

Joy Nicholson has spent the last 25 years working with people of all ages, in one to one and group settings. Her work has mainly consisted of facilitating people to assist themselves by gaining a greater understanding and insight—thus enabling them to make choices about how they live their lives.

ISET plays a large part in Joy's life, not only in working with clients but also in her own self development. She has found it to be one of the most powerful tools to use in enhancing one's own growth.

Joy runs a Holistic Therapy practice (which includes workshops, meditation groups, reflexology, massage, Reiki and ISET sessions) and works in an aged care facility as a Therapist and Trainer in Hobart.



The ISET INSTITUTE is an accredited college of the Australian Holistic healers Association and was formed in 2005 to continue and further develop the work begun by Eileen Goble

We provide Courses and Workshops using ISET (Integrated Self Empowerment Therapy) Method to allow participants to empower themselves through knowledge, understanding and practical experience.

Joy Nicholson

ISET Practitioner and Trainer

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ISET

METHODOLOGY

CERTIFICATE

ISET Methodology Certificate

This course is designed for people who

a) already work on a physical and/or energetic level such as Massage Therapists, Reflexologists, Reiki Practitioners etc.

b) Counsellors, Psychologists, Psychotherapists and Life Coaches ...

and would like to obtain another effective tool that they can utilize within their existing modality.

c) people who have completed the Journey to Self Empowerment Certificate.

Pre-Requisite

Journey to Self Empowerment Certificate

ISET uses the secret language of the mind through guided meditation and visual imagery techniques to change negative belief systems and learned behaviour patterns that may have created illness, emotional disturbance and life fulfillment frustrations.

This course is now offered in Hobart and facilitated by Joy Nicholson.

Please see www.joynicholson.com.au for dates, cost and venue.

Course Outline

1) Power of the Mind—2 days

We investigate the three levels of consciousness and how these relate with each other and the effect they have on your behaviour, attitude and belief systems. We look at how the mind works and how we can influence that. We explore creating an altered state of consciousness in order to access the sub conscious and unconscious.

2) Visual Images—2 days

We learn some of the images that can be utilized to help people create change. We explore the concept of using bookends to give you a benchmark to work from.

3) Understanding the Power of thought—1 day

We look at the importance of semantics, images, personal reality and how to use thought power to create positive change. We learn how to use language in the most effective way possible.

4) ISET Applications—2 days

We look at how you can develop and use your intuitive abilities to assist in the

healing process and we begin to look at how you can apply ISET within your own modality.

5) Elective subject—choose either—2 days

- Past Life Connections

6) Practical Component—Case Studies

You are required to complete 6 case studies which are written up and debriefed with the facilitator.

7) Written Presentation

You are required to write and present on the applications of ISET with reference to your own modality.