



Nature Care College

Introduction to the Holistic Perspective

DESCRIPTION	This unit describes the knowledge and skills required by counselors to support a client's health and emotional well-being. It explores the holistic perspective of the client's personal world and their relationship with the community for support and resources.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of the unit, the student should be able to: <ol style="list-style-type: none"> 1. Understand the key components of the holistic model (emotional, physical, mental, spiritual, relational, cultural and environmental) 2. Demonstrate a basic understanding of the nature of the client's health and well-being within the context of the holistic model. 3. Demonstrate the skills to assess and support a client's health and wellbeing. 4. Demonstrate the ability to support and promote a client to access support and resources from their cultural and social environment. 	
TEACHING METHOD	Lectures, class discussion, role-plays, case study analysis, DVD's, experiential exercises, peer feedback and self-reflection.	
ASSESSMENT	Practical Assessment Assignment (Group Presentation) Attendance at 1 Counselling Session	Due Week 8 Due Week 11 Due Week 11
	Pass mark: 60% Each component must be successfully completed in order to pass this module. No grades available	
ATTENDANCE	80% minimum	
PRE-REQUISITES	None	
CO-REQUISITES	Counselling & The Therapeutic Relationship, Counselling 1A	
MATERIALS REQUIRED	Notebook, pen,	
TEXTBOOKS	Compulsory: Nil Recommended Reading / References: Nil	

WEEK-BY-WEEK OUTLINE

WEEK 1	-Introduction to the course, assessment. -Introduction to the Holistic Perspective -Defining health and well-being. -HW reading H/O: "Healing the whole person a psychological perspective"
WEEK 2	-Exploring models of healing and being. -Healing the whole person – a psychological perspective.
WEEK 3	-Introducing the elemental matrix. -Maslow's Hierarchy of needs.
WEEK 4	-Holistic Assessment, Ecogram, Time Line -Wheel of Life.
WEEK 5	-Internal and external resources. -Referral & support for emotional well-being.
WEEK 6	-Socio - Cultural Perspectives -The Global Brain DVD
WEEK 7	-Ecopsychology : The role of nature in our healing. -Hours of Ancient Sunlight DVD -HW : Read article : "Opening to inner light"
WEEK 8	Practical Assessment (Role-play 30minutes)
WEEK 9	Professional well-being : Self Care and Burnout
WEEK 10	Preparation time for group presentations
WEEK 11	Student presentations for assessment
WEEK 12	Student presentations for assessment

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.