



Holistic Counselling Skills

For The Holistic Practitioner



COURSE MODULES

PROUDLY ASSOCIATED WITH



ISHCC

THE INTERNATIONAL SOCIETY OF
HOLISTIC COUNSELLORS & COACHES




ACCPH

Accredited Counsellors, Coaches,
Psychotherapists and Hypnotherapists



Accredited
Training Provider

www.iaoh.com



Are you a Holistic Practitioner working as a Massage Therapist, Naturopath, Reiki Practitioner or similar? Would you like to know the basics of Holistic Counselling so you can help support your clients further? Then this course is for you!
Learn the fundamentals of transformation with the ASHC and take your clients deeper.

PROFESSIONAL DEVELOPMENT COURSE, A CERTIFICATE OF COMPLETION SUPPLIED

COURSE WILL TAKE APPROX. 80 HOURS TO COMPLETE

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

ACCESS TO OUR ONLINE COMMUNITY

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

TOTAL COURSE DURATION: 8 - 12 WEEKS



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

HOLISTIC COUNSELLING SKILLS CPD COURSE

4 MODULES OVER 8 WEEKS

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

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 part II, 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.

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4 MODULES OVER 8 WEEKS

Holistic Counselling 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)



In Part III, we 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.

Holistic Counselling 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 & Techniques for the Transformational Practitioner (supplied)*

CERTIFICATION

This is a **Continued Professional Development** Course in Holistic Counselling Skills.

After completing this course, graduates will be given a Certificate of Completion. If you are looking for a professional qualification in Holistic Counselling, we recommend upgrading to our Practitioner of Holistic Counselling Program (visit link below).

[MORE INFO & ENROL](#)



LOOKING FOR A QUALIFICATION INSTEAD?

CLICK HERE TO GET
INFORMATION ABOUT OUR
PRACTITIONER OF HOLISTIC
COUNSELLING COURSE.





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*

MORE INFO & ENROL



We look forward to
supporting you.



Australian School
OF HOLISTIC COUNSELLING