



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

Training Programme

4 Academic Years (1440 hours)

1344 hours of courses and seminars + 64 hours of group training + 32 hours of individual supervised practice

Training as a Holistic Counsellor is delivered in collaboration with, and on the model of, the training institution La Città della Luce. The seminars will be held partly in Rimini and partly at La Città della Luce, and some courses can be followed online. The first three years of training correspond to the Holistic Practitioner programme, to which a fourth, supplementary year is added to complete the training as a Holistic Counsellor.

The term counselling refers to a professional activity that aims to guide, support and develop the client's potential, encouraging active and proactive attitudes and stimulating the ability to make choices. It deals with non-specific problems (improving interpersonal relationships) that are circumscribed to a particular context (family, work, school).

The Counsellor (or Holistic Counsellor) is a professional in the helping relationship. Through listening, communication skills and relational competences, they help to develop personal resources and to improve relationships in the various contexts of life. Through a space for reflection and experience, the Counsellor fosters the capacity to choose and to change, allowing the strengths and the self-determination of individuals and groups to emerge. The professional supports the client on a path of personal growth and draws on educational tools that recognise the person as part of a larger whole: Reiki, Ayurveda, Yoga, Family Constellations, Bach Flower Remedies, Psychosynthesis, Archetypal Astrology, Art Therapy, etc...

The aim is to support the individual in the attempt to reawaken the original consciousness that is obscured by the standardised education of society, which is unfortunately necessary in order to conform and survive in a cultural organism in which, however, it is increasingly difficult to recognise oneself.

At the end of the second year it is possible to take the exam to obtain the Family Constellations Facilitation qualification.

At the end of the 4-year programme, a final dissertation (of at least 70 pages) is required, on a topic to be agreed with the Academy tutors.

Once the training is completed, it is possible to apply for registration in the professional register of Counsellors of UniCounseling.



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

YEAR 1

COURSE	No.	HOURS
• Usui Reiki - First Level (16 hours) RS	3	48
• Family and Systemic Constellations - Basic Seminar (16 hours) RS	2	32
• Family and Systemic Constellations - Intensive Seminar (32 hours) CDL	1	32
• Residential Intensive "The Hero's Journey" - Part One (48 hours) CDL	1	48
• Journeying with the Goddess/The Sacred Masculine (64 hours) CDL	1	64
• Family Constellations on the Feminine/The Sacred Masculine (16 hours) CDL	1	16
• Love, Sexuality and Couple Relationship (16 hours) RS	1	16
• Introduction to Archetypal Astrology CDL	1	16
Elective courses*	4	64
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

YEAR 2

COURSE	No.	HOURS
Usui Reiki - Second Level (48 hours over 3 weekends)	3	48
Family and Systemic Constellations - Basic Seminar (16 hours)	1	16
Residential Intensive "The Hero's Journey" - Part Two (48 hours)	1	48
Journeying with the Goddess/The Sacred Masculine (64 hours)	1	64
Family Constellations on the Feminine/The Sacred Masculine (16 hours)	1	16
Bach Flower Remedies (32 hours over 2 weekends)	1	16
Elective courses*	7	112
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

YEAR 3

COURSE	No.	HOURS
Usui Reiki - First Level (16 hours)	1	16
Family and Systemic Constellations - Basic Seminar (16 hours)	1	16
Residential Intensive "The Hero's Journey" - Part Three (48 hours)	1	48
Journeying with the Goddess/The Sacred Masculine (64 hours)	1	64
Family Constellations on the Feminine/The Sacred Masculine (16 hours)	1	16
Integrated Enneagram (48 hours over 3 weekends)	3	48
Self-Realisation and Success (16 hours)	1	16
Professional Conduct and Code of Ethics (8 hours)	1	8
Marketing and Self-Promotion (16 hours)	1	16
Elective courses*	5	80
Final Dissertation Supervision		8
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

YEAR 4

COURSE	No.	HOURS
Family and Systemic Constellations - Intensive Seminar (32 hours)	1	32
Residential Intensive "The Hero's Journey" - Part One (48 hours)	1	48
Residential Intensive "The Hero's Journey" - Part Two (48 hours)	1	48
Residential Intensive "The Hero's Journey" - Part Three (48 hours)	1	48
Journeying with the Goddess/The Sacred Masculine (64 hours)	1	64
Transactional Analysis (16 hours)	1	16
Gestalt Counselling (16 hours)	1	16
Dream Constellations (16 hours)	1	16
Evolutionary Constellations (16 hours)	1	16
Elective courses*	3	48
Final Dissertation Supervision		8
TOTAL COURSE HOURS		336
+ Group training (4 hours on Friday afternoons)	4	16
+ Supervised practice as a representative in individual consultations	8	8
TOTAL HOURS		360



ELECTIVE COURSES

COURSE	No.	HOURS
• Meditation Techniques (16 hours) RS	1	16
• Light and Colour - Energy Rebalancing Techniques (16 hours) RS	1	16
• Rigenera: mind, body and soul (16 hours) RS	1	16
• Constellations for Self-Realisation and Success (16 hours) RS	1	16
• Bach Flower Remedies (16 hours) CDL	1	16
• Making a Shamanic Drum (16 hours) CDL	1	16
• Foot Reflexology (32 hours) CDL	3	32
• Akashic Records (32 hours) CDL	3	32
Other elective courses from the La Città della Luce calendar		



RIMINISCENZE

OLISTICHE

HOLISTIC COUNSELLOR ACADEMY

SINGLE FORMULA

360 hours over 12 months with constant support

If you have already attended seminars or bought a personal growth hour package, these can be counted as Academy training hours and the enrolment fee will be recalculated accordingly.

ENROLMENT FEE

3500,00 € /year

Payable with a first instalment of 950,00 € and 3 further quarterly instalments of 850,00 € or seven instalments of 500,00 €

A customised instalment plan over 12 months can also be requested.

It is also possible to begin the personal growth path by attending a few seminars of your choice and to decide later to enrol in the training; in that case the hours already attended and the corresponding fees already paid will be deducted.

For any information, I am at your disposal.

Jyoti Leila Sadegholvaad - 333 2588114

riminiscenzeolistiche@gmail.com