The holistic approach to human health and wellbeing has its roots in an ancient yogic perspective that embraces the experience of body-mind-spirit. This perspective combined with indigenous and Chinese medicine principles and the latest research from modern western science, gives this course its dynamic framework.

2011 Course Structure
Certificate IV in Holistic Counselling and Mind-Body Medicine

About the Course
This qualification is offered by Life Academy in partnership with Endeavour College and can be taken externally (via distance education) or face to face at the Academy's campus based in Joondalup, Western Australia.

Endeavour College of Natural Health has partnered with Life Academy to provide a selection of online subjects, including Biosciences and Social Sciences, which contribute to the qualification.

Via the integration of Eastern and Western philosophic models, the course provides an understanding of the mind-body connection in relation to health and disease, and unique health assessment techniques, counselling strategies and therapeutic skills for addressing mind-body imbalances.

Course Duration
One year full time program or part time equivalent.

Study Mode
Parts of this course can be taken externally (via distance) or face to face with Life Academy. The course includes online subjects offered by Endeavour College which contribute to the qualification.

Entry Requirements
Applicants must have successfully completed Year 12 or equivalent, but an OP/TER score is not required. Mature age students may be admitted to a course without meeting the formal academic requirements if they have relevant work experience or other recognised qualifications.

Recognition of Prior Learning and Credit
Students may seek credit for subjects recently studied in formal education, RPL for previous formal training, and/or work/life experience or mutual recognition for competencies achieved at other Registered Training Organisations.

Practical Clinic Experience
Student clinics provide real world experience so students can develop confidence by putting their theoretical knowledge to practice. Graduates of the Certificate IV in Holistic Counselling and Mind-Body Medicine gain more than 50 hours of clinical experience and are qualified to work as a Mind-Body Medicine Practitioner.

This will be conducted with due respect for privacy and cultural and/or religious differences.

Career Opportunities
The Certificate IV in Holistic Counselling and Mind-Body Medicine provides foundation knowledge in this fascinating subject area. Further study at Diploma level can lead graduates to fulfilling careers in professional settings where counselling and lifestyle strategies are needed including private practice, multi-disciplinary clinics, aged care facilities, corporate team building and lifestyle coaching and research.

Enrolment
For more information on this area of study or to enrol phone 1300 462 887 or online at endeavour.edu.au

Course Accreditation
This course is owned and accredited by K. Barnao & V. Barnao, LIFE Academy of Australia (RTO51158) and is a nationally recognised qualification accredited in Western Australia. (Certificate 51948).

In partnership with Life Academy
www.life-academy.com.au
Certificate IV in Holistic Counselling and Mind-Body Medicine

Semester 1

<table>
<thead>
<tr>
<th>Code</th>
<th>Subject Title</th>
<th>Pre-requisites/Co-requisites</th>
<th>Hrs/Wk</th>
<th>Online</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PMW-LIFE</td>
<td>Pathways to Mental Wellbeing</td>
<td>FEM-LIFE*</td>
<td>3</td>
<td>N</td>
<td>2</td>
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<tr>
<td>FEM-LIFE</td>
<td>Flower Essences Mind-Body Medicine</td>
<td>PMW-LIFE*</td>
<td>2</td>
<td>N</td>
<td>1</td>
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<td>BIOH111</td>
<td>Human Biological Science 1</td>
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<td>SOCFF111</td>
<td>Foundations of Communication and Counselling</td>
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<td>3</td>
<td>Y</td>
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Semester 2

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<tr>
<th>Code</th>
<th>Subject Title</th>
<th>Pre-requisites/Co-requisites</th>
<th>Hrs/Wk</th>
<th>Online</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HT-LIFE</td>
<td>Holistic Therapeutics</td>
<td>PMW-LIFE + FEM-LIFE</td>
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<tr>
<td>SOCP121</td>
<td>Psychology Counselling Theory and Practice</td>
<td>SOCF111</td>
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<tr>
<td>LN1-LIFE</td>
<td>Life Nutrition 1</td>
<td>N/A</td>
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<td>N</td>
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<tr>
<td>MBCL1-LIFE</td>
<td>MBM Clinical Practice 1</td>
<td>PMW-LIFE + FEM-LIFE + HT-LIFE*</td>
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</table>

* These subjects can be taken also as co-requisites (ie concurrently).

Semester 1

**Subject Brief Description: for more details visit endeavour.edu.au**

**Pathways to Mental Wellbeing**
This module explores the ancient to modern Holistic perspectives of life and health, highlighting the role of the mind in the health and wellbeing of the body. The particular specialist practitioner mind-body medicine of choice for this course is flower essences of the Living Essences of Australian Flowers. Explore the happiness health equation and Archetypal behaviours as therapeutic assessment tools.

**Flower Essence Mind-Body Medicine**
This module presents the Mind-Body Medicine of Flower Essence Therapy and Colour (Chroma) Therapy through the therapeutic qualities of 88 flowers. Flower Essence Therapy's oldest known tradition is the South West Australian Aboriginal Bibulmun tradition. Also included in this section are Mind-Body Medicines used on Traditional Chinese acu-points for common problems such as stress, pain, energy loss, nausea fainting and sleeplessness caused by worry.

**Human Biological Science 1**
Introduces concepts of human anatomy, physiology, homeostasis and the systems of control, growth, development, replacement, structure and movement.

**Foundations of Communication and Counselling**
Introduces communication, counselling and interpersonal skills for a natural medicine practitioner.

Semester 2

**Subject Description**

**Holistic Therapeutics**
This module presents dynamic assessment tools which penetrate beneath the conscious mind to the subconscious patterning to reveal the use of survival and wisdom concepts as well as identifying states of mind that can affect health and wellbeing goals. Use of baths, sprays, meditations and exploring other health disciplines.

**Psychology Counselling Theory and Practice**
Aims to help students understand human development, and explore the various counselling theories with the intention of developing their own personal style to the helping relationship.

**Life Nutrition 1**
This module takes an holistic approach to food and nutrition, integrating it with attitudes, lifestyle and world history. The physical aspects of nutrition are workshoped with experiences of the senses.

**MBM Clinical Practice 1**
Introduction to clinical practicum, observing student clinicians and progressing to successfully and appropriately manage clients, applying the Mind-Body Medicine diagnostic tools and formulating a treatment in the Endeavour public clinic.