



## **Mind Body Education Master Practitioner of Integrative Counselling Course Prospectus**

**38 modules – Part Time – 2 ½ years**

### **Part One – Registered Holistic Wellness Coach**

21 modules – Part Time - 6 months

6 hours study per module

1 module per week x 21 modules = 21 weeks

One live Zoom virtual workshop per module

With 5 weeks study break

\*Please see the Registered Holistic Wellness Coach Course Prospectus for course content at:

<https://mindbodyeducation.info/holistic-wellness-coach-online>

Upon successful completion of part one, students may begin practicing as a Registered Holistic Wellness Coach while continuing to study toward their Master Practitioner of Integrative Counselling qualification, if they wish to do so.

### **Part Two - Master Practitioner of Integrative Counselling**

17 modules with 40 hours study of each

10 hours of study each week – each module takes 4 weeks

One live Zoom virtual workshop per module.

68 weeks study at 10 hours study per week

10 hours of supervised clinical practice

26 weeks of study breaks selected by the student

Total 2 years study.

Embark on a profound journey into the realm of holistic integrative counselling. Our comprehensive program is meticulously crafted to nurture empathetic and skilled counsellors.

Integrative counselling strategically incorporates a diverse range of therapeutic techniques from a wide range of modalities to customize a holistic approach suited to each client's specific healing needs. Such an approach acknowledges the nuanced nature of individual experiences, understanding that no singular therapeutic method universally addresses every aspect of a client's challenges.

Through a series of thoughtfully curated modules, students delve into the intricacies of human behaviour, wellness, and therapeutic interventions. From foundational principles in holistic counselling to advanced techniques integrating positive psychology, this course offers a transformative learning experience.

Explore the interconnectedness of mind, body, and spirit, discovering how holistic approaches empower individuals towards comprehensive well-being. Dive into advanced stress management techniques, positive coping mechanisms, and resilience-building strategies, equipping you with powerful tools to support your clients to navigate life's challenges.

This evidence based and heart centred professional training program will provide you with hands-on experience through supervised practice, honing your counselling skills and integrating evidence-based research for holistic well-being.

Emerge from this course not just as a counsellor, but as a holistic wellness facilitator capable of making a profound impact in clients' lives. Whether you're stepping into counselling for the first time or seeking to enhance your existing practice, our Master Practitioner of Integrative Counselling program offers a transformative pathway toward becoming a proficient and compassionate counsellor.

## **Part Two - Master Practitioner of Integrative Counselling Modules**

### **Unit 1: Foundations of Holistic Integrative Counselling**

#### **Module 1: Introduction to Holistic Integrative Counselling**

**Overview:** This module serves as the bedrock for the Master Practitioner of Holistic integrative counselling training program, providing a comprehensive introduction to the core principles, theories, and methodologies within the field.

#### **Key Topics:**

**Introduction to Holistic Integrative Counselling:**

Understanding the concept, scope, and significance of holistic integrative counselling approaches.  
Exploring the evolution and relevance of integrative techniques in modern counselling practices.

**Theoretical Frameworks:**

Overview of major counselling theories (e.g., psychodynamic, humanistic, cognitive-behavioural).  
Integrating diverse theoretical approaches into a cohesive counselling framework.

**Holistic Approach in Counselling:**

Embracing holistic paradigms and their role in fostering comprehensive well-being.  
Exploring the mind-body-spirit connection and its significance in counselling.

**Therapeutic Relationship and Ethics:**

Establishing a therapeutic alliance and the importance of rapport building.  
Ethical considerations and professional standards in counselling practice.

**Diversity and Cultural Competence:**

Understanding diversity, cultural factors, and their impact on counselling relationships.  
Developing cultural competence to work effectively with diverse client populations.

**Assessment and Diagnosis:**

Overview of assessment tools and methods in counselling.  
Understanding the ethical considerations in diagnosing and treatment planning.

**Communication Skills in Counselling:**

Effective verbal and non-verbal communication techniques in counselling.  
Active listening, empathy, and enhancing communication within therapeutic settings.

**Self-Reflection and Personal Development:**

Importance of self-awareness and personal growth for counsellors.  
Techniques for ongoing self-reflection and professional development.

**Introduction to Practical Skills:**

Overview of basic counselling skills (e.g., empathy, reflection, questioning).  
Introduction to role-play exercises and supervised practice sessions.

**Professionalism and Self-Care:**

Ethical and professional conduct in counselling practice.  
Strategies for maintaining counsellor well-being and preventing burnout.

## **Module 2: Introduction to Holistic Counselling**

**Overview:** Delve into the foundational principles of holistic counselling and the transformative realm of positive psychology. Gain profound insights into the intricate interplay between the mind, body, and spirit within therapeutic practices, fostering a comprehensive understanding of holistic well-being.

### **Key Topics:**

Holistic Counselling Fundamentals:

Defining holistic counselling and its principles.

Understanding the holistic approach to mental health and well-being.

Positive Psychology in Counselling:

Introduction to positive psychology concepts and their relevance in therapy.

Exploring positive emotions, strengths, and resilience in counselling.

Mind-Body-Spirit Connection:

Examining the interconnectedness of mind, body, and spirit in holistic therapy.

Understanding how psychological, physical, and spiritual aspects influence well-being.

Integration of Holistic Principles:

Exploring how holistic principles align with positive psychology in counselling.

Understanding the application of holistic beliefs in therapeutic practices.

Holistic Assessment Techniques:

Introduction to holistic assessment tools and methodologies.

Understanding comprehensive evaluations considering mind, body, and spirit.

Ethics and Boundaries in Holistic Counselling:

Discussing ethical considerations specific to holistic counselling.

Setting boundaries and maintaining professional standards in holistic therapy.

Cultural Sensitivity and Diversity:

Emphasizing the importance of cultural competence in holistic counselling.

Recognizing diverse perspectives and their impact on holistic practices.

Therapeutic Relationships in Holistic Counselling:

Establishing rapport and trust in the holistic counselling setting.

Exploring the role of the counsellor-client relationship in holistic therapy.

Introduction to Holistic Interventions:

Overview of holistic interventions such as mindfulness, relaxation techniques, and visualization.

Understanding how these interventions contribute to holistic well-being.

Self-Reflection and Personal Growth:

Encouraging self-reflection for counsellors' personal growth.

Emphasizing self-awareness and its significance in holistic counselling practice.

### **Module 3: Positive Psychology Fundamentals**

**Overview:** Embark on an exploration journey into the realms of positive emotions, intrinsic character strengths, and the profound resilience inherent within individuals. This module delves deep into the practical application of positive psychology principles within counselling, empowering therapists to harness the transformative potential of positivity in therapeutic settings.

#### **Key Topics:**

##### **Positive Emotions and Well-Being:**

Understanding the nature of positive emotions and their impact on mental health.  
Exploring positive emotional experiences and their role in enhancing well-being.

##### **Character Strengths and Virtues:**

Identifying and assessing personal character strengths and virtues.  
Understanding how leveraging strengths contributes to resilience and growth.

##### **Resilience and Adaptability:**

Defining resilience and its significance in overcoming adversity.  
Techniques for fostering resilience and building adaptive coping mechanisms.

##### **Positive Psychology Applications in Counselling:**

Integrating positive psychology principles into counselling practices.  
Using strengths-based approaches and positive interventions in therapy sessions.

##### **Mindfulness and Positive Psychology:**

Exploring mindfulness techniques as tools for fostering positive emotions.  
Understanding how mindfulness aligns with positive psychology in therapy.

##### **Promoting Well-Being and Flourishing:**

Techniques for promoting overall well-being and fostering a flourishing life.  
Strategies for cultivating positive experiences and increasing life satisfaction.

##### **Enhancing Positive Relationships:**

Understanding the role of positive relationships in mental health and happiness.  
Techniques for improving communication and fostering positive connections.

##### **Self-Compassion and Self-Efficacy:**

Exploring the impact of self-compassion on mental health and resilience.  
Building self-efficacy and confidence through positive psychology practices.

##### **Mind-Body Connection in Positive Psychology:**

Understanding the mind-body connection and its relevance to positive psychology.  
Exploring how holistic well-being impacts positive emotional experiences.

##### **Applications of Positive Psychology Beyond Counselling:**

Exploring the broader applications of positive psychology in various settings.  
Integrating positive psychology principles into personal and professional life beyond counselling contexts.

## **Module 4: Understanding Stress and its Effects**

**Overview:** Delve into the complexities of stress, unravelling its physiological impact and psychological intricacies. Discover a spectrum of techniques aimed at reducing stress and fostering resilience, equipping individuals with tools to navigate life's challenges effectively.

### **Key Topics:**

#### Understanding Stress:

Defining stress and its multifaceted nature in contemporary life.

Recognizing different types and sources of stressors.

#### Physiological Impact of Stress:

Exploring the body's physiological response to stress.

Understanding the role of hormones (e.g., cortisol, adrenaline) in stress reactions.

#### Psychological Responses to Stress:

Examining psychological reactions and cognitive responses to stress.

Understanding the impact of stress on mental health and emotions.

#### Effects of Chronic Stress:

Analysing the long-term effects of chronic stress on physical and mental well-being.

Exploring stress-related disorders and their implications.

#### Stress Reduction Techniques:

Introduction to stress reduction methods such as relaxation techniques, deep breathing, and meditation.

Applying stress reduction strategies in daily life for improved well-being.

#### Building Resilience Against Stress:

Understanding resilience and its role in coping with stressors.

Techniques for enhancing resilience and adaptive coping mechanisms.

#### Mind-Body Interventions for Stress Management:

Exploring mind-body techniques (e.g., mindfulness, yoga) for stress management.

Understanding the impact of holistic practices in mitigating stress.

#### Coping Strategies in Stressful Situations:

Developing effective coping strategies for managing stress in different life situations.

Building a toolkit of stress-coping mechanisms for diverse stressors.

#### Stress Management in Counselling Practice:

Integrating stress management techniques into counselling sessions.

Understanding how to address stress-related issues in therapy.

#### Healthy Lifestyle and Stress Reduction:

Exploring the role of diet, exercise, and sleep in managing stress.

Implementing lifestyle changes for stress reduction and improved well-being.

## **Unit 2: Holistic Wellness and Human Behaviour**

### **Module 5: Holistic Models of Wellness**

**Overview:** Explore holistic wellness models and their integration into counselling practices. Delve into lifestyle interventions designed to enhance mental health, fostering a comprehensive approach to well-being within therapeutic settings.

#### **Key Topics:**

##### Overview of Holistic Wellness Models:

Introduction to various holistic wellness models (e.g., Ayurveda, Traditional Chinese Medicine, biopsychosocial model).

Understanding the principles and frameworks guiding holistic wellness.

##### Application of Holistic Models in Counselling:

Integrating holistic wellness models into counselling practices.

Exploring how these models inform and enhance therapeutic interventions.

##### Bio-Psycho-Social-Spiritual Model:

Understanding the holistic approach considering biological, psychological, social, and spiritual aspects.

Exploring how this model influences counselling and client well-being.

##### Mind-Body-Spirit Connection in Wellness:

Examining the interconnectedness of mind, body, and spirit in holistic wellness.

Understanding how holistic wellness impacts mental health.

##### Holistic Lifestyle Interventions:

Lifestyle modifications for mental health enhancement.

Exploring diet, exercise, sleep, and stress management in holistic well-being.

##### Mindfulness and Holistic Wellness:

Exploring mindfulness practices in holistic wellness promotion.

Understanding how mindfulness contributes to mental health improvement.

##### Spiritual Well-Being and Counselling:

Understanding the role of spirituality in holistic well-being.

Exploring spirituality's impact on mental health and counselling outcomes.

##### Cultural Competence in Holistic Wellness:

Recognizing diverse cultural perspectives on wellness.

Implementing culturally sensitive interventions in counselling practice.

##### Assessment Tools in Holistic Wellness:

Overview of assessment methods considering holistic aspects.

Understanding comprehensive evaluations for holistic wellness planning.

##### Implementation of Holistic Wellness in Counselling:

Applying holistic wellness strategies in counselling sessions.

Developing tailored wellness plans based on holistic assessments.

## **Module 6: Human Behaviour and Holistic Perspective**

**Overview:** Embrace holistic perspectives to comprehend human behaviour deeply. Analyse the intricate link between mind and body in shaping behaviour patterns, fostering a comprehensive understanding of human experiences.

### **Key Topics:**

Holistic Understanding of Human behaviour:

Exploring holistic perspectives on human behaviour.

Integrating holistic viewpoints into traditional behavioural models.

Mind-Body Connection in Behavioural Patterns:

Examining the influence of mind-body connections on behaviour.

Understanding how mental states impact physical behaviour and vice versa.

Biopsychosocial Model and behaviour:

Understanding behaviour within the context of the biopsychosocial model.

Exploring how biological, psychological, and social factors influence behaviour.

Cognitive Patterns and Holistic Viewpoints:

Analysing cognitive patterns and their relation to holistic wellness.

Integrating cognitive processes into a holistic understanding of behaviour.

Emotions and Behavioural Responses:

Understanding emotions' role in behaviour and holistic well-being.

Analysing emotional patterns and their impact on behaviour.

Holistic Perspective on Motivation:

Integrating holistic viewpoints into understanding motivation and behaviour.

Exploring how holistic well-being influences motivational aspects.

Environmental Influences on behaviour:

Analysing how the environment affects behaviour from a holistic standpoint.

Understanding the impact of surroundings on holistic well-being and behaviour.

Stress and behaviour from a Holistic Lens:

Examining the relationship between stress, mind-body connection, and behaviour.

Exploring holistic stress management techniques to alter behavioural responses.

Individual Differences and Holistic behaviour Analysis:

Recognizing diversity in behaviour and its holistic interpretation.

Understanding how individual differences contribute to holistic well-being and behaviour.

Counselling Approaches and Holistic Behaviour Modification:

Applying holistic perspectives in behaviour modification during counselling sessions.

Integrating holistic interventions for behaviour change and well-being enhancement.

## **Module 7: Mind-Body Techniques for Stress Management**

**Overview:** Engage in teaching mindfulness, relaxation, and effective stress reduction techniques. Discover the transformative potential of mind-body interventions within counselling, equipping practitioners with powerful tools for holistic well-being.

### **Key Topics:**

Introduction to Mind-Body Techniques:

Defining mind-body techniques for stress management.

Understanding the holistic approach to stress reduction.

Mindfulness Practices for Stress Reduction:

Teaching mindfulness techniques (e.g., mindful breathing, body scan) for stress relief.

Applying mindfulness in reducing stress responses.

Relaxation Techniques and Stress Management:

Exploring relaxation methods (e.g., progressive muscle relaxation, guided imagery) for stress reduction.

Utilizing relaxation techniques in counselling sessions for stress relief.

Mind-Body Connection in Stress Responses:

Understanding the mind-body connection in stress responses.

Exploring how thoughts and emotions impact physical stress manifestations.

Biofeedback and Stress Reduction:

Introduction to biofeedback techniques for stress management.

Understanding how biofeedback aids in stress reduction.

Breathwork and Stress Relief:

Teaching breathing exercises (e.g., diaphragmatic breathing, alternate nostril breathing) for stress relief. Utilizing breathwork in managing stress responses.

Visualization and Stress Reduction:

Exploring guided imagery and visualization techniques for stress reduction.

Applying visualization exercises in counselling practice for stress management.

Yoga and Stress Relief:

Introduction to yoga practices (e.g., asanas, pranayama) for stress relief.

Understanding the holistic benefits of yoga in reducing stress.

Tai Chi and Mindfulness Movement:

Exploring tai chi practices and its mindfulness aspect in stress reduction.

Utilizing tai chi movements for relaxation and stress management.

Application of Mind-Body Techniques in Counselling:

Integrating mind-body techniques into counselling sessions for stress relief.

Understanding how to incorporate mind-body interventions tailored to individual client needs.



## **Unit 3: Positive Psychology in Counselling**

### **Module 8: Applications of Positive Psychology**

**Overview:** Seamlessly integrate positive psychology interventions into counselling sessions to cultivate well-being and foster flourishing in clients. Explore practices aimed at harnessing the transformative power of positivity within therapeutic settings.

#### **Key Topics:**

##### Positive Psychology in Counselling:

Understanding the integration of positive psychology principles into counseling.  
Exploring the role of positive interventions in therapy sessions.

##### Strengths-Based Approach in Counselling:

Utilizing strengths-based interventions to empower clients.  
Applying positive reinforcement techniques for personal growth.

##### Promoting Positive Emotions and Well-Being:

Techniques for promoting positive emotions in clients.  
Fostering a sense of well-being and life satisfaction.

##### Resilience-Building Strategies:

Teaching resilience-building techniques in counselling sessions.  
Enhancing coping mechanisms and adaptive responses.

##### Mindfulness and Positive Psychology Integration:

Integrating mindfulness practices with positive psychology interventions.  
Exploring how mindfulness enhances positive emotional experiences.

##### Gratitude Practices for Well-Being:

Teaching gratitude exercises and their impact on well-being.  
Encouraging clients to cultivate a sense of gratitude in their lives.

##### Optimism and Positive Thinking Techniques:

Techniques to cultivate optimism and positive thinking in clients.  
Shifting perspectives towards a more positive outlook on life.

##### Flow and Engagement in Counselling:

Understanding the concept of flow and engagement in therapy sessions.  
Creating opportunities for clients to experience flow states.

##### Meaning and Purpose in Life:

Exploring the importance of finding meaning and purpose for overall well-being.  
Helping clients discover and align with their sense of purpose.

##### Implementing Positive Psychology Beyond Sessions:

Encouraging clients to apply positive psychology principles in daily life.  
Promoting continued growth and flourishing beyond counselling sessions.

## **Module 9: Strength-Based Counselling Approach**

**Overview:** Leverage client strengths and virtues as powerful catalysts in therapeutic interventions. Implement positive reinforcement techniques within counselling sessions, empowering individuals through tailored approaches and affirming methods.

### **Key Topics:**

Introduction to Strength-Based Counselling:

Defining the strengths-based approach in counselling.

Understanding the importance of focusing on client strengths.

Identification and Assessment of Client Strengths:

Techniques for identifying and assessing client strengths and virtues.

Exploring tools and methods to recognize client resources.

Positive Reinforcement Techniques:

Applying positive reinforcement strategies in therapeutic interventions.

Understanding the impact of positive reinforcement on client progress.

Strengths-Based Assessment and Goal Setting:

Incorporating strengths-based assessments for goal setting in counselling.

Establishing client-centred goals based on identified strengths.

Empowerment Through Strengths:

Empowering clients by highlighting and utilizing their strengths.

Encouraging self-efficacy and confidence through strengths-based approaches.

Collaborative Approach in Strength-Based Counselling:

Collaborating with clients to leverage their strengths in problem-solving.

Fostering a collaborative therapeutic relationship.

Cultivating Resilience through Strengths:

Building resilience by leveraging and reinforcing client strengths.

Helping clients develop coping mechanisms based on their strengths.

Integrating Strengths in Treatment Plans:

Integrating client strengths into personalized treatment plans.

Tailoring interventions based on identified strengths.

Overcoming Challenges and Building on Strengths:

Addressing challenges while utilizing client strengths for solutions.

Navigating obstacles and leveraging strengths for growth.

Continued Growth and Maintenance:

Encouraging ongoing growth and development through strengths-based approaches.

Promoting strategies for maintaining progress by focusing on strengths.

## **Module 10: Coping Strategies and Resilience**

**Overview:** Equip individuals with resilience-building strategies to navigate life's challenges adeptly. Explore the integration of positive coping mechanisms within counselling practice, empowering individuals to overcome adversities with strength and positivity.

### **Key Topics:**

#### Understanding Resilience:

Defining resilience and its significance in overcoming adversity.

Exploring the traits and characteristics of resilient individuals.

#### Resilience-Building Strategies:

Teaching strategies for developing resilience in the face of challenges.

Exploring techniques to bounce back and thrive amidst difficulties.

#### Positive Coping Mechanisms:

Introduction to positive coping mechanisms for stress and challenges.

Understanding healthy ways to manage emotions and situations.

#### Cognitive Strategies for Resilience:

Cognitive restructuring techniques for building resilience.

Reframing perspectives and thoughts to enhance resilience.

#### Emotion Regulation Techniques:

Teaching emotional regulation skills for resilience-building.

Understanding and managing emotions during challenging times.

#### Adaptive Coping Skills:

Exploring adaptive coping skills that promote resilience.

Implementing problem-solving strategies in counselling.

#### Building Social Support Networks:

Understanding the importance of social connections in resilience.

#### Mindfulness and Resilience Building:

Integrating mindfulness practices for enhancing resilience.

Exploring mindfulness-based techniques for stress reduction.

#### Physical Wellness and Resilience:

Understanding the connection between physical health and resilience.

Promoting healthy lifestyle habits for resilience.

#### Application of Coping Strategies in Counselling:

Integrating coping strategies into counselling sessions for clients.

Tailoring coping techniques based on individual needs and challenges.

## **Unit 4: Advanced Holistic Counselling Techniques**

### **Module 11: Advanced Counselling Skills**

**Overview:** Enhance counselling techniques by integrating positive psychology methodologies. Engage in role-play and simulated sessions to refine and elevate counselling skills, fostering practical application and proficiency.

#### **Key Topics:**

**Advanced Positive Psychology Approaches in Counselling:**

Deepening counselling techniques through the integration of positive psychology principles.  
Exploring advanced positive interventions for therapeutic settings.

**Strengths-Based Counselling Mastery:**

Enhancing counselling skills through a strengths-based approach.  
Applying advanced positive reinforcement techniques in client sessions.

**Cognitive Restructuring and Advanced Techniques:**

Advanced cognitive restructuring methods for counselling.  
Using cognitive-behavioural techniques with positive psychology integration.

**Advanced Empathy and Active Listening Skills:**

Deepening empathetic connections with clients in counselling.  
Enhancing active listening abilities for nuanced understanding.

**Trauma-Informed Counselling Practices:**

Advanced techniques for trauma-informed care in counselling.  
Integrating positive psychology approaches for trauma recovery.

**Advanced Communication Strategies in Counselling:**

Exploring advanced communication skills for effective counselling.  
Improving rapport-building techniques and non-verbal communication.

**Mindfulness Integration in Advanced Counselling:**

Advanced mindfulness techniques in counselling sessions.  
Implementing mindfulness-based interventions for deeper client engagement.

**Role-Play and Simulated Sessions:**

Conducting simulated counselling sessions for skill enhancement.  
Practicing advanced counselling scenarios through role-play exercises.

**Advanced Problem-Solving Techniques:**

Enhancing problem-solving skills for complex counselling cases.  
Applying creative and innovative solutions in counselling practice.

**Supervision and Self-Reflection:**

Reflective practices for continuous self-improvement in counselling.  
Utilizing supervision and feedback for ongoing skill development.

## **Module 12: Specialized Topics in Holistic Therapy:**

**Overview:** Delve into trauma-informed care, spiritual counselling, and the realm of positive psychology. Gain insights into diverse client populations, understanding their distinct needs and perspectives within holistic counselling approaches.

### **Key Topics:**

#### Trauma-Informed Care in Holistic Therapy:

Exploring trauma-informed approaches within holistic therapy.

Techniques for integrating trauma-sensitive practices into therapy sessions.

#### Spiritual Counselling and Holistic Well-Being:

Understanding the role of spirituality in holistic therapy.

Techniques for incorporating spiritual elements into counselling sessions.

#### Advanced Positive Psychology Applications:

Exploring advanced positive psychology interventions in holistic therapy.

Applying positive psychology principles for holistic well-being enhancement.

#### Cultural Competence and Diverse Client Populations:

Understanding diverse cultural backgrounds in holistic therapy.

Techniques for providing culturally sensitive and inclusive care.

#### Gender, Identity, and Holistic Therapy:

Addressing gender and identity considerations in holistic counselling.

Providing affirming and supportive care for diverse gender identities.

#### Working with Trauma Survivors:

Specialized approaches for working with clients who have experienced trauma.

Implementing trauma-informed techniques for holistic healing.

#### Holistic Approaches to Addiction and Recovery:

Understanding addiction through a holistic lens.

Integrating holistic therapies in addiction recovery programs.

#### Mind-Body-Spirit Connection in Therapy:

Deepening the understanding of the mind-body-spirit connection.

Techniques for fostering holistic well-being through this connection.

#### Ethical Considerations in Specialized Holistic Therapy:

Ethical guidelines specific to specialized holistic therapy.

Maintaining professional boundaries in diverse therapeutic settings.

#### Tailoring Holistic Therapy to Unique Client Needs:

Customizing holistic therapy approaches for individual client needs.

Personalizing therapy plans based on diverse client backgrounds and requirements.

## **Module 13: Mind-Body Practices in Healing**

**Overview:** Explore advanced techniques integrating mind-body interventions within therapy, fostering a holistic approach to emotional and physical well-being. Delve into innovative methods that unify mental and physical practices for comprehensive wellness.

### **Key Topics:**

**Advanced Mind-Body Integration Techniques:**

Deepening the integration of mind-body interventions in therapeutic settings.  
Exploring advanced techniques to synchronize mental and physical well-being.

**Mindfulness-Based Stress Reduction (MBSR):**

Advanced mindfulness practices for stress reduction and holistic healing.  
Implementing MBSR techniques for emotional and physical well-being.

**Biofeedback and Psychophysiological Techniques:**

Exploring biofeedback methodologies for mind-body regulation.  
Utilizing biofeedback to enhance emotional and physical well-being.

**Holistic Approaches to Emotional Wellness:**

Techniques for promoting emotional balance and resilience through holistic practices.  
Integrating emotional healing modalities in therapy sessions.

**Mind-Body Techniques for Pain Management:**

Advanced mind-body approaches for pain relief and management.  
Utilizing holistic methods to alleviate physical discomfort.

**Energy Healing Modalities:**

Exploring energy-based healing practices (e.g., Reiki, acupuncture) for holistic well-being.  
Understanding the role of energy work in emotional and physical healing.

**Embodied Mindfulness and Movement Therapies:**

Incorporating movement-based therapies (e.g., yoga, tai chi) for holistic healing.  
Exploring how movement impacts emotional and physical wellness.

**Mind-Body-Spirit Connection in Therapy:**

Deepening the understanding of the mind-body-spirit connection.  
Techniques for fostering holistic well-being through this connection.

**Mindful Eating and Nutrition for Wellness:**

Integrating mindful eating practices for nutritional and emotional balance.  
Understanding the impact of nutrition on emotional and physical health.

**Healing Visualization and Guided Imagery:**

Advanced techniques in visualization and imagery for holistic healing.  
Applying guided imagery in therapy sessions for emotional and physical well-being.

## **Unit 5: Holistic Counselling Practicum**

### **Module 14: Supervised Practice**

**Overview:** Progress through continued supervised practice, gaining increased autonomy in your counselling journey. Engage in case presentations, peer reviews, and sessions centred on positive psychology, fostering a dynamic learning environment for skill refinement and growth.

#### **Key Topics:**

**Continued Supervised Practice with Autonomy:**

Gradual increase in autonomy while maintaining supervised practice.

Applying learned techniques with greater independence and confidence.

**Case Presentations and Analysis:**

Presenting and analysing counselling cases encountered during practice.

Applying critical thinking skills to evaluate and discuss client cases.

**Peer Reviews and Collaborative Learning:**

Engaging in peer reviews for shared learning and feedback.

Collaborating with peers to gain insights and perspectives on counselling approaches.

**Positive Psychology-Focused Sessions:**

Conducting counselling sessions with a primary focus on positive psychology principles.

Implementing positive interventions for holistic well-being in practice.

**Client-Centered Approaches and Tailored Interventions:**

Developing and implementing client-centred interventions based on individual needs.

Tailoring counselling approaches to diverse client populations.

**Ethical Dilemmas and Decision-Making:**

Analysing ethical dilemmas encountered in counselling practice.

Developing strategies for ethical decision-making in complex scenarios.

**Transference and Countertransference Awareness:**

Understanding transference and countertransference in client-therapist relationships.

Building awareness and managing these dynamics within sessions.

**Cultural Sensitivity and Inclusivity:**

Enhancing cultural competence when working with diverse client backgrounds.

Ensuring inclusive and culturally sensitive counselling practices.

**Self-Reflection and Professional Development:**

Engaging in reflective practices for ongoing self-improvement as a counsellor.

Identifying areas for professional growth and development.

**Supervision and Mentorship Discussions:**

Utilizing supervision and mentorship for guidance and support.

Discussing challenges, successes, and strategies for improvement with supervisors and mentors.

## **Module 15: Research in Holistic Counselling**

**Overview:** Engage in research focusing on positive psychology applications within holistic counselling. Embrace evidence-based positive interventions, exploring their implementation and impact in counselling practice for holistic well-being.

### **Key Topics:**

#### Positive Psychology Applications in Counselling Research:

Understanding the role of positive psychology in holistic counselling research.

Reviewing literature and studies on positive interventions in counselling.

#### Designing Research Studies in Holistic Counselling:

Methodologies for conducting research on positive psychology applications.

Developing research designs to explore the effectiveness of interventions.

#### Data Collection and Analysis Methods:

Collecting data on the implementation of positive interventions in counselling practice.

Analysing qualitative and quantitative data relevant to holistic counselling.

#### Ethical Considerations in Counselling Research:

Ethical guidelines and considerations for conducting research in counselling.

Ensuring participant confidentiality and informed consent in studies.

#### Implementing Evidence-Based Positive Interventions:

Applying evidence-based positive interventions derived from research findings.

Integrating research outcomes into counselling practice.

#### Evaluation of Positive Interventions' Effectiveness:

Assessing the effectiveness and impact of positive interventions in counselling.

Utilizing outcome measures to evaluate the success of interventions.

#### Case Studies and Research Integration:

Using case studies to illustrate the application of research findings in counselling.

Integrating research outcomes into real-world counselling scenarios.

#### Collaboration and Knowledge Sharing:

Collaborating with peers and professionals to share research findings.

Engaging in discussions and forums to disseminate research knowledge.

#### Continuous Improvement Through Research:

Using research outcomes for continuous improvement in counselling approaches.

Identifying areas for further investigation and improvement.

#### Implementation Challenges and Strategies:

Addressing challenges in implementing evidence-based interventions.

Developing strategies to overcome barriers in integrating research into practice.



## **Module 16: Integration and Future Directions**

**Overview:** Merge positive psychology with holistic counselling practices to enrich therapeutic approaches. Explore career planning and professional development strategies centred on fostering holistic well-being, empowering future paths in counselling.

### **Key Topics:**

**Integration of Positive Psychology and Holistic Counselling:**

Strategies for seamless integration of positive psychology principles into holistic counselling practices. Exploring synergies and overlaps between positive psychology and holistic approaches.

**Advanced Techniques in Holistic Positive Well-Being:**

Advanced holistic counselling methods centred on promoting positive well-being. Applying cutting-edge positive interventions in counselling practice.

**Creating Holistic Treatment Plans with Positive Focus:**

Developing comprehensive treatment plans integrating positive elements. Tailoring counselling approaches to foster holistic well-being in clients.

**Ethical Considerations in Holistic Positive Counselling:**

Addressing ethical considerations specific to integrating positive well-being into counselling. Maintaining professional boundaries while emphasizing positivity in therapy.

**Client-Centered Approaches for Future Practice:**

Advancing client-centred approaches for future holistic counselling practice. Tailoring counselling sessions to individual client needs and aspirations.

**Exploration of Future Career Paths:**

Identifying potential career trajectories within the holistic counselling field. Examining opportunities for specialization and advancement.

**Professional Development and Continuing Education:**

Mapping out a plan for continuous professional growth in holistic positive counselling. Identifying relevant training, certifications, and educational pathways.

**Innovations in Holistic Positive Counselling:**

Exploring emerging trends and innovations in the holistic counselling landscape. Incorporating innovative practices for enhanced positive outcomes.

**Business Aspects and Entrepreneurship in Holistic Counselling:**

Understanding the business side of holistic counselling practices. Exploring entrepreneurship opportunities and practice management.

**Reflection and Integration for Future Practice:**

Reflecting on personal growth and learning experiences in the program. Integrating program insights into future counselling practice for holistic positive well-being.

## **Module 17: Launching Your Holistic Counselling Practice**

**Overview:** Seamlessly transition into entrepreneurship and independent practice within the holistic counselling realm. This module equips graduates with essential strategies and profound insights necessary to not only establish but also flourish in their private holistic counselling endeavours.

### **Key Topics:**

#### **Business Planning and Strategy:**

Creating a comprehensive business plan tailored for holistic counselling practices.  
Strategic goal setting and outlining objectives for professional growth.

#### **Legal and Ethical Considerations:**

Understanding legal requirements and ethical guidelines in private practice.  
Navigating licensing, certifications, and professional regulations.

#### **Branding and Marketing:**

Crafting a unique brand identity aligned with holistic counselling principles.  
Marketing strategies for reaching and engaging with target client demographics.

#### **Client Relationship Building:**

Cultivating strong rapport and trust with clients in a private practice setting.  
Effective communication strategies to establish long-term therapeutic relationships.

#### **Financial Management:**

Budgeting, fee structuring, and financial planning for a counselling practice.  
Managing billing, insurance, and payment systems.

#### **Establishing Your Office:**

Designing and setting up a conducive and welcoming counselling space.  
Choosing equipment, software, and tools necessary for practice management.

#### **Networking and Referrals:**

Building professional connections and networks within the counselling community.  
Establishing referral networks with healthcare professionals and organizations.

#### **Continuous Professional Development:**

Creating a plan for ongoing education, workshops, and certifications.  
Staying updated with new trends and advancements in holistic counselling.

#### **Self-Care and Burnout Prevention:**

Prioritizing personal well-being while managing the demands of a counselling practice.  
Implementing strategies to prevent burnout and maintain work-life balance.

#### **Growth and Adaptation:**

Strategies for scaling the practice and adapting to changing market needs.  
Evaluating and adjusting business strategies for sustainable growth over time.

Graduates of this course in Australia, New Zealand, and the United Kingdom can use the title Master Practitioner of Integrative Counselling, Master Practitioner of Integrative Wellness Coaching, or Integrative Counsellor.

Graduates of this course in the USA can use the title Master Practitioner of Integrative Wellness Coaching as the title “counsellor” is a restricted title in the USA.

This program is internationally accredited, and industry approved.

Course graduates can join four international associations and have their qualifications recognized in more than 20 countries around the world.

Graduates can get professional insurance and work legally in more than 20 countries.

We provide ongoing support and resources to help graduates build their holistic career, including guidance with marketing to help attract clients.

Mind-Body Education provides training in the self-regulated holistic wellbeing field and are not part of any government-regulated education award.

