



LIFE MASTERY PRACTITIONER

Course Breakdown

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Free Introductory Module

- What is Life Mastery?
- What is Healing?
- Overview of the course content, introduction to practitioner training in general
- Explanation of shamanism, energy healing, psychotherapy, counselling - differences and similarities
- Why you need to do your inner work to be a Life Mastery Practitioner
- Confidentiality - what it is and why it is important
- Client duty of care - what it is and why it is important
- Working with your own expectations
- What you will be able to do after you become certified

Module 1 – Self-Mastery

This is approx 12 weeks long, self-paced learning with a written assessment based on observation and journalling. There will also be live zoom calls and community building in our online group.

1. Archetypes and the human psyche
 - Archetypes and Psyche
 - The Ego Structure, the inner landscape and embodiment
 - Dream work
 - Image work
 - How to speak to your soul

2. Spiritual Foundations

- A way of being, A way of connecting
- A way of thinking, A way of interacting
- Frequency and vibration
- Right relationship
- Congruence and authenticity
- Alignment, embodiment, discernment
- Ethos, integrity and confidentiality.

3. Healing the Aspects of Your Self

- Heal your Inner Child - 3 sessions
- Heal your Inner Teenager - 3 sessions
- Heal your Inner Wounded Adult - 3 sessions

Module 2 Energy Healing

This is approx 7 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment

- The basics of grounding, centring and healing
- ATTUNEMENT TO GOLDEN HEALING LIGHT
 - Energy Healing self-practice
 - Principals of energy healing
 - Self-organisation
- High Frequency Lightworker Intensive
 - Energy Healing, Chakras, spiritual hygiene
 - Shamanic work, Shamanic Energy Healing
 - Crystals, Angels, Ascended Masters and Deities
 - Cosmologies, archetypes, Merkaba healing

Module 3 Shamanic Counselling Skills

This is approx 10 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment. You will receive your first client PROTOCOL for SHAMANIC COUNSELLING.

This is the first time you will be working with clients – choosing partners from the student cohort and working with each other.

- What is Shamanism
 - The shamanic worlds
 - How to go on a journey
 - Visiting the 3 shamanic worlds of this realm
- Shamanic Energy Clearing Techniques
 - Techniques
 - Boundaries
 - Cord Cutting
- Power Retrieval
 - How to do it
- Soul Retrieval
 - Calling back your soul
 - Various methods for Soul Retrieval
- The Hollow Bone – Shamanism and the Psyche
 - Imagination, the psyche and healing
 - Shamanic landscape
 - Power animals
 - Anchoring and stabilising
 - Energy healing linking to Shamanism

Module 4 Counselling and Psychotherapeutic Skills

This is approx 8 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment. You will receive a protocol for COMPASSIONATE LISTENING and will be invited to begin practice client sessions with family and friends, as well as each other.

- Introduction to Counselling
 - Difference between counselling, psychotherapy and psychiatry
- Elements of Counselling
 - A Brief History of Counselling
 - Authenticity, Congruence and continuity
 - Empathy vs Sympathy
 - Integrity and Trust
- The rules of Counselling
 - No assumptions or advice
 - No should's, collusion or attachment to outcome
 - No judgement
- Introduction to Psychotherapy
 - Mixing psychotherapy psychology and counselling
 - Attachment theory
 - Projection and transference
- Deconstructing a Counselling Session
 - Traditional counselling session broken down into parts
 - Life Mastery vs Traditional Counselling
- Counselling Techniques
 - Compassionate Listening
 - Therapeutic Questioning
 - Reflecting and Reframing
 - Working with emotions
 - Working with the aspects of your client
- Psychotherapeutic Techniques

- GESTALT – two chair technique
 - Exploring limiting beliefs
 - Future Proofing
 - Focusing
 - Journalling
- Professional Note Taking, confidentiality and record-keeping

Module 5 Energy Healing Based Mindfulness

This is approx 8 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment. You will receive a protocol for ENERGY HEALING BASED MINDFULNESS and will be invited to participate in practice client sessions with family and friends, as well as each other.

- The Practice of Mindfulness
 - Traditional mindfulness practices
 - Working with the mind not against it
- Mindfulness Techniques
 - Various techniques PLUS practice
 - Alchemy of the Mind – words as frequency
- Combining Mindfulness with Energy Healing
 - Basic practices
 - Using Ho'opono'ono
 - Affirmations as medicine
 - Various other techniques
 - Application of soul retrieval and power retrieval in mindfulness practices
- Healing for the physical Body
 - Basic practices
 - More advanced practices
- Healing the Emotional Body
 - Basic practices
 - More advanced practices

Module 6 The Practice of Client Work

This is approx 11 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment. You will receive your LIFE MASTERY THERAPY protocol and asked to work with friends and family, and people you have not met yet to finalise your Module 6 assessment hours. You are now required to attend group SUPERVISION sessions.

- Duty of Care and Ethics
- Getting clients
 - Intake forms
 - Working with the person and not the issues
- Fully Informed Consent and Contracting
 - Client responsibilities
 - Therapist responsibilities
- Boundaries and ethics
 - Spiritual hygiene
 - Space holding
 - Avoiding co-dependency
 - Number of sessions needed
 - Opening and closing a session
- Work life balance as a therapist
 - Avoiding burnout
 - Duty of care to yourself
 - Energetic boundaries
 - Scheduling your availability
- Creating Good, Strong Energetic Boundaries – session 1,2 and 3
- Advanced Life Mastery Techniques
 - Cord Cutting with clients
 - Affirmations with clients
 - Soul and Power retrieval with clients
 - Working with the aspects of your client
 - Energy healing for bereavement
 - Working with relationships
 - Working with YOUR best healed self

- Embodiment techniques
- Working with Trauma during a client session
 - Online
 - In-person
- Why people don't want to heal
 - Self-sabotage
 - Breaking through blocks to healing

Module 7 The Practice of Being a Therapist

This is approx 6 weeks long with self-paced videos, live sessions, zoom check-in calls and prescribed self-practice and written assessment. You will receive a 6 week TEMPLATE for running ENERGY HEALING BASED MINDFULNESS GROUPS

- Running Your Therapeutic Practice
- Business Administration
 - Financials
 - GDPR and client records
 - Ethics
- Getting new clients
 - Branding
 - Website
 - Email marketing
 - Networking
 - Social media
- Recording materials for your clients
 - Using audacity
 - Music and copyright law
 - Using your audio to attract more clients
- Running Energy Healing Based Mindfulness Groups
 - Managing groups online
 - Managing groups in real life
 - TEMPLATE for 6 weeks Class you can adapt for yourself
- Introduction to Cognitive Behavioural Therapy

- What is CBT
 - History and origins
 - Applications of CBT
- Cognitive Behavioural Therapy
 - What is it
 - How does it work
 - Using it with yourself
 - Using it with clients
- Rational Emotive Behavioural Therapy
 - What is it
 - How does it work
 - Using it with yourself
 - Using it with clients

CERTIFICATION AND ASSESSMENT

Once you hand in your client hours for Module 6 and your assessment requirement for Module 7 you are now clear to work towards CERTIFICATION.

CERTIFICATION

You will need 20 additional client hours plus 8 hours supervision to become a CERTIFIED Life Mastery Therapist. You are also required to undertake 2 ten minute demonstrations.

There is no time limit for this but we recommend you work towards completion without taking a break from the work. You can charge low-cost for your client sessions. We will have a Low-Cost clinic on our Life Mastery Therapy website for clients to apply to see you for sessions. If you want one-to-one supervision this will be available with an additional fee. Once you are certified we will give you a certificate and a badge that you can put on your website. If you wish to continue to take part in the Low-Cost Clinic we will keep your name on the website until you tell us otherwise.

ACCREDITATION

Once you are CERTIFIED you have an opportunity to become ACCREDITED. This is a professional pathway that will deepen your learning and connection to the Life Mastery Practitioner school.

Benefits of accreditation include:

- Use of our accreditation mark on your website and business materials
- A listing on our practitioner register so you get clients via our marketing efforts
- Membership of the Complementary Medical Association of the UK, Ireland and the USA and use of their membership badge on your website and business materials
 - Access to their support structures and insurance facility
- Continued connection to the school and opportunities to facilitate upcoming students
- First access to advanced modules, continuous personal development webinars, conferences, etc.

You need:

60 post certification client hours plus 8 supervision hours. There is no time limit for this. Your accreditation lasts for 18 months. Supervision hours will be charged based on the experience of the supervisor you choose.

RE-ACCREDITATION

You need a minimum of 8 supervision hours plus 16 Continuous Personal Development (CPD) hours to become re-accredited with the Life Mastery Practitioner School.



If you would like to apply to become a Life Mastery Practitioner
please visit <https://www.lifemasterypractitionerschool.com/>

