

Holistic Courses



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In recent years we have seen a rise in the amount of Holistic Courses becoming available, even from training providers that have traditionally delivered more conventional or mainstream training programs.

This is a wonderful advancement! It means people who want to work as holistic healers and provide a more holistic and complementary service have greater access to appropriate training. Therefore people seeking holistic health care have a better chance of locating professional and competent holistic practitioners.

Holistic Courses tend to be concerned with 'wholes' rather than analysis or separating a person into parts...emphasizing the importance of the whole and the interdependence of each of its parts on each other and as a whole.

Holistic Courses in Healing take into consideration the needs of the complete person, physically and psychologically, in achieving and maintaining good health and in the treatment of a disease.

Along with providing a professional pathway into a high demand career and ensuring an adequate number of professionally trained holistic therapists are available in the community, Holistic Courses also help to raise awareness about Holistic Therapies.

Holistic Courses in the counselling field (like the one we offer here at Inner Voyage) generally provide training for Holistic Counsellors that will enable them to assist their clients to take greater control of their own life experience, develop higher self-esteem and feel more self-empowered, confident and capable. Holistic Courses look at how the person is effected as a whole (physical, mental, emotional and spiritual health) and assists people to implement new, positive behaviours that will promote healing in an integrated way.

General therapies, which may be more traditional and not considered holistic, separate the person into different segments and only treat the apparent problem. For example if a person is feeling constantly tiered and low on energy or motivation. General Therapies will usually isolate the problem and treat it independently of any

other part of the person. So often vitamins or some other medicine might be prescribed in the hope this will increase the persons energy levels. Or they may be prescribed sleeping pills, as the tiredness may be put down to lack of regular sleep.

In Holistic Therapies, we look at, and then beyond, the obvious symptoms to see the whole person. We ask why and seek to treat the immediate problem as well as looking for where the root cause of the problem might be. Holistic Courses are particularly interesting to many people because they require a more instinctive approach than most non-holistic courses do.

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