

Therapeutic Coaching® Certification Program

Admission to the Therapeutic Coaching Program requires students to fill out the enclosed application, send it along with an application fee of \$25.00 and attend an open house. Please see the enclosed schedule for open house dates.

TC-101-Therapeutic Coaching

\$7,500

TC-102-P—Practicum and Certification

Included

Tuition includes class manual, textbooks, cost for class retreat, liability insurance for time in class and graduation ticket.

The Therapeutic Coaching® Program is a year-long, 500 hour intensive, integrative certification Program. There are 350 class hours, and 150 hours of additional work which includes prep, study, assignments and practicum. Unlike many other coaching programs, this unique program will offer a thorough hands on learning environment where you can experience and practice coaching skills as you learn them. You will be able to watch elegant demonstrations of the material being taught as well as being able to receive one-on-one feedback from the instructors to enhance your learning process. The Therapeutic Coaching® Program includes skills and techniques from the following fields:

Hypnosis
Systems Theory
Quantum Physics
Developmental Stages
Life Cycle Changes
Motivational Counseling
Team Building and Leadership
Neuro Linguistic Programming

Learning Styles
Gestalt Therapy
Emotional Intelligence
Past Life Healing
Experiential Learning
Professional Development
Couples Communication Coaching

Our 15 month program will teach you all the skills you need to begin to assist people in achieving their goals, breaking through obstacles and maintaining success in any area of their lives. You will be able to understand how a problem is linguistically coded at the unconscious level through the use of language and structure your language to produce the most profound change in the least amount of time. You will be able to work with clients one on one, over the phone, work with large or small corporations, the applications are endless! The Meta Institute strives to provide the most optimal learning environment to enhance the learning experience for the student. Here are just a few of the applications and/or areas you can apply your therapeutic coaching skills to:

- Career shifts or enhancements
- Performance enhancement (ie. the arts, theater, sports, academics, public speaking, organizational teams, management, etc.)
- Mind/Body/Spirit healing and integration
- Corporate turn around specialist
- Quality communication enhancement for families, couples, and individuals
- Increase emotional intelligence

In addition, your Therapeutic Coaching® skills can be combined with other modalities to further enhance your clients' growth experience.

TC-102-P-Therapeutic Coaching Practicum and Certification \$Included

This is a required course for students wishing to be Certified as a Therapeutic Coach®. The Practicum will run concurrent with the course work. Practicums must be completed by the end of the 15 months. Practicums are individually designed to meet the needs of the student and criteria for certification. Students should be prepared to spend at least 150 hours completing their practicum. Practicum includes written reviews and 4 case studies using your skills as a Therapeutic Coach®. Practicum work includes outside study, review, and written assignments. Together, this course and practicum combine to create the most comprehensive 15 month long training program in Coaching available today.

Employment Opportunities

Employment options for The Meta Institute graduates of Therapeutic Coaching, include developing a private practice, enhancing your current scope of practice of clinical practice or business consulting and depending on your current educational status, a growing number of positions in human resource departments, hospitals, hypnosis clinics, human service agencies, performance coaching, corporate consulting and management. Typical coaching hourly wages vary widely from \$60 to \$250 per hour, and are in great demand in the Corporate and private sector.

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at one of our free Open Houses. To receive an application and information packet please call us at 952.831.6382 (meta) or e-mail: metainst@msn.com

Therapeutic Coaching® Absences Policy:

Students will be dismissed from the program for excessive absences. If a student is dismissed for excessive absences the refund policy stated in the enrollment agreement will apply

- 1-4 Days Student must make up all required work as stated above.
- 5-7 Days Student must make up all required work as stated above and is placed on probation until completion of program.
- 8-9 Days Student may be dismissed at the discretion of the trainers.
- 10 Days Student is automatically dismissed from the program.

Certifications Awarded

Students who successfully complete all required course work and practicum will receive the following Certifications:

***Certified Therapeutic Coach®
Certified Practitioner of NLP
Certified Master Practitioner of NLP
Certified Master Hypnotherapist
Certified Master Practitioner of Humanistic
Neuro-Linguistic Psychology™***



Therapeutic Coaching® Trainers' Training Certification

Admission to the Therapeutic Coaching® Trainers' Training Certification program requires students to successfully complete the Therapeutic Coaching Certification class and fill out the enclosed application and send it along with an application fee of \$25.00.

TC-TT-103-T. C. Trainer's Training Certification

\$9,000

TC-TT-104-P—Practicum and Certification

Included

Tuition includes class manual, 2 years professional liability insurance, retreat room & board.

The Therapeutic Coaching® Trainers' Training Certification Program is a 26-30 month, 160 class room hour, intensive, hands on, Certification Program. There are 900 hrs of practicum which includes prep, study, assignments and teaching and training both internally and externally that are part of the practicum. Unlike many other Trainers' Training programs, this unique program will offer a thorough hands on learning environment where you can experience and practice Training skills as you learn them, receive immediate feedback and have the opportunity to put your skills to practice with hands on supervisory and coaching support. You will be able to watch elegant demonstrations of the material being taught as well as being able to receive one-on-one feedback from the instructor to enhance your learning process. Video taping of your training experience is utilized to support your development as a Trainer. The Therapeutic Coaching® Trainers' Training Program includes the following skills and techniques:

NLP Communication Model
Basic Presuppositions of Training
Chaos & Order and Dissipative Structures
Steps to Using Chaos Theory as an Ally
Morphogenic Fields
Transforming Realities in Training
Group Process Developmental Stages
Forming, Storming, Norming and Performing
Group Rapport
Working with the Unconscious Leader
Hypnotic Feedback Sandwich
General Guidelines for Effective Feedback
Ideas for Utilizing Participants Feedback
Satir Categories in Training

Stage Anchoring Layout
Multi-Embedded Metaphor
Demo Using Metaphor with Auditory Anchoring
Principles of Suggestion in Training
Effective Presentation
Audience/Group Induction
Training Assessment Questions
Learning and Training Styles
The 4-Mat System
The "Classical" NLP Training Design
Story Boarding
Hypnotic Suggestion in Training Design
The Use of Language in Training Design for
Maximizing Learning and Change Effectively

Therapeutic Coaching® Trainers' Training Certification

TC-TT-104P Practicum and Certification

\$Included

This is a required course for students wishing to be Certified as a Therapeutic Coaching® Trainer. The Practicum will run concurrent with the course work. The Practicum must be completed by the end of the 26-30 months. The Practicum is individually designed to meet the needs of the student and criteria for certification. Students should be prepared to spend at least 900 hours completing their practicum. First Year Practicum includes: Assisting within a Therapeutic Coaching® Class one weekend a month, preparing & delivering student evaluations, evaluating & coaching students on their performance during exercises, facilitating student study groups, presenting at Open Houses, teaching segments of existing classes at The Meta Institute, one-two times per month, present a 1-3 hour workshop, present a 1-3 day workshop. Supervision groups meet one time per month for 5 hours providing extensive feedback post-delivery of trainings. Second Year Practicum includes: All of the above as well as presenting 6-10 Therapeutic Coaching segments in a Therapeutic Coaching Class and demonstrations of techniques during teaching process. Written comprehensive testing is administered to insure course content proficiency. Together, this course and practicum combine to create the most comprehensive, 26-30 month long Trainers' Training program in available in the Coaching field.

Employment Opportunities

Employment options for The Meta Institute graduates of Therapeutic Coaching® Trainers' Training Certification, include developing a Training practice, enhancing your current scope of Training, providing Training to corporation or organizations as a consultant. Working at The Meta Institute as a Trainer in house and as a per-diem instructor. Trainers in today's market earn anywhere from \$100 a day to \$1,000 a day depending on skill and experience and the content and size of the training.

Certifications Awarded

Students who successfully complete all required course work and practicum will receive the following Certifications:

***Certified Trainer of Therapeutic Coaching®
Certified Trainer of Neuro-Linguistic Programming
Certified Trainer of Hypnosis***

Spiritual Therapeutic Coaching™ Certification Program

Admission to the Spiritual Therapeutic Coaching™ Program requires students to fill out the enclosed application and send it along with an application fee of \$25. You will be called to set up an interview with Mary Beth following submission of a completed application.

STC-101-Spiritual Therapeutic Coaching™

\$5000

STC-102-P—Practicum and Certification

Included

Tuition includes class manual, textbooks, materials for in class projects.

The Spiritual Therapeutic Coaching™ Program is a 16 month, integrative certification Program. There are 162 class hours, and 100 hours of additional work which includes prep, study, assignments and practicum. This unique program will offer a thorough experiential learning environment where you can experience and practice spiritual coaching skills as you learn them. You will be able explore and connect to what aspects of the spiritual realm you choose to connect with on your personal journey. This experience will include demonstrations of the material being taught as well as being able to receive one-on-one feedback from the instructors to enhance your learning process. The Spiritual Therapeutic Coaching™ Program includes skills and techniques from the following fields:

Levels of Consciousness	Jungian Psychology
Metaphor	Intentional Cooking
Quantum Physics	Energy
Anatomy and Physiology	Chinese Medicine
Numerology	The Tarot
Field Trips	The Kabbalah
Alchemy	Natural Elements
Ritual	Dreams
Greek Mythology	Animal Totems
Mandalas	Past Life Regression
Spiritual Astrology	Spiritual Cleansings
Eastern Spiritual Practices	Planes of Existence

Our 16 month program will teach you all the skills you need to begin to assist people in achieving their spiritual goals, breaking through obstacles and maintaining success in any area of their lives on a deeply personal level. You will be able to understand and assess a person’s connection to their spirit. You will be able to work with clients one on one, or in groups. The Meta Institute strives to provide the most optimal learning environment to enhance the learning experience for the student. Here are just a few of the applications and/or areas you can apply your therapeutic coaching skills to:

- Career shifts or enhancements
- Performance enhancement (ie. the arts, theater, sports, academics, public speaking, organizational teams, management, etc.)
- Mind/Body/Spirit healing and integration
- Quality communication enhancement for families, couples, and individuals
- Increase emotional intelligence

In addition, your Therapeutic Coaching® skills can be combined with other modalities to further enhance your clients' growth experience.

STC-102-P—Practicum and Certification

Included

This is a required course for students wishing to be Certified as a Spiritual Therapeutic Coach™. The Practicum will run concurrent with the course work. Practicums must be completed by the end of the 16 months. Practicums are individually designed to meet the needs of the student and criteria for certification. Students should be prepared to spend at least 30 hours completing their practicum. Practicum includes written reviews and 2 -3 case studies using your skills as a Spiritual Therapeutic Coach™. Practicum work includes outside study, review, and written assignments. Together, this course and practicum is combined to create the most comprehensive 16 month long training program in Spiritual Coaching available today.

Certifications Awarded

Students who successfully complete all required course work and practicum will receive the following Certifications:

Certified Spiritual Therapeutic Coach™

Application Process

Please complete the application form. Write a personal essay that explains in detail your motivation for taking the class, what spiritual beliefs you have and if you practice it a particular way. Fill out the reference form providing 2 personal references. Schedule an interview with the instructor: Mary Beth Tracy.

Pre-requisite for Applying

Current Certification in Therapeutic Coaching®

Or

Completion of the eight month of the course with a passing grade and at least very good rating at evaluation.

If you would like to speak with the instructor over the phone or in person, please call to make an appointment. You can also reserve a seat at one of our free Open Houses. To receive an application and information packet please call us at

952.831.6382 (meta) or e-mail: metainst@msn.com