



Meditation Facilitator's Certificate

Please note: Course structure is current as of 30 April 2009

The Meditation Facilitator's course will equip you to create and run a meditation course in the community, workplace, and with clients in private practice. Meditation is now widely recognised as a powerful tool in the field of mind-body health and wellbeing, is easily integrated into everyday lifestyle, and is a powerful practice for personal growth. A personal meditation practice as well as the ability to teach others is highly complementary to many therapeutic modalities.

Meditation Facilitator's Certificate - Course Content

▶ Meditation 1	- 24 hours
▶ Meditation 2	- 24 hours
▶ Meditation 3 - Advanced Meditation & Facilitator Skills	- 32 hours
▶ Communicate With Clients	- 24 hours

NB: The hours shown above represent hours of face to face teaching and do not reflect time for home study

Meditation 1 (2 hours a week for 12 weeks)

You are introduced to some of the many forms of meditation available and gain some experience of each, both in class and between sessions, eventually developing an ongoing personal practice with the technique(s) of your choice. You will also develop an understanding of the theory and purpose underlying all meditation traditions, as well as the benefits of meditation as an integral part of life.

Meditation 2 (2 hours a week for 12 weeks)

While continuing to develop and deepen your personal meditation practice, in this module you will focus on the application of meditation techniques in a clinic or other professional context, both with individuals and with groups. You will gain an understanding of how to select from a range of appropriate meditation techniques for individual clients and the needs of a group, as well as applying the practice of meditation for therapeutic and healing work.

Pre-requisites: Meditation 1

Meditation 3 – Advanced Meditation & Facilitator Skills (Two weekend Intensive)

Meditation 3 is the concluding part of the Meditation Facilitator's Certificate held over two weekends. The first weekend is dedicated to expanding and consolidating your meditation practice. We will create a sacred space of silence in order to deepen our inner connection. The weekend will also include periods of debriefing and discussion. The second weekend covers the practical aspects of running meditation classes in the community or workplace. It includes student presentations and continuing meditation practice.

Pre-requisites: Meditation 1, Meditation 2

Communicate With Clients (2 hours a week for 12 weeks OR Intensive)

This module covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided. The skills apply to work in a range of health settings where health services are provided with direct client contact involved.

Flexible One Year Study Plan

	term one	term two	term three
year one	▶ Meditation 1	▶ Meditation 2 ▶ Communicate With Clients	▶ Meditation 3 – Advanced Meditation & Facilitator Skills

Please note some subjects may not run in each term. Students have a maximum of two years in which to complete this Certificate. Graduates of this course are eligible to join the Energetic Healing Association and gain insurance.

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.