



RIMINISCENZE

OLISTICHE

HOLISTIC PRACTITIONER ACADEMY

Training Programme

3 Academic Years (1080 hours)

1008 hours of courses and seminars + 48 hours of group training + 24 hours of individual supervised practice

Training as a Holistic Practitioner 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 Holistic Practitioner is a facilitator of energetic balance, evolution and personal growth, working with multidisciplinary skills and integrated approaches through the use of natural, energetic, artistic and meditative techniques.

The Holistic Practitioner supports the natural process of transformation, empowerment and the person's overall awareness, and promotes an ecological and sustainable lifestyle. What makes the Holistic Practitioner essential is their awareness of the global cultural situation and of the importance of working on human consciousness in order to steer the present state of the planet towards a positive, ecological and sustainable direction. They work mainly in Holistic Centres and Cultural Associations for Social Promotion, to improve performance and enhance the quality of individual and social life.

The Holistic Practitioner is not a therapist, does not make diagnoses and does not treat physical or mental illnesses; they do not prescribe medicines or remedies, and therefore are not in conflict with official medicine – on the contrary, they collaborate with it.

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 programme, a final dissertation (of at least 30 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 Holistic Practitioners of Fedolistica.

A fourth year of training can be added in order to register as a Holistic Counsellor.



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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



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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



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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



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		



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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.

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