



Mindfulness & Meditation

PRACTITIONER CERTIFICATION

COURSE MODULES



**Australian School
of Holistic Counselling**
Best Online Holistic
Counsellor Training
Provider - Oceania

INFORMATION ABOUT THE COURSE

EACH MODULE WILL TAKE APPROX. 20H TO COMPLETE

THE COURSE CONTAINS READING MATERIAL, VIDEO TUTORIALS & RECORDINGS, AUDIO CONTENT & ACTIVITIES

ALL COURSE WORK TO BE SUBMITTED TO THE COLLEGE FOR ASSESSMENT AFTER EACH MODULE IS COMPLETED

EACH MODULE IS TO BE COMPLETED OVER 2 WEEKS PART-TIME OR 1 WEEK FULL-TIME

TOTAL COURSE DURATION: 14 WEEKS (PART-TIME) OR 7 WEEKS (FULL-TIME).

*A TOTAL OF 12 WEEKS EXTENSION IS ALLOWED OR A RE-ENROLMENT FEE WILL APPLY.

MEDITATION & MINDFULNESS PRACTITIONER COURSE MODULES

Module 1 - Introduction to Meditation & Mindfulness

- History of Meditation
- Mindfulness vs Meditation
- Bringing Meditation & Mindfulness to the Lab.
- What is stress?
- Types & effects of stress.
- Signs of too much stress.
- How to manage stress.
- Using Mindfulness and Meditation to Evoke Positive Emotion
- Contraindications to mindfulness and meditation



Module 2 - Meditation

- Meditation industry growth and trends
- Meditation Postures
- Exploring Meditation Styles
- Meditation Scripts EBOOK
- Deep Muscle Relaxation
- Visualisations
- Guided meditations
- Creating your own meditation scripts



Module 3 Mindfulness

- What is Mindfulness
- Benefits of Mindfulness
- The Mindfulness Framework
- Using Mindfulness to Deal With Stress
- The Salt Method
- Mindfulness Exercises EBOOK
- Teaching Mindfulness to Young People



MEDITATION & MINDFULNESS PRACTITIONER COURSE MODULES

Module 4 - Marketing + Creating Your M&M Program

Designing your first group program:

- Create your target audience
- Creating your first Marketing Campaign Statements
- The eight essentials you need to include when selling your program
- Creating a Successful Meditation & Mindfulness Practise
- Our answers to the most common practitioner questions
- FAQs about meditation & mindfulness



Module 5 – Holistic Counselling Skills

Cornerstones of Holistic Counselling:

- Active Listening Skills
- Point Zero Listening
- Holding Space
- To Summarise or not to Summarise
- Opened vs Closed Questions
- 101 Powerful Holistic Counselling Questions



Module 6 - The Science of our Heart Brain

- The Brain in our Heart
- HRV & Heart Coherence
- The Circumplex Model of Emotion
- The "Emotional Weather Quadrant"
- NES - A Coherent Heart Beyond our Emotions
- Popular Heart Coherence Techniques



MEDITATION & MINDFULNESS PRACTITIONER COURSE MODULES

Module 7 - Practical Business Skills

- Creating the Code of Ethics
- Terms & Conditions
- Referrals, Mandatory Reporting & Note Taking
- Insurance
- ABN, Bookkeeping
- Business Name
- Pricing your services
- Working from Home



Final Assessment

Your final assessment is a 500 word summary from your journal sharing your professional and personal growth.

