

THE HEALING MIND

Integrative Learning Experience

*A practical mind-body workshop for
clarity, balance & emotional wellbeing.*



Gungahlin Community Centre

Sunday, 19th July • 9am – 2pm

Investment: \$175

Call Claude: 0432 638 084

www.zenithcollege.org

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Workshop Overview

The Healing Mind is an integrative workshop exploring the intersection between modern psychology, nervous system regulation, and energy medicine practices. Participants learn practical tools to understand stress, regulate emotional states, improve self-awareness, and cultivate sustainable wellbeing.

This workshop combines: • **Evidence-informed psychology** • **Somatic awareness practices** • **Breathwork and nervous system regulation** • **Energy medicine techniques** • **Reflective and experiential learning**

Participants leave with: • A practical framework for stress management • Daily self-regulation tools • A personalised *Healing Mind Toolkit* • Greater awareness of the mind–body connection • Strategies for integrating psychology and energy medicine into personal and professional settings

Learning Outcomes

By the end of the workshop, participants will be able to:

- Understand how the mind, body, and energy systems interact
- Recognise stress patterns and emotional triggers
- Apply breathwork and somatic tools for self-regulation
- Use energy-based techniques to support clarity and balance
- Integrate reflective practices into daily life
- Build a personalised wellbeing plan

Workshop topics

- Session 1: Understanding the Mind–Body Connection
- Session 2: The Psychology of Stress
- Session 3: Energy Medicine — Concepts & Practices
- Session 4: Stress Management Techniques
- Session 5: Energy Regulation for Emotional Well-Being
- Session 6: Integrating Psychology & Energy Medicine
- Session 7: Practical Applications for Professionals

Facilitator

Dr Claude Martinez is an ACCPH-accredited Counsellor and Bioenergetic Practitioner with formal qualifications in counselling, cognitive behavioural therapy, and quantum counselling. With more than twenty years of experience in holistic education and energy-based learning, his work integrates psychological insight with practical energy awareness, offering participants a grounded, safe, and transformative learning experience.

Schedule Outline

9:00 am – Arrival & Welcome **9:30 am** – Morning Session: Psychology, Stress & the Nervous System **11:00 am** – Break **11:30 am** – Afternoon Session: Somatic Practice & Energy Medicine Integration **1:30 pm** – Group Reflection & Toolkit Development **2:00 pm** – Finish

Venue & Logistics

Gungahlin Community Centre Gungahlin, ACT

Parking available on site. Please bring a notebook, pen, and water bottle. Comfortable clothing recommended for gentle movement and seated practice.

Registration Details

Investment: \$175

Contact: Claude — 0432 638 084

Website: www.zenithcollege.org

For payment details or assistance, please reach out to Claude.

Payment: To secure your place, a \$15 non-refundable placeholder fee is required at the time of registration. The remaining balance is due before the scheduled workshop date. This ensures fair booking, preparation, and material allocation for all participants.

Limited places — early registration recommended. ONLY 15 places