



Dreamstone Holistics

Therapies & Training

**CRYSTAL THERAPY
PROFESSIONAL QUALIFICATION
INFORMATION PACK
2019**

About Dreamstone Holistics - Therapies & Training	3
About Helen Jane Meyrick BSc. (Hons), PGCE, Grad. (ICGT), MFHT	3
Courses	4
CHP Accredited Foundation Course	4
CHP Accredited Crystal Therapy Diploma	5
Fees & Payment	8
Worried about the cost?	8
Fees for 2018-2019.....	8
Frequently Asked Questions	9
Still undecided?	10
Terms and Conditions.....	11
Booking Form	13

ABOUT DREAMSTONE HOLISTICS - THERAPIES & TRAINING

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Crystal Therapists at Foundation, Certificate & Diploma level in SE Wales.

Dreamstone Holistics - Therapies & Training is currently:

- An Accredited College with Complementary Health Professionals



ABOUT HELEN JANE MEYRICK BSC. (HONS), PGCE, GRAD. (ICGT), MFHT

Helen Jane Meyrick is the Principal of Dreamstone Holistics - Therapies & Training and is an experienced tutor, therapist and Reiki Master Teacher. Helen was a tutor for Coleg Gwent in the field of IT from 2005 to 2015 and became qualified, gaining her PGCE in 2008. Helen initially gained a VTCT in Crystal Therapy at Tamworth College and then went on to further her learning by training for her ICGT Certificate and Diploma.

Helen transferred her teaching knowledge, experience and skills to the field of holistic therapies in 2011 when she 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 Helen believed that it ensured the students received continuous support on their Reiki journey from both herself and the other students and that it would hopefully foster a lasting bond of friendship between the students.

It is this same approach which Helen is now adopting for the Foundation & Certificate levels in Crystal Therapy offered by Dreamstone Holistics - Therapies & Training in providing the option of either learning through a monthly one-day workshop or weekly evening/daytime classes.

Helen is a member of the Complementary Health Professionals (CHP) and a qualified Meditation Teacher with the British School of Meditation.

COURSES

The courses offered comprise two options for training to achieve an accredited qualification and you can choose how far you want to take that training and how much time you wish to spend.

CHP ACCREDITED FOUNDATION COURSE

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

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

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

The syllabus for the *Crystal Therapy Foundation Course* 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

These are the topics which will be covered in the tutored workshops and online. You will be required to maintain a Crystal Journal to document your experiences, insights and development throughout the course.

The course will be offered in one of the following formats, alongside home study of theory in order to ensure the face-to-face sessions are more practical:

- Six monthly one-day workshops
- Three monthly two-day workshops

Following on from the workshops and prior to receiving your Foundation award you will be required to complete a portfolio comprising:

- Assessment exercise answers
- A minimum of fifteen documented case study sessions (Five people, three sessions per person minimum)
- Between 5 and 10 pages from your Crystal Journal
- Evidence of studying at least 35 hours training in Anatomy & Physiology¹

¹ See Frequently Asked Questions

CHP ACCREDITED CRYSTAL THERAPY DIPLOMA

The Crystal Therapy Diploma comprises three stages with a break between each stage providing the student the opportunity to complete written assessment and case studies etc. before progressing to the next stage.

- Successful completion of all three stages including written assessment, practical assessment, and case studies is a requirement before the Diploma can be awarded.
- Students are eligible for free student membership of CHP & discounted insurance through CHP whilst they are studying for this course.

STAGE 1 - PERSONAL WELLBEING

- This level is an introductory level, which is suitable for complete beginners or for existing therapists to enhance their skillset.
- There are no pre-requisites for studying this level.
- The course will either be taught as six one-day workshops or three 2-day workshops with home-study of the theory in preparation for the practical sessions
- A Certificate of Attendance will be provided at the end of the tutored workshops but this does **not** constitute a qualification but can be used for CPD purposes

The course includes the following subjects:

- Crystal Origins & Formation
- Choosing & purchasing crystals
- Storing, cleansing & caring for crystals
- Attuning to, charging, dedicating & programming crystals
- The Aura & Subtle Bodies
- Chakra Theory
- Grounding & Centring
- Working with the Quartz Family

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

- The subject matter is divided into six units. Each unit will be covered in a one-day session.
- Each session will also allow for practical work, guided meditation/visualisation and personal development
- During the course students will build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques

To continue to **Stage 2** students are required to successfully complete:

- 15 treatment case studies
- All assessment exercises issued for each unit
- 100% attendance of all tutor-led sessions
- Maintain a Crystal Journal

Note for those wishing to study crystals for personal interest only the A&P course, written assessment & case studies are not a requirement

STAGE 2 - CRYSTAL THERAPY PRACTITIONER

This level continues from the Stage 1 and pre-requisites include:

- Completion of an appropriate A&P course of provide evidence of studying at least 35 hours training in Anatomy & Physiology²
- 15 treatment case studies
- Completion of the Stage 1 assessment questions

The course includes the following subjects:

- Absent/Distance Healing & Crystal Grids
- Five Element & Meridian Systems – an introduction
- Gem waters and essences
- Further Layouts & Techniques
- Relaxation & Visualisation Techniques in the Treatment Session
- Client Management & Health & Safety
- Setting up a Crystal Therapy Practice

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

- The subject matter is divided into six units. Each unit will be covered in a one-day session with some theory as online homestudy.
- Each session will also allow for practical work, guided meditation/visualisation and personal development
- During the course students will continue to build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques
- A Certificate of Attendance will be provided at the end of the tutored workshops but this does **not** constitute a qualification but can be used for CPD purposes

To continue to Stage 3 students are required to successfully complete:

- A further 15 treatment case studies
- All assessment exercises issued for each unit
- 100% attendance of all tutor-led sessions
- Continue maintaining a Reflective Practice Journal
- An online Health & Safety assessment

STAGE 3 - ADVANCED PRACTITIONER

This level continues from the Stage 2 and pre-requisites include completion of:

- A further 15 treatment case studies
- The Certificate Assessment questions
- The Health & Safety online assessment

This level of the course comprises a series of one or two-day workshops focussing on the Five Elements, Meridians and personal development and will include home-study of the theory in order that the tutored sessions can be more practical.

² See Frequently Asked Questions

Subjects include:

- The Five Element Archetypes
- Working on the Wood Element
 - Stones & Crystals for the Wood Element
 - The Liver & Gall Bladder Meridians
- Working on the Fire Element
 - Stones & Crystals for the Fire Element
 - The Heart, Pericardium, Small Intestine & Triple Warmer Meridians
- Working on the Earth Element
 - Stones & Crystals for the Earth Element
 - The Stomach & Spleen Meridians
- Working on the Metal Element
 - Stones & Crystals for the Metal Element
 - The Lung & Large Intestine Meridians
- Working on the Water Element
 - Stones & Crystals for the Water Element
 - The Kidney & Bladder Meridians
- Crystal Acupressure
- Crystal Reflexology

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

- The subject matter is divided into six units. Each unit will be covered in a two-day session and with online homestudy.
- Each session will also allow for practical work, guided meditation/visualisation and personal development
- During the course students will continue to build up a 'crystal compendium' as crystals are introduced through the learning of layouts & techniques

In order to receive the Diploma Award students have to:

- Have successfully completed Stages 1 & 2
- Attend a minimum of 12 days tutor-led workshops (can be a combination of 1-day & 2-day workshops totalling 12 days)
- Complete the assessment exercises issued at each workshop
- Complete a crystal project or 1000 word essay (subject matter and modality to be agreed with tutor)
- Carry out a minimum of 30 case study treatments
- Attend a practical assessment day and carry out a full crystal therapy treatment including consultation on an unknown person and be observed by an external verifier

FEES & PAYMENT

WORRIED ABOUT THE COST?

The training is designed so you can complete it in stages, go at your own pace and take a break at whichever stage you want thus spreading the cost. For example you could just do the CHP Foundation award or sign up for the Diploma which is designed with breaks between the stages so you can choose when you are ready to go on to the next stage within a reasonable time limit.

Payment instalment options are available at each level of training but a non-refundable deposit is required to secure your place on a course when booking.

FEES FOR 2018-2019

CHP FOUNDATION COURSE

Non-refundable booking fee to secure your place on the course	£50
Six one-day workshops @ £50	£300
Total	£350
A&P Course (if required)	£65

CHP DIPLOMA STAGE 1

Non-refundable booking fee to secure your place on the course	£50
Six one-day workshops @ £50	£300
Total	£350
A&P Course (if required)	£65

CHP DIPLOMA STAGE 2

Non-refundable booking fee to secure your place on the course	£50
Six one-day workshops @ £50	£300
Total	£350

CHP DIPLOMA STAGE 3

Non-refundable fee for Practical Assessment with External Examiner	£50
Six 2-day workshops @ £100 each	£600
Total	£650

NOTE:

- All workshops have to be attended³ & paid for on arrival
- Booking fee is waived if course is paid for in full prior to course start date with the exception of CHP Diploma Stage 3

³ See Terms & Conditions

FREQUENTLY ASKED QUESTIONS

Do I need to have any prior knowledge or experience of crystals or healing?

No prior knowledge, or experience, is required as the course starts from a basic level and progresses from there. However, any knowledge or experience you do have may be beneficial. A willingness to learn and a desire for knowledge is all that is expected.

What happens if I miss a session?

The course has a 100% attendance requirement. In the event that a session or sessions are missed for an unavoidable reason, 'catch up sessions' will be arranged but will incur an additional cost. The DHTT Foundation/Diploma cannot be awarded until all relevant parts of the course have been both attended and paid for.

How much homework is there?

Homework exercises will be handed out at each session, however it is not anticipated that they will be completed by the following session. Because the course runs over a set period (e.g. one workshop per month), there will be ample time during which students are advised to ensure they complete some, if not all the homework to date. The homework exercises are designed to check your level of knowledge and understanding.

You will also be required to maintain a Crystal Journal throughout the course and will need to provide photocopied extracts as evidence.

You are required to produce evidence that you have been practising your skills in the form of case studies. You will complete treatments for five different people at least three times each for the Foundation & Stages 1 and 2 of the Diploma and 30 case studies for Stage 3. (You are strongly advised to obtain student insurance when you start your case studies; however this is available at a discounted cost through CHP and included in the CHP Diploma Course.)

All homework, case studies and any 'catch-up' sessions should to be completed and handed in before progression to the next stage in the Diploma Course.

Do I need prior knowledge of Anatomy & Physiology?

You will need to provide evidence of **Anatomy and Physiology** (A&P). Medically qualified students, those with 'O' level, GCSE or 'A' level Human Biology and those who have already studied an A&P course (either as a standalone qualification or as a module in another course) and can provide evidence will not need to pursue further study. If you have not fulfilled the A&P requirements then you have a choice of enrolling on any A&P course set to at least Level Two, or completing A&P through a home study course⁴. Ideally you should aim to complete this by the time you are ready to present all of your coursework for your CHP Foundation award or Stage 1 of the Diploma.

⁴ DHTT offer an appropriate home-study course

What do I need to bring to class?

- Initially all you will need is a pen and notebook to jot down any notes you may wish to make, however handouts for each lesson are provided.
- You will need at least one A4 ring binder file to keep your handouts and written exercises in.
- You are required to maintain a Crystal Journal during the course and this can either be maintained on a computer or in a notebook (it is nice to keep a special notebook for journaling).
- Crystals and pendulums will be available for use during the taught sessions, however it is anticipated that you will build up your own crystal collection and working kit as your progress through the course. Obviously if you already have a collection of crystals you are more than welcome to bring them to class.
- Helen has a wide range of books available which she is happy to loan out via a booking system for students to enhance their learning and aid them with their homework exercises.

If you have any other questions, please do not hesitate to email Helen at info@crystal-therapy.net

STILL UNDECIDED?

10 GREAT REASONS TO TAKE A PROFESSIONAL CRYSTAL THERAPY COURSE

1. Learn lots of different ways to bring crystal energy into your life;
2. Embark on a journey of self-discovery & personal development;
3. Work with some of the most beautiful and varied naturally-formed tools available;
4. Learn a wide range of techniques you can use on yourself & others for improvement of health & wellbeing;
5. Commune with like-minded people who share your interest & passion for crystals;
6. Build your own collection of natural treasures;
7. Become more aware of your own subtle energies and those of others;
8. Connect with the crystals energies and learn how they can become your co-creators.
9. Stimulate your mind with new learning.
10. Develop your intuition

Plus of course...

You can earn a recognised qualification and set up your own therapy business!

TERMS AND CONDITIONS

1. You are responsible for your own health and wellbeing throughout the course.
2. If you have experienced/are experiencing any of the following, please let Helen know in writing BEFORE the course commences (Any information submitted will be in confidence and not disclosed to any other party):
 - a. *Epilepsy /Diabetes/ Asthma/ High or Low Blood Pressure/ Pacemaker fitted*
 - b. *Any medical problems of an acute or chronic nature*
 - c. *Any emotional or mental trauma that has resulted in your seeking medical advice or treatment.*
 - d. *Suffered from any drug (prescribed or otherwise), alcohol or substance abuse*
3. If there is any other information that may be relevant please let Helen know **before** you start the course.
4. In a tutored course you are responsible for the safety of your personal belongings. Dreamstone Holistics - Therapies & Training will not be responsible for any loss, damage or injury that may occur at the course venue.
5. During teaching sessions you are asked not to carry out any type of healing, therapy work or intuitive consultations without first obtaining permission from Helen.
6. Any deposit paid in advance is non-refundable.
7. All fees paid are per person per course. For tutored courses the cost of the course covers venue, tuition fees, and course notes. The cost does NOT cover your travel expenses, any refreshment expenses, materials, stationary etc.
8. In the event that a workshop has to be changed or cancelled, an extra session will be arranged by Dreamstone Holistics - Therapies & Training, *at no additional cost*, in order to satisfy the 100% attendance criteria.
9. Helen must be notified in advance if you are unable to attend a workshop.
10. In the event of you being unable to attend a workshop an alternative date will be arranged at an additional cost, in order that 100% attendance is achieved
11. Withdrawal from courses:
 - a. *If you need to withdraw from the course, no monies will be refunded.*
 - b. *If you are asked to leave, for an upheld reason monies paid in advance for future lessons will be refunded, but monies paid for sessions received will not be subject to refund.*
 - c. *If a course opens but you fail to attend, any monies paid in advance will be forfeit.*
12. If there is dissatisfaction with the course, Helen must be notified immediately. Retrospective complaints are noted through the evaluation procedure and will not be considered as reason for refunds.

13. All course material, techniques taught and handouts are intended for the sole use of you as a therapist and are not to be copied, reproduced or taught without the written agreement of Dreamstone Holistics - Therapies & Training.

14. Dreamstone Holistics - Therapies & Training reserves the right

- a) to decline an application (e.g. contra-indicated medical condition), in which case all fees paid, will be refunded
- b) to terminate from the course a student it feels is disruptive or for non-payment of fees, no refund applicable.

DHTT Booking Conditions, 2005-2019

BOOKING FORM

NAME: _____ **EMAIL:** _____

ADDRESS: _____

POST CODE: _____ **D.O.B.:** _____

TEL. NO.: (incl. code) _____ **MOB. NO.:** _____

COURSE TITLE: _____

COURSE START DATE _____ **VENUE:** _____

TUTOR: _____ Helen Jane Meyrick BSc (Hons), PGCE, Grad. ICGT, Principal DHTT

Application:

I confirm that I have read and understood the Booking Terms and Conditions explained in the accompanying sheet and agree to them.

Name (please print): _____

Signature: _____

Date: _____

Data Protection: _____ Yes No
I give Dreamstone Holistics – Therapies & Training permission to store my contact details

Payment:

Please tick

I enclose a cheque for the sum of

I have submitted via PayPal⁵ a payment of

Please return to:

**Helen Jane Meyrick,
Dreamstone Holistics - Therapies & Training,
Vincent House Wellbeing Centre, 13 Lowlands Road
Pontnewydd,
Torfaen, NP44 1RF**

⁵ For PayPal payments use email address helen@dreamstonetherapies.co.uk or [paypal.me/HMeyrick](https://www.paypal.me/HMeyrick)