



**HOLISTIC HEALTH TRAINING LTD.**  
PROFESSIONAL NZQA ACCREDITED BODYWORK EDUCATION

# Holistic Pulsing Body Mind Therapy

NZQA Level 5

## Holistic Pulsing – the Gentle Art of Body Mind Prospectus

### About Holistic Health Training Ltd

We offer courses throughout New Zealand, to fit your lifestyle, budget and timeframes. 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 are all passionate about teaching. 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!

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 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-centered and this is what drives us. Our graduates bring special qualities of mindfulness, care and attentiveness to their practices.



If you have any questions, please ring or email  
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## Holistic Pulsing – What is it?

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 whole 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 underlying emotional patterns into consciousness.

The Holistic Pulsing therapist works with the client in a state of mindful attention, bringing qualities of gentleness, listening and freedom to the session. The emphasis is on the enhancement and support of internal healing systems, with the therapist facilitating the client's inner wisdom in an accepting, supportive way.

It's a shared journey into the vast potential of self-healing that much modern medicine leaves untapped.

There is a strong element of personal growth and self-awareness in Holistic Pulsing training. Attending to the emotional health and personal qualities of the therapist 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.

Holistic Pulsing will give you a range of non-invasive hands-on skills that are easy to learn and deliver as a stand-alone therapy or integrated with your existing therapy skills. It is deeply nurturing and enjoyable to both give and receive.



### Holistic Pulsing training could be for you, if you:

- are planning a career in hands-on complementary health care and want an accredited training, or to see if body work is right for you
- would like to offer a relaxing therapy to family and friends, or explore a new way of being with clients
- 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 want a therapy that is easier on your body to deliver
- want to empower your client-centred skills and help grow your sensitivity as a therapist
- would like to deepen your practice by adding a Mind Body perspective
- are an intuitive healer wanting a formal, recognized base to work from
- are wanting to gain professional development and continuing education credits, up-skill, or add a recognised New Zealand qualification to your CV
- appreciate professional support and would like to belong to a supportive community of practice and professional body (The NZ Holistic Pulsing Guild).

## 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 relaxation 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 (Introductory)

**On successful completion of Module 1, you will be able to:**

- deliver a relaxation 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
  - use on-going self-reflection and self-evaluation as a mind-body practitioner
  - be aware of 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 as an associate member
- [www.holisticpulsing.org.nz](http://www.holisticpulsing.org.nz)

## Course Structure

- Up to 16 hours of tuition (individual or in a small group workshop)
- Self-directed study - 6 case study sessions with individual clients
- 2 personal Holistic Pulsing sessions received from an experienced practitioner
- 1 written Assignment
- Practical hands-on assessment

## Entry Requirements

Participants at any level of experience (including none) can enroll in Module 1

- You may be able to claim recognition of Prior Learning for some course components. Please discuss this with the tutor PRIOR to beginning training.
- You must read and agree to abide by the Code of Behaviour (see student handbook)
- 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 will need to complete your registration form and pay a deposit.



## Module 2 (Intermediate)

This course is for you if you want to move beyond the relaxation level towards the therapeutic and use more specific techniques for particular presentations.

### On successful completion of Module 2, you will be able to;

- deliver one-hour sessions to clients, using a range of techniques which demonstrate an ability to work within the Holistic Pulsing Essentials and Principles
- demonstrate understanding and application of the Therapeutic Cycle to a session
- show an awareness of types of interventions and choose which may be appropriate in certain contexts
- use Holistic Pulsing techniques to facilitate physical or somato-emotional release in clients
- demonstrate an understanding of the theory of Mind-Body medicine as applied to Holistic Pulsing
- show a commitment to personal and professional development by using self-evaluation and analytical skills
- demonstrate an ability to keep clear records maintaining client confidentiality
- engage in your own learning by identifying growing edges and undeveloped competencies, and addressing these in tutorial and mentoring sessions.

### Entry Requirements

- You must have successfully completed Module 1 or the equivalent
- You may be able to claim recognition of Prior Learning for some course components. Please discuss this with the tutor PRIOR to beginning training
- You must read and agree to abide by the Code of Behaviour (see student handbook)
- 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 will need to complete your registration form and pay a deposit.

### Course Structure

20 hours tuition in a small group workshop

5 tutorial sessions with an approved tutor (2 may be group tutorials)

5 personal sessions (we encourage you to try three from the same approved practitioner)

15 full practice sessions and notes with 'clients' at 1.5 hours each

15 Case Studies – written accounts of client sessions demonstrating achievement of specific performance criteria

1 written assignment

Practical hands-on assessment



## Module 3 (Advanced)

This course is for you if you want to deepen your skills to offer a fully therapeutic Holistic Pulsing session and complete your NZQA qualification.

### On successful completion of Module 3 you will be able to;

- deliver a safe and effective client-centred session, using the physiological, somato-emotional and therapeutic principals of Holistic Pulsing
- describe the indications and contraindications to Holistic Pulsing and demonstrate this in a health-screen process
- demonstrate practitioner competencies in interpersonal and communication skills
- demonstrate an ability to self-reflect and evaluate your personal process
- demonstrate an ability to use Holistic Pulsing in the context of mind-body health-care and explain how this compliments conventional bio-medical healthcare in the New Zealand setting
- develop appropriate systems and mechanisms for referral to other health-providers
- describe the legal, professional and safety requirements for CAM practice in New Zealand, and demonstrate their use as part of a Holistic Pulsing practice
- describe the development of Holistic Pulsing in the context of mind-body health-care

### Entry Requirements

- You must have successfully completed Module 2 or the equivalent
- You may be able to claim recognition of Prior Learning for some course components. Please discuss this with the tutor PRIOR to beginning training.
- You must read and agree to abide by the Code of Behaviour (see student handbook)
- 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 will need to complete your registration form and pay a deposit.

### Course structure

- 36 hours tuition in two small group workshops
- 5 tutorial sessions with an approved tutor (2 may be group tutorials)
- 5 formal supervision sessions with an approved tutor spread over the time of study
- 15 full practice sessions with 'clients' at 1.5 hours each
- 15 case studies – written accounts of client sessions demonstrating achievement of specific performance criteria, outlining your specific treatment plan, self-evaluation and conclusions (48 hours - approximately 3 hours per case study)
- 5 personal sessions with an approved practitioner (we encourage you to try three from the same practitioner)
- 16 hours (minimum) Interpersonal, Communication, Practitioner or Counseling Skills training (Appropriate training must be approved by the Course Tutor)
- 1 written assignment
- Practical hand-on assessment



## Module 1 fees

Module one workshop fee \$425.00 (includes tuition, observation, demonstration, coaching, student manual covering all aspects of theory, templates and mentoring for case studies, performance criteria for self and tutor assessment). A deposit of \$100.00 will confirm your place in the workshop. Minimum of 4 students needed to run a workshop.

In addition to the workshop, to complete this training there are; 2 personal sessions at \$90/hour and a 2.5 hour practical hands on assessment at \$250.

You may choose to learn through individual tuition. A typical training takes an average of 12 hours to a maximum of 16 hours (\$1080 to a maximum \$1440.00) plus two Holistic Pulsing sessions at \$90/hour each, plus the Assessment fee of \$250.00 – so most students can achieve the course for a maximum of \$1,870.00. A deposit of \$250 is required, with the balance of payment due on completion of each training component.

## Module 2 fees

Workshop \$450.00 (includes tuition, observation, demonstration, coaching, student manual covering all aspects of theory, templates for case studies, performance criteria for self and tutor assessment)

5 Personal sessions (at \$90/hour each)

5 Tutorials (at \$90/hour)

2 Mentoring sessions (included in workshop fee)

Assessment \$250 (2.5-hour hands-on practical assessment)

## Module 3 fees

- Two 3-day workshops at \$480.00 each (includes tuition, observation, demonstration, coaching, mentoring, student manual covering all aspects of theory, templates for case studies).
- 5 Personal sessions (at \$90/hour each)
- 5 Tutorials at (\$90/hour)
- 4 formal supervision sessions (\$90/hour)
- Assessment Fee \$360 (4-hour hands-on practical assessment)
- Additional tutorials and mentoring/supervision sessions (at \$90 per hour) may be required to reach the Performance Criteria for the Module 3 Learning Outcomes (To be negotiated with your tutor).



## Cancellation

If you can't attend your training for a valid reason, please advise your tutor giving at least 5 days' notice; your deposit will be refunded or held over.

If you do not advise within 5 days your deposit will be forfeited.

Please contact your tutor if extenuating circumstances arise within the 5-day period.

If your tutor has to postpone, they will contact you with as much notice as possible and arrange a re-schedule.

For further information on these and other courses contact Holistic Health Training at <https://www.hht.co.nz> or <https://www.facebook.com/HolisticHealthTraining>

## Our Holistic Pulsing Tutors

Tutors are available in Nelson, Canterbury, Auckland. Training may be organized in other locations by arrangement. Please choose the tutor closest to your area, and communicate directly with them for further information, or to enroll.

**Corinne Murray:** Cert. Adult Learning, Dip Holistic Pulsing, (Christchurch). Corinne brings an interest in CAM therapies, health & nutrition, psychology, spirituality and the environment, 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 works in Christchurch city and Birdlings Flat. She combines her love of travelling and Holistic Pulsing to teach and see clients around the country. Corinne enjoys bringing a sense of fun and creativity to her workshops.

Email: [corinne@holisticpulsingrocks.nz](mailto:corinne@holisticpulsingrocks.nz)

**Myffie James:** BSc, Dip Teaching, Dip Holistic Pulsing, (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. Email: [myffie@holisticmindbody.nz](mailto:myffie@holisticmindbody.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 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'.

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