



The Awakening Group
Holistic Counselling, Training & Consultancy

Holistic Counsellor Training

PROSPECTUS



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WHO ARE WE?

Our Counsellor Training

The Awakening Group (AG) is an international organization dedicated to teaching, research and innovative practice in areas that are of immense and immediate concern in the contemporary world. The College was established in 1999.

The Awakening Group, formerly known as *Awakening WoMan* was established in 1993 and is dedicated to support the empowerment of people, organizations and communities.

The **Certificate in Holistic Counselling** course began in 1999 to support health practitioners and students to utilize cutting edge dynamic techniques for personal and professional development.

The **Diploma in Holistic Counselling** course began in 2008 due to Certificate student demand to end suffering through embodying these dynamic counselling skills in their own lives and in their practices.

Our training activities can be referred to as cutting edge, shaped by effective dynamic modalities, a systemic framework, backed by research with the support of trainers who are leaders in their field.

Trainers are chosen for their passion, maturity, professionalism, integrity and years of experience. They are some of the best in their field. Each brings to their work a lightheartedness, honesty, openness and deep integrity creating a supportive, experiential and fun learning environment

WHO IS THIS COURSE FOR?

For all health practitioners, therapists, counsellors, caring professionals, or persons whose heart's desire is to help others find peace as well as deepen their own personal practice through honesty, responsibility and compassion.

This is a unique opportunity to create independence (self mastery). From this position true healing happens both personally and as a professional. Our holistic approach ensures transformation emotionally, mentally, physically and spiritually thus manifesting your vision of life naturally.

The Diploma course is aimed at transforming practitioner's personal patterns and experience of Self, enabling deeper insights, understanding and experience of the true nature of healing and Self. This enables practitioners to truly facilitate clients personal transformation from the depth of knowing and experiencing the divinity of oneself.

Holistic Counsellor study is as much a self-development course as it is professional training.

AG aims to train new types of practitioners who offer leading services in personal development to affect social change, and build effective communities and organizations with the ability to do the same.

Students find their horizons expand and they either find more satisfying ways of working with what they are already doing or gain a new career.

Graduates work in a wide range of different areas including:

- Children and youth
- Community and social work
- Parent Education
- Corporate Training
- Training
- Schools
- Private practice and many more areas

The majority of graduates are employed in the alternative health field with a number being self-employed, primarily in their own practice or working for different government and non-government agencies.

AG staff and graduates have contributed to breakthroughs in a range of areas including:

- The development of an accredited course offering modules not found anywhere else in Australia: The Work and Family Constellation.
- The development of new approaches to counselling and healing
- New understandings of spiritual crisis and

emergence processes in relation to mental health

- Innovations in health and human development
- Extensive corporate, community and individual consulting.

There is a great need in the community for practitioners with the skills to facilitate true healing in individuals, families and the communities. Students experience full life enrichment as well as gaining counselling skills that really make a difference. Graduates feel empowered to live their potential.

WHAT IS HOLISTIC COUNSELLING?

The Holistic approach deals with many of the common human problems that counsellors and alternative therapists encounter.

The aim in counselling is not to try and change the outside but to embrace what is, our reality in daily life. To rest deeply in the place within; some call it self-mastery, personal freedom, liberation, and self-realization. This then changes how we feel about our outside world and allows new realities to appear. Our deep heart's yearning pulls us to this internal freedom. In psychological terms, it means living our true self.

Holistic counselling study is a path to self-realisation, it embraces the physical, emotional, mental and spiritual aspects of each individual. It is an opportunity to begin to unlock the hidden dimensions of ourselves, and use these dimensions to:

- Find meaning in our life story
- Align to our purpose and direction in life
- Heal ourselves becoming a beacon for others healing
- Live our potential
- Understand our place in our family, the universe and life itself

We learn to unlock our inner dimensions using a range of healing techniques that are dynamic in their effect to bring about a sense of personal freedom and peace from suffering, while gaining an awareness and appreciation of the wisdom of life. Counselling techniques include:

- The Work of Byron Katie
- Family Constellation/Systemic Work
- Creative Counselling
- Emotional Freedom Technique

- Dissolution and Freedom Technique
- Effectiveness Communication Training
- Addiction Mapping
- And much much more

The Importance of Holistic Counselling

Holistic Counselling techniques provide people, whether they are in crisis or wanting to move beyond an old stressful pattern, with an alternative to symptom suppression. The tools empower us to creatively adapt to life's events, and crises, to then use the experience to grow and truly heal. Breakdowns are seen as the psyche's breakthroughs and are given a place in the evolution of each individual.

Holistic Counselling is vital in embracing alternatives to working with internal and external systems - to bring about balance, benefiting all. This is crucial for our personal conscience and evolution today. Connecting systemically with our true Self, family, community and organizations we work within, is the key to bringing about true change and a sense of belonging. This understanding transforms feelings of alienation and disempowerment into a sense of freedom, peace, harmony and community.

Taking this renewed sense of self out into the community, one becomes a natural agent for change.

Holistic Counselling brings consciousness into areas which were once unconscious and reactionary, offering a road map of self exploration resulting in peace. These tools offer alternatives to suffering globally.

HOLISTIC COUNSELLING COURSE CONTENT

AG teaches Holistic Counselling in 9 modules over 6 months (Certificate) or 18 months plus placement (Diploma).

The Certificate course is taught over 6 months intensive which includes every second Sunday or weekend and is designed to complement students qualifications giving a practitioners a larger repertoire of skills.

Following the Certificate, students can continue on to do the Diploma in Holistic Counselling over the next year with classes approximately twice a month. The final Diploma module is a non-teaching placement. The Diploma in Holistic Counselling is designed to equip students with the skills to become a counsellor.

MODULE 1. CREATING REALITY

This foundation module introduces students to the core concepts and theories in Holistic Counselling approach. The focus is upon outlining a model for holistic counselling drawing upon a range of theories. The module also covers:

- The Big Picture: How we create and re-create our reality
- Mapping one's Lifestream: Identifying issues & their points of creation, How the psyche recreates to resolve
- Keys to Healing
- Aligning self judgment: Embracing the Shadow self
- Care of the Soul: Laying Foundations to trust and support oneself
- Moving beyond the past to the present. Being the future
- Soul communication: Laying the foundations to trust oneself
- Who am I beyond the thoughts: Freedom from our neuroses
- Emotional Addiction and how to dissolve it
- Aligning Self Judgement

MODULE 2. HEALING THE WOUNDED HEALER

An experiential module where students experience first hand some of the techniques taught throughout the course to resolve personal issues.

- Role of primary caregivers in psychological development
- How the psyche recreates to resolve
- Embracing unresolved parent-child needs
- Working with Internal Archetypes: Inner child, inner parents
- Connecting with our inner child and lineage to recreate a supportive inner reality
- Unmasking and embracing the Shadow self

- Journeying to recreate a supportive inner reality
- Embracing unresolved parental needs
- Working with aligning: anger, hurt, fear, obligation, grief, guilt, abandonment, betrayal, abuse, not belonging, etc
- Direct experience: turning anguish into bliss

MODULE 3. THE WORK OF BYRON KATIE

This module introduces The Work using specific questioning of concepts and beliefs. The module covers:

- The Work of Byron Katie
- Cognitive Behavioural technique: Four Questions That Can Change Your Life
- *Time* magazine called it: *Four Questions to Inner Peace*
- Learning and Experiencing freedom from the reactions to beliefs through Inquiry
- Literal Listening
- The Gift of Criticism

MODULE 4. EFFECTIVENESS TRAINING

This module provides the framework to communicate effectively as a counsellor and consultant.

- The Therapeutic Relationship: Humanistic Approach
- Introduction & practice of counselling skills
- The Helping Skills
- Learn effective communication, resolve problems & conflict
- Enhance and Increase personal effectiveness
- Advanced Active Listening, communication & consulting skills
- Roadblocks to Communication
- Active Listening: Lead Ins, Common Mistakes, Statements & Responses,
- Types of I Messages; Preventative, Responsive etc
- Feelings & Needs Inventory
- Identifying the Issue(s)
- The Intuitive Approach
- Defining Yourself as a Counsellor
- 10 unit Nationally Accredited Training for Diploma students: Can go on to train as an instructor.

MODULE 5: FAMILY CONSTELLATIONS

Introduction of systemic work in counselling, this module adds to Module 2 through experiencing:

- Introduction to the Principles of Family
- Constellation: Phenomenological approach by Bert Hellinger

- Key components of Family Constellation work: Family History, The Family Soul, Orders of Love, Function of Conscience, Belonging and Balance
- Addressing specific issues
- Movements of the Soul
- Experience participating in Constellations
- 3 weekends for the Diploma students

MODULE 6: CREATIVE COUNSELLING

Visualisation creates an impression on the mind saying something has changed, healed or is being created. This module introduces creative visualisation as a tool to integrate internal archetypes, to heal and restore relationships:

- Creative visualization: a simple and powerful tool to connect with inner archetypes
- Soul Communication: Establishing internal support
- Linking Systemic work with figurines, creative visualisation, imagery, art therapy, etc.
- Spiritual Cleansing Technique
- Connect with inner guidance to support yourself as a counsellor
- Parts I & II for Diploma students

MODULE 7: LOVE SEX AND RELATIONSHIPS

Relationships, intimacy, and getting ones needs met are some of the main issues discussed in counselling. This module introduces relating dynamics, exercises and a deeper understanding of who we are as sensual sexual beings through:

- Initiation of the Senses: Awakening One s Sensual Self
- Enhancing Intimacy (In to Me See) in relationships
- The Masculine & Feminine in Relationship
- Natural principles inherent in and strengthen families and relationships
- Meeting in Love: Connecting sexually without the goals
- Enhancing and working with sexual energy in the body
- Parts I & II for Diploma students

MODULE 8: PHYSICALLY SPEAKING

This module introduces the relationship between one s biography and health addressing some of the major causes of dis-ease today.

- Your Disease is keeping you healthy
- Energy Psychology
- Biology Becomes Biography
- A Holistic Approach to Dis-ease using all the techniques
- Chronic Fatigue, Stress, Depression, Stress breakdown
- Stress and symptoms of: prevention & cure
- Dissolution and Freedom Technique
- Emotional Freedom Technique (EFT)
- Parts I & II Certificate and Diploma students

MODULE 9: THE EMERGING COUNSELLOR

There is a yearning when one has addressed many issues to move beyond the story, struggle and emotional addiction and to experience our true Self. We expand on this and identify ethical considerations when working as a counsellor:

- Who Am I beyond my story?
- Identifying your passion & skills
- Expanding your financial threshold: Beyond belief
- Client questionnaires and interviewing
- Ethics, Managing client records and case management
- Deep respect
- Defining yourself as a Counsellor
- Support networks and supervision
- Parts I & II for Diploma students

MODULE 10: PLACEMENT (DIPLOMA ONLY)

Where possible Diploma students are given a placement in a number of organizations and agencies in order to gain experience. Placements range from working with youth, agencies, phone counselling and much more. We also support students to seek their own placements of which they are then approved.

FURTHER STUDY PATHWAYS

The training program is set up in a way that it acts as a springboard to further qualify in specific areas such as:

EFFECTIVENESS TRAINING

Students can then go on to train as Instructors of Effectiveness Training (ITW), offering this training to organisations, parents, communities and the like.

STUDY OPTIONS

The Awakening Group (AG) courses can be undertaken by students from interstate or regional Australia, as the courses are run approximately fortnightly - combining study groups with training days. Mentoring is also given via Skype or teleconferencing.

Accommodation is available nearby, although many students choose to stay with fellow class members who live locally.

TESTIMONIES

Our students say it more eloquently:

I am absolutely loving the course & the weekend with Rosie was literally mind blowing! I am feeling very very different as a result & blown away by the enormous shifts in my perceptions,

& hence, my relationships, work, life in general. I am feeling so much kinder & gentler to myself. Each weekend has led to this I feel, as more & more insights are arising about how I've been in the world until now, & why. It's all becoming very clear.

Thank you, thank you! The way you've packaged the course is fantastic, and so well thought out. Can't thank you enough .

C. Samuel After School Child Care worker

The course that you ran about two years ago! I love your course! **S. Taylor** Creche worker

I don't know how I ever did my job without this course **M O'Brien** Support Worker

You've probably heard this a thousand times

FAMILY CONSTELLATIONS

There are a number of requirements to become a Family Constellation facilitator, and our course acts as a stepping stone to training programmes we recommend, with alliances we have made. We offer further courses to train in this modality more completely to Australian standards.

THE WORK OF BYRON KATIE

There are opportunities to go on to become an Instructor and train others in The Work.

Distance Program

At this stage we do not offer Distance Education due to the personal nature of the course and the type of modalities taught.

Some modules such as Effectiveness Communication Training maybe offered as a Distance Education option, outside of the training courses.

your course has transformed my life! ..For me personally, you have introduced me to a whole world of new techniques and practices that have opened my mind and aided my personal growth in unimaginable ways **Julie, Administrator**

This is the best investment I have ever made personally and professionally
Amy K, Student Counsellor

"It changed my life in ways I never dreamt of. It was the best money and time I have ever spent in my life - and then some. Thank you beyond words.

L Conroy, Secondary teacher

"An amazing way to live in personal responsibility and joy. Congruence between living something and sharing those ideas with others.
S. Collier, PET Instructor/Counsellor

"This was the greatest journey to self discovery I have ever undertaken. The information and support from The Awakening Group was amazing."

T. Barisic, Ministry of Defence

"Thank you so much for the journey you facilitate. I love it and me and you"

C Dyer, Masseur

You've probably heard this a thousand times your course has transformed my life! ..For me personally, you have introduced me to a whole world of new techniques and practices that have opened my mind and aided my personal growth in unimaginable ways I just wanted to thank you from the bottom of my heart for giving me the wonderful opportunity to grow in ways that I can only describe as miraculous.

Julie, Mum, Wife & Administrator

"It has been a truly wonderful experience for me... truly meeting reality and shifting my stale old techniques to wholesome and moving ones. A wonderfully profound unique experience!"

T. Fisher, Teacher/Carer

"The best self inquiry into who we really are without all of the blocks"

C Lines, Counsellor and Meditation Teacher

"An amazing personal journey that gives you lots of tools to use in both personal and professional life" **C Kato Acupuncturist**

I never give all ones in a course but this has truly been a life changing and empowering experience in ways I could have never dreamed. Can't think of anything you could have done better! ...The best thing you could possibly do for your personal and professional growth. Without doing the course it's very difficult to put into words the growth and understanding it brings but you will come out a more whole and happy person.

J Flindell Massage Trainer and Student doctor

Great for self learning, techniques that can be utilized as you grow and for different issues.

The course creates for people the opportunity for a permanent and complete falling in love with yourself and gaining confidence in life plus the qualification. My growth and development was supported over a five month period not only by spectacular facilitators but by the group and course itself. My personal journey has been amazing -my business has grown, as has my complete faith in the truth of who I am. Thanks.

Judith

" Thank you so much for sharing your gifts and

knowledge through the course. I knew that this would be an amazing year the moment I signed up, and it has proved to be more than I could ever have imagined. Absolutely amazing journey .

S. Saunders Mum/Counsellor

This course is a wonderful opportunity to immerse yourself in your own personal healing and/or learn to be present for others in theirs. I was very fortunate to be a guinea pig for a friend who did the course a little while back and I can tell you the methods and teachings used in the training are not your everyday (lets skim the surface) ones. They are deep and powerful, taking you beyond the small limited self into the vastness of your true being. So if you or someone you know has been called to counselling as a profession or would like to deepen your own healing, then this is worth looking at and is definitely the course I would recommend.

Lily

I have a book with some beautiful quotes by the 20th century philosopher/yogi Krishnamurti (1895 - 1986). He didn't believe in a Guru or following a particular religion or dogma. Maybe his philosophy on life is very similar to what we are learning in the course but you give us the tools to help us live his philosophy. Before the course I struggled with some of his statements but now I feel them and see them. I particularly like these:

"When reason no longer has the capacity to protect you through explanations, escapes, logical conclusions, then there is complete vulnerability, utter nakedness of your whole being, there is the flame of Love"

"The fear of death ceases only when the unknown enters your heart. Life is the unknown, as death is the unknown, as truth is the unknown.

"When I understand myself, I understand you, and out of that understanding comes love."

Katie, Yoga Teacher

The Work works!!! ..So my cynicism, my depression (so far that I can tell) has shifted and I'm open to love for myself and others. Still a long way to go of course, but I am also more confident in my abilities as a counsellor now I feel I have a strong basis, and method, to work from.

So thank you Brenda for bringing the course in to my world. I have looked up to many women in my life who I hold as strong, beautiful and able to share their love, and you are one of them... I now

feel I can admire myself, and through the love of myself my compassion for others has taken on a deeper level...

Jaz, Youth Worker

It has been a couple of years since the Counselling Course, may I tell you that when I was going through it I felt it was special, but with the years that have passed since, I have been able to see and experience the true brilliance of what you set up and how you taught it. Thank you for allowing me to change my life and giving me the tools to be the person that I have known I can be all along but didn't know how.

With love and gratitude,

Tracy

I'm truly grateful to you for the magnificent year I've experienced with the training. Thank you so much for being the creator and at the helm of this wonderful course. I've learnt so much, healed a few issues and tweaked others, and on the

whole I feel deeply enriched and empowered to move forward with creating more of the life I choose.

Kara Physiotherapist.

Thankyou again for all the wonderful awakenings you assisted in opening me up to throughout this course! For providing the space and the commentaries which allowed me to further and deepen my personal understandings of myself and others. Never in my life, with all of my constant incessant questioning, exploration and self deconstructions have I felt so integrated. Never before have the questions I craved answers to been connected to answers. Never before has the truth of who I am been so clearly outlined. Thank you so so, so, much for that.

Louise

Enquire for more testimonies

ENROLMENT, PAYMENT OPTIONS & CREDITS

The Diploma is studied part time over 18 months and encompasses 500+ hours. The Certificate is part-time over 9 months and is approximately 180+ hours. There are a number of payment options, including early bird full payments and payment plans where you can pay per month by direct debit. Monthly payment options are by application and includes the full course fee. Admin fees are added for late payments.

A discount applies for students repeating the course or for particular modules undertaken for professional development hours.

SELECTION

The Awakening Group has an equal opportunity policy.

An individual session prior to the course starting is required for all students so that we get to know your needs and personal history, and suitability for the course, thus ensuring that we are able to cater for you throughout the course.

PAYMENT PLANS

All students enrolling are required to pay a non-refundable deposit of \$350 in order to secure their place. No place can be secured without a deposit, due to the limited number of places per AG course intake. Students are required to sign a contract outlining the agreed AG payment plan. Conditions apply including no early bird price applicable to periodical payments.

CERTIFICATE

Total cost for the 9month course is \$3495 GST incl, including a deposit of \$350 which secures your place. Payment plan options available and elicit a \$55 admin fee. Conditions apply.

- 7 monthly payments of \$448.30 via Direct Debit system
- Early bird price is \$3195 to be paid in full prior to course starting, see dates due.

DIPLOMA

Total cost for the 18-month course is \$6495 and this can be paid over one year. A \$350 deposit is essential to secure your place. Payment plans may consist of, for example:

- 11 monthly payment plan instalments of \$558.64 via EFT system
- Early bird price is \$6195 to be paid in full prior to course starting, see due dates.

CREDITS

Time credits are given to students who have attended AG training modules such as The Work, Family Constellations and Effectiveness Training outside of the training program.

Students are able to credit these against practice time and assessment where possible, for example if they have completed a personal Family Constellation.

TEXT BOOKS

The Certificate and Diploma courses have comprehensive course workbooks with readings on CDs and programs on DVDs also. Certificate students do not need to purchase further textbooks if not desired.

TEXTS FOR DIPLOMA

Loving What Is By Byron Katie
The Gift of Therapy By Irvin Yalom
A New Earth By Eckhart Tolle
Be Your Best By Linda Adams
The Art of Family Constellations By Bertold Ulsamer
Entering Inner Images By Eva Madelung
Supporting Love By Bert Hellinger
Effectiveness Training Workbook (supplied)

These books and other DVDs/CDs are also available for student borrowing from our library.

COST OF TEXT BOOKS

The total cost of Diploma textbooks is approximately \$180 or less.

ONLINE LIBRARY

We have a number of online libraries for the 1. Certificate students and 2. Diploma students and 3. Systemic Students. Access is via password issued at the beginning of the course.

INDIVIDUAL SESSIONS

The Certificate requires that students have 3 individual sessions - one covered by the course fee; the other 2 are with the student's choice of trainer/s, costing between \$95 - \$130 per session.

The Diploma requires a further 3 individual sessions, one of which is included in the course cost - a total of 6 sessions required.

YEARLY TIMETABLES

VICTORIA

Intake February. Only one intake per year

QUEENSLAND 2011

Only one intake per year in April

A comprehensive timetable is available on request. Classes are run approximately every second Saturday or Sunday or weekend for approximately 9 months and then extended into once a month assessment completion thereafter.

ATTENDANCE POLICY

All classes need to be attended to complete the course. If a class is missed students need to make this up in the next round, where possible, or attend a workshop with that trainer outside of the course at their own expense, fees apply in both cases.

SEPARATE MODULES

In addition to the training program there is an opportunity for practitioners, and other students to attend separate training modules.

These modules are open for practitioners, therapists and interested people to attend.

MODULES 3: THE WORK OF BYRON KATIE

Participants outside of the Certificate and Diploma are invited to join Part I & II in QLD and VIC of The Work of Byron Katie weekends. For timetables see

<http://www.awakening.com.au/byron.php>

Prerequisites: No prerequisites for this unit. Only Part II requires an individual The Work session or Part I

Credits: Part I towards the Certificate and Diploma and Part II towards Diploma

MODULE 5: FAMILY CONSTELLATIONS

Participants outside of the Certificate and Diploma are invited to join these weekends. For timetables see:

ASSESSMENT & TIME COMMITMENT

Certificate assessment includes 9 unit review questions, a 7 day take home test, 10 minute class presentation, journaling, autobiography and 3 case studies and practice hours with a study buddies. Time commitment is approximately 10 hours per week outside of class this includes reading & research.

Diploma assessment includes all of the above Certificate assessment plus further journaling, research reviews, essays, audio recording, cases studies, 7 day take home test, unit review questions, practice sessions, student clinic.

Hours of Study per week

This varies from student to student. There is reading per unit and review questions, it is approximately ten to twelve hours per week for home study exercises outside of class

<http://www.awakening.com.au/family.php>

Prerequisites: No prerequisites for this unit.

Credits: Towards the Certificate and Diploma

MODULE 4: EFFECTIVENESS TRAINING

This is a comprehensive nationally accredited program and is a stand alone course in itself. For VIC and QLD dates see

<http://www.awakenng.com.au/effectiveness.php>

Prerequisites: No prerequisites

Participants outside of the Certificate and Diploma are invited to join

Credits: Towards Diploma

Discounts apply for group bookings or previous participants of our training programs.

TIME CREDITS

These modules can be credited towards hours for students deciding to pursue the full Counsellor Certificate or Diploma training program. (see Credits)