



University of Metaphysical Sciences

Higher Education for Spiritual Unfoldment

Holistic Wellness Practitioner Certificate

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Introduction to the Holistic Wellness Practitioner Certificate

Understanding the connection between mind, body, and spirit is foundational to true and lasting spiritual and personal growth. Holistic Wellness is an approach to health which encompasses all levels of being and supports the cultivation of a lifestyle that holds space for the development of each facet, as well as an awareness of the underlying wholeness of being.

Many people today are more focused on physical health than ever before. Many people are also focused on spiritual awakening. Finally, many people on this planet at this time prize intellectual development very highly and are mainly focused on this aspect of themselves and how it can help them “get ahead.” Awareness of our holistic nature helps us realize that the cultivation and integration of all these aspects of being is the path to true and lasting wellness, as well as the basis for human evolution.

The role of a Holistic Wellness Practitioner is to assist people in cultivating and integrating wellness in all of these aspects of themselves, in order to assist them in creating a balanced approach to life. This program is designed to assist you in developing the skills necessary to support others in addressing all these aspects of being, providing guidance in understand the bigger picture and creating a deeply rooted holistic lifestyle.

Guidelines for Success in Certificate Completion and Beyond

This certificate program is carefully designed to prepare you for beginning a practice as a Holistic Wellness Practitioner. The instructions and requirements are designed with mindful attention toward creating a powerful process. Please bring your own mindful attention to this process, including carefully following all guidelines and requirements. This program is an independent study process. No one is monitoring you or looking over your shoulder. This is your process. How deep you go with it, how fully you engage in the courses and projects, how much energy you commit to developing your skills, will determine the outcome and ultimately will influence the success you experience with however you choose to use the certificate. The certificates offered in our program can only be a foundation of knowledge and a “tool kit” of practices and methods you can draw on in your work. The confidence and motivation it takes to build a private practice will be based on how you feel about your foundation of knowledge, your level of personal wisdom and awareness, and your ability to support clients using your skills. What you put into it is what you will get out of it. We suggest going in with an open mind and heart, and a willingness to engage deeply in your own transformation. We wish you a beautiful journey and much success!

Holistic Wellness Practitioner Certificate Syllabus

This certificate prepares you to support clients in cultivating a healthy body, mind and spirit. The journey you will take throughout this process will assist you in a deep exploration of each of these facets of health and wellness. Keeping a journal throughout the process will keep you engaged, and the final projects will then help you to hone and refine those skills through practicum experience. You will receive a Certificate in Holistic Wellness upon completion of this program.

Please familiarize yourself with the Certificate Requirements before beginning, so that you know what is expected and how to organize your time for the best outcome.

Certificate Requirements

Certificate Curriculum

Listed below is the course curriculum for the Holistic Wellness Practitioner Certificate Program. Courses labeled with an asterisk (*) include meditations. Read all required courses and listen to all the meditations included in the coursework. Study Guides are provided at the end of each course as a study tool.

Spiritual Counseling	Nutrition
Practitioner Ethics	Cleansing and Fasting
Vibrational Healing	Ayurveda
Meditation Skills *	Pranayama and the Art of Breathing
Leading a Meditation	Exercises for Physical Well Being
Awakening to the True Self *	Yoga
Chakras and Auras *	Falun Gong
Herbs: A Spiritual Approach	

Keep a Journal

As you are reading each course, take note of the information that is most relevant for you, focusing on the skills you are building to use your certificate in your healing practice. As you listen to the meditations, journal about your experience with each meditation as you go. Keep this journal in digital format, as it will be submitted as a doc or pdf file.

Leading a Meditation

For the course *Leading a Meditation*, follow the instructions and record yourself leading a meditation. Submit this in mp3 format.

Holistic Wellness Exploration and Plan

Read three current, published books that focus on Holistic Wellness. Take notes on each book, highlighting information that you want to integrate into your practice, and write a one-page summary on each. Next you will create a holistic health and wellness plan that you can adapt for client use, using all you have learned. Consider all aspects of wellness as you create your plan, keeping in mind you will

want to adapt for personal, spiritual, family, and cultural beliefs and influences for each individual client. Please submit the following:

- Holistic health and wellness plan
- One-page summary for each book of the most pertinent information

Design and Offer Wellness Sessions

The purpose of this project is to help you become more comfortable assisting others with this process and utilizing your knowledge to suggest and implement various healing methods. We ask that you work with three volunteer clients to create individualized holistic health and wellness plans for each one of them, using your template as a model. Again, consider various factors to meet each individual where they are at, so that they feel safe and guided to participate. After two to three weeks of connecting with each client and encouraging their new wellness plan, assess the differences and successes of each experience. While maintaining the anonymity of your volunteer clients, tell us about your experience and provide organized copies of the health and wellness plans you developed with each of them. Also include feedback form the clients on how this process went for them.

Please submit the following requirements for each client compiled into one document, clearly separating the information by client with bold headings:

- Holistic health and wellness plan
- Your reflections for each session
- Overall reflection of the implementation of your plan, and your assessment of each client's experience, as well as their feedback

Final Reflection Responses

Submit these responses as one document, numbering each response:

1. Share your general reflections on your experience with this process in an organized and succinct way. Refer to your journal notes. Minimum 750 words.
2. Reflect on and share your thoughts about the role of holistic wellness practitioners in integrative medicine today. Minimum 250 words
3. What specific areas of holistic wellness would you like to learn more about as a practitioner? What areas are you most knowledgeable in? Minimum 250 words.
4. Imagine and create the 1st draft written copy for the homepage to your holistic wellness website. Share about yourself, background and education (bio), and imagine how you would like to share what you will be offering. Minimum 300 words.
5. Develop and share a plan for how you will continue strengthening and fine tuning your skills as a holistic wellness practitioner. Minimum 150 words.

Submitting Your Work

Please adhere to the following format before submitting your work:

- Use 12 pt. font.
- Proofread for grammar and spelling before submitting your work.
- All files must be submitted in either doc or pdf format, with the exception recordings which will be mp3 files.
- Use a clear naming format for all files.
- Use the checklist below to be sure you have all your documents ready for upload.
- Upload all requirements using the form at <https://metaphysicsuniversity.com/holistic-wellness-practitioner-certificate/>

Certificate Requirements Checklist

Journaling

Submit the journaling you did throughout this process as one document.

Leading a Meditation

Submit your meditation recording as an mp3 file.

Holistic Wellness Exploration and Plan

Submit as one document, clearly separating your wellness plan and each book summary with bold headings.

Design and Offer Wellness Sessions

Submit individualized plan, reflections for each session, and overall assessment of the process for each client. Submit as one document, clearly separating each client with bold headings.

Final Reflection Responses

Submit as one document, numbering each response.

Please be sure all work has been completed for this certificate before submitting your final work to University of Metaphysical Sciences. We recommend periodically re-familiarizing yourself with all certificate expectations outlined in the Certificate Syllabus and using this checklist to keep track of your progress.

Thank you and many blessings on your Journey!