

Calendar

The Wellness Counselor Career Training and Certification Program is offered three times a year; in the Spring, Summer and Fall. It is an 8-week course that meets on Sundays from 10 AM-6 PM and Wednesdays from 5:30-9:30 PM.



Course Topics

Each Sunday course is dedicated to counselor training skills while each Wednesday course focuses on the business aspects of being in private practice.

Sundays: Counselor Training Courses

Psychology 101

From Fear to the First Session

Foundations of Wellness Counseling

How Emotions Affect Individuals
Relationships

Hypnosis for Change

Success Coaching

Practical Applications

From Bud to Blossom

Wednesdays: Your Counseling Business

Self-Evaluation for Transformation

Attracting What You Believe Say and Do

Vision and Values

Refining Your Vision

Finding Your Niche Market

Insuring Success

Personalized Mentoring

Admissions Requirements

Applicants seeking admission into the Wellness Counselor Career Training and Certification Program must:

1. Hold a high school diploma or a high school equivalency certificate.
2. Be at least 25 years of age (younger students who have matured due to extenuating life circumstances and who intend to counsel peers shall be considered.)
3. Possess a positive attitude, an entrepreneurial spirit and a desire to succeed.



Quotes from Alumni

"Just do it! It's the best opportunity you'll have in this lifetime to discover all you can be, do and have."

Lore Brienig
Certified Wellness Counselor

"The course content far exceeded my expectations for quality."

Marci Lyons, LMT
Certified Success Coach

"Sunny is fantastic! She teaches from the heart and soul with all the enthusiasm that life offers."

Beverly Cabrera
American Savings Banker and certified wellness counselor

Applying for Admission

The admissions process is designed to ensure a good match between the applicant and the Hawaii Wellness Institute. Qualification for admissions is placed on a student's ability to work independently, to articulate clearly, and to exhibit a passion for working empathetically with people.

Class size is limited. Students are accepted on a first come, first served basis. All applicants should read the School Policies for details on admissions, financial aids, and work scholarships. Applications are considered complete when all of the following materials have been received by the Hawaii Wellness Institute.

- 1) **Application form**
- 2) **Typed essay** identifying life obstacles, how those obstacles were overcome, and how they will enhance your skills as a wellness counselor.
- 3) **Non-refundable \$100 application fee** payable by check or major credit card to the Hawaii Wellness Institute.

Tuition Fees

Application Fee: \$100

Tuition ranges from \$2,050 – \$2,250 per 8-week semester. See School Policies brochure for details.



For further information:

The Hawaii Wellness Institute
47-320 Lulani Street, Kaneohe, HI 96744
(808) 239-7908
www.untherapy.com



The Wellness Counselor Career Training & Certification Program

Untherapy®

*"for ordinary people
seeking extraordinary
transformations"*

Sunny Massad, Ph.D.

Director

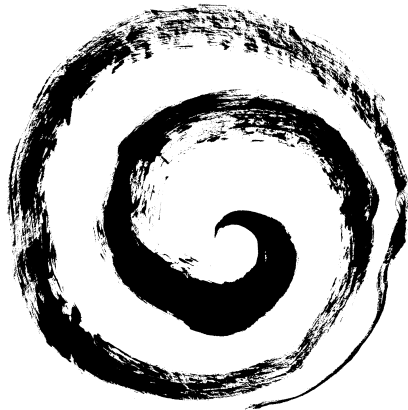
(808) 239-7908

The Wellness Counselor Career Training and Certification Program

This unique training is an eight week, 80.5-hour practicum in professional peer counseling. Graduates are certified as wellness counselors who specialize in personal development consulting and success coaching.

While the courses focus on practical coaching, consulting, and counseling proficiency, you will also learn the business and entrepreneurial skills necessary to build a successful private practice as a wellness counselor.

The Wellness Counselor Career Training and Certification Program first assists you in mastering your own personal development and then teaches you how to provide this holistic approach towards self improvement to paying clients.



“Sunny cuts through the layers into the meat of the matter in no time flat. Her handouts are so clear to understand that they easily imprint on your memory. The session dealing with hypnosis is fantastic.”

Regina Lee
Physician's Assistant and Holistic Diet Counselor

Mission, Vision & Values

The Hawaii Wellness Institute was founded on the premise that human consciousness is a work in progress for which we are each responsible. As we proceed into the twenty-first century, new methods for helping others are required to fill the needs of a growing population who are seeking to create more fulfilling lives. Unlike most colleges, the Hawaii Wellness Institute does not believe that formal education is as relevant to counselor preparation as a student's personal development, evolving insights, and history of self-study. In fact, learning from one's own life experience provides an ideal preparation for becoming an exceptional and empathetic professional peer counselor.

This program is designed primarily, though not exclusively, for adult mid-career professionals seeking an opportunity to be in business for oneself. The Wellness Counselor Training is a transformational process which promotes and facilitates the personal and professional development of each student. While we place a high value on self-awareness and self-reflection, we realize that mere knowledge and even personal transformation are incomplete until a person's behavior consistently exhibits that transformation. The Hawaii Wellness Institute draws heavily from motivational and behavioral psychologies to remove unwanted behaviors and to promote permanent and effective behavior changes, yet is steeped in the humanistic and transpersonal psychological traditions which place a high value on care for the soul.

Wellness counseling is the popular alternative for healthy populations seeking motivational and disciplinary skills unrelated to therapeutic counseling. Students are taught to distinguish between populations who need psychological services for treatment of diagnosable conditions and those who simply require a boost to keep them moving forward. Wellness Counseling does not focus on the “why's” of the past, but on the “how to's” of the future so the client can create a more fulfilling life.

Frequently Asked Questions

- 1) What is unique about this counselor training?**
 - Academic education is not a prerequisite.
 - To build confidence and perpetuate personal growth, students practice counseling on personal acquaintances as well as each other.
 - Students complete 15 hours of practice sessions before graduating.
 - Your business plan, business cards, and brochures are created during the training.
 - To insure continued success, monthly mentoring is available to each graduate at no cost.
- 2) Why does the Hawaii Wellness Institute consider life experience so valuable?**

The *Wellness Counselor Career Training and Certification Program* is based on the concept of peer counseling. By learning and growing from past mistakes, the counselor will become proficient in identifying the special needs of a client that suffers from the same issues the counselor once endured. Wellness counselors serve to coach their peers.

- 3) What's in it for me?**

When you consistently give, you will ultimately be rewarded. Wellness counselors can earn \$65 per hour assisting others to improve the quality of their lives. The very nature of the work keeps the counselor on track in their own personal life, striving to become a better and better role model.

“This is true spirituality expressed. This training has provided tools to bring order, ambition, and vision into my life.”

Antonia Adler
Personal Development Consultant



About the Instructor

Dr. Sunny Massad is a motivational psychologist who is widely known for the warmth, enthusiasm

and humor which she brings to her work. Sunny provides an informal, no-nonsense approach to self development. She empowers her students to make the most of their own unique backgrounds and capabilities and takes pride in providing the latest, most cutting edge techniques available to ensure changes in the lives of all who use them. Sunny Massad has a B.A., an M.A. and a Ph.D. in psychology. She has practiced as a certified hypnotherapist since 1989, has a successful private practice as a wellness counselor, and offers the most popular telephone counseling service in Hawaii. Her best-selling audio cassette: *Hypnosis & Meditation: the Ultimate Form of Relaxation* is sold at Borders Books.

Sunny was the director and senior educator of *Openings Seminars and Consultations*, and the motivational speaker for *Satori Hawaii Corporate Fitness Corporation* from 1988-1999. She taught 14 courses for the Community Business Education division of Kapiolani College during that time and continues to train the Healthy Start counseling programs for the Hawaii Family Peace Center.

