



# Crystal Courses & Workshops 2017

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## Foreword

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Crystal Therapists at Foundation, Certificate & Diploma levels, Reiki teaching up to Level 3 Master Teacher and instruction in Meditation techniques in venues within the South Wales area.

Dreamstone Holistics - Therapies & Training is currently a member school of the Affiliation of Crystal Healing Organisation (ACHO) and of the Crystal Therapy Council (CTC), recognised by the General Regulatory Council for Complementary Therapies (GRCCT) as the leading body for Crystal Therapy in the UK.

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I am the Principal of Dreamstone Holistics - Therapies & Training and an experienced tutor, therapist and Reiki Master Teacher. I was a tutor for Coleg Gwent in the field of IT from 2005 to 2014 and became qualified, gaining my PGCE in 2008.

## My Training & Qualifications

I initially gained VTCT qualifications in Anatomy & Physiology and in Crystal Therapy at Tamworth College and then went on to further my learning by training for my Crystal Therapy Certificate and Diploma with the Institute of Crystal & Gem Therapists (ICGT).

Alongside my training in Crystal Therapy I also became attuned to Reiki from Level 1 through to Master Teacher level with Lorraine Rees of Reiki Wales in Gorseinon.

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I transferred my teaching knowledge, experience and skills to the field of holistic therapies in 2011 when I started teaching Reiki Levels 1 and 2 for the first time, taking the innovative step of teaching it as a continuous series of evening classes as opposed to the more common approach of one or two-day weekend workshops. This was done because I believed that it ensured the students received continuous support on their Reiki journey from both myself and their fellow students and that it would hopefully foster a lasting bond of friendship between the students.

In 2012 I was amongst the first group of students to train with Mary Pearson & Helen Galpin, principals of the British School of Meditation for their inaugural Teaching Meditation course and passed the course with distinction.

## Professional Memberships

I am a member of the Federation of Holistic Therapists (FHT), a qualified Meditation Teacher with the British School of Meditation and listed on the practitioner registers of:

- The General Regulatory Council for Complementary Therapies (GRCCT)
- The Affiliation of Crystal Healing Organisations (ACHO)

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## Workshops

***Dreamstone Holistics One-day Workshops*** are non-accredited tutor-led days which can be used for personal development and/or CPD. They are suitable for those seeking an introduction to a topic or for existing therapists & holistic practitioners wishing to enhance their knowledge.

The number of attendees is kept to a maximum of 6 (although in some cases, where the venue and subject matter permit, this may be increased).

Workshops vary in length and may be half-day or full day.

Generally one-day workshops commence between 9.30am and 10am and finish between 4pm and 4.30pm and will include breaks for refreshment.

The duration of half-day workshops is 3-4 hours depending on the content and may either run in a morning, afternoon or evening.

Light refreshments are included (e.g. drinks and light snacks), however attendees are expected to provide their own luncheon.

All workshops must be booked in advance and a small deposit paid in order to secure a place with the remaining payment being made at the start of the workshop.

Any known health issues may be discussed in confidence prior to the workshop in case of any conditions which may be contra-indicated (e.g. pregnancy, epilepsy etc.)

Prices shown for courses and workshops are dependent on the venue.

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## Crystal Clarity

### Description

This one day workshop will introduce you to the wonders of crystals and how you can use them in your daily life for your personal wellbeing.

Topics covered include:

- Choosing crystals
- Cleansing & storing crystals
- Attuning to a crystal
- Crystal Meditation
- Introduction to using a pendulum
- Simple layouts for personal well-being

### Cost

From £45 (includes handouts, certificate of attendance, a small starter kit)

### Duration

One-day workshop

**Note:** This workshop covers Units 4, 5 & 6 of the ACHO Core Curriculum, which forms part of the Crystal Therapy Foundation & Certificate Courses and is the first workshop session for this level.

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## Quartz'n'All

### Description

If you only ever buy one sort of crystal then this is THE one to get! This workshop focuses on quartz, its varied forms and its versatility.

You will learn some simple layouts for your own personal wellbeing, how to create an energy grid and more!

Topics covered include:

- Different quartz formations
- Simple quartz layouts for personal well-being
- Quartz Meditation
- Enhanced quartz forms

### Cost

From £40 (includes handouts, certificate of attendance, a small selection of crystals used in layouts)

### Duration

One-day workshop

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## Star Sign Crystals!

### Description

In this one day workshop we will work with crystal layouts and grids in conjunction with your Star Sign and your astrological chart with a view to empowering & enhancing your life. This workshop **must** be booked in advance and a deposit paid as numbers are limited and the astrological charts need to be prepared in advance.

### Cost

From £45 (includes handouts, certificate of attendance, astrological chart and crystals)

### Duration

One-day workshop

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## Courses

Dreamstone Holistics – Therapies & Training offer a range of longer courses some of which lead to an accredited, insurable qualification.

## Crystal Therapy Training

Dreamstone Holistics – Therapies & Training is currently a member of the Affiliation of Crystal Healing Organisations (ACHO) and, as a result, can offer accredited training in Crystal Therapy from Foundation through to Diploma Level.

ACHO and its members are dedicated to providing quality crystal therapy training, ensuring that students gain knowledge in the effective and safe use of crystals for the improvement of the holistic wellbeing of their clients.

On completion of the Foundation course students are eligible to be included on the ACHO Practitioner Register and gain insurance.

## Level 1 - Foundation Course

The course covers a subset of the required modules of the ACHO Core Curriculum and is the starting point for training to become a Professional Crystal Therapist.

This level is also appropriate for therapists already trained in other skills to:

- use as Continuing Professional Development (CPD)
- learn to use crystals safely & effectively alongside their existing therapies



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The syllabus for the Crystal Therapy Level 1 - Foundation includes:

- Choosing and caring for crystals
- Linking to crystals
- Chakras
- The Subtle Bodies & Auras
- Basic crystal layouts and therapy techniques
- Dowsing & using a pendulum
- Grounding, shielding and protection
- Client management
- Health & Safety
- ACHO Code of Conduct & Policies

These are the topics which will be covered in the tutored workshops.

## Requisites

Students will be expected to complete assessment exercises, case studies and, either already have or be prepared to gain a recognised qualification in Anatomy & Physiology.

## Duration

The course either comprises six one-day tutor-led sessions which may be run over

- a single week (*intensive*)
- three consecutive weekends (*intensive*)
- six separate sessions spread over a six month period
- a single week (*intensive*)
- three consecutive weekends (*intensive*)
- six separate workshops spread over a six month period

or a twelve-week evening course of 3 hour sessions.

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## Cost

The full cost of the course is £345, which includes a £45 non-refundable administration fee which is paid when booking. Cost includes

- Course Manual
- Foundation Award on completion
- First Year of Registration on ACHO Practitioner Register paid on completion of the course and proof of practitioner insurance

There is an option to purchase a crystal starter kit for an additional £25

## Level 2 - Certificate

*Upgrade from the foundation level to certificate level*

This course follows on from the Foundation Level continuing to adhere to the ACHO Core Curriculum. Not only will you further develop your skills, gain further knowledge but also continue your own personal development and deepen your connection to your crystals.

The course comprises a further six one-day workshops including the following topics:

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- Crystallography & Geology
  - The Earth's structure & the Rock Cycle
  - How crystals form
  - The Seven Crystal Systems
  - How this information can be useful to us
  - The Curriculum Crystals
- Introduction the Five Element Theory
  - Yin & Yang
  - Metal, Wood, Earth, Fire & Water
- Introduction to Meridians
  - The Meridian System
  - The Meridian Clock
  - Working with Crystals and the Meridians
- Relaxation, Meditation & Visualisation
- Advanced Crystal Healing Techniques
- Distance Healing with Crystals

These are the topics which will be covered in the tutored workshops. Certificate level includes further assessment exercises & case studies which have to be completed in order to achieve the award.

## Prerequisites

- Foundation Level Course completed, including assessment exercises & case studies either with DHTT or another ACHO member school
- Recognised qualification in Anatomy & Physiology or equivalent

## Duration

The course comprises six one-day tutor-led workshops which may be run over

## Cost

The full cost of the course is £345, which includes a £45 non-refundable administration fee which is paid when booking. Cost includes Course Manual and Certificate on completion.

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## Level 3 - Diploma

This is an advanced course taking your skills, knowledge and personal development to another level. The workshops offered in the Diploma course are also available as Advanced Crystal Therapy Workshops for those wishing to gain CPD

### Diploma Level Syllabus

Topics *may* include:

- Colour Theory
- Crystal Nets & Grids
- Gem Elixirs & Essences
- Advanced Chakra Theory
- Advanced Five Element Theory
- Advanced Meridian Theory
- Sacred Geometry
- Crystals in the Environment
- Crystals & Divination
- Mandalas, Malas & Meditation
- Crystals and Astrology
- Working with Crystals & other energies
- Using Crystals in Holistic Massage

*(The content & the order of the syllabus may be modified to reflect the interests of the students)*

- These are some of the topics which may be covered in the tutored workshops. Attendance of a minimum of twelve workshops is required.
- Assessment exercises & case studies will need to be completed in order to achieve the award.
- Students will also be required to complete a 1000 word thesis on a crystal-related topic or a project demonstrating research into specific topic (*student's choice & format to be agreed by tutor*)

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## Prerequisites

Certificate Level Course completed, including assessment exercises & case studies, with DHTT or another ACHO member school.

## Duration

The course comprises a series of one-day or two-day tutor-led workshops which may be run once a month for a year or two workshops per month for six months. On completion of the workshops students will have a further twelve months in which to complete the assessment exercises, case studies & thesis/project.

## Cost

The full cost of the course is £650, which includes a £50 non-refundable administration fee which is paid when booking. Cost includes Course Manual and Diploma Award on completion.

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## Further Information

Details of dates & venues for all workshops & courses can be found on the [Dreamstone Crystal Courses website](#)

To book a place on any of the workshops & courses covered in this booklet or request further information please contact Helen:

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Email: [info@seaofpossibilities.co.uk](mailto:info@seaofpossibilities.co.uk)

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Websites: [www.seaofpossibilities.wales](http://www.seaofpossibilities.wales)  
[www.crystal-therapy.wales](http://www.crystal-therapy.wales)

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