



## **Australian Meditation and Holistic Counselling College**

Empower Your Mind, Transform Lives  
AMHCC

# COURSE & CAREER PATHWAYS GUIDE

Professional Training in Meditation Teaching, Holistic  
Counselling, Empowerment Coaching & Stress Management  
2026–2027

### DISCOVER YOUR PATHWAY

Explore professional training pathways designed to grow with you, from foundational Meditation Teacher Training through to Advanced Practitioner and Master Practitioner qualifications in meditation teaching, holistic counselling, coaching and wellbeing.

**Australian Meditation and Holistic  
Counselling College**

Empower Your Mind. Transform Lives.



**Contents:**

Page

|                                                                        |  |
|------------------------------------------------------------------------|--|
| 2 - Welcome to AMHCC                                                   |  |
| 3 - Your AMHCC Career Pathways                                         |  |
| 6 - Which Pathway Is Right for You?                                    |  |
| 7 - Our Training Programs                                              |  |
| 8 - Meditation Teacher Training                                        |  |
| 11 - Corporate Stress Management & Holistic Training and Assessment    |  |
| 13 - Advanced Meditation Teaching & Holistic Human Development         |  |
| 16 - Advanced Practitioner of Meditation Therapies                     |  |
| 18 - Advanced Practitioner of Holistic Empowerment Coaching            |  |
| 21 - Master Practitioner of Holistic Empowerment Coaching              |  |
| 24 - Master Practitioner of Holistic Counselling                       |  |
| 27 - Master Practitioner of Meditation Teaching & Holistic Counselling |  |
| 30 - Professional Development & Specialisations                        |  |
| 30 - Professional Development Certificates                             |  |
| 32 - Studying With AMHCC                                               |  |
| 32 - The AMHCC Student Experience                                      |  |
| 34 - Recognition & Professional Standards                              |  |
| 36 - Flexible Study Designed for Real Life                             |  |
| 38 - Investment & Payment Options                                      |  |
| 40 - Your Next Step                                                    |  |
| 40 - Choosing Your Training Pathway                                    |  |
| 41 - Enrolment Consultation                                            |  |
| 42 - Contact AMHCC                                                     |  |



## **Welcome to AMHCC**

Choosing to study meditation, holistic counselling or wellbeing can begin with a simple desire to learn something new. For many people, however, it becomes something much more.

It can lead to a new career, add valuable skills to an existing profession, create opportunities to support others, or become the beginning of a completely new direction in life.

At the Australian Meditation and Holistic Counselling College, our training is designed to support both your professional development and your development as a practitioner.

We believe effective practitioners need more than knowledge alone. They need practical skills, confidence, self-awareness, ethical foundations and the ability to create safe, supportive environments for the people they work with.

Our programs bring together meditation teaching, holistic counselling and coaching skills, stress management, human development, professional practice and practical business skills.

Whether your goal is to become a Meditation Teacher, develop advanced meditation or counselling skills, work within corporate wellbeing, build a holistic coaching practice, or add complementary skills to the work you already do, there is a pathway that can grow with you.

This guide has been created to help you explore those pathways, compare your options and find the training that best aligns with your goals.

You don't need to have your entire career mapped out before you begin.

Sometimes, you simply need to know where to start.

### **Natalee Hudson**

Principal

Australian Meditation and Holistic Counselling College



### **Where Could Your Training Take You?**

There is no single pathway into meditation, holistic wellbeing or complementary practice.

You may be looking for a meaningful new career. You may already work with people and want to expand the way you support them. Or you may begin with meditation teaching and discover new areas of practice that you want to explore as your experience and confidence grow.

AMHCC training has been designed to provide pathways that can grow with you.

#### **START HERE**

#### **MEDITATION TEACHER TRAINING**

Certificate in Meditation Teaching & Holistic Human Development



**From your foundation training, you can continue into the pathway that aligns with your professional goals.**

#### **PATHWAY 1**

#### **MEDITATION TEACHING & THERAPY**

Meditation Teacher Training



Advanced Meditation Teaching & Holistic Human Development



Advanced Practitioner of Meditation Therapies

#### **PATHWAY 2**

#### **HOLISTIC COACHING**

Meditation Teacher Training



Advanced Meditation Teaching & Holistic Human Development



Advanced Practitioner of Holistic Empowerment Coaching



Master Practitioner of Holistic Empowerment Coaching



### **PATHWAY 3**

#### **HOLISTIC COUNSELLING**

Meditation Teacher Training



Advanced Meditation Teaching & Holistic Human Development



Advanced Practitioner of Holistic Empowerment Coaching



Master Practitioner of Holistic Empowerment Coaching



Master Practitioner of Holistic Counselling



#### **MASTER PRACTITIONER OF MEDITATION TEACHING & HOLISTIC COUNSELLING**

**AMHCC's most comprehensive practitioner training pathway**

1,340 hours | 63 modules

### **PATHWAY 4**

#### **CORPORATE WELLBEING**

Meditation Teacher Training



Corporate Stress Management & Holistic Training and Assessment

#### **YOUR FIRST QUALIFICATION CAN BE JUST THE BEGINNING**

Begin with the training that meets your goals today, then continue to build your knowledge, professional skills and specialisations as your career evolves.



### **Create a Practice That Reflects Your Interests**

Your core training can also be complemented by specialist Professional Development Certificates.

These allow eligible students and graduates to deepen their knowledge in areas that align with the people they want to support and the work they want to do.

Specialist areas include:

#### **Meditation & Therapeutic Practice**

Develop deeper knowledge of specialised meditation applications and therapeutic approaches.

#### **Holistic Counselling & Human Development**

Expand your counselling knowledge and develop skills for working with different experiences, relationships and life stages.

#### **Trauma, Grief & Emotional Wellbeing**

Develop additional knowledge in specialist areas including trauma, grief and loss, PTSD and related areas of holistic support.

#### **Specialist Populations & Wellbeing**

Explore areas such as working with children, prenatal meditation, men's wellbeing, women's midlife wellbeing and other specialist populations.

#### **Professional & Corporate Practice**

Build skills that can support professional practice, workplace wellbeing and corporate stress management.

### **You Don't Have to Choose Your Entire Pathway Today**

One of the benefits of the AMHCC training model is that your professional direction can evolve.

You may begin wanting to teach meditation and later discover an interest in counselling.

You may already work in community services, education, health, wellbeing or another people-focused profession and simply want to add new skills to your existing work.

Or you may know from the beginning that your long-term goal is advanced practitioner training.

### **Your first step does not have to determine your final destination.**

The important thing is choosing the right place to begin.



### **Which Pathway Is Right for You?**

You don't need to have your entire career mapped out before you begin.

Think about what you would most like your training to help you achieve.

### **I WANT TO TEACH MEDITATION PROFESSIONALLY**

#### **Start with Meditation Teacher Training**

Build the foundations to teach meditation confidently and professionally while developing holistic counselling skills, group facilitation skills and an understanding of stress, human development and professional practice.

#### **Recommended starting point:**

Certificate in Meditation Teaching & Holistic Human Development

### **I WANT TO DEVELOP ADVANCED MEDITATION SKILLS**

#### **Explore the Meditation Teaching & Therapy Pathway**

Continue beyond your foundational meditation teacher training to develop more advanced knowledge and specialist practitioner skills.

#### **Explore:**

Certificate in Advanced Meditation Teaching & Holistic Human Development

Advanced Practitioner of Meditation Therapies Training Course

### **I WANT TO WORK IN HOLISTIC COACHING**

#### **Explore the Holistic Empowerment Coaching Pathway**

Develop a broad foundation in meditation, holistic human development and counselling skills before progressing into specialist holistic empowerment coaching training.

#### **Explore:**

Advanced Practitioner of Holistic Empowerment Coaching

Master Practitioner of Holistic Empowerment Coaching

### **I WANT TO DEVELOP HOLISTIC COUNSELLING SKILLS**

#### **Explore the Holistic Counselling Pathway**

Progress through AMHCC's practitioner training pathway to develop increasingly advanced skills across meditation, holistic counselling and complementary areas of practice.

#### **Explore:**

Master Practitioner of Holistic Counselling

Master Practitioner of Meditation Teaching & Holistic Counselling



## **I WANT TO WORK WITH ORGANISATIONS AND WORKPLACES**

### **Explore Corporate Stress Management**

Develop skills in meditation teaching, holistic training and assessment, stress management and working with corporate clients and organisations.

#### **Explore:**

Certificate in Corporate Stress Management and Holistic Training and Assessment

## **I ALREADY WORK WITH PEOPLE AND WANT TO EXPAND MY SKILLS**

AMHCC training may complement existing work in people-focused fields by providing additional knowledge and practical skills in meditation, holistic wellbeing and related areas.

Depending on your goals and previous training, you may begin with Meditation Teacher Training or progress into specialist Professional Development study once prerequisite requirements have been met.

## **I'M INTERESTED, BUT I'M STILL NOT SURE**

That's completely fine.

Choosing a professional training pathway is an important decision, and you don't need to make it alone.

An AMHCC Enrolment Consultation gives you the opportunity to discuss your goals, interests and the type of work you would eventually like to do so that you can make an informed decision about the training pathway that best suits you.

[Book an Enrolment Consultation](#)



## **Meditation Teacher Training**

### **Certificate in Meditation Teaching & Holistic Human Development**

**Build the knowledge, practical skills and confidence to teach meditation professionally and support others through meditation and holistic counselling skills.**

Meditation Teacher Training is the foundational professional training program at the Australian Meditation and Holistic Counselling College and the starting point for many of our advanced practitioner pathways.

The program combines the study and practice of meditation with stress management, human development, teaching and facilitation skills, holistic counselling and coaching skills, professional practice, small business management and marketing.

Students develop their own understanding and practice of meditation while also learning how to confidently and professionally share meditation with individuals and groups.

### **What You'll Learn**

Throughout the program, you will explore:

- The history, theory and foundations of meditation
- A range of meditation styles and techniques
- Developing and deepening meditation practice
- Stress and the human stress response
- Foundations of human happiness and self-image
- Mind-body approaches and tools for healing
- Breathwork, guided meditation and creative visualisation
- Teaching and group leadership skills
- Working with different groups and client needs
- Holistic counselling and coaching skills for meditation teachers
- Designing and facilitating classes and workshops
- Teaching in virtual, community and corporate settings
- Ethics, professionalism and small business management
- Branding, marketing and building your professional community

### **Your Training at a Glance**

**Study options:** Self-directed online study or scheduled live Zoom training

**120 Hours | 12 Modules**

**Part-time:** Approximately 10 hours of study per week for 12 weeks

**Full-time:** Approximately 20 hours of study per week for 6 weeks

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

**Meditation**

**Holistic Counselling Skills for Meditation Teachers**



Graduates may use the post-nominal:

**Mbe.MedTeach.**

*Mind Body Education Meditation Teacher*

**Where Can This Training Take You?**

Meditation Teacher Training provides the foundation for further AMHCC study. After completing the program, eligible graduates can continue into advanced practitioner pathways and Professional Development Certificates to develop specialist skills that align with their professional interests.

**Your 12-Module Learning Journey**

Your training progresses from developing strong foundations in meditation and human development through to teaching, facilitation, professional practice and building your presence as a practitioner.

**Module 1 | Foundation Studies in Meditation**

History and theory of meditation, brainwaves, meditation techniques and styles, developing meditation routines and deepening your practice.

**Module 2 | Understanding the Causes & Effects of Stress**

Understanding stress and the fight-or-flight response, physiology and behavioural effects of stress, stress management and meditation development and practice.

**Module 3 | Foundations of Human Happiness**

The psychology of happiness, subconscious programming and reprogramming, states of mind, self-image, the pursuit of happiness and creative visualisation.

**Module 4 | Tools for Healing**

Positive thinking, foundations of mind-body medicine, meditation as a healing tool, journaling and gratitude, affirmations and developing a positive self-image.

**Module 5 | Meditation Styles & Techniques**

Poses and positions, breathwork, chakras and energy meditation, guided meditation and creative visualisation, mantras, affirmations and gentle seated movement meditation.

**Module 6 | Teaching Skills**

Preparing to teach, talking to groups, group leadership, answering questions about meditation, leading guided meditations, overcoming obstacles to meditation practice and creating safe and effective teaching environments.

**Module 7 | Working With Specific Groups**

Teaching various meditation styles and working with teenagers, people with physical disabilities, people with emotional disorders, healthcare professionals, business clients and corporate groups.



### **Module 8 | Counselling & Coaching Skills for Meditation Teachers**

A client-centred approach, holistic counselling sessions, assessment and introspection, goal setting, listening skills and practical holistic counselling tools.

### **Module 9 | Designing & Facilitating Classes and Workshops**

Designing courses and workshops, learning and teaching styles, teaching techniques, student management, working with seniors and choosing venues.

### **Module 10 | Virtual, Corporate & Community Settings**

Corporate stress management workshops, community groups and organisations, volunteer and community work, teaching online and using Zoom.

### **Module 11 | Holistic Small Business Management**

Ethics and professionalism, your public profile, customer service, student and client records, charging for services, working from a home office, professional organisations, insurance and legalities.

### **Module 12 | Marketing: The Key to Success**

Branding, targeted marketing and advertising, building your community, free advertising, public image, final review and graduation.



## **Corporate Stress Management & Holistic Training and Assessment**

### **Certificate in Corporate Stress Management and Holistic Training and Assessment**

**Develop the skills to combine meditation teaching with professional training, facilitation and corporate stress management.**

This program builds upon the foundations of Meditation Teacher Training and expands your skills into professional training and corporate wellbeing.

Students develop knowledge and practical skills in teaching and facilitation, designing workshops, assessing the needs of corporate clients and developing stress management programs for workplace settings.

The program is designed for those interested in taking meditation and stress management beyond individual or community teaching and into organisations and professional environments.

#### **Your Training at a Glance**

##### **220 Hours | 35 Modules**

**Part-time:** Approximately 10 hours of study per week for 26 weeks, including a 6-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 15 weeks, including a 4-week study break allowance

#### **Your Program Includes**

##### **Certificate in Meditation Teaching & Holistic Human Development**

##### **120 hours | 12 modules**

Build your foundational skills in meditation teaching, holistic counselling skills, facilitation, professional practice and human development.

##### **Holistic Training and Assessment**

##### **20 hours | 19 modules**

Develop practical training and facilitation skills including:

- Preparing to teach
- Creating effective teaching environments
- Learning and teaching styles
- Delivery techniques
- Student management
- Teaching online and via Zoom
- Counselling and coaching skills for trainers and assessors
- Assessments
- Designing workshops
- Working from home
- Marketing your training and assessment courses



## **Certificate in Corporate Stress Management**

**80 hours | 4 modules**

Develop the knowledge and practical skills to work with corporate clients and organisations, including:

- Understanding the role of a Corporate Stress Management Consultant
- Conducting consultations and assessing organisational needs
- Designing proposals and providing quotes
- Calculating fees and costs
- Designing corporate stress management classes and workshops
- Teaching stress management and meditation to executives and management
- Holistic counselling for corporate clients
- Workplace health and safety
- Managing difficult or unwilling participants
- Assessing and reporting on workplace productivity
- Facilitating corporate retreats
- Developing ongoing workplace programs
- Building your professional reputation and online presence

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

#### **Meditation**

#### **Holistic Counselling Skills for Meditation Teachers**

#### **Stress Management**

Graduates may use the post-nominal:

#### **Mbe.CorpStressprac.**

*Mind Body Education Corporate Stress Practitioner*



## **Advanced Meditation Teaching & Holistic Human Development**

### **Certificate in Advanced Meditation Teaching & Holistic Human Development**

**Build upon your foundational meditation teacher training with advanced study in meditation, human development, mind-body approaches and holistic counselling.**

This advanced program expands upon the knowledge and skills developed through Meditation Teacher Training and introduces further areas of study designed to deepen your understanding of the relationship between the mind, body, beliefs, emotions and human wellbeing.

Students progress through four areas of study, beginning with the foundational Certificate in Meditation Teaching & Holistic Human Development before moving into three advanced specialist certificates.

#### **Your Training at a Glance**

##### **360 Hours | 24 Modules**

**Part-time:** Approximately 10 hours of study per week for 46 weeks, including a 10-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 23 weeks, including a 5-week study break allowance

#### **Your Program Includes**

##### **Certificate in Meditation Teaching & Holistic Human Development**

##### **120 hours | 12 modules**

Your foundational professional training in meditation teaching, holistic counselling skills for meditation teachers, stress management, human development, facilitation and professional practice.

##### **Certificate in Autonomic Nervous System Realignment Therapy**

##### **80 hours | 4 modules**

Explore the autonomic nervous system and the relationship between perceptions, beliefs, neurochemicals and the body's physiological responses.

Areas of study include:

- The autonomic and central nervous systems
- The three brains
- Neurochemicals and the endocrine system
- The amygdala
- Homeostasis
- The heart brain and gut brain
- Human consciousness
- The relationship between perceptions and beliefs
- Identifying beliefs to change
- Belief-changing techniques



### **Certificate in Brain-Body Medicine**

**80 hours | 4 modules**

Explore Brain-Body Medicine and psychophysiology, with a focus on beliefs, conditioning and the relationship between psychological and physiological processes.

Areas of study include:

- Introduction to Brain-Body Medicine
- The role of the Brain-Body Therapist
- The physiology of belief
- Traumatic beliefs
- The power to heal
- Placebo and Brain-Body Medicine
- Psychophysiology diagnostic tools
- Working with damaging belief systems and conditioning
- Medical meditation
- Tools for the Psychophysiology Therapist
- Developing and marketing professional practice

### **Certificate in Advanced Holistic Counselling for Meditation Teachers**

**80 hours | 4 modules**

Deepen your understanding of holistic counselling and explore approaches for working with individuals, couples and groups across a range of life experiences.

Areas of study include:

- Advanced holistic counselling
- Individual and group therapy
- Humanistic psychology
- Emotions and counselling
- Relationship counselling and counselling couples
- Counselling young adults
- Trauma counselling
- Counselling clients with depression
- Mediation
- Running group counselling and therapy sessions
- Fight-or-flight and the relaxation response
- Holistic counselling tools
- Creative expression therapy

### **Required Reading**

Additional required reading forms part of the advanced areas of study within this program.

The prescribed texts identified in the program include:

**Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs**

Herbert Benson, MD



**The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles**

Bruce H. Lipton, PhD

**Mind Over Medicine: Heal Your Thoughts, Cure Your Body**

Lissa Rankin, MD

**Meditation as Medicine: Activate the Power of Your Natural Healing Force**

Dharma Singh Khalsa, MD

**Games People Play**

Eric Berne, MD

**Certification**

On successful completion of the program, graduates receive recognised certification in:

**Meditation Teacher**

**Holistic Counselling Skills for Meditation Teachers**

Graduates may use the post-nominal:

**Mbe.AdvMedTeach.**

*Mind Body Education Advanced Meditation Teacher*

**Where Can This Training Take You?**

The Certificate in Advanced Meditation Teaching & Holistic Human Development forms an important part of AMHCC's higher-level practitioner training pathways.

Graduates can continue their studies through pathways including:

**Advanced Practitioner of Meditation Therapies**

**Advanced Practitioner of Holistic Empowerment Coaching**

and continue progressing toward AMHCC's Master Practitioner training programs.



## **Advanced Practitioner of Meditation Therapies**

### **Advanced Practitioner of Meditation Therapies Training Course**

**Take your advanced meditation training further by developing specialist knowledge in areas that align with your professional interests and the people you want to support.**

The Advanced Practitioner of Meditation Therapies Training Course builds upon the Certificate in Advanced Meditation Teaching & Holistic Human Development and provides students with the opportunity to further specialise their training.

Alongside advanced meditation teaching and holistic human development studies, students select two Professional Development courses from the available specialist areas offered by AMHCC.

This allows you to begin shaping your practitioner training around your individual interests and the direction you would like your professional practice to take.

### **Your Training at a Glance**

#### **520 Hours | 32 Modules**

**Part-time:** Approximately 10 hours of study per week for 64 weeks, including a 12-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 32 weeks, including a 6-week study break allowance

### **Your Program Includes**

#### **Certificate in Advanced Meditation Teaching & Holistic Human Development**

##### **360 hours | 24 modules**

Complete advanced study across meditation teaching, holistic human development, Autonomic Nervous System Realignment Therapy, Brain-Body Medicine and Advanced Holistic Counselling for Meditation Teachers.

#### **Professional Development Course of Your Choice**

##### **80 hours | 4 modules**

Choose a specialist Professional Development course that reflects an area you would like to explore more deeply within your practitioner training.

#### **Professional Development Course of Your Choice**

##### **80 hours | 4 modules**

Select a second specialist Professional Development course to further develop your knowledge and shape your individual area of practice.

### **Shape Your Professional Direction**

The ability to choose two Professional Development courses gives you greater flexibility to develop specialist knowledge in areas that align with your interests.



Your chosen areas may focus on particular therapeutic approaches, counselling areas, client groups or applications of meditation, depending on the Professional Development courses available.

Later in this guide, you'll find an overview of the AMHCC Professional Development courses available to eligible students and graduates.

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

#### **Meditation**

#### **Holistic Counselling Skills for Meditation Teachers**

#### **Meditation Therapist**

Graduates may use the post-nominal:

#### **Mbe.MedTherp.**

*Mind Body Education Advanced Meditation Therapist*

### **Continue Your Professional Development**

Graduates can continue to build their knowledge through additional Professional Development study and explore further AMHCC practitioner and Master Practitioner training pathways as their professional interests evolve.



## **Advanced Practitioner of Holistic Empowerment Coaching**

### **Advanced Practitioner of Holistic Empowerment Coaching Training Course**

**Develop advanced skills across meditation, holistic human development, counselling and empowerment coaching to support people through personal growth, change and life challenges.**

The Advanced Practitioner of Holistic Empowerment Coaching Training Course builds upon advanced meditation teaching and holistic human development training and introduces further specialist study in counselling and client support.

Students develop knowledge across telephone and online counselling, grief and loss, trauma and abuse, while continuing to build the broad practitioner foundations established through their previous training.

This combination provides a comprehensive foundation for working as a Holistic Empowerment Coach.

### **Your Training at a Glance**

#### **600 Hours | 36 Modules**

**Part-time:** Approximately 10 hours of study per week for 72 weeks, including a 12-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 36 weeks, including a 6-week study break allowance

### **Your Program Includes**

#### **Certificate in Advanced Meditation Teaching & Holistic Human Development**

##### **360 hours | 24 modules**

Build advanced knowledge across meditation teaching, holistic human development, mind-body approaches and holistic counselling.

#### **Certificate in Holistic Telephone Counselling**

##### **80 hours | 4 modules**

Develop specialist skills for providing counselling support by telephone and through online platforms.

Areas of study include:

- Telephone and online counselling
- Using Zoom and other online platforms for counselling
- Structuring counselling calls
- Core principles of telephone counselling
- Active listening and communication skills
- Exploring and reflecting feelings
- Open and closed questions
- Summarising
- Barriers to effective communication



- Self-care
- Understanding when telephone counselling may not be appropriate
- Role-play exercises

### **Certificate in Holistic Grief and Loss Counselling**

**80 hours | 4 modules**

Develop an understanding of grief and loss and the role of the holistic grief counsellor in supporting people through different experiences of loss.

Areas of study include:

- Understanding grief and loss
- The grief journey and grief processes
- The role of the Holistic Grief Counsellor
- Influencing factors on grieving
- Resources and referrals
- Complicated grief
- Depressive grief and clinical depression
- Acute emergency situations
- Counselling the dying
- Counsellor self-care and debriefing

### **Certificate in Holistic Trauma and Abuse Counselling**

**80 hours | 4 modules**

Explore foundational knowledge for supporting people whose lives have been affected by trauma and abuse.

Areas of study include:

- Understanding trauma
- How healing happens
- Foundational relationship and attachment concepts
- Understanding abuse
- Treatments and solutions
- The role of love in healing from trauma and/or abuse
- Earned secure adult attachment

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

**Meditation**

**Holistic Counselling Skills for Meditation Teachers**

**Meditation Therapist**

**Holistic Empowerment Coaching**

Graduates may use the post-nominal:



**Mbe.EmpCoach.**

*Mind Body Education Empowerment Coach*

**Where Can This Training Take You?**

The Advanced Practitioner of Holistic Empowerment Coaching provides the foundation for progression into:

**Master Practitioner of Holistic Empowerment Coaching**

From there, students can continue through AMHCC's higher-level Holistic Counselling and Master Practitioner pathways.



## **Master Practitioner of Holistic Empowerment Coaching**

### **Master Practitioner of Holistic Empowerment Coaching Training Course**

**Progress your practitioner training through advanced study in holistic empowerment coaching, relationships, PTSD and specialist areas of client support.**

The Master Practitioner of Holistic Empowerment Coaching Training Course builds upon the Advanced Practitioner of Holistic Empowerment Coaching and expands your knowledge through further specialist areas of holistic counselling and therapeutic support.

This comprehensive pathway brings together meditation teaching, holistic counselling skills, meditation therapy and holistic empowerment coaching, allowing students to develop a broad and increasingly specialised practitioner skill set.

#### **Your Training at a Glance**

##### **840 Hours | 48 Modules**

**Part-time:** Approximately 10 hours of study per week for 100 weeks, including a 16-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 50 weeks, including an 8-week study break allowance

#### **Your Program Includes**

##### **Advanced Practitioner of Holistic Empowerment Coaching Training Course**

##### **600 hours | 36 modules**

Build upon your previous training across advanced meditation teaching, holistic human development, telephone counselling, grief and loss counselling, trauma and abuse counselling and holistic empowerment coaching.

##### **Certificate in Holistic Marriage and Relationship Counselling**

##### **80 hours | 4 modules**

Develop knowledge and skills for supporting people experiencing challenges within marriages, partnerships and other close relationships.

Areas of study include:

- Holistic marriage and relationship counselling
- Benefits of relationship counselling
- Attachment styles
- Communication styles
- Issues for couples to consider
- Love Maps
- Strategies for making marriages work
- Meditation as a modality in relationship mediation

##### **Certificate in Holistic Therapies for PTSD**



### **80 hours | 4 modules**

Explore Post Traumatic Stress Disorder and holistic approaches that may be used when supporting clients affected by PTSD.

Areas of study include:

- Understanding PTSD
- The vagus nerves
- Foundational relationship and attachment concepts
- Effects of abuse and neglect in early life
- Depression, stress and anxiety
- Understanding panic attacks
- Working with grief and loss
- Tools for managing PTSD
- Art therapy and PTSD
- Designing meditations for PTSD
- Talk therapy and PTSD
- Designing programs and workshops for PTSD
- Practitioner self-care

### **Certificate in Inner Child Work**

### **80 hours | 4 modules**

Explore childhood trauma and approaches for working with experiences, emotions and beliefs connected to the inner child.

Areas of study include:

- Types of childhood trauma
- Theta waves and the realm of imagination
- The wounded child
- Tools, exercises and activities for working with the inner child
- Designing inner-child healing programs and workshops

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

#### **Meditation**

#### **Holistic Counselling Skills for Meditation Teachers**

#### **Meditation Therapist**

#### **Holistic Empowerment Coaching**

Graduates may use the post-nominal:

#### **Mbe.MastEmpCoach.**

*Mind Body Education Master Empowerment Coach*

### **Continue Your Practitioner Pathway**



The Master Practitioner of Holistic Empowerment Coaching forms the foundation for progression into AMHCC's advanced holistic counselling pathway.

Students wishing to continue their studies can progress to:

**Master Practitioner of Holistic Counselling**

and ultimately to AMHCC's most comprehensive training program:

**Master Practitioner of Meditation Teaching & Holistic Counselling**



## **Master Practitioner of Holistic Counselling**

### **Master Practitioner of Holistic Counselling Training Course**

**Progress into advanced holistic counselling through comprehensive practitioner training, supervised clinical practice and specialist study.**

The Master Practitioner of Holistic Counselling Training Course builds upon the Master Practitioner of Holistic Empowerment Coaching and expands your training into advanced holistic counselling practice.

The program combines the broad practitioner foundations developed through your previous training with further study in holistic counselling skills, clinical practice, case studies, holistic psychotherapy and independent research.

Students also gain practical experience working with volunteer clients, allowing them to apply their knowledge and develop their counselling skills through real client sessions.

### **Your Training at a Glance**

#### **1,100 Hours | 53 Modules**

**Part-time:** Approximately 10 hours of study per week for 110 weeks, including a 20-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 55 weeks, including a 10-week study break allowance

**Live learning requirement:** A minimum of 120 hours of the course must be completed in a face-to-face learning environment. This may be completed via live video conferencing such as Zoom, in a classroom or through a residential retreat.

### **Your Program Includes**

#### **Master Practitioner of Holistic Empowerment Coaching Training Course**

##### **840 hours | 48 modules**

Build upon your comprehensive previous training across meditation, holistic counselling skills, meditation therapy and holistic empowerment coaching.

#### **Holistic Counselling Skills**

##### **40 hours | 1 module**

Develop further knowledge and practical skills in:

- Creating safe environments
- Client-Centred Therapy
- Understanding anger
- Anger management
- The Polyvagal Theory
- Ethics for holistic counsellors
- Client assessment



### **Clinical Practice**

**50 hours | 1 module**

Put your counselling skills into practice through structured case study sessions with volunteer clients.

Students work with **five volunteer clients through hour-long counselling sessions each week for 10 weeks.**

Supervision and guidance are provided by the College to assist students with planning and facilitating their case study sessions.

Sessions may be conducted from home, through live video conferencing or at a wellbeing centre within the student's local area.

Volunteer clients provide feedback to the College following sessions to support the development of the student's counselling abilities.

### **Case Studies Exam**

**10 hours | 1 module**

Following the clinical practice component, students write and submit an essay detailing the experience and learning gained through their case study sessions.

### **Holistic Psychotherapy**

**80 hours | 1 module**

Explore a range of approaches and therapeutic modalities within the study of holistic psychotherapy.

Areas of study include:

- Meditation as therapy
- Introduction to holistic psychotherapy
- Psychodynamic Therapy
- Family Therapy
- Dialectical Behaviour Therapy
- Interpersonal Therapy
- Thought Field Therapy
- Sand-play therapy
- Rebirthing-breathwork
- Neuro Linguistic Programming
- Hypnotherapy
- Emotional Freedom Technique
- Expressive Therapy
- Drama and Role Play Therapy
- Art Therapy
- Acceptance and Commitment Therapy (ACT)

### **Master Practitioner of Holistic Counselling Thesis**

**80 hours | 1 module**



Complete a substantial research project that provides the opportunity to bring together the knowledge and experience developed throughout your training.

Students will:

- Develop ideas based on acquired knowledge and accumulated experience
- Complete a major research project
- Create a substantial piece of writing demonstrating in-depth knowledge of selected topics

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

#### **Meditation**

**Holistic Counselling Skills for Meditation Teachers**

**Meditation Therapist**

**Holistic Empowerment Coaching**

**Holistic Counselling**

Graduates may use the post-nominal:

**Mbe.HolCouns.**

*Mind Body Education Master Holistic Counselling*

### **Important Information**

Due to differing regulations from state to state, this program is **not available in the USA**.

Students are responsible for ensuring that their intended professional practice complies with any relevant requirements, regulations and scope of practice applicable within their location.

### **Continue to AMHCC's Most Comprehensive Training Program**

For students who want to take their training even further, the next progression is:

#### **Master Practitioner of Meditation Teaching & Holistic Counselling**

**1,340 hours | 63 modules**

This is AMHCC's most comprehensive practitioner training program and brings together the Master Practitioner of Holistic Counselling pathway with further specialist meditation teaching and professional development.



## **Master Practitioner of Meditation Teaching & Holistic Counselling**

### **Master Practitioner of Meditation Teaching and Holistic Counselling Training Course**

**AMHCC's most comprehensive practitioner training pathway, bringing together advanced meditation teaching, holistic counselling, meditation therapy, empowerment coaching and specialist practitioner development.**

The Master Practitioner of Meditation Teaching and Holistic Counselling Training Course represents the highest level of practitioner training within the AMHCC pathway.

This extensive program builds upon the complete Master Practitioner of Holistic Counselling Training Course and adds further specialist study in women's mid-life health and wellbeing, men's health and wellbeing, advanced meditation course design and practical meditation teaching experience.

Students progress through a comprehensive learning journey encompassing meditation teaching, holistic human development, counselling, coaching, meditation therapy, specialist therapeutic areas, clinical practice, research and professional practice.

#### **Your Training at a Glance**

**1,340 Hours | 63 Modules**

**Part-time:** Approximately 10 hours of study per week for 134 weeks, including a 22-week study break allowance

**Full-time:** Approximately 20 hours of study per week for 67 weeks, including a 14-week study break allowance

**Approximate part-time duration: 3 years**

#### **Your Program Includes**

##### **Master Practitioner of Holistic Counselling Training Course**

**1,100 hours | 53 modules**

Complete the full Master Practitioner of Holistic Counselling pathway, incorporating advanced training across meditation, holistic counselling skills, meditation therapy, holistic empowerment coaching, clinical practice, holistic psychotherapy and research.

##### **Certificate in Meditation for Women in Transition and Women's Mid-life Health and Wellbeing**

**80 hours | 4 modules**

Explore the psychological, physiological and social experiences that may affect women through mid-life and transition.

Areas of study include:

- Defining the mature woman and her place in modern society
- The role of the therapist working with women in mid-life
- Health issues for mature women
- Menopause



- Empty Nest Syndrome
- Marriage breakdown
- Career changes
- Sexuality and the older woman
- Positive health habits
- Tools and exercises
- Diet and nutrition
- Defining and meeting needs
- Working with women from diverse cultural backgrounds
- Working with women individually and in groups
- Designing workshops and women's retreats

### **Certificate in Meditation for Men's Health and Wellbeing**

#### **80 hours | 4 modules**

Explore psychological, physiological and emotional issues relevant to men's health and wellbeing and develop knowledge for supporting men through a range of life experiences.

Areas of study include:

- Psychological issues for men's health
- Physiological issues for men's health
- Love and self-love
- Sex and sexuality
- Emotional guidance strategies
- Alienation
- Relationship breakdown
- Suicide ideation
- Alcoholism and drug dependence
- Working with substance abuse
- Working with suicidal, potentially suicidal and self-harming clients
- Working with the emotionally disconnected male
- Tools for healing

### **Meditation Course Design**

#### **80 hours | 1 module**

Apply your accumulated meditation teaching knowledge by designing a complete six-week meditation program.

Students design **six 90-minute meditation sessions**, including mapping the intent of the program and the processes used to achieve the desired outcomes.

### **Meditation Teaching Case Study**

#### **30 hours | 1 module**

Demonstrate practical meditation teaching experience through a case study component.



Students are required to provide three detailed references from students who have studied meditation with them for more than a total of 10 hours each.

### **Certification**

On successful completion of the program, graduates receive recognised certification in:

#### **Meditation**

**Holistic Counselling Skills for Meditation Teachers**

**Meditation Therapist**

**Holistic Empowerment Coaching**

**Holistic Counselling**

Graduates may use the post-nominal:

**Mbe.HolCounsMedTeach.**

*Mind Body Education Master Holistic Counselling Meditation Teaching*

### **AMHCC's Most Comprehensive Practitioner Pathway**

This program brings together the progressive training undertaken throughout the AMHCC practitioner pathway into one comprehensive program of study.

Students develop knowledge and experience across meditation teaching, human development, holistic counselling, meditation therapy, empowerment coaching, specialist areas of practice, clinical experience, research, course development and professional practice.

It is designed for students seeking the broadest and most comprehensive practitioner education pathway available through the Australian Meditation and Holistic Counselling College.



## **Professional Development & Specialist Training**

### **Continue Developing Your Professional Practice**

Professional development allows AMHCC graduates to continue building their knowledge and develop specialist skills in areas that align with their professional interests, client groups and future practice.

AMHCC offers **20 Professional Development Certificates**, providing opportunities to explore specialist areas across meditation, holistic counselling, mind-body approaches, wellbeing and professional practice.

Each Professional Development Certificate includes:

**80 hours of study**

**4 modules**

**Part-time:** approximately 8 weeks at 10 hours per week

**Full-time:** approximately 4 weeks at 20 hours per week

#### **Prerequisite**

Students must have completed the **Certificate in Meditation Teaching & Holistic Human Development** before enrolling in individual Professional Development Certificates.

Students receive an individual certificate for each Professional Development course successfully completed.

### **Explore the 20 Professional Development Certificates**

#### **Mind-Body & Holistic Approaches**

##### **1. Certificate in Autonomic Nervous System Realignment Therapy (ANSR)**

Explore the relationship between perception, beliefs, the autonomic nervous system, neurochemistry and physical wellbeing, with a focus on understanding how thinking patterns can influence mind-body health.

##### **2. Certificate in Brain Body Medicine**

Explore the relationship between beliefs, thought patterns and physical wellbeing, alongside practical approaches designed to support healthier patterns of thinking and behaviour.

#### **Holistic Counselling Specialisations**

##### **3. Certificate in Advanced Holistic Counselling Therapy**

Develop more advanced holistic counselling knowledge across communication, counsellor-client relationships, emotional wellbeing, relationship counselling, working with parents and teenagers, trauma and professional ethics.

##### **4. Certificate in Holistic Marriage and Relationship Counselling**

Develop skills for supporting couples, families and others experiencing relationship difficulties, including communication, mediation, goal setting and constructive approaches to relationship challenges.



**5. Certificate in Holistic Trauma and Abuse Counselling**

Explore approaches to supporting people affected by trauma and abuse, including understanding trauma, referral networks, domestic violence and strategies that support recovery and wellbeing.

**6. Certificate in Holistic Grief and Loss Counselling**

Develop knowledge and skills for supporting people experiencing grief and loss, including emotional support, coping strategies, complicated grief, resources and appropriate referrals.

**Meditation Therapy Specialisations**

**7. Certificate in Meditation Therapy for the Management of Depression and Anxiety**

Explore meditation and related approaches that can be used to support people experiencing stress, depression and anxiety as part of a broader wellbeing approach.

**8. Certificate in Meditation Therapy for the Management of Pain and Healing**

Explore meditation in relation to self-healing, recovery and personal pain management, with a focus on developing specialist meditation-based approaches.

**9. Certificate in Meditation for Children**

Develop the specialist knowledge required to adapt meditation for children, including engaging approaches that support relaxation, positive life skills and emotional wellbeing.

**10. Certificate in Prenatal Meditation**

Learn how meditation can be adapted to support women throughout pregnancy and childbirth, including the development of workshops and ongoing class programs.

**11. Certificate in Meditation Therapy for Men's Holistic Health and Wellbeing**

Explore issues relevant to men's wellbeing, including communication, anger, fear, relationships, fatherhood, health and creativity, alongside approaches for developing workshops and retreats.

**12. Certificate in Meditation Therapy for Women's Midlife Health and Wellbeing**

Develop specialist knowledge for supporting women through midlife transitions, including menopause, self-esteem, empowerment, relationships, lifestyle and wellbeing.

**13. Certificate in Meditation Therapy for Weight Management**

Explore the physical and emotional factors associated with weight management and develop approaches incorporating meditation, positive thinking, healthy lifestyle habits and positive self-image.

**Workplace & Facilitation**

**14. Certificate in Corporate Stress Management**

Develop skills for working with organisations to support workplace stress management, employee wellbeing, stronger workplace teams and improved productivity.

**Creative & Experiential Approaches**

**15. Certificate in Elemental Movement Meditation**

Explore movement meditation as an approach to self-expression, awareness and wellbeing, while learning how to facilitate movement meditation courses and workshops.



**16. Certificate in Sound Therapy and Vibrational Healing**

Explore the principles and practices associated with sound therapy and vibrational healing and their application within holistic wellbeing.

**17. Certificate in Holistic Therapies for PTSD**

Explore PTSD and approaches designed to support people affected by traumatic experiences, including specialist holistic and meditation-based strategies.

**18. Certificate in the ART of Meditation**

Explore art-making as a meditative and therapeutic process that can support relaxation, self-expression, awareness and the exploration of thoughts and emotions.

**Additional Counselling Specialisations**

**19. Certificate in Inner Child Work**

Explore approaches to identifying and working with childhood experiences, emotions and unconscious beliefs, with a focus on developing safety, awareness and connection.

**20. Certificate in Holistic Telephone Counselling**

Develop the specialist communication and counselling skills required to support clients through telephone and online counselling when face-to-face sessions are not practical or accessible.

**Build a Pathway That Reflects Your Interests**

Professional Development Certificates can be undertaken individually once prerequisite requirements have been met, allowing graduates to continue expanding their knowledge in areas that are most relevant to their professional goals and interests.

Professional Development courses are also incorporated into some of AMHCC's larger Advanced Practitioner and Master Practitioner pathways, either as specified areas of study or as elective choices.

This allows your professional development to continue evolving as your experience, interests and future direction develop.



## **The AMHCC Student Experience**

### **Flexible Learning. Genuine Support. A Community That Continues Beyond the Classroom.**

Studying with the Australian Meditation and Holistic Counselling College is about more than completing modules and assessments.

Our aim is to create a learning experience that supports you as you develop your knowledge, confidence and professional identity.

Whether you are studying toward a new career, adding skills to an existing profession or continuing your professional development, you become part of a learning community designed to support you throughout your journey.

### **Flexible Online Learning**

Our online training provides the flexibility to fit study around work, family and other commitments.

Depending on your program and study pathway, you can progress through your training using a structured study schedule while having access to support when you need it.

### **Student Support**

You don't have to navigate your training alone.

Students can access support throughout their studies and book a **Student Support Call** when they need additional guidance, clarification or assistance with their learning.

Support is there to help you stay connected to your studies, work through challenges and continue progressing through your program.

### **Student Lounge & Learning Community**

AMHCC students have access to our online **Student Lounge**, providing a space to stay connected with the College and the broader student community.

The Student Lounge provides access to additional learning opportunities, resources and College activities that complement your formal training.

### **Ongoing Masterclasses**

Students can participate in AMHCC masterclasses exploring topics relevant to meditation, holistic wellbeing, counselling, practitioner development and professional practice.

Masterclasses provide opportunities to continue learning beyond the formal course curriculum and explore new and emerging areas of interest.

### **Practitioner Resources**

As students progress toward professional practice, they can access additional resources designed to support the transition from learning into working with clients, students and groups.

These resources help students begin turning their knowledge into practical professional application.



### **Your Practitioner Journey Journal**

Students undertaking AMHCC accredited training receive a My Practitioner Journey Journal, created as a companion to their learning journey.

The journal provides a dedicated space to reflect on your learning, personal development and growth as you progress through your training, helping you capture insights and recognise how your knowledge and practitioner identity develop over time.

It is designed to accompany your studies and become a personal record of your journey from student to practitioner.

### **Building Your Professional Practice**

For students who plan to establish their own professional practice, AMHCC also provides opportunities to develop knowledge beyond practitioner skills alone.

Through our business development resources and training, students can explore areas such as establishing a practice, professional positioning, marketing and developing their services.

### **Learning That Can Continue With You**

Graduation doesn't have to mean the end of your relationship with AMHCC.

With advanced practitioner pathways, Master Practitioner training, Professional Development Certificates, masterclasses and ongoing learning opportunities, you can continue developing your knowledge and professional skills as your interests and career evolve.

### **More Than a Course**

**AMHCC is designed to provide a pathway from learning, to practice, to continued professional development.**



## **Recognition & Professional Standards**

### **Training Designed for Professional Practice**

At the Australian Meditation and Holistic Counselling College, our programs are designed to support students in developing the knowledge, practical skills and professional foundations needed to work confidently within their chosen area of practice.

Throughout your training, you will explore not only the skills associated with your qualification, but also the ethical, professional and practical responsibilities involved in working with students and clients.

### **Professional Recognition**

AMHCC training includes programs recognised across professional areas including:

#### **Meditation**

#### **Holistic Counselling Skills for Meditation Teachers**

#### **Meditation Therapy**

#### **Holistic Empowerment Coaching**

#### **Holistic Counselling**

#### **Stress Management**

The specific areas of recognition applicable to your studies will depend on the program you complete.

### **Professional Membership Pathways**

Depending on the qualification completed and the individual requirements of the relevant professional organisation, graduates may be eligible to apply for professional membership with industry bodies recognising complementary health and wellbeing practitioners.

Professional membership can provide additional opportunities for practitioners, including professional recognition, networking and access to practitioner services.

Eligibility and membership requirements are determined by the individual professional organisation and may change over time.

### **Ethics & Professional Practice**

Professionalism is embedded throughout AMHCC training.

Depending on your program, areas of study may include:

- Ethics and professional responsibilities
- Creating safe and effective environments
- Client and student records
- Professional boundaries and communication
- Insurance and legal considerations
- Referral and support networks



- Client assessment
- Practitioner self-care
- Establishing and managing professional practice

### **Building Professional Confidence**

Our aim is not simply to help students complete a qualification.

We want graduates to understand how to apply their learning responsibly and professionally, recognise the boundaries of their role and continue developing their skills throughout their professional journey.

**Learn. Practice. Develop. Continue.**

**Professional education is an ongoing journey, and AMHCC provides pathways that can continue to grow with you.**



## **Flexible Study Designed for Real Life**

### **Professional Training That Can Fit Around Your Existing Commitments**

Returning to study can feel like a big decision, particularly when you are already balancing work, family and everyday life.

AMHCC programs are designed to provide students with the flexibility to undertake professional training while managing their existing commitments.

Throughout this guide, you will see both **part-time and full-time study timeframes** listed for each program, allowing you to consider the study pathway that best suits your circumstances and goals.

### **Choose How You Study**

AMHCC offers flexible online learning options designed to suit different learning styles, schedules and preferences.

#### **Self-Directed Online Study**

Study online and work through your training using a structured study schedule, giving you the flexibility to fit your learning around work, family and other commitments.

You'll have access to your online classroom and AMHCC student support throughout your studies, while progressing through your program according to your study schedule.

#### **Live Zoom Training**

Selected programs and intakes are also available through live Zoom training, providing the opportunity to learn in a more interactive group environment.

Live Zoom training combines the convenience of studying from home with scheduled live classes, giving students the opportunity to learn directly with their trainer, participate in discussions and connect with other students.

Availability of live Zoom training varies according to the program and scheduled intake.

### **Whichever Study Option You Choose**

Whether you choose self-directed online study or a live Zoom intake, you'll be part of the AMHCC learning community and have access to the student support, resources and additional learning opportunities available through the College.

### **Choose Your Study Pace**

Most AMHCC programs provide both part-time and full-time study timeframes.

**Part-time study** is generally based on approximately **10 hours of study per week**.

**Full-time study** is generally based on approximately **20 hours of study per week**.

The exact duration will depend on the program you choose.

### **Study Breaks Are Built Into Longer Programs**

We understand that life doesn't stop because you've started studying.



Many of our longer programs include a **study break allowance within the overall course duration**, providing additional flexibility for holidays, family commitments and times when you may need to temporarily step away from your studies.

The study break allowance applicable to each program is included within the course information throughout this guide.

### **Learn Through More Than Reading**

Depending on the program you undertake, your learning may include a combination of:

- Course modules and learning materials
- Required reading
- Practical activities and exercises
- Meditation practice
- Assessments and written work
- Workshop and program design
- Case studies
- Clinical practice
- Research projects and thesis work
- Live learning via video conferencing
- Practical teaching experience

As you progress into AMHCC's higher-level practitioner programs, the learning experience becomes increasingly focused on applying your knowledge in practical and professional contexts.

### **Live Learning Requirements**

Some advanced programs include specific live learning requirements.

For example, the **Master Practitioner of Holistic Counselling Training Course** requires a minimum of 120 hours to be completed within a face-to-face learning environment. This may include live video conferencing such as Zoom, classroom learning or a residential retreat.

Any specific learning requirements applicable to your chosen program will be discussed with you before enrolment.

### **Support When You Need It**

Flexible study does not mean studying without support.

Students can access support throughout their training and book a Student Support Call when they need additional guidance or assistance with their studies.

### **Not Sure Which Study Option Will Suit You?**

You don't need to make that decision alone.

During an **Enrolment Consultation**, we can discuss the program you're considering, your current commitments and the approximate amount of time you have available for study.

Together, we can help you consider a study pathway that is realistic and sustainable for you.



## **Investment & Payment Options**

### **Choose the Program That Aligns With Your Goals and Your Circumstances**

Undertaking professional training is an investment in your knowledge, skills and future direction.

AMHCC provides the option to pay your course fee in full upon enrolment or, for most major training programs, to use a weekly payment plan.

All fees below are shown in Australian dollars and include GST.

### **Meditation Teacher Training**

#### **Certificate in Meditation Teaching & Holistic Human Development**

**Pay in full:** \$1,250

**Payment plan:** \$500 deposit plus 10 weekly payments of \$100

**Total payment-plan fee:** \$1,500

#### **Corporate Stress Management**

#### **Certificate in Corporate Stress Management and Holistic Training and Assessment**

**Pay in full:** \$2,250

**Payment plan:** \$500 deposit plus 20 weekly payments of \$100

**Total payment-plan fee:** \$2,500

### **Advanced Meditation Teaching**

#### **Certificate in Advanced Meditation Teaching & Holistic Human Development**

**Pay in full:** \$2,650

**Payment plan:** \$500 deposit plus 24 weekly payments of \$100

**Total payment-plan fee:** \$2,900

### **Advanced Practitioner of Meditation Therapies**

**Pay in full:** \$3,650

**Payment plan:** \$500 deposit plus 34 weekly payments of \$100

**Total payment-plan fee:** \$3,900

### **Advanced Practitioner of Holistic Empowerment Coaching**

**Pay in full:** \$4,250

**Payment plan:** \$500 deposit plus 40 weekly payments of \$100

**Total payment-plan fee:** \$4,500



### **Master Practitioner of Holistic Empowerment Coaching**

**Pay in full:** \$5,250

**Payment plan:** \$500 deposit plus 50 weekly payments of \$100

**Total payment-plan fee:** \$5,500

### **Master Practitioner of Holistic Counselling**

**Pay in full:** \$7,250

**Payment plan:** \$500 deposit plus 70 weekly payments of \$100

**Total payment-plan fee:** \$7,500

### **Master Practitioner of Meditation Teaching & Holistic Counselling**

**Pay in full:** \$9,250

**Payment plan:** \$500 deposit plus 90 weekly payments of \$100

**Total payment-plan fee:** \$9,500

### **Professional Development Certificates**

**Individual course fee:** \$550 per Professional Development course

Each Professional Development course comprises 80 hours of study across four modules.

The Certificate in Meditation Teaching & Holistic Human Development is a prerequisite for undertaking individual Professional Development courses.

### **Choosing Your Payment Option**

Paying the full course fee upon enrolment provides the lowest total course investment.

Payment plans allow eligible students to spread their course fees across weekly payments. The payment-plan total is higher than the fee payable in full.

Students using a payment plan should ensure they understand the applicable payment terms and their commitment to completing all scheduled payments before enrolling.

### **International Students**

International students are welcome to enrol in eligible AMHCC programs.

All course fees are charged in Australian dollars. Your financial institution or payment provider will determine the exchange rate and any international transaction fees that may apply.

### **Ready to Discuss Your Options?**

If you are unsure which program or payment option best suits your circumstances, an **Enrolment Consultation** provides an opportunity to discuss your goals, preferred training pathway and available study options before making your decision.

### **Invest in Knowledge That Can Continue to Grow With You**



**Begin with the qualification that meets your goals today, knowing that your AMHCC training can form the foundation for continued professional development.**

### **Choosing Your Next Step**

#### **Your Training Journey Starts With the Right First Step**

After exploring the different AMHCC programs and professional pathways, you may already know exactly which direction you would like to take.

Or you may still be deciding.

Both are perfectly fine.

You don't need to have your entire professional future mapped out before beginning your training. The important thing is choosing a starting point that reflects your goals, interests and where you are right now.

#### **If You Want to Become a Meditation Teacher**

**Meditation Teacher Training** is the foundational starting point.

This program develops your skills in meditation teaching, holistic counselling skills for meditation teachers, human development, facilitation and professional practice.

It also provides the foundation for further AMHCC Advanced Practitioner, Master Practitioner and Professional Development study.

#### **If You Already Know You Want Advanced Practitioner Training**

You may choose to enrol directly into one of AMHCC's larger training pathways rather than completing each qualification through separate enrolments.

These pathways progressively build your knowledge and skills across areas including meditation teaching, meditation therapy, holistic empowerment coaching and holistic counselling.

#### **If You Want to Add Specialist Skills**

Once prerequisite requirements have been met, AMHCC Professional Development Certificates allow you to explore specialist areas that complement your existing training and professional interests.

You can complete individual Professional Development courses or undertake them as part of selected Advanced Practitioner and Master Practitioner programs.

#### **If You're Looking for a Complete Practitioner Pathway**

AMHCC's advanced and Master Practitioner programs provide progressively more comprehensive training for students who want to develop a broad practitioner skill set.

The College's most comprehensive pathway is:

#### **Master Practitioner of Meditation Teaching & Holistic Counselling**

**1,340 hours | 63 modules**



This program brings together advanced meditation teaching, holistic counselling, meditation therapy, holistic empowerment coaching, specialist professional development, clinical experience, research and practical teaching development.

### **If You're Still Not Sure**

With several pathways available, it is completely understandable if you're interested in studying with AMHCC but aren't yet certain which program is the best fit.

That's exactly what an **Enrolment Consultation** is for.

An Enrolment Consultation gives you an opportunity to discuss:

- What you would like to achieve through your training
- Whether you're studying for professional or personal development
- Your existing experience and qualifications
- The type of work you may eventually like to do
- The different programs and pathways available
- Part-time and full-time study options
- Course fees and payment options
- Any questions you have before making a decision

There is no expectation that you should know all the answers before you speak with us.

**We're here to help you make an informed decision about the training pathway that is right for you.**

### **Ready to Explore Your Options?**

#### **Book an Enrolment Consultation with AMHCC**

Speak with us about your goals, ask your questions and explore the training pathway that best aligns with where you want to go next.



### **Your Next Chapter Could Start Here**

Choosing to undertake professional training can be the beginning of much more than gaining a qualification.

It can be an opportunity to deepen your own knowledge, develop new skills, support others and create a professional path that reflects the work you want to do in the world.

At the Australian Meditation and Holistic Counselling College, you don't need to have every step figured out before you begin.

You simply need to find the right place to start.

### **Ready to Take the Next Step?**

#### **Ready to Enrol?**

If you have chosen your program and are ready to begin your AMHCC training journey, you can complete the online enrolment form to get started.

#### [Complete Your Enrolment Form](#)

### **Still Deciding Which Pathway Is Right for You?**

If you have questions or would like help choosing the program that best aligns with your goals, book a complimentary Enrolment Consultation.

#### [Book an Enrolment Consultation](#)

### **Australian Meditation and Holistic Counselling College**

**Website:** [www.amhcc.com.au](http://www.amhcc.com.au)

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**Phone:** 0409 600 479

**Empower Your Mind. Transform Lives.**

**Professional training in meditation teaching, holistic counselling, coaching and wellbeing.**