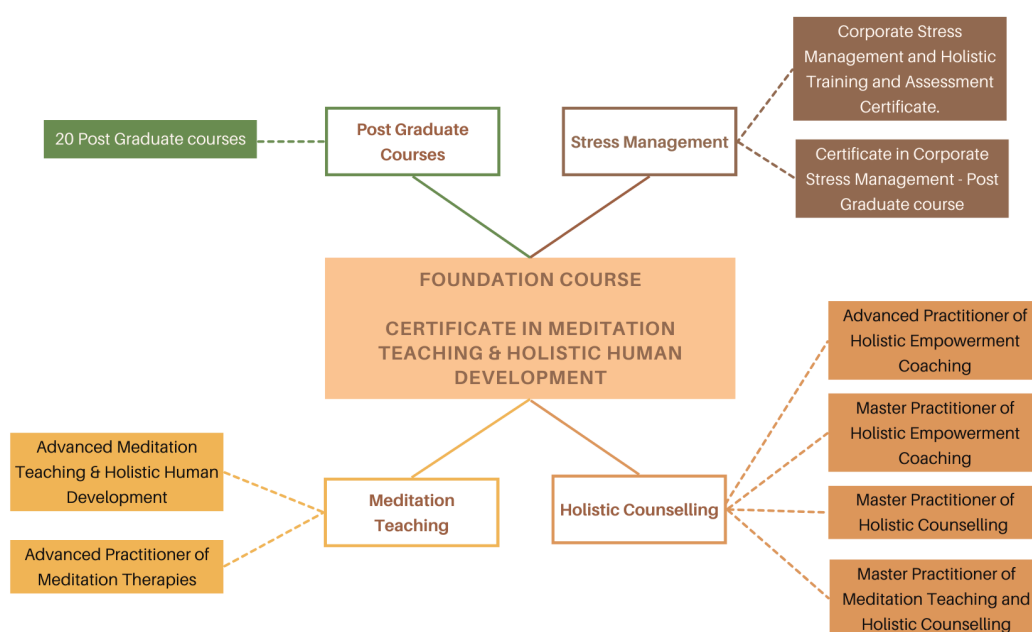
To achieve your career aspirations, you have three options to consider:

Option 1: Follow our Meditation Teacher Study Path, progressing from a Meditation Teacher to an Advanced Meditation Teacher, and finally, to a Meditation Therapist.

Option 2: As part of your Meditation Teacher Study Path, select from our 20 Professional Development Courses to specialise in areas such as teaching meditation to children or offering sound baths. After completing the Meditation Teacher Training Course, choose one or more professional development courses to enhance your skills.

Option 3: Before or after completing the Meditation Teacher Training, choose a bundled study path:

- Meditation Teacher Study Path to become a Meditation Teacher, Advanced Meditation Teacher, or Meditation Therapist
- Corporate Stress Management Study Path to become a Corporate Stress Management Consultant
- Holistic Coach Study Path to become a Holistic Empowerment Coach
- Holistic Counsellor Study Path to become a Holistic Counsellor



You can further your studies at any time to advance your career. Our graduates have a wide range of career opportunities, including establishing a holistic practice with classes, workshops, retreats, and private client sessions; seeking employment in schools, gyms, health clinics, respite centres, community centres, wellbeing clinics, health clubs, natural therapy centres, retreats, and more; or offering meditation sessions at your workplace or in your local community.

Our goal is to provide you with the professional skills and industry knowledge necessary to establish a sustainable, fulfilling holistic career.

Why Choose The Wholesome Wellbeing College?

- Our dedicated teachers are passionate, qualified holistic therapists delivering award-winning Mind Body Education courses.
- Experience Flexible Online Learning with Tailored Support
- Enjoy a Complimentary 1-year IMTTA Practitioner Registration
- Receive a 20% Discount on Your First Year of IICT Practitioner Registration
- Join Our Vibrant Wholesome Wellbeing College Community for Group Support
- Access our Engaging Online Facebook Community for Additional Support
- Enrich Your Learning through Master Classes & Group Sessions
- Benefit from Internationally Accredited, Industry-Approved Training
- Obtain Professional Practitioner Insurance for Peace of Mind
- Earn Qualifications Recognized in 26+ Countries

Furthermore, we provide ongoing professional support to help you advance in your holistic career even after you graduate.

Industry & International recognized courses

Our course curriculum, designed by Mind Body Education, leaders with over 15 years of experience, has been recognized with prestigious awards, including "Best Global Holistic Therapy Training Provider" in 2021 by Corporate Vision, in 2022 by M&A Today Global Awards, and in 2023 by Corporate America Today Annual Awards.

Upon graduation, you can apply for membership in various esteemed associations, as our course is internationally and industry recognized by:

- International Institute of Complementary Therapists (IICT)
- International Practitioners of Holistic Medicine (IPHM)
- Complementary Medicine Association (CMA)
- The International Association of Therapists (IAOTH)
- International Meditation Teacher Trainers Association (IMTTA)

Professional Practitioner Training Courses are internationally industry recognized in the following countries:

Australia	Spain	Latvia
New Zealand	Portugal	Sweden
United States	Denmark	Channel Islands
Canada	Gibraltar	Norway
South Africa	Liechtenstein	Estonia
United Kingdom	Iceland	Austria
Ireland	Belgium	Malta
Germany	Luxembourg	Isle of Man
France	Greece	Netherlands

Courses Offerings

Certificate in Meditation Teaching & 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

Certificate in Corporate Stress Management and Holistic Training and Assessment

(min 220 hours) 35 modules.

Course duration: **6 months part-time**

Part-time 10 hours study per week x 26 weeks. Study break allowance (included in course durations) = 6 weeks

Full time 20 hours study per week x 15 weeks. Study break allowance (included in course durations) = 4 weeks

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

Certificate in Advanced Meditation Teaching & 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

Advanced Practitioner of Meditation Therapies Training Course

(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

Advanced Practitioner of Holistic Empowerment Coaching Training Course

(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

Master Practitioner of Holistic Empowerment Coaching Training Course

(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

Master Practitioner Holistic Counselling Training Course

(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

Master Practitioner of Meditation Teaching and Holistic Counselling Training Course

(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

20 Professional Development courses

(min 80 hours each) 4 modules each

Part-time 10 hours study per week x 8 weeks.

Full time 20 hours study per week x 4 weeks.

Course Outlines

Certificate in Meditation Teaching & Holistic Human Development

(average 120 hours) – 12 modules.

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

Initials graduates can use: Mbe.MedTeach. (Mind Body Education Meditation Teacher)

Course fee information:

Paid in Full on Enrolment: \$990

Payment plan options: Total \$ 1250 = \$250 on enrollment, Full Time 5 x \$200 weekly payments or Part Time 10 x \$100 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

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	10 hours

	<p>Concentrative meditation</p> <p>Mindfulness meditation</p>	
<p>Module Three</p> <p>Foundations of human happiness</p>	<p>The psychology of happiness</p> <p>Subconscious programming and reprogramming</p> <p>States of mind</p> <p>Fundamentals of self-image</p> <p>The pursuit of happiness</p> <p>Subconscious programming and reprogramming Guided meditation (creative visualisation)</p>	<p>10 hours</p>
<p>Module Four</p> <p>Tools for healing</p>	<p>Tools for healing</p> <p>Positive thinking skills</p> <p>Foundations of mind-body medicine</p> <p>Meditation as a healing tool & hypnotic states</p> <p>Journaling and gratitude</p> <p>Understanding affirmations</p> <p>Tools for developing a positive self-image</p> <p>Meditation as a healing tool</p> <p>Movement meditation</p>	<p>10 hours</p>
<p>Module Five</p> <p>Meditation styles and techniques</p>	<p>Poses and positions</p> <p>Breathwork</p> <p>Chakras and energy meditation</p> <p>Guided meditation & creative visualisation</p> <p>Mantras and affirmations in meditation</p> <p>Gentle seated movement meditation (formally chair yoga)</p>	<p>10 hours</p>
<p>Module Six</p> <p>Teaching skills</p>	<p>Before you teach</p> <p>Talking to groups & group leadership skills</p> <p>Answering questions about meditation</p> <p>Leading guided meditations</p> <p>Overcoming obstacles to meditation practice</p>	<p>10 hours</p>

	<p>Creating safe and effective teaching environments</p> <p>Group leadership skills</p>	
<p>Module Seven</p> <p>Working with specific groups</p>	<p>Teaching various meditation styles</p> <p>Working with teenagers</p> <p>Working with people with physical disabilities</p> <p>Working with people with emotional disorders</p> <p>Working with health care professionals</p> <p>Business clients and corporate groups</p> <p>Dealing with difficult clients</p>	<p>10 hours</p>
<p>Module Eight</p> <p>Counselling & coaching skills for meditation teachers</p>	<p>A client-centred approach</p> <p>Your role as holistic counsellor</p> <p>Building the foundations of happiness</p> <p>Equipment</p> <p>Outcomes of holistic counselling</p> <p>The holistic counselling sessions</p> <p>Assessment and introspection</p> <p>Goal setting</p> <p>Support Part</p> <p>Listening skills</p> <p>Holistic counselling tools for meditation teachers</p> <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 	<p>10 hours</p>
<p>Module Nine</p> <p>Designing and facilitating classes and workshops</p>	<p>Designing courses and workshops</p> <p>Integrity and intentions</p>	<p>10 hours</p>

	<ul style="list-style-type: none"> 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>Module Ten</p> <p>Virtual, corporate and community settings</p>	<ul style="list-style-type: none"> 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
<p>Module Eleven</p> <p>Holistic small business management</p>	<ul style="list-style-type: none"> 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
<p>Module Twelve</p> <p>Marketing: The key to success</p>	<ul style="list-style-type: none"> 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

Certificate in Corporate Stress Management and Holistic Training and Assessment (min 220 hours) – 35 modules.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Stress Management

Initials graduates can use: Mbe.CorpStressprac. (Mind Body Education Corporate Stress Practitioner)

Course fee information:

Paid in Full on Enrolment: \$1360

Payment plan options: Total \$1860 = \$250 on enrollment, Full Time 10 x \$161 weekly payments or Part Time 23 x \$70 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Certificate in Meditation Teaching & Holistic Human Development 12 modules	See modules for the Certificate in Meditation Teaching & Holistic Human Development.	120 hours
Unit two Holistic Training and Assessment 19 modules	<ul style="list-style-type: none"> ● Introduction ● Before you teach ● Your teaching space ● Integrity and intentions ● Setting the scene ● Creating strong foundations ● Learning styles ● Teaching styles ● Delivery techniques ● Student management ● Teaching online ● Teaching via Zoom ● Maintaining your cool ● Counselling and coaching skills for trainers and assessors ● Assessments 	20 hours

<p>Unit three Certificate in Corporate Stress Management 4 modules</p>	<ul style="list-style-type: none"> ● Designing workshops ● Working from home ● Marketing your training and assessment courses 	
	<ul style="list-style-type: none"> ● Corporate stress management and what a corporate stress management consultant does ● Understanding your corporate stress management students and clients. ● How to market your corporate stress management services and attract clients to your business. ● Conduct Corporate Stress Management consultations to assess your prospective clients' needs. ● Assess and analyse your corporate clients' needs. ● Design Corporate Stress Management proposals and provide quotes. ● Calculate fees and costs for your services. ● Source and book suitable venues for workshops when onsite workshops are not an option. ● Design class plans for corporate stress management courses and workshops ● Materials and equipment for conducting corporate stress management courses and workshops ● Holistic counselling for corporate clients ● Teach stress management and meditation to executives and upper management ● Tools and procedures for corporate clients ● Workplace health and safety ● Managing difficult and unwilling participants ● Assessing and reporting on productivity in the workplace 	80 hours

- Facilitating corporate retreats
- Providing ongoing programs
- Developing your professional reputation and public image
- Creating an online presence
- Developing confidence and professionalism

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

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

Initials graduates can use: Mbe.AdvMedTeach. (Mind Body Education Advanced Meditation Teacher)

Course fee information:

Paid in Full on Enrolment: \$2190

Payment plan options: Total \$2410 = \$250 on enrollment, Full Time 12 x \$180 weekly payments or Part Time 30 x \$72 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Certificate in Meditation Teaching & Holistic Human Development 12 modules	See modules for the Certificate in Meditation Teaching & Holistic Human Development	120 hours
Unit two Certificate in Autonomic Nervous System Realignment Therapy 4 modules	<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 	80 hours

- 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

Required Reading:

Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs by Herbert Benson MD

The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles by Bruce H. Lipton PHD

Unit three
Certificate in Brain-Body
Medicine
4 modules

- 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

80 hours

- 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

Required Reading:

Mind Over Medicine: Heal Your Thoughts

Cure Your Body by Lissa Rankin MD

Meditation as Medicine: Activate the Power of Your Natural Healing Force

by Dharma Singh Khalsa MD

Unit four
Certificate in Advanced
Holistic Counselling for
Meditation Teachers
4 modules

- 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

80 hours

- Running Group Counselling and Therapy Sessions
- Fight or Flight and the Relaxation Response Review •
- Powerful Tools for Holistic Counselling
- Creative Expression Therapy

Required Reading:

The Games People Play by Eric Berne PHD

Advanced Practitioner of Meditation Therapies Training Course (min 520 Hours) 32 modules

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

Initials graduates can use: Mbe.MedTherp. (Mind Body Education Advanced Meditation Therapist)

Course fee information:

Paid in Full on Enrolment: \$2940

Payment plan options: Total \$3300 = \$250 on enrollment, Full Time 25 x \$122 weekly payments or Part Time 50 x \$61 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Certificate in Advanced Meditation Teaching & Holistic Human Development 24 modules	See modules for the Certificate in Advanced Meditation Teaching & Holistic Human Development.	360 hours
Unit two Professional Development	As per the selected units	80 hours

courses of the students'
choice from the list below
4 modules

Unit three	As per the selected units	80 hours
Professional Development courses of the students' choice from the list below		
4 modules		

Advanced Practitioner of Holistic Empowerment Coaching Training Course (600 hours) 36 modules

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

Initials graduates can use: Mbe.EmpCoach. (Mind Body Education Empowerment Coach)

Course fee information:

Paid in Full on Enrolment: \$3180

Payment plan options: Total \$3597 = \$250 on enrollment, Full Time 25 x \$134 weekly payments or Part Time 50 x \$67 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Certificate in Advanced Meditation Teaching & Holistic Human Development 24 modules	See modules for the Certificate in Advanced Meditation Teaching & Holistic Human Development.	360 hours

Unit Two
Certificate in Holistic
Telephone Counselling
4 modules

- 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
Certificate in Holistic Grief
and Loss Counselling
4 modules

- Introduction grief and loss counselling
- What is grief?
- Healing the wounds of grief
- Grief takes time
- The journey through grief
- The grief processes

80 hours

- 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

Unit Four
Certificate in Holistic
Trauma and Abuse
Counselling
4 modules

- Introduction to trauma and abuse counselling 80 hours
- 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

Required Reading:

Earned Secure Adult Attachment by Kerry Doolan

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)

Course fee information:

Paid in Full on Enrolment: \$4275

Payment plan options: Total \$4797 = \$250 on enrollment, Full Time 25 x \$184 weekly payments or Part Time 50 x \$92 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Advanced Practitioner of Holistic Empowerment Coaching Training Course 36 modules	See modules for the Advanced 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 PTSD	<ul style="list-style-type: none"> ● Introduction to Post Traumatic Stress disorder ● Understanding PTSD ● The vagus nerves 	80 hours

4 modules

- 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

Required Reading:

The body keeps the score by Bessel Van Der Kolk

Unit Four
Certificate in Inner-Child
Work

4 modules

- 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
-

80 hours

Required Reading:

Heal Your Inner Child by Glenn Harrold
FBSCD Dip C.H.

Master Practitioner of Holistic Counselling Training Course (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.

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.HolCouns. (Mind Body Education Master Holistic Counselling)

Course fee information:

Paid in Full on Enrolment: \$5750

Payment plan options: Total \$6200 = \$250 on enrollment, Full Time 35 x \$170 weekly payments or Part Time 50 x \$119 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Master Practitioner of Holistic Empowerment Coaching Training Course	See modules for the Master Practitioner of Holistic Empowerment Coaching Training Course	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 ● The Polyvagal Theory ● Ethics for holistic counsellors ● Client Assessment 	40 hours

Required Reading:

Holistic Counselling - A New Vision for Mental Health by Dr Patricia Sherwood

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>	<p>Case Study Sessions Students will <i>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.</i> <i>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.</i> Volunteers will complete a review and email this to the college after each session to provide feedback on the students counselling abilities.</p>	<p>50 hours</p>
<p>Unit Four Case studies exam 1 module</p>	<p>Write and submit an essay detailing the experiences gained through the case study sessions.</p>	<p>10 hours</p>
<p>Unit Five Holistic Psychotherapy 1 module</p>	<ul style="list-style-type: none"> ● Meditation as therapy ● Introduction to holistic psychotherapy ● Psychodynamic Therapy ● Family Therapy ● Dialectical Behaviour Therapy ● Interpersonal Therapy ● Thought Field Therapy ● Sand-play therapy ● Rebirthing-breathwork ● Neuro Linguist Programming ● Hypnotherapy ● Emotional Freedom Technique ● Expressive Therapy 	<p>80 hours</p>

- Drama and Role Play Therapy
- Art Therapy

Acceptance and commitment therapy (ACT)

Unit Six Master Practitioner of Holistic Counselling Thesis 1 module	Research and write a Master Practitioner of Holistic Counselling Thesis.	80 hours
	<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 	

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)

Course fee information:

Paid in Full on Enrolment: \$7110

Payment plan options: Total \$7600 = \$250 on enrollment, Full Time 42 x \$175 weekly payments or Part Time 70 x \$105 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Curriculum Area	Competency	Minimum Hours
Unit One Master Practitioner of Holistic Counselling	See modules for the Master Practitioner of Holistic Counselling Training Course	1,100 hours

Training Course

53 modules

Unit Two

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

4 modules

- 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

80 hours

Required Reading:

The Female Brain by Dr Louann Brizendine

Unit Three

Certificate in Meditation for Men's Health and Wellbeing

- The Psychological issues for men's health
- Physiological issues for men's health
- Love and self-love

80 hours

4 modules

- Sex & sexuality
- Emotional guidance strategies
- Alienation
- Relationship breakdown
- Suicide ideation
- Alcoholism
- Drug dependence
- Working with Substance Abuse
- Working with Suicidal, potentially suicidal & self-harming clients
- Working with the emotionally disconnected male
- Tools for healing

Required Reading:

Manhood by Steve Biddulph

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

20 Postgraduate courses

80 hours each

Prerequisite: Certificate in Meditation Teaching & Holistic Human Development

Enrol in individual professional development courses at any time after completing the certificate course.

Course fee information:

Paid in Full on Enrolment: \$440

Payment plan options: Total \$500= \$250 on enrollment, Full Time 2 x \$125 weekly payments or Part Time 4 x \$62.50 weekly payments

Payment plans are set up as automatic payments upon enrollment

Note: all prices are in AUD

Add-ons and electives

Certificate in Autonomic Nervous System Realignment Therapy (ANSR)

The Autonomic Nervous System is responsible for determining which neurochemicals and what amounts are released into our bodies; these chemicals create the physical environment our cells form and live in. This course explores the link between the way we choose to think (our perception), the neurochemicals those mental states determine and how chemical imbalances cause disease. Based on clinical evidence, ANSR investigates how and why, what we think influences our level of physical wellbeing and explains, in practical terms, how changing our thinking process will dramatically improve our physical health.

Course Overview:

The Certificate in Autonomic Nervous System Realignment (ANSR) provides a comprehensive understanding of the intricate relationship between perception, neurochemicals, and physical health. This course equips individuals with the knowledge and skills to utilise autonomic nervous system realignment techniques to promote healing and well-being. Through evidence-based approaches and practical exercises, participants will learn to empower themselves and others in achieving optimal health.

Curriculum Areas:

Module 1: Introduction to ANSR

- Introduction to the course objectives and its importance in holistic healing.
- Understanding the role of perception in influencing neurochemical balance.
- Exploring the fundamentals of autonomic nervous system realignment.

Module 2: Anatomy of the Autonomic Nervous System

- Detailed study of the anatomy of the ANS, including glands, functions, and organs involved.
- Examination of the production and effects of neurochemicals in the body.
- Practical exercises to connect with the ANS and induce conscious changes.

Module 3: Central Nervous System and ANS Operation

- Analysis of the physical structures related to the CNS and ANS operation.
- Understanding the role of organs, glands, and nerves in ANS function.
- Exploration of homeostasis and the evolution of human consciousness.

Module 4: Integrating the Gut Brain

- Introduction to the Gut Brain and its significance in holistic healing.
- Techniques for reprogramming the ANS through changing perceptions and beliefs.
- Practical exercises for identifying and altering negative beliefs.

Required Reading:

- *Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs* by Herbert Benson MD
- *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* by Bruce H. Lipton PhD

Certificate in Brain Body Medicine

This course explores why people can find themselves ‘trapped’ in old belief systems, negative thinking and habitual ideas that do not contribute to living happy or healthy lives. It provides a deeper understanding of the simple and practical tools we can use to help adopt a more positive and healthier thinking process. It includes in-depth exploration of how and why particular thinking patterns manifest into specific physical illness. Based on scientific research and humanistic psychology, this course takes the mystery out of ‘mind body medicine’ and brings a popular theory into a new light as concrete healing modality.

Course Overview:

The Certificate Course in Brain Body Medicine delves into the intricate relationship between our thoughts, beliefs, and physical health. It provides a comprehensive understanding of how negative thought patterns and beliefs can impact our well-being and offers practical tools to adopt a more positive mindset. Based on scientific research and humanistic psychology, this course demystifies 'mind body medicine' and presents it as a tangible healing modality.

Curriculum Areas:**Module One:** Understanding Brain Body Medicine

- Introduction to Brain Body Medicine
- The Role of the Brain Body Therapist
- Placebo – The Science Behind Brain Body Medicine
- Diagnosis and Seeking the Cause of Illness

Module Two: The Role of 'Healer'

- The Physiology of Belief
- Traumatic Beliefs
- The Power to Heal
- The Faith Factor and How to Provide It
- Providing Evidence for Your Clients

Module Three: Diagnostics

- Guiding Clients to Self-diagnose and Heal
- Psychophysiology Diagnostic Tools
- How to Work with Damaging Belief Systems and Conditioning
- Medical Meditation

Module Four: Treatment

- Writing the Prescription
- Tools for the Psychophysiology Therapist
- Marketing Your Brain Body Therapy Practice – Building Clientele
- Referring and Networking

Required Reading:

- Mind Over Medicine: Heal Your Thoughts, Cure Your Body by Lissa Rankin MD
- Meditation as Medicine: Activate the Power of Your Natural Healing Force by Dharma Singh Khalsa MD

Certificate in Advanced Holistic Counselling Therapy

This course delves deeper into the practicalities of holistic counselling therapy. You will study communication skills (verbal and nonverbal), building counsellor/client relationships, relationship counselling, the holistic counselling process, mental and emotional wellbeing, counselling parents, counselling teenagers and releasing past trauma. This course also looks at the important ethical aspects of holistic counselling and will guide you in developing a completely professional practice.

Course Overview:

The Certificate in Advanced Holistic Counselling Therapy provides a comprehensive study of advanced techniques and practices in holistic counselling. Delve into communication skills, building counsellor-client relationships, relationship counselling, the holistic counselling process, mental and emotional wellbeing, counselling parents and teenagers, and releasing past trauma. Explore ethical considerations in counselling to develop a professional practice.

Curriculum Areas:

Module One

- Introduction to Advanced Holistic Counseling
- Seeing Clients – Individual and Group Therapy
- Humanistic Psychology

Module Two

- Relationship Counseling and Counseling Couples
- Counselling Young Adults
- Trauma Counselling
- Counselling Clients with Depression
- Mediating

Module Three

- Running Group Counseling and Therapy Sessions
- Fight or Flight and the Relaxation Response Review
- Powerful Tools for Holistic Counseling
- Creative Expression Therapy

Module Four

- Personal Involvement/Care for the Carer

- Understanding and Avoiding The Friends and Family Trap
- Your Private Practice
- Providing a Desperately Needed Service
- Costing and Running Your Business
- Marketing Your Holistic Counseling Practice – Building Clientele
- Referring and Networking

Required Reading:

- The Games People Play by Eric Berne PHD

Certificate in Holistic Marriage and Relationship Counselling

This course provides students with the skills and information required to counsel married couples, unmarried couples, families, siblings and others involved in close relationships who are seeking assistance to overcome difficulties within the relationship.

In this role the Marriage and Relationship Counsellor will often act as a mediator and will provide the couple (or family) with positive communication skills and life tools to assist them in expressing their emotions in a positive and non-blameful manner, taking responsibility for their part in the relationship breakdown, setting goals and identifying desired outcomes for themselves and the relationship.

Course Overview:

The Certificate in Holistic Marriage and Relationship Counselling equips students with the skills to counsel couples and families facing relationship difficulties. Acting as mediators, counsellors provide positive communication techniques and life tools to help individuals express emotions constructively, take responsibility for relationship issues, set goals, and identify desired outcomes. This course emphasises holistic approaches to relationship healing

Curriculum Areas:

Module One:

- 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

Required Reading:

- Wired for Love: How Understanding Your Partner’s Brain Can Help You Defuse Conflicts and Spark Intimacy by Stan Tatkin PsyD. MFT

Certificate in Holistic Trauma and Abuse Counselling

Trauma and Abuse Counselling works to assist people whose lives have been adversely affected through being abused or traumatised either physically and/or psychologically. This may include sexual abuse, violent physical attack, bullying at home and school or in the workplace, domestic violence, witnessing or being involved in a traumatic incident or accident.

The Trauma and Abuse Counsellors provides support, guidance and resources for the client to overcome the trauma and begin to implement strategies and positive life habits that allow them to live a normal, balanced life again.

Trauma and Abuse Counsellors must also have a thorough understanding of referral networks and the cycle of domestic violence as some of their clients may still be experiencing abuse and require guidance in removing themselves from danger.

Course Overview:

The Certificate in Holistic Trauma and Abuse Counselling equips individuals with the skills and knowledge needed to provide support to those who have experienced trauma or abuse. Through comprehensive training, participants will learn effective counselling techniques, understand the dynamics of trauma and abuse, and explore methods for facilitating healing and recovery.

Curriculum Areas:

Module 1:

- Understanding Trauma
- Healing Processes
- Foundational Relationship Attachment Concepts
- Types of Abuse
- Treatment Approaches

- The Role of Love in Healing
- Building Secure Attachments

Certificate in Holistic Grief and Loss Counselling

Grief and Loss counselling become necessary when a person is so disabled by their grief and so overwhelmed by their loss, that their normal coping processes are disabled or shut down.

People may require Grief and Loss Counselling after the death of a loved one, after a long term relationship ends or even after losing their job. All people experience grief and loss differently. Grief counselling facilitates the expression of emotion and thoughts about the loss, including their feeling sad, anxious, angry, lonely, guilty, relieved, isolated, confused, or numb.

Holistic Grief and Loss Counsellors are able to provide clients with coping skills, emotional support and resources (and sometimes referrals) to help support them through the normal grieving process and also through what is known as 'complicated grief' (which occurs when the client gets stuck in, or does not progress through, the natural stages of grief on their own).

Course Overview:

The Certificate in Holistic Grief and Loss Counselling provides comprehensive training for individuals seeking to support others through the grieving process. This course covers the nature of grief, healing processes, and the role of a holistic grief counsellor. Participants learn to provide emotional support, coping skills, and resources to assist individuals experiencing grief, including those dealing with complicated grief and depressive symptoms.

Curriculum Areas:

Module 1: Holistic Grief and Loss Counselling

- Introduction to Grief and Loss Counselling
- Understanding the Nature of Grief
- Healing Processes in Grief
- Acknowledging the Time it Takes to Grieve
- Navigating Through the Journey of Grief
- Processes Involved in Grieving
- Role and Responsibilities of a Holistic Grief Counsellor
- Pitfalls to Avoid in Grief Counselling
- Factors Influencing the Grieving Process
- Resources and Referrals for Supporting Grieving Individuals

- Dealing with Complicated Grief
- Recognizing and Managing Depressive Grief and Clinical Depression
- Handling Acute Emergency Situations (AES) in Grief Counselling
- Guidelines for Providing Effective Grief Counselling
- Counselling Individuals Facing the End of Life
- Self-Care Strategies for Grief Counsellors
- Importance of Debriefing After Challenging Sessions

Certificate in Meditation Therapy for the Management of Depression and Anxiety

This course provides people with the tools required to self-manage depression and anxiety as well as better manage stress in daily life. As we witness the distressing increase in the number of people dependent on antidepressant drugs to cope with daily life, we realise how essential it has become to provide natural and self-managed alternatives to medication as a standalone treatment. Teaching Meditation for Depression and Anxiety is particularly useful for practitioners who wish to focus on the epidemic of stress, depression and anxiety-related disorders that are rampant in our society.

Course Overview:

The Certificate in Meditation Therapy for the Management of Depression and Anxiety equips participants with tools to self-manage depression, anxiety, and stress. This course provides natural and self-managed alternatives to medication, focusing on teaching meditation techniques for mental health. It is particularly beneficial for practitioners aiming to address the increasing prevalence of stress, depression, and anxiety-related disorders in society.

Curriculum Areas:

Module 1: Understanding Depression, Stress, and Anxiety

- Overview of Depression, Stress, and Anxiety in Modern Society
- Description and History of Depression
- Theory of Depression
- Use of Pharmaceuticals for Treatment

Module 2: Treating Depression, Stress, and Anxiety

- Strategies for Treating Depression
- Understanding and Managing Panic Attacks
- Teaching Techniques for Depression, Stress, and Anxiety

Module 3: Practical Approaches in Meditation Therapy

- Creating Safe Environments for Meditation
- Developing Class Plans and Meditation Sessions
- Selecting Positive Thinking Tools
- Counselling Clients with Depression, Anxiety, and Panic Attacks

Certificate in Meditation Therapy for the Management of Pain and Healing

Modern research has confirmed the age-old wisdom that meditation has the ability to cure many physical and psychological ailments. This training program allows practitioners to specialise in the area of self-empowered healing and personal pain management and covers self-healing, recovery and meditation for pain management. This is an excellent course for anyone who is interested in working in the holistic healing field and combines particularly well with Chair Yoga teaching.

Course Overview:

The Certificate in Meditation Therapy for the Management of Pain and Healing focuses on self-empowered healing and pain management through meditation. This course is designed to help practitioners specialise in holistic healing, combining meditation techniques with modern research on pain management. It is particularly beneficial for individuals interested in holistic healing and those looking to integrate chair yoga teaching.

Curriculum Areas:

Module 1: Understanding Chronic Pain

- Overview of Chronic Pain and its Effects
- Modern Medical Approaches to Chronic Pain
- Introduction to Mind/Body Medicine

Module 2: Holistic Approaches to Pain Management

- Natural Treatments for Healing and Self-Management of Chronic Pain
- Techniques for Teaching Individuals with Chronic Pain or Serious Illness
- Understanding and Empathizing with the Condition

Module 3: Practical Applications in Meditation Therapy

- Writing Meditations for Pain Management and Healing
- Planning and Running Classes and Workshops for Pain Management

Certificate in Meditation for Children

This is a great course for those with a special interest in children. Teaching meditation to children is very different from teaching adults and offers young students a fantastic first step toward a lifetime of health and happiness. The kids' classes are lots of fun and high energy. Children learn the basics of traditional yoga poses through role play. They learn about how their bodies work, how to look after themselves and how to be calm and relaxed as well as developing a myriad of important positive life skills to help them cope with the pressures of daily life. Learning meditation also significantly contributes to better sleeping patterns for children and a wide range of other health and emotional benefits for kids and their parents.

Course Overview:

The Certificate in Meditation for Children is designed for individuals interested in teaching meditation to children. This course emphasises the unique approaches required for engaging and educating young learners, focusing on fun and interactive classes that promote health, happiness, and life skills development. Participants will learn how to create a positive learning environment and deliver effective meditation sessions for children.

Curriculum Areas:

Module 1: Introduction to Teaching Meditation to Children

- Facilitating Meditation Classes for Children
- Choosing Appropriate Venues for Children's Classes
- Understanding the Benefits of Meditation for Children

Module 2: Activities and Games for Children's Meditation

- Planning and Implementing Engaging Activities and Games
- Establishing Rules and Guidelines for Children's Classes
- Designing Meditations Suitable for Children

Module 3: Emotional Well-being and Creativity

- Teaching Children About the Fight or Flight Response
- Developing Positive Thinking Skills in Children
- Enhancing Communication Skills
- Incorporating Creativity in Meditation Classes

Module 4: Practical Considerations for Teaching Meditation to Children

- Using Affirmations with Children
- Designing Homework Assignments to Reinforce Learning
- Utilising Teaching Aids and Resources
- Creating Safe and Supportive Teaching Environments

Certificate in Prenatal Meditation

Prenatal meditation and the use of meditation during childbirth contribute significantly to a more peaceful, faster and less painful birthing experience. It also helps to create a calmer, happier baby and a more confident, relaxed mother. This is a wonderful and rewarding field to teach meditation in and the program you will learn to facilitate can be offered as a two-day workshop or adapted for a weekly class structure.

Course Overview:

The Certificate in Prenatal Meditation is designed for individuals interested in teaching meditation techniques to pregnant women. This course focuses on the benefits of prenatal meditation for both the mother and baby, aiming to create a peaceful and positive birthing experience. Participants will learn how to facilitate prenatal meditation workshops or classes, incorporating relaxation techniques and mindfulness practices.

Curriculum Areas:

Module 1: Introduction to Prenatal Meditation

- Understanding the Benefits of Prenatal Meditation
- Meditation Practices for Pregnancy and Birth
- Addressing Pain and Anxiety During Childbirth
- The Fight and Flight Response in Pregnancy

Module 2: Full Body Relaxation and Meditation Tools

- Techniques for Full Body Relaxation
- Meditation Tools for Prenatal Classes
- Creating a Comprehensive Class Plan

Module 3: Running Prenatal Meditation Classes

- Effective Teaching Methods for Prenatal Meditation
- Designing and Implementing Meditations for Pregnant Women
- Managing Classes and Workshops

Module 4: Marketing and Promotion

- Identifying Your Target Audience
- Choosing Suitable Venues for Prenatal Meditation Classes
- Creating Marketing Plans and Promotional Materials
- Ensuring Good Housekeeping Practices

Certificate in Meditation Therapy for Men’s Holistic Health and Wellbeing

This course offers a fantastic opportunity to explore the issues many men face in our modern society. Subjects include men and communication, understanding anger, facing fear, sexuality, men’s roles in modern society, rites of passage, fatherhood, men’s health, and cultivating creativity for men. This course also covers running workshops and retreats for men, including warrior-style workshops and celebrations of manhood.

Course Overview:

The Certificate in Meditation for Men’s Health and Wellbeing addresses the unique challenges faced by men in modern society. Participants will explore topics such as communication, anger management, fear, sexuality, men’s roles, fatherhood, and health. The course also covers how to run workshops and retreats for men, including warrior-style workshops and celebrations of manhood.

Curriculum Areas:

Module 1: Psychological and Physiological Health for Men

- Understanding Psychological Issues for Men’s Health
- Exploring Physiological Factors in Men’s Health
- Cultivating Love and Self-Love

Module 2: Sexuality and Emotional Guidance

- Addressing Sexuality and Sexual Health for Men
- Strategies for Emotional Wellbeing and Guidance

Module 3: Coping with Life Challenges

- Dealing with Alienation and Isolation
- Managing Relationship Breakdowns
- Understanding and Preventing Suicide
- Addressing Alcoholism and Drug Dependence
- Strategies for Working with Substance Abuse
- Supporting Suicidal and Emotionally Disconnected Men

Module 4: Finding Purpose and Meaning

- Overcoming Loneliness
- Discovering Purpose and Meaning in Life
- Understanding the Characteristics of Manhood
- Navigating the Path Forward

Required Reading:

- Manhood by Steve Biddulph
- The Male Brain by Louann Brizendine

Certificate in Meditation Therapy for Women's Midlife Health and Wellbeing

This course will prepare you to support women in transition and guide them with beautiful tools that assist in developing high self-esteem, self-empowerment, inner strength, trust, self-love, joy and forgiveness. You will also learn about the physical effects of menopause, explore social attitudes regarding women and aging and develop an understanding of the effects of diet, exercise and meditation during menopause. This course also covers running workshops and retreats for women, including goddess-style workshops and celebrations of womanhood.

Course Overview:

The Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing prepares participants to support women through midlife transitions. This course focuses on developing self-esteem, self-empowerment, and inner strength, while addressing the physical and emotional aspects of menopause. Participants will also learn about running workshops and retreats for women, including goddess-style workshops and celebrations of womanhood.

Curriculum Areas:

Module 1: Introduction to Women's Mid-life Health and Wellbeing

- Defining the Mature Woman (Mid-life)
- The Mature Woman in Modern Society
- Understanding the Needs of Older Women
- The Role of the Therapist Working with Women in Mid-life

Module 2: Health Issues and Transitions

- Understanding Menopause

- Coping with Empty Nest Syndrome
- Navigating Marriage Breakdown
- Career Changes and Transitions
- Addressing Sexuality in Older Women

Module 3: Positive Health Habits for Mature Women

- Role Models and Inspirational Figures
- Enhancing Self-Esteem and Defining Beauty
- Practical Tools and Exercises for Wellness
- Dietary Considerations and Nutrition
- Herbs and Supplements for Women's Health

Module 4: Working with Diverse Cultural Backgrounds

- Approaches for Individual Counseling
- Strategies for Group Work with Women
- Inner Goddess Workshops and Their Impact
- Organising and Leading Women's Retreats

Required Reading:

- The Female Brain by Dr. Louann Brizendine

Certificate in Meditation Therapy for Weight Management

This course will assist you in developing a good understanding of the causes underlying weight problems, eating disorders and obesity; the physical and emotional impact these conditions have on people's health and quality of life and teach you how to facilitate workshops which assist people in accomplishing a healthy body weight, developing and maintaining healthy lifestyles, healthier mindsets and a more positive self-image. You will also be able to assist people in adopting healthy eating habits, basic exercise programs and meditation routines and guide them towards developing positive thinking skills. Your clients and students will be exposed to a new understanding of why they have weight issues and will be inspired to apply new, practical and achievable ideas. They will have the resources and support they need to overcome the root causes of their weight issues and move forward into a healthier and happier future.

Course Overview:

The Certificate in Meditation Therapy for Weight Management equips participants with the knowledge and skills to address weight issues, eating disorders, and obesity through holistic approaches. This course delves into the physical and emotional

aspects of weight management, offering insights into stress management, healthy lifestyles, and positive self-image development. Participants will learn to facilitate workshops and guide individuals toward achieving healthier body weights and mindsets.

Curriculum Areas:

Module 1: Understanding Weight Issues

- Introduction to Holistic Weight Management
- Causes and Impact of Weight Issues
- Role of Stress Hormone (Cortisol)
- Societal Perspectives on Obesity

Module 2: Addressing Eating Disorders and Emotional Issues

- Psychological Factors in Weight Problems
- Impact of Stress on Eating Habits
- Using Meditation for Weight Management

Module 3: Tools for Healthy Lifestyles

- Diet and Exercise Guidelines
- Building Positive Self-Image
- Developing Effective Tools and Programs

Module 4: Meditation and Marketing

- Meditations for Healthy Body Image
- Understanding Clients and Students
- Marketing Strategies for Weight Management Services

Certificate in Corporate Stress Management

Stress can have a major effect on work performance. Some of the consequences include absenteeism, diminished performance, negative attitude and cynicism, decline in commitment and creativity, and a decreased ability to concentrate, learn and interact with other employees. Stressed workers can also develop a range of negative health symptoms including insomnia, headaches, back pain, gastrointestinal disorders, fatigue, anxiety, irritability and depression. This course focuses on developing your skills as a Corporate Stress Management Consultant and using your qualification to help build strong workplace stress management programs, better self-esteem among employees, stronger workplace teams and greater productivity levels for business owners.

Course Overview:

The Certificate in Corporate Stress Management equips participants with the skills and knowledge to effectively address workplace stress and promote employee well-being. Through comprehensive modules, participants learn to assess corporate needs, design stress management programs, and facilitate workshops for executives and employees. This course also covers marketing strategies, workplace health and safety, and professional development for corporate stress management consultants.

Curriculum Areas:

Module 1: Introduction to Corporate Stress Management

- Understanding corporate stress
- Role of a corporate stress management consultant
- Marketing and attracting clients

Module 2: Corporate Stress Management Consultations

- Assessing corporate needs
- Designing proposals and quotes
- Venue selection for workshops

Module 3: Designing Stress Management Programs

- Creating class plans and workshop materials
- Holistic counselling for corporate clients
- Teaching stress management techniques

Module 4: Workplace Health and Safety

- Managing difficult participants
- Assessing workplace productivity
- Facilitating corporate retreats
- Establishing professional reputation

Certificate in Elemental Movement Meditation

Movement meditation encourages natural and authentic self-expression and provides a means of re-connecting with our most primal, graceful and authentic self. It opens our creative life force, expands awareness and develops equanimity. Students will experience the benefits of movement meditation and learn how to facilitate courses and workshops for a range of different groups.

Course Overview:

The Certificate in Elemental Movement Meditation introduces participants to the transformative practice of movement meditation. This course focuses on experiencing and facilitating movement meditation sessions for various groups. Participants will gain an understanding of the principles of elemental movement meditation, guidelines for safety and respect, and techniques for designing effective programs.

Curriculum Areas:

Module 1: Introduction to Elemental Movement Meditation

- Understanding the concept and benefits of elemental movement meditation
- Guidelines for safety and respect in movement meditation sessions
- Planning and designing movement meditation programs
- Choosing appropriate music for meditation sessions
- Creating a conducive environment for meditation

Certificate in Sound Therapy and Vibrational Healing

A living cell is a blend of resonant frequencies — vibrational healing influences cellular health by changing its frequency through sympathetic resonance. Sound Therapy acts as a catalyst for healing by transferring energy frequencies into the physical body. This type of therapy has been used in medicine in both treatment and diagnostics for many years.

Learn how and why this intriguing therapy works and experience Sound Therapy and Vibrational Healings self-evident benefits for yourself.

Course Overview: Sound therapy and vibrational healing utilise the power of sound frequencies to promote healing and well-being. This course explores the principles and practices of using sound as a therapeutic tool. Participants will learn how different frequencies affect the body and mind, and how to incorporate sound therapy into their holistic healing practices.

Curriculum Areas:

Module 1

- Sympathetic resonance
- Electromagnetic forces
- Brainwaves
- Chakras

- Universal Healing 432 Hertz
- Psychoacoustics
- Music's role in stress reduction and relaxation
- Designing sound therapy programs and workshops

Certificate in Holistic Therapies for PTSD

Based on the ground-breaking work of psychiatrist, author and educator, Bessel van der Kolk, who has been at the forefront of research in the area of post-traumatic stress the 1970s. Dr van der Kolk has spent his career studying how children and adults adapt to traumatic experiences and have interpreted his findings into his book; *The Body Keeps the Score*.

Students will explore what PTSD is, how it is recorded in the brain, and how it affects the development of the cells. You will also discover very effective ways for supporting your clients to move beyond PTSD into self-empowerment and improved mental, emotional and physical health.

Course Overview:

The Certificate in Holistic Therapies for PTSD is based on the pioneering work of psychiatrist Bessel van der Kolk, focusing on post-traumatic stress and its impact on mental, emotional, and physical health. This course explores the nature of PTSD, its neurological effects, and effective strategies for supporting individuals in moving beyond trauma towards self-empowerment and improved well-being.

Curriculum Areas:

Module1 : Holistic Therapies for PTSD

- Introduction to Post Traumatic Stress Disorder
- Understanding PTSD
- The Vagus Nerves and Their Role in PTSD
- Foundational Relationship Attachment Concepts
- Effects of Abuse and Neglect in Early Life
- Effects of Depression, Stress, and Anxiety on PTSD
- Treating Depression in PTSD
- Understanding Panic Attacks in the Context of PTSD
- Working with Grief and Loss in PTSD
- Tools for Managing PTSD
- Art Therapy Techniques for Treating PTSD

- Designing Meditations for PTSD
- Talk Therapy Approaches for PTSD
- Designing Programs and Workshops for PTSD
- Self-Care Strategies for PTSD Counsellors

Required Reading:

- The Body Keeps the Score by Bessel Van Der Kolk

Certificate in the ART of Meditation

Creating art is a type of meditation that can have fast and profound healing benefits. Art making is a natural vehicle for meditation, relaxation and self-connection. It increases awareness and emphasises acceptance of feelings and thoughts without judgement. It is a catalyst for relaxation of the body and the mind.

Art therapy is useful where talk therapy is ineffective because the client cannot express their issues in words. It assists clients to explore, express and accept their thoughts and feelings in a peaceful and self-empowering way.

Course Overview:

The Certificate in the ART of Meditation offers an immersive exploration of the transformative power of art as a meditation practice. Participants will discover how art-making can serve as a profound form of meditation, fostering relaxation, self-awareness, and acceptance. Through experiential learning and practical exercises, students will develop the skills to integrate art into meditation practices for personal growth and healing.

Curriculum Areas:

Module 1

- The purpose and goals of Meditation
- Meditation in action through art
- Using Art as a Meditation Technique
- Designing Art of Meditation programs and workshops

Certificate in Inner Child Work

So many, if not all, emotional issues and mental health problems can be traced back to childhood trauma. Inner child work is a way of effectively identifying and resolving childhood trauma. It is focused on the experiences, emotions and unconscious beliefs still being held onto by the adult as a result of childhood experiences. It helps

to develop a sense of safety as well as connecting us to the joy, innocence, playfulness, openness and confidence of childhood.

Course Overview:

The Certificate in Inner Child Work focuses on identifying and resolving childhood trauma to promote emotional healing and mental well-being. Participants will learn to address unconscious beliefs and emotional patterns stemming from childhood experiences, reconnecting with the joy, innocence, and resilience of their inner child. This course provides tools, exercises, and strategies for working with the inner child and designing healing programs and workshops.

Curriculum Areas:

Module 1: Inner Child Work

- Types of Childhood Trauma
- Theta Waves and the Realm of Imagination
- Understanding the Wounded Child
- Tools, Exercises, and Activities for Inner Child Work
- Designing Inner Child Healing Programs and Workshops

Required Reading:

- Heal Your Inner Child by Glenn Harrold FBSCH Dip C.H.

Certificate in Holistic Telephone Counselling

This course prepares students to offer telephone and online counselling therapy for clients who are unable to attend in person for various reasons. These reasons may include family or work commitments, disability, location, lack of transport or isolation. Telephone counsellors need special skills to ensure the client experiences as close as possible, the safe and nurturing environment the counsellor would provide in a face-to-face consultation.

Course Overview:

The Certificate in Holistic Telephone Counselling equips students with the necessary skills to provide effective counselling therapy over the phone and online. As more clients seek remote counselling options due to various constraints, this course addresses the unique challenges and techniques involved in delivering supportive and nurturing counselling experiences remotely.

Curriculum Areas:

Module 1:

- Introduction to Telephone Counselling
- Overview of telephone counselling
- Utilising Zoom and other online platforms
- Structure of counselling calls
- Core principles of telephone counselling
- Active listening techniques
- Exploring and validating feelings
- Effective communication using open and closed questions
- Summarising and reflecting content
- Guidelines for basic telephone counselling communication
- Identifying barriers to effective communication
- Developing listening skills
- Self-care strategies for telephone counsellors
- Handling domestic violence and suicidal clients
- Role-play exercises for practical application

Required Reading:

- *The Telephone Counsellor's Role Play Handbook* by Kerry Doolan
- *Telephone Counselling - A Handbook for Practitioners* by Maxine Rosenfield



Dannyelle & James Tansey

wholesomewellbeingcollege@gmail.com

www.wholesomewellbeingcollege.com