Quantum Key Practitioner Training

Course Syllabus

Six certifications. Twelve months. Dual accredited: IICT and IPHM.

The Training at a Glance

The Quantum Key Practitioner Training certifies you in five modalities, life coaching, hypnotherapy, breathwork, meditation and energy healing, and then in the method that brings them together. Each one is taught from scratch, practised live with real partners while the trainers watch, and assessed before it is certified. Most students are certified at their first live immersion, about three to four months in. The coaching then runs for the full 12 months, because the questions that matter most come once you are working with clients.

Certification	What you will be able to do
Quantum Life Coach	Take a client from a first conversation through to a structured six-week coaching program
Hypnotherapy Practitioner	Deliver a full hypnotherapy session, from pre-talk to emergence, using the Quantum Key processes
Breathwork Facilitator	Lead relaxation, balanced and activation breathwork for one person or a group, using 21 techniques
Meditation Teacher	Write and lead a guided meditation for one person or a group, from 21 styles
Energy Healing Practitioner	Deliver a complete energy healing session, in person or at a distance
Quantum Key Practitioner	Bring the five together: assess a client across mind, body, energy and spirit and choose the right process

Time to certify	About three to four months, at your first live immersion
Coaching and support	12 months, so you are still being coached once you have clients
Format	Self-paced online lessons, plus live online training every week
Trainers	Luke Stringa and Jacob Stringa
IICT accreditation	International Institute for Complementary Therapists (IICT) Premier Training Provider: Life Coaching, Hypnotherapy, Breathwork, Meditation and Energy Healing
IPHM accreditation	International Practitioners of Holistic Medicine (IPHM): all six certifications
Assessment	Supervised practice sessions in each modality, assessed by the trainers at a live immersion
Hours	About 156 hours of online lessons and recordings, about 303 hours of live training scheduled across the year, and about 76 hours of reading and your own practice. Around 535 hours in all

How the Training Is Delivered

- **Self-paced lessons.** Video and audio lessons on the online learning platform, with guided scripts, demonstrations and knowledge checks.

- **Live 8-day immersions.** Three a year, held live online over weekends. The trainers teach and demonstrate each process, then you practise in small supervised groups.
- **Weekly Activation Workshops.** Live 45-minute breathwork and guided meditation sessions.
- **Monthly Practice Rooms.** Live 90-minute sessions for supervised practice with other students.
- **Monthly Support Calls.** Live calls with the trainers for questions, case review and skill refinement.
- **Replay library.** Recordings of past immersions and workshops.
- **Quantum Key Vault.** A library of guided breathwork, meditation, Quantum Leap and Qigong recordings.
- **Training manual and scripts.** A written chapter for every module, plus a word for word guided script for every process.

How Certification Works

Every certification is earned, not given for finishing the videos. To be certified in a modality you:

- **Complete the lessons** for that certification on the learning platform.
- **Attend a live immersion.** The 8-day immersion is where the trainers watch you work, give feedback, and assess you. Attendance is part of certifying.
- **Deliver supervised practice sessions** in that modality, each one a complete process or session run on a real partner and assessed by the trainers.

At the immersion and in the Practice Rooms you practise the processes from every module with a partner, with the trainers watching and giving feedback. The sessions you are assessed on are marked under each certification. The number of assessed sessions is set for each certification and is listed in the Certification Checklist inside the training. Every student starts with the Quantum Key Method modules (see Certification 6), which set up the method that the five modalities are built on.

Certification 1: Quantum Life Coach

What you will be able to do. Run a complete coaching engagement: take a new client from the first conversation through discovery, goal setting and change work, and hold the session steady when it gets hard.

Every term in the table below is a lesson, not something you need to know now. Each one is taught on video, shown in a live demonstration, then practised with a partner.

Module	What is covered
Life Coaching Foundations	The role and ethics of a coach, the cause and effect model, building rapport, active listening, chunking, sensory acuity, the four archetypes of communication, scope of practice and referral
Neuroscience	The Neuroscience Behavioural Model, cognitive biases, human needs, coping patterns, the shadow, neuroplasticity, mirror neurons, pattern interrupts, reframing, anchoring, identity anchoring, strategy elicitation
Levels of Consciousness	The levels of consciousness from survival to universal, and how to match coaching language and goals to where a client is
Universal Laws	The twelve universal laws and how to use them as coaching frameworks
Working With Clients	Professionalism, ethics and boundaries, agreements and intake, the Life Audit Process, SMART goals and accountability, session structure, holding space, handling difficult sessions and resistance, integration, supporting clients between sessions

Processes you will learn to run: the Quantum Key Discovery Process (assessed), the Anchoring Process (assessed), the Identity Anchoring Process (assessed), the Procrastination Removal Process (assessed), Root Cause Communication, Shadow Work, Pattern Interrupts, Reframing and Strategy Elicitation.

Hours: 11h 50m of lessons, 79h of live training scheduled across the year, 21h of recordings, and 7h 46m of reading and practice. About 120 hours in all.

Certification 2: Hypnotherapy Practitioner

What you will be able to do. Deliver a full hypnotherapy session from pre-talk to emergence: take a client into trance safely, run the Quantum Key processes for beliefs, emotions, habits and past events, and bring them out well.

You do not need to know any of these terms yet. Each one is a technique you will watch demonstrated, practise on a partner, and have a word for word script for.

Module	What is covered
The Subconscious Mind	How the subconscious works, the critical faculty, the reticular activating system, perception and projection, the mind-body connection, how beliefs and habits form and change, values elicitation, the Quantum Key Discovery Process
Understanding Hypnotherapy	History and fundamentals, experiencing trance, key techniques, ethics, brain waves and states of consciousness
Communication and Influence	Intonation, hypnotic language patterns, presuppositions, frame control, storytelling and metaphor
Practising Hypnotherapy	Discovery, pre-talk, building suggestibility, inductions and deepeners, suggestion work, fractionation, the 5-Minute Hypnotist, the Framework for Hypnosis
Hypnotherapy Processes	The Four Primary Advisors, the four archetypes, Parts Integration Therapy
The Quantum Key Hypnotherapy Processes	The Talk-Down Technique, Quantum Timeline Regression, handling an emotional response, the Quantum Compassion Process, the Quantum Transformation Process, the Quantum Forgiveness Process, the Breaking Habits and Addictions Process
Somatic Intelligence	The somatic chart, identifying the root cause of a physical issue, the Somatic Communication Process, the vagus nerve and nervous system regulation
Safety and Professionalism	Scope of practice, client screening and referral pathways

Processes you will learn to run: Parts Integration Therapy (assessed), the Quantum Compassion Process (assessed), the Quantum Transformation Process (assessed), the Quantum Forgiveness Process (assessed), the Talk-Down Technique, the 5-Minute Hypnotist, the Framework for Hypnosis, Hypnotic Storytelling and Metaphors, the Four Advisors Integration, Quantum Timeline Regression, the Quantum Key Breakthrough Process, the Breaking Habits and Addictions Process, Identifying the Root Cause of a Physical Issue and the Somatic Communication Process.

Guided library: 17 Quantum Leap Process recordings in the Quantum Key Vault.

Hours: 20h 51m of lessons, 67h of live training scheduled across the year, 23h of recordings, and 8h 35m of reading and practice. About 120 hours in all.

Certification 3: Breathwork Facilitator

What you will be able to do. Lead relaxation, balanced and activation breathwork for one person or a room: choose the right technique for the state the client is in, structure the session, and handle a strong emotional release safely. You learn 21 breathing techniques across the three types and when to use each.

Every technique below is one you will breathe yourself first, then learn to lead. The names are the names you will use with clients.

Module	What is covered
Fundamentals of Breathwork	History and origins, functional and dysfunctional breathing, nasal breathing and nitric oxide, the autonomic nervous system, breathing and longevity, the Body Oxygen Level Test (BOLT score)
Relaxation Breathwork	Nine techniques, including Extended Exhale, Calm Flow, Recovery, Humming and Buteyko Breath
Balanced Breathwork	Coherence Breathing, Sun and Moon Breath, Box Breathing
Activation Breathwork	Blow Breath, Pulse Breath, Sun Breath, Triangular Breath, Pull Breath, Bottom Hold Breath, Awakening Breath, Quantum Breath
Breathwork Facilitation	Holding space, breathwork structure, structuring a session, what clients may feel during activation breathwork, handling strong emotional responses, music and audio settings, session length and safety
Safety and Professionalism	Scope of practice, client screening and referral pathways

Sessions you will learn to lead: short activation breathwork sessions (assessed), a full-length one-to-one activation breathwork session (assessed), how to lead a breathwork session, Unblocking the Nose, the Body Oxygen Level Test (BOLT score), and interpreting and increasing a client's BOLT score.

Personal practice: a 90-day daily breathwork practice of 30 minutes a day, using the guided breathwork library in the Quantum Key Vault.

Guided library: 36 breathwork recordings in the Quantum Key Vault, and the Guided Breathwork Scripts document.

Hours: 4h 30m of lessons, 110h of live training scheduled across the year, 40h 30m of recordings, and 53h of reading and your own practice, including the 90-day practice. About 208 hours in all.

Certification 4: Meditation Teacher

What you will be able to do. Write and lead a guided meditation for one person or a group, in your own words, using the three-part structure, and explain to a client what meditation does and why. You learn 21 styles of meditation and how to lead each one.

Each item below is a lesson with a demonstration and a script. By the end you will have written and led your own.

Module	What is covered
Understanding Meditation	History and philosophy, what meditation is, its effects on the brain, the four foundations of mindfulness, the pineal gland, meditation and stress
Emotions	What an emotion is, emotion as information, the scale of emotions, suppression and repression, shifting versus allowing, the four happy chemicals
Practising Meditation	21 styles of meditation, visualisation, mudras, mantras for the energy centres, how to lead a class, how to write a script, seating positions, the three-part meditation structure
Safety and Professionalism	Scope of practice, client screening and referral pathways

Sessions you will learn to lead: a guided meditation session of your own (assessed), the Body Scan Meditation, the Three-Part Meditation, the Energy Centre Meditation, writing a meditation script, and how to lead a meditation class.

Guided library: 26 meditation recordings in the Quantum Key Vault, and 21 guided meditation scripts.

Hours: 2h 17m of lessons, 35h of live training scheduled across the year, 17h of recordings, and 4h 12m of reading and practice. About 59 hours in all.

Certification 5: Energy Healing Practitioner

What you will be able to do. Deliver a complete energy healing session, in person or at a distance, and look after your own energy while you work. Energy healing is taught as a complementary practice and does not replace medical or psychological care.

The terms below are the practices you will be attuned to and taught, step by step, before you work on anyone else.

Module	What is covered
Energy Centres	What energy centres are, and the location, function and states of the seven main centres, from root to crown
Working With Energy	Introduction to energy healing, the attunement process, Merkaba activation, what to expect after a session, the role of the practitioner
Practising Energy Healing	Self-healing, conducting a session, the infinity and spiral symbols, hand positions, long distance healing, cleansing and protecting your energy, energy testing, using a pendulum, intuition and the three minds
Safety and Professionalism	Scope of practice, client screening and referral pathways

Processes you will learn to run: a complete energy healing session (assessed), the Attunement Process, the Self-Healing Process, Long-Distance Healing, the Energy Cleanse Process and the Energy Centre Audit.

Guided library: 21 Qigong recordings in the Quantum Key Vault, used for the practitioner's own energy practice.

Hours: 4h of lessons, 11h of live training scheduled across the year, 6h 20m of recordings, and 2h of reading and practice. About 23 hours in all.

Certification 6: Quantum Key Practitioner

What you will be able to do. Bring the five modalities together as one method: assess where a client is across mind, body, energy and spirit, choose the right process for them, and take them through a complete transformation rather than a single technique. This is where the training starts, with the method itself, and where it finishes, once the five modalities are certified.

The first three modules are where every student starts. They set up the language and the framework that every other certification uses. The Breakthrough Program is where it all comes together.

Module	What is covered
Welcome and Orientation	How the training works, community guidelines, what students need to succeed, intention setting
The Quantum Key Method	The four pillars of Mind, Body, Energy and Spirit, the 12 Foundations, the Life Audit Process, goal setting, the Quantum Key Manifestation Process
Quantum Physics	What the universe is made of, the double slit experiment, the observer effect, quantum interference, entanglement and superposition, applying quantum principles to everyday life, the Quantum Leap Process
Quantum Key Breakthrough Program	The six-week client program and the Quantum Connection Process

Processes you will learn to run: the Life Audit Process, SMART Goal Setting, the Quantum Key Manifestation Process, the Level of Consciousness Audit, the Quantum Leap Process, the Vibrational Awareness Process, the Quantum Connection Process, and the six-week Quantum Key Breakthrough Program, which uses processes from all five modalities with one client.

Hours: 4h 47m of lessons, plus the whole of the five certifications above.

Training Hours

	Lessons	Live training	Recordings	Reading and practice	Total
Quantum Key Method	4h 47m				4h 47m
Quantum Life Coach	11h 50m	79h 27m	20h 57m	7h 46m	**120h 00m**
Hypnotherapy Practitioner	20h 51m	67h 19m	23h 15m	8h 35m	**120h 00m**
Breathwork Facilitator	4h 30m	109h 56m	40h 30m	53h 26m	**208h 22m**
Meditation Teacher	2h 17m	35h 18m	16h 54m	4h 12m	**58h 41m**
Energy Healing Practitioner	4h 00m	11h 00m	6h 20m	2h 02m	**23h 22m**
Total	**48h 15m**	**303h 00m**	**107h 56m**	**76h 01m**	**535h 12m**

What each column counts. **Lessons** are the self-paced video and audio lessons on the learning platform. **Live training** is the hours of live sessions scheduled across the 12 months: the three 8-day immersions, the weekly Activation Workshops, the monthly Practice Rooms and the monthly Support Calls, allocated to the certification each session serves. **Recordings** are the immersion and workshop replays plus the Quantum Key Vault. **Reading and practice** is the training manual chapters, the guided scripts, and your own practice, including the 90-day breathwork practice. Lessons and recordings together are about 156 hours of online training.

This syllabus describes the training as at October 2026. Modules and certification requirements are reviewed and updated, and the current version is always the one inside the training. The Quantum Key Practitioner Training teaches complementary, non-clinical practices. It does not qualify graduates to diagnose or treat medical or psychological conditions, and students are trained to refer on when something sits outside their scope.