

PRACTITIONER OF  
*Holistic Counselling*

The InteMind Approach

## COURSE MODULES



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



**ISHCC**  
THE INTERNATIONAL SOCIETY OF  
HOLISTIC COUNSELLORS & COACHES



# INFORMATION ABOUT THE COURSE

INTERNATIONALLY RECOGNISED AND APPROVED  
TRAINING.

EACH MODULE WILL TAKE APPROX. 20H TO COMPLETE

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

PRACTICAL CLINIC (VIA VIDEO CONFERENCING) + LIVE  
ONLINE TRAINING INCLUDED

ACCESS TO OUR ONLINE COMMUNITY

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

TOTAL COURSE DURATION: 12 -15 MONTHS

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

# HOLISTIC COUNSELLING 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



In this module, we will examine the history of meditation & mindfulness. We will also explore the science behind this ancient art and how it can positively affect our well-being. You will learn about the difference between mindfulness and meditation and start exploring the many ways meditation and mindfulness can be added to our lives. We will also look at the science of stress and explore how meditation and mindfulness may help relieve the negative impacts of stress in our society.

## 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



This module will look deeper into meditation as a healing tool. We will look at the current industry growth and trends and explore how we can utilise these trends in this fast-growing industry. We will also explore the many different meditation styles and how each style may benefit our clients and us. You will also start creating your own meditation scripts and learn how to develop your meditation voice.

**REQUIRED READING:** Meditation Scripts EBOOK (supplied)

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## 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



In this module, we will go deep into the art of Mindfulness for everyday living. You will learn about the benefits of mindfulness and the new science backing mindfulness practices. We will also explore the Mindfulness Framework and learn to use The SALT Method to diffuse negative thinking. You will also learn how to teach mindfulness to children and young people.

**REQUIRED READING:** Mindfulness Scripts EBOOK (supplied)

## Module 4 - Marketing + Creating Your Own Programs

Designing your first group program:

- Creating Your Target Audience
- Creating Your First Marketing Campaign
- The Eight Essentials When Selling Your Program
- Creating a Successful Meditation & Mindfulness Practise
- Zone of Mastery vs Zone of Acceleration
- Our Answers to the most Common Practitioner Questions



Let's get creative! In this module, we will guide you on creating your own meditation & mindfulness program from start to finish! We will also share our top marketing tips and tools to help you launch successful programs and offerings!

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# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 5 – Holistic Counselling Skills PART I

The Three Pillars of Holistic Counselling:

- Active Listening Skills
- Listening Skills (Point Zero Listening)
- Holding Space
- Summarising
- Opened vs Closed Questions
- 101 of the most Transformational Coaching Questions



In this module, you will learn about the three pillars of Holistic Coaching & Counselling: Listening Skills, Powerful Questioning & Holding Space. We will help you implement these tools on a deep level to help build rapport with your students and clients.

## Module 6 - Holistic Counselling Skills PART II

- Building rapport
- Decoding body language & mirroring
- The zones of personal space
- Verbal language
- Main theories of emotion
- Reflecting feelings
- Helping client's process deep emotions
- The three zones of awareness

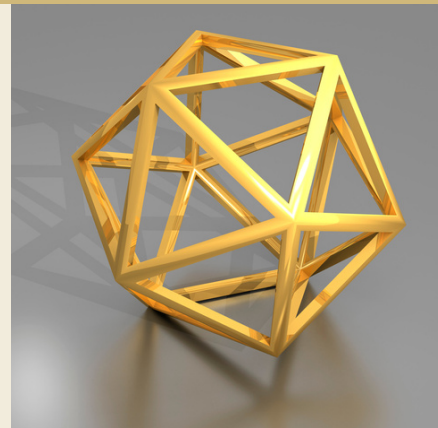


In this module, we learn about body language, building rapport, and picking up on our client's non-verbal cues. We will look at the main theories of emotion and how to support clients in processing deep emotions. We will also learn to better understand the zones of personal space and the three levels of awareness.

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 7 - HC Skills: Part III

- How to set the scene to evoke transformation
- Creating your physical and internal space
- How to structure your sessions
- The five-stage Hackney and Cormier (2005) model for defining the counselling process
- The Egan Model (2010)
- POEM: 4-stage Process Model (Vallin, 2022)



This module will teach you how to create your external and internal space to evoke transformation.

We will also look at ways to structure your sessions with your clients to set the scene for transformation and present the most powerful counselling processes to use in your practice.

## Module 8 - HC Skills: Part IV

- Using creativity as a tool in HC sessions
- The PROACTIV mindset
- The Three Pillars of Powerful Holistic Counselling - 2nd Layer (cognitive dissonance, distinctions & metaphors)
- Top 10 Holistic Counselling Tools & Processes (Includes Tools & Techniques E-book)
- What to do when we are triggered



This module will explore how to use creativity in your sessions. We will teach you our top 10 Holistic Counselling Tools & Processes to use with your clients. We will also explore cognitive dissonance and the power of distinctions & show you how to use metaphors to evoke transformation.

**REQUIRED READING:** Tools for the Transformational Practitioner (supplied)

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 9 - Positive Psychology Part I: Fundamentals

- The Positive Psychology fundamentals
- History of Positive Psychology
- The five founding fathers of Positive Psychology
- What Positive Psychology is NOT
- What is happiness, and why is it important?
- PPIs (positive psychology interventions)
- Positive Psychology in Holistic Counselling



Understand the fundamentals of Positive Psychology. We explore the scientific research on human flourishing + enter the world of Positive Psychology Interventions (PPIs).

## Module 10 - Positive Psychology Part II: Character Strengths

- Strengths & Virtues
- What is Character?
- Character Strengths in detail
- How to utilise Character Strengths
- Niemiec's ROAD MAP
- Finding the Golden Mean
- Overuse/Underuse/Optimal Use of CS



Explore character strengths & virtues. You will discover your own Character Strengths and learn how to implement the science of Character Strengths into your sessions with clients. You will also learn to recognise the overuse, underuse and optimal use of character strengths.

**RECOMMENDED READING:** Flourish by Martin Seligman, PhD

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 11 - Positive Psychology Part III: PERMA

The PERMA model:

- Positive Emotions
- Engagement: The science and application of FLOW states
- Relationships
- Finding Meaning
- Accomplishments
- Abundance mindset



We will explore the PERMA Model in this module. We will look at PERMA-Friendly Applications & Processes we can use to help our clients understand the science and applications of utilising FLOW states for healing and explore how finding meaning connects to our well-being.

**RECOMMENDED READING (not required):** Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi, PhD

## Module 12 - Positive Psychology Part IV: PTG

- Mental Health vs Mental Illness
- Defining Post Traumatic Growth (PTG)
- Fixed vs Growth Mindset
- How to Cultivate Resilience & Grit
- Positive Psychology in Holistic Counselling – Connecting the dots
- Introduction to The Four Levels of Transformation



Define the difference between a fixed vs a growth Mindset and learn how to help clients access the latter. You will also learn about Post-Traumatic Growth (PTG) and how to cultivating Grit & Resilience is good for our mental health. We will also define the difference between Mental Health and Mental Illness and look at what clients we can support in our private practice and what clients we need to refer.

**RECOMMENDED READING (not required):** Positive Psychology Coaching in Practise by Suzy Green, PhD



# HOLISTIC COUNSELLING PRACTITIONER

## COURSE MODULES

### Module 13.1 - The Science of our Heart

- The Science of the Heartbrain
- HRV & Heart Coherence
- Our Heart & Emotions
- The Circumplex Model of Emotion
- The "Emotional Weather Quadrant"
- NES - A Coherent Heart Beyond our Emotions
- Popular Heart Coherence Techniques



Did you know we have a brain in our hearts? In this module, we will explore the fascinating new science of our precious heart. We will investigate how our Heart Rate Variability (HRV) plays a role in our overall well-being and how, when we use practices to change our HRV, we help our bodies heal. We will also explore the science of Heart Coherence and learn about the power of connecting to NES (our non-emotional selves). We will also learn about The Circumplex Model of Emotion and explore emotional states.

**REQUIRED READING:** Science of the Heart Vol.2 by the HeartMath Institute

### Module 13.2 - The Science of our Brain

- The Structure & Function of the Nervous System
- The Structure & Function of Neurons
- The Brain, Heart, Gut Connection
- Major Structures and Functions of the Brain
- The Vagus Nerve – Function, Implication & Stimulation
- Epigenetics and its Impact on Psychology



After this module, you will understand our Nervous System's Basic Function & Structure. You Will Also Understand The Brain/ Heart/ Gut Connection & its Relationship to Well-Being + be able to define the major Structures & Functions of the Human Brain. We will also look into the science of epigenetics and its impact on our psychology and physiology.

**REQUIRED READING:** Being a Brain-Wise Therapist by Bonnie Badenoch

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 14 - The Four Levels of Transformation: Part I

- Definition of stage II: STORY
  - Sympathy, vs Empathy vs Compassion
  - Using the HPA approach in Holistic Counselling
- GRIEF & LOSS
- Definition of Grief & Loss
  - Types of Loss
  - Stages of Loss

### TRAUMA

- What is Trauma
- Types of Trauma
- Stages of Trauma
- Trauma vs PTSD



Through this module, we will look at the types and stages of trauma, grief & loss. We will look at how the “HP approach” can help clients going through emotional pain and explore the difference between coming from compassion, sympathy & empathy when working with clients.

## Module 15 - The Four Levels of Transformation: Part II

- Definition of stage II: IDENTITY
- The Attachment Theory & the dance of human desire
- Understanding beliefs
- Defining & challenging behaviour
- Tools to evoke belief and behavioural changes in clients
- Dealing with strong emotion (anger management)



In this module, we will look at the attachment theory and the dance of human desire. We will also explore the role of emotions, beliefs & behaviour when supporting clients + look at how to deal with strong emotions & managing anger.

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 16 - The Four Levels of Transformation: Part III

- Definition of stage III - Inner Knowing
- EXPLORING THE INNER SELF
  - NES
  - Understanding Intuition
  - Dealing With Blocks in Clients Intuition
  - Harnessing Inner Strength
  - Tools to Help Clients Connect to Inner Knowing
  - Finding or Redefining Personal Meaning



In this module, we will explore the definition of the inner self. We will also explore how to work with our and our client's intuition. we will also look at increasing inner strength by helping clients connect to the non-emotional self (NES).

## Module 17 - The Four Levels of Transformation: Part IV

- Definition of stage IV: DEEP KNOWING
- Our Brain on Spirituality
- Defining Spirituality
- Spirituality vs Religion
- Using Deep Knowing as a Healing Tool
- Defining Enlightenment
- Misconceptions About Spirituality
- Entangled Belonging
- Finding or Redefining Universal Meaning



In this module, we will explore the spiritual self and look at our brain on spirituality. we will also explore entangled belonging and look at how spirituality plays a role in healing.

**RECOMMENDED READING (not required):** How Enlightenment Changes Your Brain by Andrew Newberg, MD

# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Module 18 - Practical Business Skills

- Creating a Code of Ethics
- Terms & Conditions
- Referrals
- Mandatory Reporting & Note Taking
- Insurance
- ABN, Bookkeeping & Choosing a Business Name
- Pricing Your Services
- Marketing Tips



We will help you prepare for success in this final module! Learn practical business skills, and get tips on setting up your business and pricing your services. Through the module, we will also go deeper into marketing and give you our top tips to grow a booming practice!

## Practical Clinic

80+ Hours of Practical Clinic including:

- Holistic Counselling Training - Observation and live feedback
- Reflective group discussion
- 1-1 Supervision



This course includes a total of 80 Hours Practical Clinic (via Video Conferencing) to help you hone in on your skills! Practical Hours Include Masterclasses, Observation & Live Feedback, Reflective Group Discussions, Supervision and Case Studies.

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# HOLISTIC COUNSELLING PRACTITIONER COURSE MODULES

## Final Assessment

- Bi-Weekly Submission Forms
- Submission of Learning Logs
- Reflective Journaling Submission
- 2 x Written Case Studies
- 5 x Personal Holistic Counselling Sessions (to be paid and booked in by the student)



Submission of learning logs, Reflective journaling submission, 1 x written assignment of case studies plus 5 x personal Holistic Counselling Sessions (to be arranged by the student).



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# CREDENTIALS AND ACCREDITATION

After completing this course, graduates will be able to obtain professional insurance <sup>1</sup>. For industry recognition purposes, we also recommend joining the ISHCC or one of the following associations:



**The International Society of Holistic Counsellors and Coaches (ISHCC) <sup>2</sup>**

**International Practitioners of Holistic Medicine (IPHM)**

**International Energetic Healing Association (IEHA) <sup>3</sup>**

**Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH)**

**The International Association Of Therapists (IAOT)**

<sup>1</sup> All students receive a special discount from our recommended insurance provider.

<sup>2</sup> Graduates receive a 20% discount on their first year with the ISHCC (professional membership only).

<sup>3</sup> As industry partners, ASHC Graduates receive a special yearly discounted members fee when joining the IEHA community.

# PAYMENT OPTIONS



<b>COURSE FEE PAID UPFRONT:</b>	<b>NOW \$5997.00</b> (Save \$500.00)
<b>COURSE FEE PAID IN INSTALMENTS:</b>	\$497 at the time of enrolment. Then, 12 x monthly payments of \$500.00 (Total: \$6497.00, includes admin fees)





## A message from ASHC founder, Madelaine Vallin

*We have all seen the impact of negative stress in one way or another. Whether it's our personal story, the story of a loved one or looking at the world in general, it's hard to deny the detrimental effects stress can have on our mental, physical and/or psychological health.*

*The well-being industry is growing to keep up with the demand for a more holistic approach to health and healing. There has never been a better and more poignant time to join the amazing wellness industry to help people let go of stress, regain their inner strength and live a life of meaning.*

*At ASHC, our mission is to give you the BEST training possible and equip you to become an expert in your chosen holistic profession. Our course contents are evidence-based, built on scientific research and non-sectarian, giving our students a grounded, non-sectarian and highly professional knowledge base.*

*We also believe your inner well-being is just as important as learning the tools to help others. So, whether you study with us online or face to face, our college is a place to learn, grow and thrive professionally and personally.*

*I invite you to join the team and me at our next intake. I am looking forward to supporting you on this exciting new journey,*

*Love, Madelaine Vallin  
Head Teacher & Founder of the ASHC*





[REGISTER NOW >](#)



WE LOOK FORWARD TO  
SUPPORTING YOU.

