

POSITIVE ENERGY HOLISTIC COUNSELING INSTITUTE
ADVANCED HOLISTIC COUNSELING™ & COACHING CERTIFICATION

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SYLLABUS & COURSE SCHEDULE

2026-2027

INSTITUTION:	Positive Energy Holistic Counseling & Institute
COURSE: CERTIFICATION	ADVANCED HOLISTIC COUNSELING™ & COACHING
EMAIL:	institute@positivecounselingli.com
WEBSITE:	www.positivecounselingli.com
PHONE:	631-533-0708
ADDRESS:	597 Middle Road, Bayport, NY 11705
APPLICATION:	Accepting Applications Starting Feb 1, 2025
COURSE DATES:	Reading List: July-Sept 2025 Course: Sept 27, 2025- May 31, 2026
WEEKEND INTENSIVES:	Sept 27- 28, 2025 Dec 6- 7, 2025 March 7- 8, 2026 May 30-31, 2026
PRIMARY INSTRUCTOR:	Beth Miller, LCSW-R, CEC, CAHCC Creator of <i>Advanced Holistic Counseling™ & Coaching</i> model, Owner of <i>Positive Energy Holistic Counseling Institute</i>

COURSE DESCRIPTION:

-This Certification course teaches students the *Advanced Holistic Counseling™ & Coaching model*. This trademarked counseling model combines the best of traditional Psychotherapy with the best holistic tools from life coaching, energy healing, science, spirituality, meditation and mindfulness.

-Students will be taught the material in multiple learning styles:

- Self Study written online material
- 4 LIVE Immersive Weekend Trainings (in person or virtual)
- Bi-weekly live online trainings
- Peer-to-peer practicum
- Case consultation
- Clinical Supervision or Coaching Support Sessions
- For some students in the program, direct *paid* clinical practice with real clients at the Institute.

The material is taught experientially so that students truly integrate the insights, modalities, skills and tools.

EARNING CEUS: Social Work, Mental Health, and Substance Abuse professions are eligible to earn up to 3-6 years of CEU credits. Please inquire about this process if interested.

CERTIFICATION EARNED:

-Students will earn a *Certification in Advanced Holistic Counseling™ & Coaching (CAHCC)* or a *Certification in Advanced Holistic Coaching (CAHC)* at the end of the course by completing all of the material, passing the final assignment, and conducting sessions according to AHC guidelines. ***

CLINICAL SUPERVISION OR COACHING SUPPORT

-All students will receive 2-3 sessions of one-on-one coaching support with Beth Miller or another faculty member to provide them with customized support as they learn.

-Some students who are licensed New York State in the mental health field may also become eligible to apply to be hired as a 1099 or W2 full or part-time therapist role at *Positive Energy Holistic Counseling Institute*. Students may be hired to be part of the therapeutic team during

the AHC Certification course or once they have completed it. ** **These students will receive quality *Clinical Supervision*** on a regular basis that enables the student to explore countertransference, support, guidance, and best practices.

*Formal Clinical Supervision can only be provided to NYS Licensed or pre-Licensed counselors/therapists

**This only applies to NYS students who have a graduate degree in a counseling-based program and are licensed or are working towards their licensure.

***Students who do not have a graduate degree in a counseling-based program will instead earn a *Certification in Advanced Holistic Coaching*.

COURSE OBJECTIVES:

-Define Alignment and know how to achieve a state of alignment, know how to achieve alignment with their “higher selves”, and know how to shift lower mood states to higher mood states

-Be able to identify and provide aligning interventions to all of the “layers” of a person’s holistic being (physical, mental, emotional, energetic, behavioral, spiritual, and soul) , and gain clarity about why the *Advanced Holistic Counseling™ & Coaching’s* approach can be more effective and efficient at creating transformation than just traditional psychotherapy alone.

-Learn the insights, tools, and skills encompassed in the *Advanced Holistic Counseling™ & Coaching model*. This trademarked counseling model combines the best of traditional Psychotherapy with the best holistic tools from life coaching, energy healing, science, spirituality, meditation and mindfulness.

-Gain experience and practice in multiple practicum settings. Students will practice *Advanced Holistic Counseling™ & Coaching* approach on themselves, in groups during live weekend trainings, in weekly peer-to-peer counseling sessions with the other students, and some students will have the opportunity to work with clients at the Institute. The training is designed to be immersive so that the students experience personal transformation while also learning how to inspire transformation in their clients.

-Be exposed to and be able to effectively use skills from multiple empirically based models: CBT, DBT, Family Systems/Parts Work, Trauma-informed CBT, EFT Tapping, Meditation & Mindfulness Based Stress Reduction, etc. Students will also learn tools such as other energy healing and energy clearing, visualization, manifestation, grounding techniques, self-healing, chakra work spiritual counseling, and more.

-Be able to effectively integrate energy healing and spiritual counseling into psychotherapy and counseling sessions while adhering to ethical, professional, and legal standards.

-Develop a meaningful Spiritual Practice that includes meditation and mindfulness, and be able to help clients do the same by exposing them to a wide variety of techniques and approaches.

-Learn how to create Inspiring Intakes, Inspiring Therapy sessions, and how to conduct sessions and run counseling practices that equally align the therapist, prevent burnout, and create prosperity.

-Read the most influential psychotherapeutic and holistic healing books to deepen their understanding of the material.

-Some students will have the opportunity to further deepen their Clinical Skills by conducting therapy sessions with clients at *Positive Energy Holistic Counseling Institute* by working with individuals, couples, families, and groups.

****Non-NYS students or students who do not have a graduate degree in a counseling-based program will practice the AHC skills with volunteer participants.**

COURSE REQUIREMENTS:

Applicants who are licensed in a mental health field AND applicants who are not are both invited to apply.

-By the time of application, Students must have graduated or be graduating from a Graduate-level program in Social Work, Mental Health Counseling, Nurse Practitioner Program, Psychology or Psychiatry Program or related Graduate Field.

-Students who do not have a graduate level education in a counseling-related field WILL be able to take the course and will become a *Certified Advanced Holistic Coach, instead of Counselor*. These students may be healers, coaches, or those interested in the healing fields.

-Students who performed clinical internships in school and/or have post-graduate direct-client experience will be prioritized.

-Students must be able to attend the live weekend trainings (see the dates below).

CURRICULUM & COURSE SCHEDULE

*Course curriculum is subject to change and being revised during the course.

This is dependent upon the evolving material, student needs, and other factors.

WEEK	DATES	TOPIC	LEARNING MODALITY	LOCATION	HOURS	NOTES
	07-09/ 2025	PRE-PROGRAM PREPARATION -Reading -Onboarding -Learning Agreements	Self-Study	Online		
WEEKEND 1	9/26-9/27 2026	MODULE 1-4 Foundations Of Advanced Holistic Counseling™ & Coaching - AHC Orientation -Beginners Mind -Alignment of the layers of the being -Alignment Assessments -Creating Inspiring Intakes & Sessions -Meditation & Mindfulness --Life Coaching Skills - Aligning w a Spiritual Practice Preview & Expansion of MODULE 5 Aligning The Physical Layer -Solving Anxiety & Stress Responses -Breathwork -Somatic Therapy -Polyvagal Theory-Healing the Physical Layer -Peer Counseling Structure -Peer Counseling Assignments	LIVE Training: Learning & Practicum In-Person or Virtual	Positive Energy Holistic Counseling Institute or Virtual		
WEEKS 1-10		MODULE 5 Aligning The Physical Layer -Somatic Healing & Science-based best physical practices -Polyvagal Theory -Repatterning the stress response in the body & neuroplasticity of the brain	Self-Study	Online		

		-Dialoguing with & Healing the physical body, releasing stored cellular memory -Insights, Non-negotiables, Tools				
		MODULE 6 Aligning The Mental Layer -The most effective traditional psychotherapeutic & holistic techniques to align beliefs, thinking, perspectives, & mindset -Limiting Beliefs -Patterning & Programming -CBT, DBT, Family Systems/IFS Parts Work, Trauma, etc. -Shifting lower-mood state thinking to higher-mood state thinking -Insights, Skills, Tools				
WEEKEND 2	12/5-12/6 2026	MODULE 6 Review and Expansion of Aligning The Mental Layer MODULE 7 Aligning The Energetic Layer -Energy Work & Energy Healing Practicum -Vibration and frequency -Manifestation & The LOA -Chakra & Energy Systems -EFT Tapping- Basic & Advanced -Insights, Skills, Tools, Practicum -Energy Healing Modalities -Energy Protection & Clearing -Legal, Ethical, & Professional Protocols & Boundaries -Insights, Skills, Tools	LIVE Training: Learning & Practicum In-Person or Virtual	Positive Energy Holistic Counseling Institute or Virtual		
WEEKS 11-23		MODULE 8 Aligning The Emotional Layer -Most effective traditional psychotherapeutic & holistic techniques -Emotional Literacy -The Biology of Emotions -Emotional injuries & Trauma -IFS Parts Work	Self-Study	Online		

		-Unconscious Repeating Life Themes -Dialectics: Judgment, Radical Acceptance, Compassion & Buddhist Psychology -Insights, Skills, Tools				
WEEKEND 3	3/6-3/7/2027	-Coaching Evaluations -Final Project Info Review & Expansion of MODULE 7 Aligning The Energetic Layer -Mastering Manifesting -Ethical Use of LOA with clients -Clinician's Use of Their Own Energy Review & Expansion of MODULE 8 Aligning The Emotional Layer -Trauma, Challenges, Worst Things -PTSD and Post Traumatic Growth -Emotional Regulation -Psychological Defenses -Integration -Tools to Align Emotional Layer -Healing Emotional Themes -IFS Parts Work -Intro, un-blending, working with managers, working with exiles	LIVE Training: Learning & Practicum In-Person or Virtual	Positive Energy Holistic Counseling Institute or Virtual		
WEEKS 24-35		MODULE 9 Aligning The Soul Layer -The Soul -Enlightenment -Life Purpose -Aligning with your true self -Aligning with growth -Trust -Intuition Development -Being a Powerful Creator -Co creation	Self-Study	Online		

		MODULE 10 Aligning The Spiritual Layer -Spirit & Spirituality -Worth -Co creation of growth -Life Themes -Karma -Non-physical beings -Guides & Angels -Oneness & Interconnection -Changing The Eternity of Your Soul -Types of Trust -Meditation -Aligning Spiritual Thoughts -Prayer -Tools to align the spiritual and soul layers				
WEEKEND 4	5/21-5/22 /2027	Final Project Presentations Review & Expansion of MODULE 9 Aligning The Soul Layer -The Soul -Soul's Growth -Aligning The Soul -Intuition Development Review & Expansion of MODULE 10 Aligning The Spiritual Layer -Spiritual Counseling Practicum -Do's and Don'ts -Spiritual Tenets That Align -Types of Essential Trust -Communicating with Guides & Angels -Big breakthroughs -Working with Resistance, advanced -Boundaries -Countertransference -Prof Development for thriving therapists, counselors, coaches	LIVE Training: Learning & Practicum In-Person or Virtual	Positive Energy Holistic Counseling Institute or Virtual		

		-Dealer's Choice: student's Burning Questions, Q & A, hanging chads				
		-Graduation & Celebration				

*Please note that this Course Curriculum is a general template of the course and is subject to change or modification, based on the students and Institute's needs or at PECC's discretion.

ADDITIONAL LEARNING REQUIREMENTS

LIVE ONLINE TRAININGS	Bi-Weekly, Typically Tuesday Nights	Students will receive LIVE online support, teaching, training, case consultation, and troubleshooting on a bi-weekly basis. The online teacher will provide live instruction about the self-study material and students will be able to submit questions about how to use the material.
PEER-TO-PEER COUNSELING	Weekly/Bi-Weekly	Students will practice the AHC approaches, skills and tools by counseling each other regularly in virtually held Peer-to-Peer sessions. <i>Student pairs will be coordinated once the program starts.</i>
DIRECT-CLIENT EXPERIENCE	Possible 3-5 Clients/Week	<i>Some</i> NYS Students will be given the opportunity to hold a caseload of 3-5 Positive Energy clients/week minimum (there is no maximum). Students will be assigned clients as the program unfolds and in sync to work with the cumulative material. In this practicum opportunity, Students will use the <i>Advanced Holistic Counseling™ & Coaching</i> techniques they are learning, will be Clinically Supervised, will be paid for these sessions, and will earn "C" Clinical Hours (NYS students). All other students and Non-NYS students will practice the AHC skills in their current professional settings as well as with any volunteer clients. Students outside of NYS will receive "Coaching Support" to support them with their clients.
CLINICAL CONSULTATION/ SUPERVISION (for students who are holding sessions with Positive Energy clients)		NYS Students who are seeing Positive Energy clients will receive Clinical Supervision sessions by an experienced therapist on the Positive Energy team to discuss their cases, the implementation of their skills, and countertransference. Those students who are actually

COACHING SUPPORT (for all students in the program who are not treating Positive Energy clients)	2-3 sessions	treating Positive Energy clients will receive regular Clinical Supervision to ensure oversight of the therapist and client. Students will receive <i>Coaching Support</i> to provide individualized one-on-one support in the second half of the program. Coaching sessions are meant to help students troubleshoot AHC questions, fine-tune sessions, apply the AHC tools, and develop success in their counseling careers.
CASE CONSULTATION		During the Live Weekend Trainings and during the Live Online Trainings, there may be some Case Consultation where the group as a whole can discuss case interventions, and receive group supervision.
ESSENTIAL READING		Students will be assigned a reading list which will include 1) several required books and 2) students will select a specific number of books that appeal to them from a recommended list
RESEARCH STUDY PARTICIPATION		Students <i>may</i> also be collecting data from their sessions and about their experience with the AHC model to measure efficacy as part of an ongoing research study collecting empirical data supporting the AHC model.
ORIENTATION TRAINING FOR STUDENTS SEEING POSITIVE ENERGY CLIENTS (only applies to students who will be providing therapy to Positive Energy clients)		Direct Clinical Work with Clients will also be discussed in detail for those students it applies to