



The Awakening Group  
We transform lives.



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# WELCOME TO THE AWAKENING GROUP™

The Awakening Group Pty Ltd 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, Melbourne and online.

The Awakening Group courses simply transform lives gently, and 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.

A handwritten signature in black ink, appearing to read 'Brenda Sutherland'.

Brenda Sutherland  
Founder & Director



# 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 including The Work of Byron Katie, Family Constellation, Effectiveness Training and a Psychobiological approach in relationships.
- The development of new approaches to counselling and healing presented in conferences
- 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 and purpose in our life story
- Strength building and feel empowered in all areas of your life
- Heal ourselves becoming a beacon for others healing
- Live the truth of who you are
- Mastering your inner ecology, thoughts, feelings and body memories
- Take your place fully in life, in your family and community...

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 – advanced communication skills
- Psychobiological approach to all relationships including attachment theory, neuroscience, arousal regulation, social justice model, capacity model
- Micro-skills of reading bodies and faces
- Specialised interview techniques
- Embracing Diversity training
- Case Management
- Crisis Counselling
- Weaving the New Dreaming with Aboriginal Elder
- Navigating grief and loss
- and so 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 psyche's 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 11 months (Certificate) or 2 years including placement (Diploma).

The Certificate course is taught over 11 months intensive either via a combination of face to face and online training or totally online, you get to choose. It 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, see the calendar beside this in the downloads. 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: 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: 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
- Personality and developmental theories
- Learning theories



## MODULE: THE WORK OF BYRON KATIE

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

- 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?
- Enquiry into personal stories of self, the body, relationships, events that cause suffering.
- Stressful events – what are our motives? What are the stories we have told ourselves?

## MODULE: EFFECTIVE COMMUNICATION (CERTIFICATE & DIPLOMA) & THE AUTHENTIC COMMUNICATOR (DIPLOMA)

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 – reading faces and bodies
- Learning to Identify and meet personal needs
- Goal setting
- Supporting decision making
- Specialised interviewing techniques

### MODULE: FAMILY CONSTELLATIONS

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

- Introduction to the Principles of Systemic Approach
- Key components of Family Constellation work: Family History, The Family Soul, Orders of Love, Function of Conscience, Belonging, Giving and 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: CREATIVE COUNSELLING I & II

Visualisation creates an impression on the psyche that 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:

- Linking Systemic Constellations with Creative Visualization with art therapy, props, figurines and other techniques for one to one sessions
- Creative visualization: working with archetypes and parts
- Therapeutic Stance
- Genograms
- 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
- Internal Family Systems Theory
- Structural Constellations on illness, feelings, parts and relationships
- Interrupted reaching out (IROM) - symptoms, effect of, and working to resolve
- Setting up Constellations: Hands on experience for individual sessions



## MODULE: LOVE SEX AND RELATIONSHIPS I & II

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:

- Social Justice Model and Capacity model
- Capacity Model – Socio-emotional capacities – processing speeds, arousal regulation
- Systemic Principles governing relationships
- Addressing relationship issues: Marriage, Separation and grief, addiction, parenting, adoption, abortion, miscarriages etc
- Psychobiological Approach to Couples (Stan Tatkin's work), developing secure functioning relationships
- Attachment styles in relationship
- Enhancing intimacy
- Linking systemic work with internal sexual roles and archetypes
- Working with Sexual/Sensual/Feminine/Masculine selves to bring about balance
- Healing Sexual Abuse trauma: systemic dynamics, working with to return to innocence
- Enhancing sexual energy from a Tantric Perspective

## MODULE: 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)
- Working with Trauma
- Developing energetic boundaries in relation to trauma
- Permission and Bodies in Space
- Internally and Externally Resourcing a Client etc
- Working with Health and Wellbeing using Systemic Constellations

## MODULE : EMERGING COUNSELLOR I & II

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:

- Who Are You Really? Beyond the neurosis of the mind
- The Fellow Traveler Approach
- Ethics, case management, supervision
- Who Am I beyond techniques? Story and Processes?
- Defining Oneself and Intention as a Counsellor
- Transference and Countertransference
- Values and beliefs influencing how a counsellor relates to the client
- Boundaries, Dependency (Counsellor and Client), and Counsellor Congruence
- Breaks and Endings
- Ethical Decision-Making processes
- Self-Care for Therapists – self care plans
- Professional Development planning
- Legal obligations, duty of care, mandatory reporting
- SALT – suicide prevention
- Tuning the Therapist Instrument
- Reflecting and improving professional practice

## MODULE: THE COUNSELLING RELATIONSHIP

What constitutes counselling? A holding environment? Empathy, genuineness, acceptance. How can you hold the client well in response to their attachment styles, processing speeds, arousal levels, trauma? Facilitating the counselling relationship process. We look at how to support client to:

- Identify their concerns and presenting issues
- Setting the counselling goals and intentions
- Work through concerns using a huge toolkit of techniques
- Monitor the counselling process and address whether it is working or not
- Strength building
- Working with underlying issues
- Resource building -internally and externally
- Object relations theory – reflecting on parallel experiences
- And much more

## MODULE: WEAVING THE NEW DREAMING

This program was co-created with Auntie Jenny Thompson, and aboriginal elder who has been a counsellor for many years. Promoting Aboriginal and Torres Strait Islander safety. Woven into this course are stories and face to face teachings that we don't often get an opportunity to be part of and be able to ask questions. The program includes, but not limited to:

- Getting to know your ancestry
- Connecting to place
- Sharing and caring
- Leading with two-way thinking
- Cultural awareness
- Cultural competence
- Cultural safety



- Evaluating cultural strategies

### MODULE: EMBRACING DIVERSITY

The ability to work with a diverse range of people based on inclusion, belonging, inclusive language, intersectionality means that we need to look at:

- Our own implicit bias
- Gain knowledge in diversity and inclusion
- Gender diversity, body diversity, sexual diversity etc etc
- Be aware and inclusive by using inclusive language
- Expand your knowledge and experience of intersectionality to prevent misunderstandings, resolve differences, difficulties and bias

### MODULE: CRISIS COUNSELLING

Recognise and respond to crisis situations. As we experience more crisis, mental health illness, suicidal ideation and life pushing us beyond our capacity we need to know how to address situations where there is a crisis. This module includes:

- Identifying Imminent crisis situations
- Addressing immediate safety concerns
- Exploring barriers to help
- Supporting empowered choices
- Safety plans
- Crisis intervention support
- Intake forms, referral forms, consent forms etc
- Strength building questionnaires
- Self-care

### MODULE: CASE MANAGEMENT

Develop, facilitate and review all aspects of case management. Many students will go on to do NDIS work and this module covers all the components of working in support work, such as:

- Case Management
- Conducting case management meetings
- Developing case management plans
- Monitor and review case work activities and processes

### MODULE: NAVIGATING GRIEF AND LOSS

We all experience some form of loss and then the subsequent grief that follows. Navigating the wild edge of sorrow takes surrender, resources and support. This module includes:

- The wilderness of grief, how grieving is so diverse
- The faces of grief using Frances Weller's work
- Walking with the grieving, how to support those who are grieving
- Co-creating rituals and resources to grieve well
- Caring for the grief walkers
- The river of grief

### ELECTIVES

Two more small electives will be added to the program shortly.

### PLACEMENT OR PROJECT

Diploma students are required to complete a 100 hour placement in an organization or agency in order to gain community experience.

# STUDENT RESOURCES

## Large 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, e-books and quizzes creating a rich online learning environment to supplement the in class.

## Social Network Groups (via MeWe)

Each year we create a networking group so students can send messages, arrange to meet, share insights and information and stay connected, making studying a collective experience rather than a solo gig, that way it is much more exciting.

## 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 & Case Supervision for graduates

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. Lifelong 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.

We also create a support group on MeWe app to support your learning from each other.

## 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 steppingstone 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 Certified facilitator of 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.

## Online Program

We are now able to bring an online Live interactive webinar program, just like being in a classroom, to you in combination with an extensive online classroom, interactive study groups and

## 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**

"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 800+ 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 \$4315, including a deposit of \$350. Payment plan options available. Conditions apply.

- 8 monthly payments of \$495.63. via Westpac payway system from 1<sup>st</sup> February.
- Early bird price is \$4215 to be paid in full prior approx. a month prior to the course starting.

## DIPLOMA

Total cost for the 18-month course is \$7495 and this can be paid over one year. A \$350 deposit is essential to secure your place.

- 13 monthly payment plan instalments of \$549.62 via payway system from 1<sup>st</sup> Feb.
- Early bird price is \$7295 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 (IICT) 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

See <http://www.awakening.com.au/course/diploma-of-holistic-counselling> for these books  
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 - \$150 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.

## THE WORK OF BYRON KATIE

See <http://www.awakening.com.au/course/the-work-of-byron-katie> for timetables for Melbourne and Brisbane

Prerequisites: No prerequisites for this unit.

## FAMILY CONSTELLATIONS

See <http://www.awakening.com.au/course/family-systemic-constellations> for timetables for Melbourne, Brisbane

<https://awakening.com.au/course/weaving-the-new-dreaming/>

Prerequisites: No prerequisites for this unit.

## EFFECTIVENESS TRAINING AND THE AUTHENTIC COMMUNICATOR

See <http://www.awakening.com.au/course/communication-training-effectiveness-training> for timetable for once a year program

Prerequisites: No prerequisites

Discounts apply for group bookings.

## WEAVING THE NEW DREAMING

See <https://awakening.com.au/course/weaving-the-new-dreaming/> for the online program

Prerequisites: No prerequisites for this unit.

## CRISIS COUNSELLING

See <https://awakening.com.au/course/crisis-counselling/> Prerequisites: No prerequisites for this unit.

## CASE MANAGEMENT

See <https://awakening.com.au/course/case-management/> No prerequisites for this unit.

## NAVIGATING GRIEF AND LOSS

to come

## EMBRACING DIVERSITY

See <https://awakening.com.au/course/embracing-diversity/> No prerequisites for this unit.

## TIME CREDITS

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

# 2026 TIMETABLES

## VICTORIA

Next course starts 12 March 2026 see comprehensive calendar

## QUEENSLAND

Next course starts 10 March 2026

A comprehensive timetable is available on request. Approximately every second week for approximately 9 months class time and 2 months assessment. It then extends into the Diploma – please see specific timetable on webpage.

## 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 module review questions, an end of course review, 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, module review questions, practice sessions, student clinic where possible. Time commitment is approximately 6 – 8 hours per week outside of class.





## TO ENROL

<http://www.awakening.com.au/courses>

We look forward to walking beside you on your journey.

## CONTACT US

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Facebook Page: <https://www.facebook.com/theawakeninggroup>

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

As at: 19/9/25





The Awakening Group  
We transform lives.