



2020/21

Student Elective Booklet



Electives

You will love our range of electives. These are designed to allow you to deepen your expertise in areas that interest you most. Of course many students find it hard to choose and you can complete additional electives as part of your course. Additional electives (on top of those covered in your course fees) are available. Just contact ACMM to organise this.

You will receive a separate Certificate for each elective completed at the end of the course.

You can complete your elective alongside the core course work, or put your next session on hold while you complete the elective. Around Session 6 is the optimum time to complete some electives. Case Study and Assessment time is also a good time, as you will have completed your other coursework and will have more time available.

Coaches for electives tend to specialise in the area taught, so you may have a different coach for your elective, than for your core sessions. Please note that once you have received an elective you are deemed to have commenced that elective. So it will count as a choice regardless of whether you complete it.

The elective is completed in a similar way to your regular course work session. Complete the elective coursework and submit the response sheet to the coach for that elective. Once your coach has received your work, they will contact you to book a coaching call time. Please note that your elective coach may not be the same as your coursework course since our elective coaches are chosen for their expertise in particular areas.

Specialist study streams

If you are doing the Advanced Certificate you can choose from one of our specialist study streams:

a) Workplace Meditation and Mindfulness

- 3 electives: Mindfulness & Buddhist Psychology, Corporate Meditation & Mindfulness, Workshops & Classes, Advanced Facilitation Skills
- 6 electives (the above core electives PLUS choose any 3 of the following): Journaling for Clarity, Bringing Mindfulness Home, Deepening through Meditative Inquiry, Supporting Anxiety and Trauma with Presence

b) Community and Support Groups

- 3 electives: Bringing Mindfulness Home, Journaling for Clarity, Meditation for Pain, Grief and Dying
- 6 electives (incl the above core electives PLUS choose any 3 of the following): Mindfulness and Buddhist Psychology, Heart Centred Practices, Supporting Anxiety and Trauma with Presence, Women's Circles, Meditation for Parents and Children

c) Mental Health and Wellbeing

3 electives: Journalling for Clarity, Supporting Anxiety and Trauma with Meditation and Mindfulness, Heart Centred Practices

6 electives (incl the above core electives PLUS choose any 3 of the following): Meditation for Parents and Children, Deepening through Meditative Inquiry, Meditation for Pain, Grief and Dying, Meditation and the Chakras, Mindfulness and Buddhist Psychology

d) Spiritual Meditation

3 electives: Meditation and the Chakras, Spiritual Meditation and Deepening through Meditative Inquiry

e) Meditation for Women

- 3 electives: Journalling for Clarity, Women's Circles and Heart Centred Practices
- 6 electives (incl the above core electives PLUS choose any 3 of the following): Advanced Facilitation Skills, Workshops and Classes, Meditation and the Chakras, Mindfulness and Buddhist Psychology, Deepening through Meditative Inquiry, Bringing Mindfulness Home

Note:

When you graduate with our Specialist Certificates, your Advanced Certificate will read:

Advanced Certificate in Guiding and Teaching Meditation and Mindfulness - Specialising in: E.g. Workplace Meditation

You can complete more than one Specialist Stream by completing the additional electives for that study stream. In this case your Advanced Certificate would read:

Advanced Certificate in Guiding and Teaching Meditation and Mindfulness - Specialising in: E.g. Workplace Meditation and Meditation for Mental Health and Wellbeing.

Additional electives of your choice may be purchased and added to the specialist study program.

Meditation and the Chakras

No Prerequisites

Chakras are an incredible tool for self-discovery and meditation. Learn about the chakra system and how to harness this amazing knowledge experientially into your meditation practice.



Each chakra is a world of its own that unlocks key aspects of our personality and unconscious world. Take an extensive journey into the chakras and become confident at understanding and using them as a tool for meditation, self-awareness and personal development. For each chakra you will explore the meaning and life issues covered, explore the ways that blockages in the chakra manifest in your daily life and your physical body, and how to overcome them by addressing the underlying emotional or mental issues.

In addition, each chakra section introduces you to a variety of meditation techniques to work with that chakra and affirmations and journaling questions for you to work with. So much fun, so interesting and a real journey! You submit your answers every fortnight (assuming you spend a week on each chakra- you can spend longer) and receive written feedback for each chakra, as well as a coaching call at any time throughout the program.

Approx. 18-20 hours coursework and meditation practice.
Written feedback and support call with a coach

[Find out more about this elective by clicking here to watch this video](#)

Journalling for Clarity

Highly recommended.
No Prerequisites.

Chakras are an incredible tool for self-discovery and meditation. Learn about the chakra system and how to harness this amazing knowledge experientially into your meditation practice.

Learn self-care tools to support your meditation practice.



Emotions and everyday problems can weigh on our mind and prevent us from being able to meditate effectively. This daily program gives you the opportunity to try effective journalling techniques to help unload stressors and move into a clearer and more positive frame of mind. When you begin to teach, these tools can also be used with your groups.

This is a 6 week Journalling and Meditation program.

Approx. 22 hours journalling and meditation practice.
Written feedback and support call with a coach

[Find out more about this elective by clicking here to watch this video](#)

Meditation for Parents and Children

Prerequisite: Session 6 Core Coursework
Text book purchase required

Our most popular elective!

Learn how to create engaging and captivating meditation journeys for children of all ages. (Infants, toddlers, pre- schoolers, primary school age and adolescents).



This elective covers:

- Meditations children and parents at each of the developmental stages
- Relaxation for children
- Mums and bubs infant meditation
- Teaching children simple meditation techniques
- Follow up activities to run for children
- Music and moving meditations
- Creativity and Meditation
- Healing meditations for the inner child in adults.

Meditation for children with special needs.

Approx. 30 hrs coursework. Written feedback and 2 support calls with a coach.

Here's a FREE sample of what you will be able to create if you choose to do the Children's meditation elective.

[CLICK HERE for access: Children's Grounding Meditation](#)
[by Julie Bond-Rowe](#)

Meditation Workshops and Courses

Prerequisite: Session 8 Core Course Work

Do you want to run meditation workshops, retreats, groups or one off meditation events?

In this elective – you tell us what you feel drawn to create and we will help you get your project off the ground.



Our extensive experience is here to help you make your dreams a reality with encouraging support. You will be mentored throughout the journey of bringing your project to fruition through a structured program of questions and activities.

Approx. 20 hours. This elective involves a workshop project for you to create based on your special interest, written feedback and a coaching call.

Mindfulness and Buddhist Psychology

Prerequisite: Session 6 Core Coursework

Take a deeper journey into the world of mindfulness and learn from the masters. (Textbook & audio purchases required).

There is a good reason that Mindfulness is such a popular form of meditation. It works very well and has its roots in ancient Buddhist practices that evolved over thousands of years.



In this elective, you will be guided on a journey with the Mindfulness Masters and introduced to a variety of ways that Mindfulness can enhance your life.

In addition you will be taken on a practical and personal journey through the tenets of Buddhist psychology and how they apply in everyday life.

Spiritual Meditation

Prerequisite: Session 5 Core Course Work

Bring another dimension to your meditation groups or workshops by introducing your clients to spiritual meditation.

Do you have a passion for sharing your love of energy and the sacred with others?



Create rituals and journeys that embody the philosophy and teaching that you wish to share with your group.

Modern Western life has largely lost the tribal art of ritual, honouring and celebration. This elective supports you in bringing the sacred back into your life and your meditation teaching.

Meditation to support pain, grief and dying

Prerequisite: Session 5 Core Course Work

A profound journey that explores our beliefs around death and how they shape the way we deal with it as a reality.

Gathering the work of Frank Ostaseski, Elizabeth Kubler-Ross, Jon Kabat-Zinn and Ian Gawler to

explore death, grief and pain and how pain may be supported with meditation. Looking also at a multidisciplinary approach to pain. In this elective you will hear from cancer sufferers talking about the particular ways that meditation is helping them manage their journeys.

This is a deep and insightful elective, and like all our electives, it will take you on a journey to explore anything triggered by these topics in order for us to be better placed to help others.



Watch this video of Felicity talking about Meditation to support pain, grief and dying.

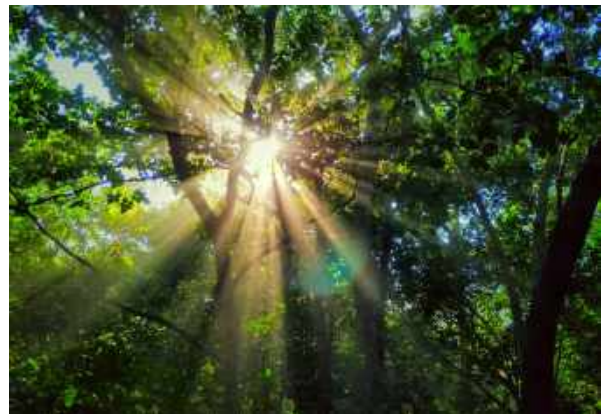
Deepening through Meditative Inquiry (NEW)

Prerequisite: Session 8 Core Coursework

Meditative inquiry is an incredible practice for gaining insight into the physical world, as well as for self reflection and deep- diving.

Explore life using various objective and subjective techniques including Self-Inquiry as made popular by Bhagavan Sri Ramana Maharshi, (1879 – 1950) an Indian sage from the Hindu / Advaita tradition.

You'll inquire into what it means when you say, 'I' using teachings from Sri Ramana Maharshi, Gangaji and Rupert Spira to support you on this 'path, that isn't a path'. You will of course, learn how to guide others in Self-Inquiry practices.



Corporate Meditation and Mindfulness (NEW)

Prerequisite: Session 5 Core Course Work

Meditation and mindfulness in the corporate world is growing fast - very fast! Do you want to get involved?

This elective thoroughly prepares you to deliver meditation and mindfulness programs in the workplace with:

- Detailed ideas for various delivery formats, program types and levels.
- How to foster connections and communicate effectively.
- Defining your target audience and marketing yourself.
- How to win work; creating proposals, pricing and structure.
- Measuring outcomes and client reporting.
- Delivery methods and practical hints for teaching in this sector.
- Developing documentation.
- Space to create and develop your own program.
- Customizing the practices to your audience.



Bringing Mindfulness Home (NEW)

- No pre-requisites

Bringing mindfulness home offers a beginners program to learn more about mindfulness and how it can support you in your daily life. This program offers step by step techniques and activities that support you in incorporating this ancient art into your life.



In this elective you will learn how it can be done easily and simply; dispelling myths and misconceptions around mindfulness.

This program supports the quieting of incessant mind chatter and helps to reduce stress. It delves into a variety of mindfulness techniques so that you can find the one/s that fit best for you. It offers ways to support a number of issues and challenges faced in modern life.

Supporting Anxiety and Trauma with Presence (coming February 2021)

- Pre-requisite to be advised.

This elective explores the origins of anxiety and the connection between how the body and mind respond to fear.

Each person is whole and complete and the experience of fear is a natural and understandable part of being human.

It's not an illness or disorder to be fixed or healed and is impacted by a person's life experience and the culture.

You will be introduced to a range of practices from mindfulness and meditative traditions that support awareness and connection with compassionate presence.

Trauma will be examined in the context of its relationship to anxiety. You will learn some basic trauma sensitive principles and guidelines that you will be able to integrate into your meditation and mindfulness teaching.



Women's Circles (coming February 2021)

Prerequisite: Session 5 Core Course Work

Do you have a desire to create an empowering, sacred and healing space for women?

Throughout history women have gathered in circle to share wisdom and support one another.



With the rise of the feminine, modern women are now seeking this type of sacred belonging and deeper connection again.

In this elective you will be supported in creating and holding your own unique women's meditation circle.

You will explore your own relationship with the feminine in your life and how this might inform the way you support women, as well as exploring techniques that help our feminine aspect thrive.

Advanced Facilitation Skills for Meditation Teachers (coming March 2021)

- Pre-requisite Session 8 core course work
- Textbook purchase required

How do you bring together and facilitate special events like workshops and retreats?

How do you create successful events that have that special touch of “wow” magic?

How do you create content and programs that really touch people?



In this elective Lisa brings together the skills and techniques that she uses to develop life changing programs that stimulate deep growth and change; life-based curriculum.

Lisa has 18 years of group facilitation experience and 14 years of course creating experience and is looking forward to helping you upgrade your facilitation skills to a new level.

A great companion to the Workshops and Classes Elective.

Opening to the Heart's Wisdom - Heart Centred Practices (coming March 2021)

- Pre-requisite Session 5 core course work

Enjoy cultivating and opening to a deeper heart connection in your work, life and practices.

This elective draws on practices and philosophy from Buddhism, modern Mindfulness and the Heart-Math Institute.



We explore loving kindness, compassion and empathy, joy and rejoicing, equanimity and peace of mind – the 4 Divine Abodes. We also draw on work of current meditation teachers: Tara Brach, Jack Kornfield, Sharon Salzberg and Pema Chodron.

This is a practical, hands on elective that helps you directly embody deep concepts and attitudes into your life, teaching style and curriculum.

"I look forward to hearing the meditations you create and enjoying that special voice that you will soon share with many others"

- Lisa Forde
ACMM Principal