

A holistic approach to growing your practice through quality education and training

Holistic Health Training Ltd

"We understand your passion and vocation to help others - our tutors share that passion."



HOLISTIC PULSING THERAPY

Short practitioner training courses, beginning with a 30 hour training, delivered by small group workshop or individual tuition.

Ministry of Education # 7648



www.hht.co.nz

NZQA - Registered Private Training Establishment.



Empowering you

We understand that times are changing. We offer courses throughout New Zealand, to fit your lifestyle, budget and time-frames.

Courses are modular, with pay-as-you-go components, and a choice of exit points.

Our courses are customized and user-friendly, to suit you and your learning style.

Our tutors support you every step of the way.

Our approach

We understand your passion and your vocation to help others, and our tutors share that passion.

Our mission and values are holistic and heart-centred and this is what drives us.

Our graduates bring special qualities of mindfulness, care and attentiveness to their practices

About Holistic Health Training

We deliver quality education, tailored to your needs.

We have many years of combined expertise in the delivery of holistic body work trainings.

Intimacy is our strength: one-on-one trainings or small group workshops that give you real world skills and practical knowledge. Our tutors are all passionate about teaching you the leading edge.

We are a leading provider of high quality, holistic professional training in the New Zealand Complementary Therapies field. Our Category One NZQA status proves it!



Holistic Pulsing

Holistic Pulsing is a non-invasive, deeply nurturing and relaxing therapy that can deliver surprising levels of relief from a range of symptoms and insight into underlying conditions.



This course could be for you, if you;

- want to learn a form of body therapy that is effective and enjoyable to deliver
- are planning a career in hands-on complementary health care and want a recognised starting point, or to see if body work is right for you
- are wanting to gain professional development and continuing education credits, . . . or to up-skill or add a recognised New Zealand qualification to your CV
- are a practitioner of another healing modality, such as massage or physiotherapy, who might benefit from widening your range of skills and client base . . . or you want a therapy that is easier on your body to deliver
- would like to deepen your practice by adding a Mind Body perspective
- are an intuitive healer wanting a formal, recognized base to work from
- would like to offer a relaxing therapy to family and friends, or explore a new way of being with clients
- appreciate professional support and would like to belong to a supportive community of practice and professional body (The NZ Holistic Pulsing Guild).





Holistic Pulsing

- the gentle Art of Mind-Body.

Holistic Pulsing is a system of hands-on healing that creates a very special therapeutic relationship between client and practitioner.

In a Holistic Pulsing session, the clothed client lies on a therapy table. The therapist generates rhythmic, flowing movement through the client's body with a series of rocking, pulsing and gentle stretching techniques. As the ripples spread through the fluids in the body, right down to cellular level, muscles and tissues let go.

Flowing movement and gentle stretching help the muscular-skeletal system expand and re-align.

On a physical level, this can lead to a state of deep relaxation, with results similar to meditation.

As body processes like heart and breathing rate slow down, the brain and internal organs

get a bath of oxygen-rich blood, and the nervous system gets time out.

Wound and tissue repair is enhanced and circulation of blood and lymph is gently stimulated, the body feels refreshed and invigorated.

At deeper levels, body and mind are intimately connected. Letting go of muscular tension or stress patterns such as a clenched jaw or hunched shoulders, can bring awareness of an emotional pattern into consciousness. Therapists facilitate this awareness in an accepting, supportive way. They may use pulsing techniques, active listening, inquiry, or intuition to invite, support and affirm the client's inner awareness.

Holistic Pulsing creates a very special therapeutic relationship between client and practitioner. The therapist works with the client in a state of mindful attention, bringing qualities of gentleness, lightness and freedom to the session. The emphasis is on the triggering and support of internal heal-



ing systems, with the therapist facilitating the client's inner wisdom. It's a shared journey into the vast potential of self-healing that much modern medicine leaves untapped.

Holistic Pulsing provides a safe, grounded framework for client and therapist.

Therapists learn essential interpersonal, communication and practitioner skills. A healthy healing relationship between client and practitioner is at the core of the work.

There is also a strong element of personal growth and self-awareness in Holistic Pulsing training. In attending to the emotional health and personal qualities of the therapist, we are looking back at millennia of wisdom across all cultures where the healing relationship played a major role in generating wellness. We also look forward, to the leading edge of mind-body research, using new information not available to our forebears.



If you are new to body work, Holistic Pulsing will give you a range of non-invasive hands-on skills that are easy to learn and deliver, and deeply nurturing and enjoyable to receive. If you are already working with holistic healing via another modality, Holistic Pulsing may well be the add-on you are looking for.

Beyond your practitioner skills lies the new frontier of Mind-Body medicine where you can explore how neuro-science embraces holistic healing. We'll teach you to develop qualities

of therapist presence and safe therapeutic process.

Holistic Pulsing training will empower your client-centred skills, help grow your sensitivity as a therapist and open your heart and mind. These skills will underpin all your prior learning and be a valuable addition to your practice.

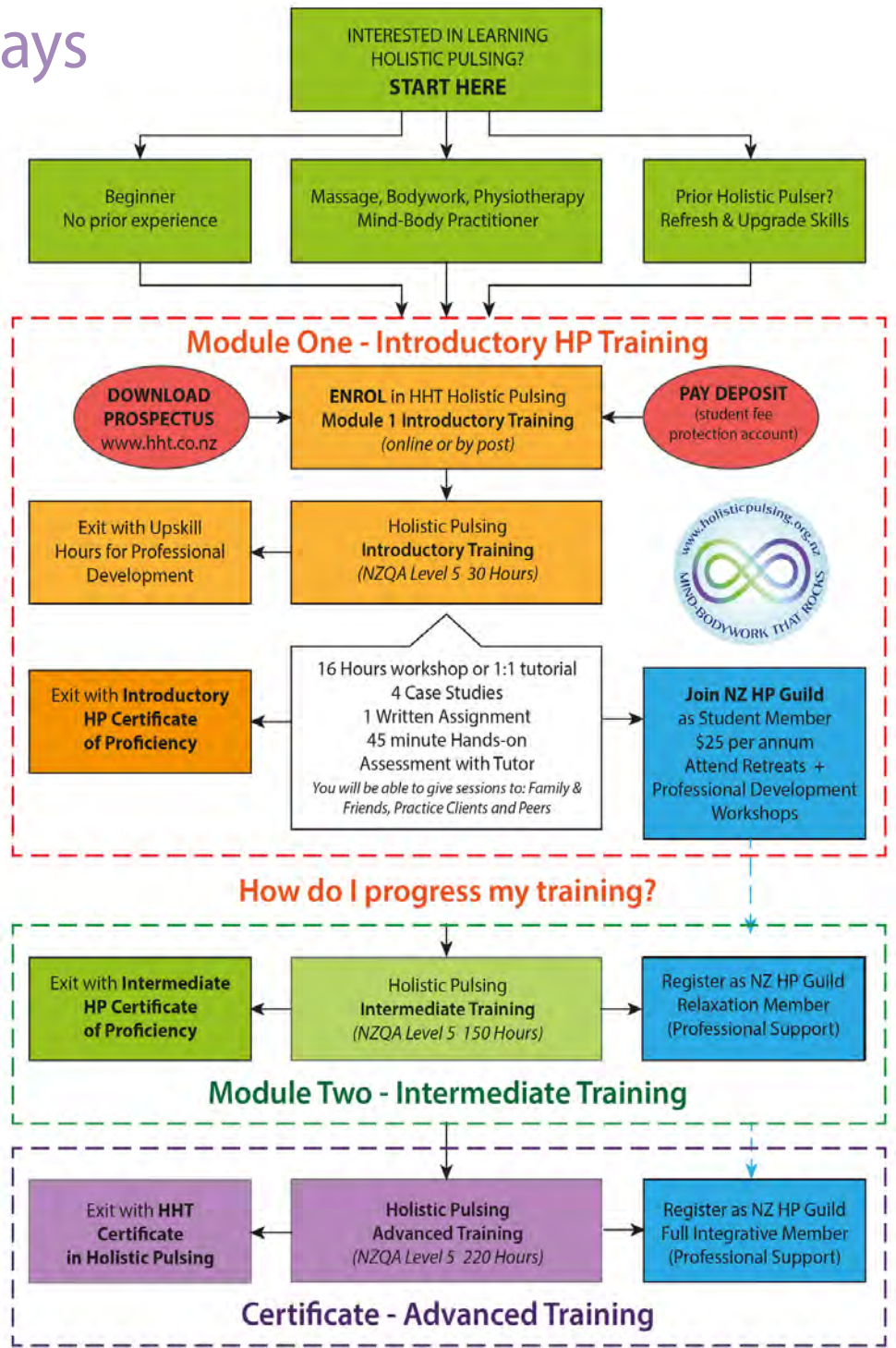
For further information, visit:
www.hht.co.nz



Training Pathways

Whether you are new to body work, or an experienced practitioner, you can start with an NZQA level 5, 30 hour training, which will give you the skills to either give relaxing sessions, or add to your existing skill set.

If you chose to go further, you can progress to Intermediate and Advanced trainings - it's your choice.





Module One Course Structure

Tuition

- 12 hours (up to a maximum of 16) individual tuition *or*
- 16 hours tuition in a small group workshop
- Self-directed study
 - 6 case study sessions with individual clients
- 2 personal Holistic Pulsing sessions received

Assessment

- 1 written Assignment
- Hands-on assessment, which includes giving a 30 to 40 minute session to the tutor, self and tutor feedback, and evaluation.

On successful completion of Module 1, you will

- be able to deliver a relaxing session of Holistic Pulsing or use Holistic Pulsing techniques in conjunction with other modalities

- understand the safe limits of competence for practice at this level of training
- understand the vital importance of the relationship between therapist and client
- be aware of the usefulness of on-going self-reflection and self-evaluation as a mind-body practitioner
- have some training in the concepts of Mind-body therapy
- be knowledgeable about the ethical and legal responsibilities of health-care providers and the indications and contraindications of Holistic Pulsing
- be able to join the New Zealand Holistic Pulsing Guild.

www.holisticpulsing.org.nz



Code of Behavior

Holistic Pulsing Therapists, like all other health providers, are in positions of trust.

Therapists are expected to behave in certain acceptable ways, and not in others. We will discuss this during the training.

Participants attending training run by HHT Ltd are required to follow a Code of Behaviour, outlined as follows. When you enroll for the training, you are agreeing to abide by this Code. Failure to do so may result in your removal from the training.

- Participants have a right to be treated with courtesy and respect at all times.
- All participants will remain mindful of the rights of others to dignity and modesty.
- Even though this is a training session, therapists will pay attention to the needs of "clients". Clients (receivers) have the right to refuse any particular technique, for personal, religious or cultural reasons.

However, it is expected that students in workshops or shared tutorials will participate fully in both practicing and receiving as part of their learning and engage in the feedback process.

- Participants will not make remarks about other people with regard to appearance.
- Honest feedback, delivered with reference to the Performance Criteria in the Student Manual, is a valuable learning tool and is encouraged.
- Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a relaxation response from the client, and a positive learning experience for the student.
- No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
- Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene. For health reasons, the training is a smoke-free environment.



Fees and Entry Requirements

Individualised training

As our training is flexible, depending on your learning needs, the fees depend on how many hours of tuition you feel you need in order to achieve the competencies and be ready for assessment.

A typical course takes an average of 12 hours (\$900.00) plus two Holistic Pulsing sessions at \$75 each, plus the Assessment fee of \$175.00 – so most students can achieve the course for \$1,225.00. This is very reasonable for an NZQA-approved training.

Tuition includes observation, demonstrations, supervised practice, Student Manual and video (USB), templates, morning and afternoon tea. Assessment of 2.5 hours includes giving a session to the tutor, feedback and discussion and evaluation of case studies.

Workshop Based training (2 or more students)

If the tuition is workshop based (two or more students) the fee is \$395 per person plus two personal Holistic Pulsing sessions at \$75 each, plus the Assessment fee of \$175.00.

Entry Requirements

You do not need to know anything about Holistic Pulsing or bodywork to enroll for Module 1. Participants at any level of experience (including none) will benefit from the course.

You may be able to claim recognition of Prior Learning for some course components. Please discuss this with the tutor PRIOR to beginning training.

Entry to the course is open to people meeting the following criteria:

- You must be at least 20 years of age
- If English is your second language, we may also request an interview to ensure that your level of fluency is appropriate in a context-specific way
- You must read and agree to abide by the Code of Behaviour (see page 8)
- You will need to complete your Enrolment form and pay a \$100.00 non-refundable deposit.



Our Holistic Pulsing Tutors

***Tutors are available in Nelson, Canterbury, Auckland, and Wellington.
Training may be organized in other locations by arrangement.***

**Please choose your tutor from the list,
and communicate directly with them for further information, or to enroll.**



Lynda Mabin, BA, MA (Hons), Dip Tchng (Nelson).
Lynda is the founder and director of HHT Ltd, and has been in the education business for decades. She completed the Holistic Pulsing Guild Diploma in the 1990's, and became a Guild teacher and HP practitioner before setting up Holistic Health Training in 2003. She regards having the Holistic Pulsing Certificate gain NZQA approval in 2008 a major milestone in her bodywork career. Out of the many modalities she has practised and taught over the years, she still regards Holistic Pulsing as the most powerful, personal and moving.
Email: lynda@hht.co.nz



Peta Joyce, BA, Dip Holistic Pulsing, PG Cert (Health Science). (Auckland).
Peta has a background in social science and integrative therapy, and has been involved with Holistic Pulsing since its first development in New Zealand in the 1980's. She is a Registered Holistic Pulsing Practitioner, and has a postgraduate qualification in MindBody Healthcare. As a teacher, Peta is passionate about experience-based learning, where students come to understand the essence of Holistic Pulsing through their experience of it, rather than through being 'lectured'.
Email: peta.joyce@holisticpulsing.org.nz



Myffie James (Nelson).
Myffie started her involvement in Bodywork in 1986 when she was studying for a BSc in Biology and Physiology and attended her first massage workshop. She went on to gain a Diploma in Teaching. Over the years she has attended further trainings in advanced massage, Holistic Pulsing, anatomy and physiology, Cranial Sacral therapy, The Journey, and lately is a Graduate of Hakomi Psychotherapy. Currently Myffie works from her home in Stoke, Nelson and as a Counsellor at the Nelson Women's Center. Email: myffie.james@holisticpulsing.org.nz



Our Holistic Pulsing Tutors

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and communicate directly with them for further information, or to enroll.



Corinne Murray (Christchurch). Corinne has been interested in CAM therapies, health & nutrition, psychology, spirituality and the environment since she was a teenager, but what really captured her passion was Holistic Pulsing. She has been involved with the Holistic Pulsing Guild, and teaching and offering sessions, for over 25 years. Corinne is based in Canterbury, works in Christchurch city and Birdlings Flat. With the help of her campervan she can be enticed to combine her love of travelling and Holistic Pulsing to offer training in other locations around the country. Corinne enjoys bringing a sense of fun and creativity to her workshops.
Email: corinnehp@xtra.co.nz



Natalie Grace (Karunajoti) (Auckland). Natalie Grace is one of our two Auckland-based teachers, offering both Massage Therapy and Holistic Pulsing courses. She has been a practicing therapist since 2002 and is currently based in central Auckland where she offers her own very gentle blend of holistic therapies, including Craniosacral Therapy and Reiki. She is an experienced teacher, bringing her own special calm, unique style to tutorial situations.
Email: karunajoti@gracewaves.co.nz.



Barbara Gibb (Wellington) "I have been a Holistic Pulsing Practitioner/Teacher for over 20 years. I have a wide experience of mind-bodywork, including Craniosacral Therapy and Energy Healing. I love sharing Holistic Pulsing with students who are exploring more subtle bodywork in their professional practices, or seek a deeper connection with their clients. Subtlety is supportive of personal growth, too - learning Holistic Pulsing is often a catalyst for blossoming in body, mind and spirit. I offer training to suit your lifestyle, and can travel in the lower North Island to offer small tailored courses for individuals and businesses. Email: barbara.gibb@holisticpulsing.org.nz



Enrolment Form

Holistic Pulsing Module One

If you have a scanner, please sign this form and send it to your tutor.

If you do not have a scanner, please leave this form unsigned and your tutor will ask you to sign it when you arrive for your workshop or tuition. Please email this form to your tutor who will contact you to arrange your training schedule.

Name:

Date:

Address:

Mobile:

Email:

What Holistic Pulsing or other body work experience (if any) have you had?

Please tell us a little bit about what your purpose is in doing this course. It doesn't have to be a Grand Plan - just an idea of what you would like to achieve.

Please pay your deposit in advance to Bank Account:

**Use your name as a reference.*

When you send this form and deposit, you are entering into a contract with HHT Ltd whereby you agree to abide by the Code of Behaviour, and we agree to provide you with training. Should the training not proceed through unforeseeable circumstance, your deposit will be refunded or carried over to another workshop. If you cancel the training without valid reason the deposit is not refunded.

I have read and understood the aims and purpose of this course, and agree to abide by the Code of Behaviour (see page 8).

Signed:

Date:

Please email this form to your tutor who will contact you to arrange your training schedule.