

Mind Body Education



Master Practitioner of Holistic Counselling Program

Course Details

This program stretches across 6 school terms (1 ½ years).

Each school term contains 10 weeks.

Classes are delivered on-campus in Cooroy, Queensland on Fridays from 9 am to 2.30 pm.

No classes are held during the Queensland School holidays.

Commencing Friday October 4th 2024

This course offers one intake every 2 years with limited positions available (max 20 students)

Course fees:

Option 1 - Pay in full on enrolment \$6,600 (includes GST)

Save \$1,320

Option 2- Pay per term \$1,320 (includes GST)

x 6 terms - Total = \$7,920

Plus materials fee - \$200 (once only)

This fee covers all required reading materials, art supplies, and printed lectures for the entire course and must be paid upon enrolment.

About this program

This program integrates positive, solution-focused holistic counselling techniques that empower clients by highlighting their strengths and virtues. It offers an advanced understanding of stress, depression, anxiety, trauma, and other complex issues, while equipping students with a wide range of practical skills and tools. These include meditation, mindfulness, and a variety of creative therapies such as art therapy, sculpture, drama, play therapy, sand therapy, music and movement therapy, sound therapy, and more.

Facilitator

This program is delivered by Isabelle Cunningham who has over 40 years of experience in the holistic wellbeing industry and has created this and many other industry accredited and international award winning holistic therapies training programs.

Program content

Term 1 - Part 1 - Certificate in Meditation Teaching and Holistic Counselling Skills.

Week 1	Module 1: Foundation studies in meditation	Orientation and course overview
Week 2	Module 2: Understanding the cause & effects of stress	Creating safe spaces and the importance of intent
Week 3	Module 3: Foundations of human happiness	Introduction to play therapy for holistic counsellors
Week 4	Module 4: Tools for healing	Introduction to art therapy for holistic counsellors
Week 5	Module 5: Meditation styles and techniques	Introduction to music therapy for holistic counsellors
Week 6	Module 6: Teaching skills	Introduction to movement and dance therapy for holistic counsellors
Week 7	Module 7: Working with specific groups	Introduction to sound therapy for holistic counsellors
Week 8	Module 8: Counselling & coaching skills for meditation teachers	Introduction to drama therapy for holistic counsellors
Week 9	Module 9: Designing and facilitating classes and workshops & Module 10: Virtual, corporate and community settings	Introduction to tactile therapy for holistic counsellors
Week 10	Module 11: Holistic small business management & Module 12; Marketing: The key to success	Introduction to storytelling as therapy for holistic counsellors

Term 2 – Part 2

Week 1	Certificate in Autonomic Nervous System Realignment Therapy (ANSR)	Art as Therapy – Personal Identity
Week 2	Certificate in Autonomic Nervous System Realignment Therapy (ANSR)	Art as Therapy – Body Mapping
Week 3	Certificate in Autonomic Nervous System Realignment Therapy (ANSR)	Art as Therapy – Mask Making
Week 4	Certificate in Autonomic Nervous System Realignment Therapy (ANSR)	Music Therapy – Rhythm and Breathwork
Week 5	Certificate in Brain Body Medicine	Music Therapy – Group Improvisation - Instruments
Week 6	Certificate in Brain Body Medicine	Music Therapy – Sound Journeying
Week 7	Certificate in Brain Body Medicine	Sculpture as Therapy – Building Symbolic Structures
Week 8	Certificate in Brain Body Medicine	Sculpture as Therapy – Clay Sculpting for Trauma Release
Week 9	Certificate in Advanced Holistic Counselling Therapy	Sculpture as Therapy – Found Object Sculpture
Week 10	Certificate in Advanced Holistic Counselling Therapy	Sculpture as Therapy – Wire Sculpting for Emotional Resilience

Term 3

Week 1	Certificate in Advanced Holistic Counselling Therapy	Dance – Free Movement for Emotional Release
Week 2	Certificate in Advanced Holistic Counselling Therapy	Dance – Sacred Dance
Week 3	Certificate in Holistic Marriage and Relationship Counselling	Dance – Ecstatic Dance
Week 4	Certificate in Holistic Marriage and Relationship Counselling	Dance – Dance for Grounding and Connection
Week 5	Certificate in Holistic Trauma and Abuse Counselling	Drama Therapy – Role Play
Week 6	Certificate in Holistic Trauma and Abuse Counselling	Drama Therapy – Embodying Archetypes
Week 7	Certificate in Holistic Grief and Loss Counselling	Storytelling – Narrative Therapy through Myths
Week 8	Certificate in Holistic Grief and Loss Counselling	Storytelling – Creating Personal Mythology
Week 9	Certificate in Counselling and Meditation Therapy for the Management of Depression and Anxiety	Storytelling – Writing Healing Letters
Week 10	Certificate in Counselling and Meditation Therapy for the Management of Depression and Anxiety	Storytelling – Poetry as Therapy

Term 4

Week 1	Certificate in Men's Holistic Health and Wellbeing	Art as Therapy – Emotional regulation and resilience
Week 2	Certificate in Men's Holistic Health and Wellbeing	Art as Therapy – exploring gender and sexuality
Week 3	Certificate in Men's Holistic Health and Wellbeing	Art as Therapy – Vision Boards
Week 4	Certificate in Men's Holistic Health and Wellbeing	Art as Therapy – Collage for Self-Expression
Week 5	Certificate in Women's Midlife Health and Wellbeing	Art as Therapy – Mandala Creation
Week 6	Certificate in Women's Midlife Health and Wellbeing	Art as Therapy – Abstract Painting for Emotional Release
Week 7	Certificate in Women's Midlife Health and Wellbeing	Art as Therapy – Colour Therapy and Emotion
Week 8	Certificate in Women's Midlife Health and Wellbeing	Art as Therapy – Drawing Through Emotions
Week 9	Certificate in Corporate Stress Management	Art as Therapy – Nature Art and Eco-Therapy
Week 10	Certificate in Corporate Stress Management	Art as Therapy – Art Journaling for Emotional Processing

Term 5

Week 1	Certificate in Holistic Therapies for PTSD	Sound Therapy – Tuning forks
Week 2	Certificate in Holistic Therapies for PTSD	Sound Therapy – Bowls and Gongs
Week 3	Certificate in Holistic Therapies for PTSD	Sound Therapy – Voice
Week 4	Certificate in Holistic Therapies for PTSD	Music Therapy - Drumming
Week 5	Certificate in Inner Child Work	Sand Play – Themed Landscapes (e.g., Relationships, Family)
Week 6	Certificate in Inner Child Work	Sand Play – Miniature Worlds for Storytelling
Week 7	Certificate in Inner Child Work	Sand Play – Therapeutic Storytelling through Sand Scenes
Week 8	Certificate in Inner Child Work	Play Therapy – Inner Child Exploration through play
Week 9	Certificate in Holistic online & Telephone Counselling	Sound Therapy – Guided Sound Meditation
Week 10	Certificate in Holistic online & Telephone Counselling	Sound Therapy – Healing with Mantras

Term 6

Week 1	Gender and Sexuality in Holistic Counselling	Clinical Practice
Week 2	Holistic Psychotherapy	Clinical Practice
Week 3	Holistic Psychotherapy	Clinical Practice
Week 4	Holistic Psychotherapy	Clinical Practice
Week 5	Advanced Holistic Counselling Skills	Clinical Practice
Week 6	Advanced Holistic Counselling Skills	Clinical Practice
Week 7	Advanced Holistic Counselling Skills	Clinical Practice
Week 8	Advanced Holistic Counselling Skills	Clinical Practice
Week 9	Master Practitioner of Holistic Counselling Thesis	Case Studies
Week 10	Master Practitioner of Holistic Counselling Thesis	Case Studies

Module Contents

Part One (Unit One)

Certificate in Meditation Teaching and Holistic Counselling Skills.

Module 1: 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

Module 2: Understanding the cause & effects of stress

Understanding stress
Psychological causes of stress
The Fight-or-flight response
Physiology of the stress response
Human behavioural manifestations of fight-or-flight
Negative effects of the stress response in humans Positive stress
Stress management
Meditation development and practice
Chakra meditation
Concentrative meditation
Mindfulness meditation

Module 3: Foundations of human happiness

The psychology of happiness
Subconscious programming and reprogramming
States of mind
Fundamentals of self-image
The pursuit of happiness
Guided meditation (creative visualisation)

Module 4: Tools for healing Tools for healing

Positive thinking skills
Foundations of mind-body medicine
Meditation as a healing tool & hypnotic states
Journaling and gratitude
Understanding affirmations
Tools for developing a positive self-image
Meditation as a healing tool
Movement meditation

Module 5: Meditation styles and techniques

Poses and positions
Breathwork
Chakras and energy meditation
Guided meditation & creative visualisation
Mantras and affirmations in meditation
Gentle seated movement meditation (formally chair yoga)

Module 6: Teaching skills

Before you teach
Talking to groups & group leadership skills
Answering questions about meditation
Leading guided meditations
Overcoming obstacles to meditation practice
Creating safe and effective teaching environments
Group leadership skills

Module 7: Working with specific groups

Teaching various meditation styles
Working with teenagers
Working with people with physical disabilities
Working with people with emotional disorders
Working with health care professionals
Business clients and corporate groups
Dealing with difficult clients

Module 8: Counselling & coaching skills for meditation teachers

A client-centred approach
Your role as holistic counsellor
Building the foundations of happiness
Equipment Outcomes of holistic counselling
The holistic counselling sessions
Assessment and introspection
Goal setting
Support Part Listening skills
Holistic counselling tools for meditation teachers

Module 9: Designing and facilitating classes and workshops

Designing courses and workshops
Integrity and intentions
Setting the scene
Creating strong foundations for your groups
Understanding learning styles
Choosing your teaching style
Terrific teaching techniques and tips
Student management Working with seniors
Choosing venues

Module 10: Virtual, corporate and community settings

Corporate stress management workshops – Includes corporate teachers course manual.
Approaching community groups and organisations
Volunteer and community work
Teaching online – Using Zoom Corporate stress management

Module 11: Holistic small business management

Ethics and Professionalism
Your public profile
Fundamentals of customer service
Maintaining student/client records
Charging for your services
Running a small home office
Joining organisations
Insurance and legalities

Module 12; Marketing: The key to success

Understanding the power of branding
Targeted marketing and advertising

Building your community
How to find and use free advertising
Public image
Part One Final review – Meditation Teacher graduation

Part Two (Unit Two) – Holistic Counselling

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 chose 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.

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 an in-depth exploration of how and why particular thinking patterns manifest into specific physical illnesses. 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 a concrete healing modality.

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.

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.

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 traumatized either physically and/or psychologically. This may include sexual abuse, violent physical attacks, bullying at home and school or in the workplace, domestic violence, or witnessing or being involved in a traumatic incident or accident. The Trauma and Abuse Counsellors provide 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.

Certificate in Holistic Grief and Loss Counselling

Grief and Loss counselling becomes 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).

Certificate in Counselling and 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 realize 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.

Certificate in 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.

Certificate in 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. Retreats for women.

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, a 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.

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 since 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 to support your clients to move beyond PTSD into self-empowerment and improved mental, emotional, and physical health.

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 connects us to the joy, innocence, playfulness, openness, and confidence of childhood.

Certificate in Holistic Telephone and online 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 to the safe and nurturing environment the counsellor would provide in a face-to-face consultation.

Clinical Practice

This course provides students with hands-on experience in a supervised clinical setting, preparing them to work directly with clients in a professional capacity. Through practical application, students develop essential counselling skills, including client interaction, assessment, and therapeutic techniques. Clinical practice helps bridge the gap between theoretical knowledge and real-world application, ensuring that graduates are well-prepared to offer effective, compassionate, and ethical care in their counselling careers.

Case Studies

The Case Studies course equips students with the ability to analyse real-life counselling scenarios, deepening their understanding of therapeutic processes and client experiences. Students will explore a range of case studies that reflect diverse issues and challenges faced by clients. Through these studies, students enhance their problem-solving and critical thinking skills, learning how to apply different counselling techniques to support individual client needs and outcomes. This course prepares students to handle complex cases with confidence and professionalism.

Holistic Psychotherapy

Holistic Psychotherapy integrates traditional counselling methods with alternative therapies, focusing on treating the whole person—mind, body, and spirit. This course introduces students to a range of therapeutic techniques, including mindfulness, meditation, bodywork, and energy healing, which support emotional and physical healing. By learning to combine these modalities, students will be able to offer clients a comprehensive, person-centered approach that fosters deep healing and transformation.

Master Practitioner of Holistic Counselling Thesis

The Master Practitioner of Holistic Counselling Thesis is a capstone course where students are required to complete an extensive research project in an area of holistic counselling that interests them. This thesis allows students to explore specific topics in depth, contributing to the field of holistic counselling with original research and insights. Under the guidance of experienced mentors, students will develop advanced research, analytical, and writing skills, culminating in a comprehensive thesis that demonstrates their mastery of holistic counselling principles and practices.

Accreditation

Master Practitioner of Holistic Counselling graduates can use the title ‘Holistic Counsellor’ in Australia, New Zealand and the United Kingdom. They are able to practice legally in these countries and can join the IICT, IAOTH, IPHM, and the CMA .

It is important to recognize that Holistic Counselling is industry-regulated instead of government-regulated in Australia and does not provide a government-accredited qualification. This course provides graduates with an internationally accreditation and industry-recognized qualification, which meets the requirements to practice as a Holistic Counsellor, join industry associations and get professional indemnity and liability insurance.

Resources and After Care

We provide ongoing support and resources to help you build your holistic career, including guidance with marketing to help you attract clients and grow your well-being business through our Alumni Practitioner Support Community.

Recognition

Mind Body Education has been established as an industry approved holistic training provider since 2008, is a leader in the field and has one many awards.



APPROVED TRAINING PROVIDER



Best Global Holistic Therapy Training Provider 2023 – Australia



Mind Body Education

Best Global Holistic Therapy Training Provider 2022

ISEPP
International Society for Ethical Psychology & Psychiatry



Find more information online and enrol at:

<https://mindbodyeducation.info/mphcouns-oc>

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