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The Awakening Group Pty Ltd changed its name in 2009 after being established in 1993 as Awakening WoMan. We are a group of trainers, holistic counsellors who are leaders in their field.

The Awakening Group courses were established as one of the first Holistic Counselling programs in Australia, starting off in Melbourne. They are now offered in Brisbane and Melbourne.

The Awakening Group courses simply transform lives gently, with heart and soul and we teach our students to do the same.

At The Awakening Group students learn through first hand in class experience of what to expect as a client, and counsellor whilst gaining training that supports responsible relationships where the client is a fellow traveller. We creatively work with clients with soul, respecting extended family, partners and each other.

At The Awakening Group students learn how to work alongside clients as the client guides the counsellor with the information given to see the movement, insight, loyalty needed to experience that transformation. Students learn to view the client holistically and systemically (seeing where the ancestors point to something that needs to be acknowledged in the family) whilst working with beliefs that limit how life is experienced.

The Awakening Group courses are leading edge and seek to give students the tools to further develop to create their own modalities, techniques adapted to each client. We train new practitioners that meet the challenges of today wholeheartedly to offer leadership in communication, social change, community relationship building, and to support relationship enhancement in relationships and families.

We are unique in that we support the growing networking of practitioners and their emergence into the community through social networking, program sponsorship and mentoring community program development.

Our aim is to support you to live your truth - changing communities one truth at a time. How we do this is support our students as much as we can by only taking 20 per state per year.

Join us and be the change.

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Brenda Sutherland
Founder & Director

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WHO ARE WE?

Our Counsellor Training

The Awakening Group (TAG) is an international organization dedicated to teaching, research and innovative practice in areas that are of immense and immediate concern in the contemporary world. The College was established in 1999.

The Awakening Group, formerly known as Awakening WoMan was established in 1993 and is dedicated to support the empowerment of people, organizations and communities.

The Certificate in Holistic Counselling course began in 1999 to support health practitioners and students to utilize cutting edge dynamic techniques for personal and professional development.

The Diploma in Holistic Counselling course began in 2008 due to Certificate student demand to end suffering through embodying these dynamic counselling skills in their own lives and in their practices.

Our training activities can be referred to as cutting edge, shaped by effective dynamic modalities, a systemic framework, backed by research with the support of trainers who are leaders in their field.

Trainers are chosen for their passion, maturity, professionalism, integrity and years of experience. They are some of the best in their field. Each brings to their work light-heartedness, honesty, openness and deep integrity creating a supportive, experiential and fun learning environment.
WHO IS THIS COURSE FOR?

For all health practitioners, therapists, counsellors, caring professionals, or persons whose heart’s desire is to help others find peace as well as deepen their own personal practice through honesty, responsibility and compassion.

This is a unique opportunity to create in-dependence (self mastery). From this position true healing happens both personally and as a professional. Our holistic approach ensures transformation emotionally, mentally, physically and spiritually thus manifesting your vision of life naturally.

The Diploma course is aimed at transforming practitioner’s personal patterns and experience of Self, enabling deeper insights, understanding and experience of the true nature of healing and Self. This enables practitioners to truly facilitate clients’ personal transformation from the depth of knowing and experiencing the divinity of oneself.

Holistic Counsellor study is as much a self- development course as it is professional training.

TAG aims to train new types of practitioners who offer leading services in personal development to affect social change, and build effective communities and organizations with the ability to do the same.

Students find their horizons expand and they either find more satisfying ways of working with what they are already doing or gain a new career.

Graduates work in a wide range of different areas including:

- Children and youth
- Community and social work
- Parent Education
- Corporate Training
- Training
- Schools
- Private practice and many more areas

The majority of graduates are employed in the alternative health field with a number being self-employed, primarily in their own practice or working for different government and non-government agencies.

TAG staff and graduates have contributed to breakthroughs in a range of areas including:

- The development of an accredited course offering modules not found anywhere else in Australia: The Work and Family Constellation.
- The development of new approaches to counselling and healing
- New understandings of spiritual crisis and emergence processes in relation to mental health
- Innovations in health and human development
- Extensive corporate, community and individual consulting.

There is a great need in the community for practitioners with the skills to facilitate true healing in individuals, families and the communities. Students experience full life enrichment as well as gaining counselling skills that really make a difference. Graduates feel empowered to live their potential.
WHAT IS HOLISTIC COUNSELLING?

The Holistic approach deals with many of the common human problems that counsellors and alternative therapists encounter.

The aim in counselling is not to try and change the outside but to embrace what is, our reality in daily life. To rest deeply in the place within; some call it self-mastery, personal freedom, liberation, and self-realization. This then changes how we feel about our outside world and allows new realities to appear. Our deep heart’s yearning pulls us to this internal freedom. In psychological terms, it means living our true self.

Holistic counselling study is a path to self-realisation, it embraces the physical, emotional, mental and spiritual aspects of each individual. It is an opportunity to begin to unlock the hidden dimensions of ourselves, and use these dimensions to:

- Find meaning in our life story
- Align to our purpose and direction in life
- Heal ourselves becoming a beacon for others healing
- Live our potential
- Understand our place in our family, the universe and life itself

We learn to unlock our inner dimensions using a range of healing techniques that are dynamic in their effect to bring about a sense of personal freedom and peace from suffering, while gaining an awareness and appreciation of the wisdom of life. Counselling techniques include:

- The Work of Byron Katie
- Family Constellation/Systemic Work
- Creative Counselling: Structural Constellations
- Emotional Freedom Technique
- Dissolution and Freedom Technique
- Effectiveness Communication Training
- Psychobiological approach
- And much much more

The Importance of Holistic Counselling

Holistic Counselling techniques provide people, whether they are in crisis or wanting to move beyond an old stressful pattern, with an alternative to symptom suppression. The tools empower us to creatively adapt to life’s events, and crises, to then use the experience to grow and truly heal. Breakdowns are seen as the psyches breakthroughs and are given a place in the evolution of each individual.

Holistic Counselling is vital in embracing alternatives to working with internal and external systems - to bring about balance, benefiting all. This is crucial for our personal conscience and evolution today. Connecting systemically with our true Self, family, community and organizations we work within, is the key to bringing about true change and a sense of belonging. This understanding transforms feelings of alienation and disempowerment into a sense of freedom, peace, harmony and community.

Taking this renewed sense of self out into the community, one becomes a natural agent for change.

Holistic Counselling brings consciousness into areas that were once unconscious and reactionary, offering a road map of self-exploration resulting in peace. These tools offer alternatives to suffering globally.
COUNSELLING COURSE CONTENT

TAG teaches Holistic Counselling in 9 modules over 9 months (Certificate) or 18 months plus placement (Diploma).
The Certificate course is taught over 9 months intensive which includes every second Sunday or weekend and is designed to complement students qualifications giving a practitioners a larger repertoire of skills.

Following the Certificate, students can continue on to do the Diploma in Holistic Counselling over the next year – with classes approximately twice a month. The final Diploma module is a non-teaching placement. The Diploma in Holistic Counselling is designed to equip students with the skills to become a counsellor.

MODULE 1. THE BIG PICTURE
This foundation module introduces students to the core concepts and theories in Holistic Counselling approach. The focus is upon outlining a model for holistic counselling drawing upon a range of theories. The module also covers:

- The Big Picture: How we create and re-create our reality
- What is possible when we truly feel safe?
- Mapping one’s Lifestream: Identifying issues & their points of creation, How the psyche recreates to resolve
- Keys to Healing
- Aligning self judgment - Bringing our projections home
- Creating Your Day – developing mastery
- Care of the Soul: Laying Foundations to trust and support oneself
- Moving beyond the past to the present. Being the future
- Who am I beyond the thoughts: Freedom from our neuroses
- Emotional Addiction and how to dissolve it
- Direct Experience

MODULE 2. HEALING THE WOUNDED HEALER
An experiential module where students experience first hand some of the techniques taught throughout the course to resolve personal issues.

- Role of primary caregivers in psychological development
- Internal Family Systems Therapy: Lost Selves & Inner Child Work
- Attachment Styles: Anchor, Island and Wave
- Developing Empathy: moving from past to future using art and movement therapies
- Working with Internal Archetypes: Inner child, inner parents
- Connecting with our inner child and lineage to recreate a supportive inner reality
- Unmasking and embracing the Shadow self
- Journeying to recreate a supportive inner reality
- Embracing unresolved parental needs
- Working with aligning stressful feelings through Direct experience: aligning the emotional body
- Connecting anew with our family lineage
**Module 3: The Work of Byron Katie**

This module introduces The Work using specific questioning of concepts and beliefs. The module covers:

- The Work of Byron Katie
- Beyond Cognitive Behavioural techniques: Four Questions That Can Change Your Life
- *Time* magazine called it: *Four Questions to Inner Peace*
- Learning and Experiencing freedom from the reactions to beliefs through Inquiry
- Literal Listening
- Learn how to use the Judge Your Neighbour Worksheet
- One Belief at a time and Judge Your Body Worksheets
- The Gift of Criticism
- Working with difficult clients – the gifts for the counsellor
- Saying “No” or “Yes” who it is you have difficulties with saying how it is?

- Doing The Work of Byron Katie on personal stories of self, the body, relationships, stress events etc
- Stressful events – what are our motives? What are the stories we have told ourselves?

**Module 4: Effective Communication & Effectiveness Training**

This module provides the framework to communicate effectively as a counsellor and consultant.

- The Therapeutic Relationship: Humanistic Approach
- Introduction & practice of counselling skills – learning the helping skills
- Problem ownership
- 12 roadblocks to communication
- Active Listening: Lead Ins, Common Mistakes
- Assertiveness Skills: I Messages: Declarative, Confrontive, Preventative, Positive
- No Lose Conflict Resolution: Method III in Problem Solving
- Learn effective communication, resolve problems & conflict
- Enhance and Increase personal effectiveness
- Advanced Empathic Listening, communication & consulting skills
- Feelings & Needs Inventory
- Identifying the Issue(s) through Active Listening
- Developing empathy using micro-skills
- Learning to Identify and meet personal needs
- Goal setting
- Defining Yourself as a Counsellor

**Module 5: Family Constellations**

Introduction of systemic work in counselling, this module adds to Module 2 through experiencing:

- Introduction to the Principles of Family
- Key components of Family Constellation work: Family History, The Family Soul, Orders of Love, Function of Conscience, Belonging, Giving an Taking Balance, Fate
- Constellation: Phenomenological approach by Bert Hellinger
- Addressing specific issues
- Movements of the Soul
- Developing Open Focus
- Experience participating in Constellations as a representative, part of
the holding circle and insights
• Somatic Imaging introduction developed by Dr Jane Peterson
• Address issues such as adoption, abuse, illness, belonging and much more

**MODULE 6: CREATIVE COUNSELLING**
Visualisation creates an impression on the mind saying something has changed, healed or is being created. This module introduces creative visualisation as a tool to integrate internal archetypes, to heal and restore relationships:

• Creative visualization: a simple and powerful tool reconnecting sub-personalities ie: wise self, sensual self, inner child, sexuality etc.
• Linking Systemic Constellations with Creative Visualization with art therapy, props, figurines and other techniques for one to one sessions
• Working with deep respect for the client and their fate
• Helping in Harmony
• Developing Open Focus to include all signals: words, breath, movements, Soma
• Learn how to create a healing visualization
• Trust yourself as a counselor through:
  - Connecting with Inner Guides
  - Soul Communication Meditation
  - Spiritual Cleansing Technique
• Working with Archetypes: Adult/inner child/ Soul/wise selves
• Strengthening our Relationship with Life by meeting Death (Structural Constellations)
• Facilitating clients from Secondary movements to a Primary movement
• Interrupted reaching out (IROM) - symptoms, effect of, and working to resolve
• Setting up Constellations: Hands on experience for individual sessions

**MODULE 7: LOVE SEX AND RELATIONSHIPS**
Relationships, intimacy, and getting ones needs met are some of the main issues discussed in counselling. This module introduces relating dynamics, exercises and a deeper understanding of who we are as sensual sexual beings through:

• Initiation of the Senses: Awakening Ones Sensual Self
• Enhancing Intimacy (In to Me See) in relationships
• The Language of the Masculine & Feminine in Relationship & Balancing them within
• Systemic Principles governing relationships
• Meeting in Love: A Return to Innocence, a new way of connecting sexually without the goals
• Issues arising in relationships and what to be aware of
• Psychobiological Approach to Couples (Stan Tatkin’s work)
• Enlivening and learning about sexual energy in the body
• Sexual abuse: systemic dynamics, working with to return to innocence
• Relationships including topics such as Marriage, Separation and grief, children, adoption, abortion, miscarriages etc
• Working with sexual energy from a Tantric Perspective

**MODULE 8: PHYSICALLY SPEAKING**
This module introduces the relationship between one’s biography and health addressing some of the major causes of dis-ease today.

• Your Disease is keeping you healthy: Speaking to illness & letting illness speak to you
• Creative Ways of working with illness
• A Holistic Approach to dis-ease with case studies
• Chronic Fatigue Syndrome, Stress, Depression
• Biology Becomes Biography: Energy Psychology
• Case studies and working with illnesses
• Emotional Freedom Technique (EFT)
• Dissolution and Freedom Technique (DFT)
• Introducing Somatic Experiencing (working with Trauma in the body developed by Peter Levine)
• Developing energetic boundaries in relation to trauma
• Permission and Bodies in Space
• Resourcing a Client to work with trauma
• Working with Health and Wellbeing using Systemic Constellations

**MODULE 9: EMERGING COUNSELLOR**
There is a yearning when one has addressed many issues to move beyond the story, struggle and emotional addiction and to experience our true Self. We expand on this and identify ethical considerations when working as a counsellor:

• The Fellow Traveller Approach
• Client Questionnaire and Interviewing process
• Ethics, case management, supervision
• Who Am I Beyond the Story and Processes?
• Defining Oneself and Intention as a Counsellor
• Transference and Countertransference
• Values and Morals influencing how a counsellor relates to the client
• Boundaries, Dependency (Counsellor and Client), and Counsellor Congruence
• Breaks and Endings
• Ethical Decision Making process

**MODULE 10: PLACEMENT**
Diploma students are required to do a 100 hour placement in an organization or agency in order to gain community experience.
STUDENT RESOURCES

In House Library
Students have access to a wide range of books, Journals, DVDs and CDs to compliment their learning and add to the information, resources and exercises taught in class. Students can borrow books and other resources.

Online Classroom
The Awakening Group provides 24-hour online access students. Each course is divided into lessons with extensive articles, youtube, audio and video recordings, webinars, ebooks and quizzes creating a rich online learning environment to supplement the in class.

Student Mentoring Program
Students at The Awakening Group are offered mentoring throughout the course, with in class supervision, individual sessions and access to trainers via email, telephone or personal sessions. We pride ourselves in being available to ensure all students are supported throughout their training and as they emerge in the community.

Professional Development Program
The Awakening Group provides a yearly ongoing professional development program consisting of international speakers, webinars, workshops/seminars, discounts to conferences, social groups, meet up groups ensuring students gain confidence and access community networks as part of The Awakening Group community.

Reflective Pods
Students at The Awakening Group are encouraged to team up with their fellow classmates and practice their skills. These groups develop into meet up groups specialising in The Work of Byron Katie, Family Constellations and many other modalities depending on the interests of that group of students. Life long friendships have developed in our training programs with students developing community programs together, working as counsellors together and supporting each other in many ways beyond the training programs. These groups are as much a social gathering as they are there to support each students training.

Student Welfare and Counselling services
As part of our programs we offer counselling sessions to all students, a number of sessions are required as part of The Awakening Group training program to ensure the wellbeing of students, support students to understand how it is to be a client, as well as see the skills being taught in action.

Equal Opportunities
The Awakening Group is committed to equal opportunities and are committed to mediation and negotiation using the processes that we teach; as trainers are fellow travellers, thus ensuring all students are treated fairly, equally benefiting from the programs offered. The Awakening Group takes reasonable steps to ensure its academic assessment procedures are fair, objective, consistent and easily understood by all students.
FURTHER STUDY PATHWAYS

The training program is set up in a way that it acts as a springboard to further qualify in specific areas such as:

**EFFECTIVENESS TRAINING**
Students can further train to become Instructors of Effectiveness Training (Communication), offering this training to organisations, parents, communities and the like.

**SYSTEMIC CONSTELLATIONS FACILITATOR TRAINING**
There are a number of requirements to become a Family Constellation facilitator, and our course acts as a stepping stone to training programmes we recommend with international alliances that we have made to support students.

**THE WORK OF BYRON KATIE**
There are opportunities to go on to become an Instructor and train others in The Work of Byron Katie.

STUDY OPTIONS

The Awakening Group (TAG) courses can be undertaken by students from interstate or regional Australia, as the courses are run fortnightly - combining study groups with training days. Mentoring is also given via Skype or teleconferencing.

Accommodation is available nearby, although many students choose to stay with fellow class members who live locally.

**Distance Program**
At this stage we do not offer Distance Education due to the psychobiological nature of the course and the types of modalities taught.

Some modules such as Effectiveness Communication Training are offered as a Distance Education option, outside of the training courses.

**Hours of Study per week**
This varies from student to student. There is reading per unit and review questions, it is approximately eight to ten hours per unit for home study exercises outside of class.
TESTIMONIES

Our students say it more eloquently:

“I don’t know how I ever did my job without this course” M O’Brien Support Worker

“Your course transformed my life” Julie, QLD

This is the best investment I have ever made personally and professionally” Amy K, Student Counsellor

“It changed my life in ways I never dreamt of. It was the best money and time I have ever spent in my life - and then some. Thank you beyond words.” L Conroy, Secondary teacher

“An amazing way to live in personal responsibility and joy. Congruence between living something and sharing those ideas with others.” S. Collier, PET Instructor/Counsellor

“This was the greatest journey to self discovery I have ever undertaken. The information and support from The Awakening Group was amazing.”

T. Barisic, Ministry of Defence

“Thank you so much for the journey you facilitate. I love it and me and you” C Dyer, Masseur

“You’ve probably heard this a thousand times – your course has transformed my life! ………For me personally, you have introduced me to a whole world of new techniques and practices that have opened my mind and aided my personal growth in unimaginable ways…I just wanted to thank you from the bottom of my heart for giving me the wonderful opportunity to grow in ways that I can only describe as miraculous.”

Julie, Mum, Wife & Administrator

“It has been a truly wonderful experience for me... truly meeting reality and shifting my stale old techniques to wholesome and moving ones. A wonderfully profound unique experience!”

T. Fisher, Teacher/Carer

“The best self inquiry into who we really are without all of the blocks” C Lines, Counsellor and Meditation Teacher

“An amazing personal journey that gives you lots of tools to use in both personal and professional life” C Kato Acupuncturist

“I never give all ones in a course – but this has truly been a life changing and empowering experience in ways I could have never dreamed. Can’t think of anything you could have done better! …The best thing you could possibly do for your personal and professional growth. Without doing the course its very difficult to put into words the growth and understanding it brings but you will come out a more whole and happy person.”

J Flindell Massage Trainer and Student doctor

“Great for self learning, techniques that can be utilized as you grow and for different issues.”

“The course creates for people the opportunity for a permanent and complete falling in love with yourself and gaining confidence in life plus the qualification. My growth and development was supported over a five month period not only by spectacular facilitators but by the group and course itself. My personal journey has been amazing -my business has grown, as has my complete faith in the truth of who I am.” Thanks. Judith

“Thank you so much for sharing your gifts and knowledge through the course. I knew that this would be an amazing year the moment I signed up, and it has proved to be more than I could ever have imagined. Absolutely amazing journey”.

S. Saunders Mum/Counsellor

This course “is a wonderful opportunity to immerse yourself in your own personal healing and/or learn to be present for others in theirs. I was very fortunate to be a guinea pig for a friend who did the course a little while back and I can tell you the methods and teachings used in the training are not your everyday (lets skim the surface) ones. They are deep and powerful, taking you beyond the small limited self into the vastness of your true being. So if you or someone you know has been called to counselling as a profession or would like to deepen your own healing, then this is worth looking at and is definitely the course I would recommend.” Lily Masseur
“I have a book with some beautiful quotes by
the 20th century philosopher/yogi Krishnamurti
(1895 - 1986). He didn’t believe in a Guru or
following a particular religion or dogma. Maybe
his philosophy on life is very similar to what we
are learning in the course but you give us the
tools to help us live his philosophy. Before the
course I struggled with some of his statements
but now I feel them and see them. I particularly
like these:

“When reason no longer has the capacity to
protect you through explanations, escapes,
logical conclusions, then there is complete
vulnerability, utter nakedness of your whole
being, there is the flame of Love”

“The fear of death ceases only when the
unknown enters your heart. Life is the
unknown, as death is the unknown, as truth is
the unknown.

“When I understand myself, I understand you,
and out of that understanding comes love.”
Katie, Yoga Teacher

“The Work works!!! .....So my cynicism, my
depression (so far that I can tell) has shifted
and I’m open to love for myself and others. Still
a long way to go of course, but I am also more
confident in my abilities as a counsellor now I
feel I have a strong basis, and method, to work
from.

So thank you Brenda for bringing the course in
to my world. I have looked up to many women
in my life who I hold as strong, beautiful and
able to share their love, and you are one of
them... I now feel I can admire myself, and
through the love of myself my compassion for
others has taken on a deeper level... “
Jaz, Youth Worker

It has been a couple of years since the
Counselling Course, may I tell you that when I
was going through it I felt it was special, but
with the years that have passed since, I have
been able to see and experience the true
brilliance of what you set up and how you
taught it. Thank you for allowing me to change
my life and giving me the tools to be the person
that I have known I can be all along but didn’t
know how.

With love and gratitude,
Tracy

I’m truly grateful to you for the magnificent year
I’ve experienced with the training. Thank you so
much for being the creator and at the helm of
this wonderful course. I’ve learnt so much,
healed a few issues and tweaked others, and
on the whole I feel deeply enriched and
empowered to move forward with creating
more of the life I choose.

Kara, Physiotherapist.

Thank you again for all the wonderful
awakenings you assisted in opening me up to
throughout this course! For providing the space
and the commentaries which allowed me to
further and deepen my personal
understandings of myself and others. Never in
my life, with all of my constant incessant
questioning, exploration and self
deconstructions have I felt so integrated.

Never before have the questions I craved
answers to been connected to answers.

Never before has the truth of who I am been so
clearly outlined. Thank you so so, so, much for
that.

Louise
PAYMENT OPTIONS & CREDITS

The Diploma is studied part time over 18 months and encompasses 700+ hours. The Certificate is part-time over 9 months and is approximately 180+ hours. There are a number of payment options, including early bird full payments and payment plans where you can pay per month via direct debit. Monthly payment options are by application and includes the full course fee. Admin fees are added for late payments.

A discount applies for students repeating the course or for particular modules undertaken for professional development hours.

SELECTION
The Awakening Group has an equal opportunity policy.

An individual session prior to the course starting is required for all students, once enrolled, so that we get to know your needs and personal history, ensuring that we are able to cater for these throughout the course.

PAYMENT PLANS
All students enrolling are required to pay a non-refundable deposit of $350 in order to secure their place. No place can be secured without a deposit, due to the limited number of places per TAG course intake. Students are required to sign a contract outlining the agreed TAG payment plan. Conditions apply – including no early bird price applicable to periodical payments.

CERTIFICATE
Total cost for the 9-month course is $3595, including a deposit of $350. Payment plan options available. Conditions apply.

- 7 monthly payments of $463.57 via EFT system.
- Early bird price is $3395 to be paid in full prior approx. a month prior to the course starting.

DIPLoma
Total cost for the 18-month course is $6995 and this can be paid over one year. A $350 deposit is essential to secure your place.

- 12 monthly payment plan instalments of $553.75 via EFT system on receipt of deposit
- Early bird price is $6595 to be paid in full approx. a month prior to course starting.

ACCREDITATION

All The Awakening Group courses are accredited with The International Institute for Complimentary Therapists (IIICT) allowing practitioners to work in Australia, NZ and the UK, (AHHCA) Australian Holistic Healers and Counsellors Association, and in many cases for Professional Development credits with Australian Counselling Association (ACA).

CREDITS

Time credits are given to students who have attended TAG training modules such as The Work of Byron Katie, Family Constellations and Effectiveness Training outside of the training program.

Students are able to credit these against practice time and assessment where possible, for example if they have completed a personal Family Constellation.
**Text Books**
The Certificate and Diploma courses have comprehensive course workbooks with readings in our library. Certificate students do not need to purchase further textbooks if not desired.

**Online Classroom**
We have extensive online classrooms available 24 hours per day for all students.

**Texts For Diploma**
These books and other DVDs/CDs are also available for student borrowing from our library.

**Cost of Text Books**
The total cost of Diploma textbooks is approximately $180 - $200 or less. All texts are available in the libraries

**Individual Sessions**
The Certificate requires that students have 3 individual sessions - one covered by the course fee; the other 2 are with the student’s choice of trainer/s, costing between $95 - $130 per session.

The Diploma requires a further 5 individual sessions, two of which is included in the course cost - a total of 8 sessions required.

**Separate Modules**
In addition to the training program there is an opportunity for practitioners, and other students to attend separate training modules. These modules are open for practitioners, therapists and interested people to attend.

**Module 3: The Work of Byron Katie**
Prerequisites: No prerequisites for this unit.

**Module 5: Family Constellations**
Prerequisites: No prerequisites for this unit.

**Module 4: Effectiveness Training**
Prerequisites: No prerequisites
Discounts apply for group bookings.

**Time Credits**
These modules can be credited towards hours for students deciding to pursue the full Counsellor Certificate or Diploma training program. (see Credits)
**2020 Timetables**

**VICTORIA**
Next course starts 21st February 2020 see attached diary on website for full calendar

**QUEENSLAND**
Next course starts 13th March 2020

A comprehensive timetable is available on request. Every week to second week for approximately 9 months and then extended into once a month thereafter for the Diploma – please see specific timetable below.

**Attendance Policy**
All classes need to be attended to complete the course. If a class is missed students need to make this up in the next round, where possible, or attend a workshop with that trainer outside of the course at their own expense.

**Assessment & Time Commitment**
Certificate assessment includes 9 unit review questions, a 7 day take home test, 10 minute class presentation, journaling, autobiography and 3 case studies. Time commitment is approximately 8 hours per week outside of class this includes reading & research.

Diploma assessment includes all of the above Certificate assessment plus further journaling, research reviews, project presentation, essays, audio recording, cases studies, 7 day take home test, unit review questions, practice sessions, student clinic where possible. Time commitment is approximately 6 – 8 hours per week outside of class.
<table>
<thead>
<tr>
<th>Date</th>
<th>Unit</th>
<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>March</td>
<td>Individual Sessions prior to course commencing</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>22 March</td>
<td>The Big Picture</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>23 March</td>
<td>Healing Wounded Healer Part I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>24 April</td>
<td>Healing Wounded Healer Part II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>*13 &amp; 14 April Sat &amp; Sunday 9am – 5pm</td>
<td>Beliefs: The Work of Byron Katie</td>
<td>Rosie Stave</td>
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<tr>
<td>2 May</td>
<td>Certificate Study Group (ONLINE)</td>
<td>Brenda Sutherland</td>
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<tr>
<td>10 &amp; 11 May</td>
<td>Physically Speaking Part 1 &amp; II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>25 May</td>
<td>Effective Communication</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>26 May</td>
<td>Effective Communication</td>
<td>Cate Crombie</td>
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<tr>
<td>*15 &amp; 16 June</td>
<td>Family Constellations</td>
<td>Brenda Sutherland</td>
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<tr>
<td>27 June</td>
<td>Certificate Study Group (ONLINE)</td>
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<tr>
<td>July</td>
<td>Mid Term Break</td>
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<tr>
<td>27 July</td>
<td>Creative Counselling Part I</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>28 July</td>
<td>Creative Counselling Part II</td>
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<tr>
<td>19 August</td>
<td>Certificate Study Group (ONLINE)</td>
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<tr>
<td>10 August</td>
<td>Love Sex &amp; Relationships Part I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>11 August</td>
<td>Love Sex &amp; Relationships Part II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>6 Sept</td>
<td>The Emerging Counsellor Part I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>7 Sept</td>
<td>The Emerging Counsellor Part II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>9 Sept</td>
<td>Certificate Systemic Presentations</td>
<td>Brenda Sutherland</td>
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<tr>
<td><strong>Certificate Completion</strong></td>
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<tr>
<td>*Starts 17th Sept Tues 6.30pm - 9.30pm</td>
<td>Effectiveness Training #1 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>24th Sept</td>
<td>Effectiveness Training #2 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>1st October</td>
<td>Effectiveness Training #3 ONLINE</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>8th October</td>
<td>Effectiveness Training #4 ONLINE</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>*12 &amp; 13 Oct</td>
<td>The Work of Byron Part II</td>
<td>Rosie Stave</td>
</tr>
<tr>
<td>15th October</td>
<td>Effectiveness Training #5 ONLINE</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>22nd October</td>
<td>Effectiveness Training #6 ONLINE</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>**26 &amp; 27 Oct</td>
<td>Family Constellation</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>29th October</td>
<td>Effectiveness Training #7 ONLINE</td>
<td>Cate Crombie</td>
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<td>5th November</td>
<td>Effectiveness Training #8 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>12th November</td>
<td>Effectiveness Training #9 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>3rd December</td>
<td>Effectiveness Training #10 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>December</td>
<td>End of Year Celebrations</td>
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<tr>
<td>2020 New Diary Begins</td>
<td>Healing Wounded Healer The Work of Byron Katie x 1 &amp; Family Constellations weekend x 1</td>
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</tbody>
</table>

- Diploma Students Timetable is in **BLUE, BLACK** and **RED**
- Areas marked in orange outside participants are welcome to join, including the Effectiveness Training unit.
- Certificate timetable in **BLACK** and **RED**
<table>
<thead>
<tr>
<th>DATE</th>
<th>UNIT</th>
<th>FACILITATOR</th>
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<tbody>
<tr>
<td>17 to 20 February</td>
<td>INDIVIDUAL SESSION PRIOR TO COURSE</td>
<td>Brenda Sutherland</td>
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<tr>
<td>22 February Friday</td>
<td>THE BIG PICTURE</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>23 February Saturday</td>
<td>HEALING WOUNDED HEALER I</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>24 February Saturday</td>
<td>HEALING WOUNDED HEALER I</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>16 &amp; 17th March Saturday &amp; Sunday 9am – 5pm</td>
<td>BELIEFS: THE WORK OF BYRON KATIE</td>
<td>Rosie Stave</td>
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<tr>
<td>March Monday 6pm – 9pm</td>
<td>CERTIFICATE STUDY GROUP (ONLINE)</td>
<td>Brenda Sutherland</td>
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<tr>
<td>5th April Friday</td>
<td>INDIVIDUAL SESSIONS AVAILABLE</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>6th &amp; 7th April Saturday &amp; Sunday 9am – 5pm</td>
<td>PHYSICALLY SPEAKING</td>
<td>Brenda Sutherland</td>
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<tr>
<td>15th April Monday 6pm – 9pm</td>
<td>CERTIFICATE STUDY GROUP (ONLINE)</td>
<td>Brenda Sutherland</td>
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<tr>
<td>26th April Friday</td>
<td>INDIVIDUAL SESSIONS</td>
<td>Brenda Sutherland</td>
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<tr>
<td>27th &amp; 28th April Saturday &amp; Sunday</td>
<td>EFFECTIVE COMMUNICATION</td>
<td>Brenda Sutherland</td>
</tr>
<tr>
<td>18 &amp; 19th May Sat &amp; Sunday 9am – 5pm</td>
<td>FAMILY CONSTELLATIONS</td>
<td>Catherine Ingram-Silver</td>
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<td>31st May Friday</td>
<td>INDIVIDUAL SESSIONS AVAILABLE</td>
<td>Brenda Sutherland</td>
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<tr>
<td>1st June Saturday</td>
<td>CREATIVE COUNSELLING PART I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>2nd June Sunday</td>
<td>CREATIVE COUNSELLING PART II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>17th June Monday</td>
<td>CERTIFICATE STUDY GROUP (ONLINE)</td>
<td>Brenda Sutherland</td>
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<td>21st June Friday</td>
<td>INDIVIDUAL SESSIONS AVAILABLE</td>
<td>Brenda Sutherland</td>
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<tr>
<td>22nd June Saturday</td>
<td>LOVE, SEX &amp; RELATIONSHIPS PART I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>23rd June Sunday</td>
<td>LOVE, SEX &amp; RELATIONSHIPS PART II</td>
<td>Brenda Sutherland</td>
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<tr>
<td>1st July Monday</td>
<td>CERTIFICATE STUDY GROUP</td>
<td>Brenda Sutherland</td>
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<td>11th July Thursday</td>
<td>INDIVIDUAL SESSIONS AVAILABLE</td>
<td>Brenda Sutherland</td>
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<tr>
<td>12th July Saturday</td>
<td>THE EMERGING COUNSELLOR I</td>
<td>Brenda Sutherland</td>
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<tr>
<td>13th July Saturday</td>
<td>THE EMERGING COUNSELLOR PART II</td>
<td>Brenda Sutherland</td>
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<td>14th July Sunday</td>
<td>YEAR 1 SYSTEMIC PRESENTATIONS</td>
<td>Brenda Sutherland</td>
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<td>CERTIFICATE COMPLETION</td>
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<td>&quot;STARTS 17th Sept Tues 6:30pm – 9:30pm</td>
<td>EFFECTIVENESS TRAINING #1 ONLINE</td>
<td>Cate Crombie</td>
</tr>
<tr>
<td>24th Sept Tues 6.30pm – 9.30pm</td>
<td>EFFECTIVENESS TRAINING #2 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>1st October Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #3 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>8th October Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #4 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>&quot;19th &amp; 20th October Sat &amp; Sunday</td>
<td>THE WORK OF BYRON KATIE PART II</td>
<td>Wendy Davidson</td>
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<tr>
<td>29th October Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #7 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>5th November Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #8 ONLINE</td>
<td>Cate Crombie</td>
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<td>&quot;9th &amp; 10th Nov Sat &amp; Sun 9 – 5.00pm</td>
<td>FAMILY CONSTELLATIONS</td>
<td>Brenda Sutherland</td>
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<tr>
<td>12th November Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #9 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>3rd December Tues 6pm AEST</td>
<td>EFFECTIVENESS TRAINING #10 ONLINE</td>
<td>Cate Crombie</td>
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<tr>
<td>2018 New Diary begins</td>
<td>THE WORK OF BYRON KATIE X 1</td>
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<td></td>
<td>&amp; FAMILY CONSTELLATIONS WEEKEND X 1</td>
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<td>PLACEMENT OR PROJECT</td>
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</tbody>
</table>

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TO ENROL

We look forward to walking beside you on your journey.

CONTACT US

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Facebook Group for Students and Practitioners:
https://www.facebook.com/groups/111273852238699/

Pinterest http://www.pinterest.com/awakeningGroup/boards/

Twitter #TheAwakeningGrp

Vimeo on Demand https://vimeo.com/user39127809

We look forward to supporting your vision in the community.

To your every success

Brenda Sutherland
Founder and Director