

Certification and Training Comparison Chart

Certification provides you with the skills and confidence to be a legal, licensed, independent certified professional in the HeartMath System, able to help others experience greater mental and emotional balance, composure, and intuitive flow.

Choose the program that's right for you based on your interest and skill set.

Mentor, Coach	Trainer - Workshop	Trainer - Workshop Team Facilitation	Assessment Provider (not a certification)	Health Professional		
Building Personal Resilience™ Certification with Stress Assessment Training	The Resilience Advantage™ Certification	Activating the Heart of Teams™ Certification NEW!	Stress & Well-Being Assessment™ Provider Course NEW!	The Resilient Heart™: Trauma-Sensitive HeartMath Certification NEW!	HeartMath Clinical Certification for Stress, Anxiety and Emotional Regulation™	HeartMath Interventions™ Certification
Ratings & Reviews						
★★★★★ 4.7 out of 5 stars.	★★★★★ 4.9 out of 5 stars.	★★★★★ 5 out of 5 stars.	★★★★★ 4.6 out of 5 stars.	★★★★★ 4.9 out of 5 stars.	★★★★★ 4 out of 5 stars.	★★★★★ 4.6 out of 5 stars.
Brief Course Description						
<p>Guide your clients through a heart-based transformational process.</p> <p>Includes 8 self-paced videos of core practices followed by 8 live classes, practice partners and mentoring with 2 practice clients. This program teaches a HeartMath skill set of resilience building techniques and practices for use in mentoring or coaching individuals or small groups of 10 or less. Also includes the Stress & Well-Being Assessment Provider Course.</p>	<p>Learn to deliver resilience workshops teaching a science-based, HeartMath skill set of resilience building techniques and practices for personal well-being and professional effectiveness.</p> <p>Designed in a flexible module-based format, you will have access and the ability to present any or all of the 24 modules included in the course.</p>	<p>This facilitation-based certification introduces topics, science and skill sets for building team coherence.</p> <p>Learn to increase team connectedness and harmony and more intuitive approaches to solving problems and making decisions.</p> <p>Includes training and use of HeartMath's Team Coherence Assessment.</p>	<p>Learn how to use an online assessment to pinpoint and track individual clients' stress and well-being, and their improvements over time.</p> <p>Learn to interpret results and use provider dashboard to invite and track client progress.</p> <p>Includes 60 uses of the assessment.</p>	<p>Learn how to deliver the HeartMath skill set in a trauma-sensitive manner to improve clients' resilience and capacity for emotional regulation.</p> <p>Learn foundational information and expertise across a variety of trauma-related topics including the neurophysiology of trauma, developmental trauma, collective trauma and how to integrate HeartMath with other trauma-focused therapies.</p>	<p>Includes brief interventions for emotional regulation to help clients/patients take charge of their health and well-being.</p> <p>Learn methods to show your client's changes in their physiology and emotional states. Same course as HeartMath Interventions with 20 CE credits and NO coherence technology.</p>	<p>Includes brief interventions for emotional regulation to help patients take charge of their health and well-being.</p> <p>Learn methods to show your clients changes in their physiology and emotional states. Same course as HeartMath Clinical Certification for Stress, Anxiety, and Emotional Regulation with NO CE credits and includes computer-based coherence technology.</p>
This Course is For						
Those who work in one-on-one or small group settings of 10 or less people: Mentors, Coaches, Facilitators, Counselors and Consultants.	Those who conduct workshops, presentations and trainings: Independent and Organizational Trainers, Consultants and Educators.	Those who conduct workshops or work with teams: Team Coaches, Mentors, Facilitators, Consultants, Behavioral Specialists, HR Persons, and Trainers.	Mentors, Coaches, Health Professionals, Trainers, Facilitators wanting a professional tool to increase the effectiveness of their work with clients, while validating progress.	Health Professionals. To get certified you need to be licensed or certified and working in a therapeutic relationship with individuals who have experienced traumatic stress.	Health Professionals. To get certified you need to be licensed or certified and working with clients and patients primarily on physical or mental health-related fields.	Health Professionals. To get certified you need to be licensed or certified and working with clients and patients primarily on physical or mental health-related fields.
Your Primary Audience						
Individuals and Small Groups of 10 or less	Groups of any size	Teams	Clients and Patients	Patients and Clients	Patients and Clients	Patients and Clients
In-Depth Course Description						
Learn More	Learn More	Learn More	Learn More	Learn More	Learn More	Learn More
Method of Instruction						
Half Self-paced Video and Half Live Online	Live Online Workshop Including Teach Back Presentations	Live Online Workshop Including Teach Back Presentations	Online Video and Live Q&A	Online Video and Live Q&A	Online Video and Live Q&A	Online Video and Live Q&A
Hours of Instruction						
24 hours (8 hrs. of self-paced video, 8 hrs. of live class, 4 hrs. with mentoring practice partner, plus 8 hrs. of practice mentoring).	35 hours of live class interaction, 24 hrs. of self-paced video, plus 4 hrs. of personal mentoring.	35 hours of live class interaction, 4 hrs. of self-paced video, plus 4 to 6 hrs. of personal mentoring.	3 hours of self-paced class with live monthly Q&A and best practice sessions.	12 hours of self-paced video, live monthly Q&A, plus independent study and practice.	6 hours of self-paced video, live quarterly Q&A, plus independent study and practice.	9 hours of self-paced video, live quarterly Q&A, plus independent study and practice.
Clinical Use						
X	X	X	Optional	✓	✓	✓
Online Community						
✓	✓	✓	X	✓	✓	✓
Client Materials						
Printable support materials included. Pocket Guides available to purchase.	Printable support materials included. Pocket Guides available to purchase.	Team Coherence Assessment and printable support materials.	Stress and Well-Being Assessment Report	Printable support materials	Printable support materials	Printable support materials
Course Fee						
\$1495*	\$3995*	\$3995*	\$495	\$245*	\$195*	\$395*
Scope of Practice						
As a HeartMath® Certified Mentor the "Scope of Practice" is defined as working with individuals in a one-on-one mentoring or coaching context or in small groups of 10 or less. Client sessions are intended to be conducted live, over time as a series; for example: weekly or bi-weekly sessions. The Building Personal Resilience™ certification program has been intentionally designed for this specific use and does NOT include delivering workshops in-person or online or using presentation slides.	As a HeartMath® Certified Trainer the "Scope of Practice" is defined as using presentation slides to deliver workshops or presentations to groups of any size, in person or online. The Resilience Advantage™ program is designed for working with any type of group.	As a HeartMath® Certified Trainer the "Scope of Practice" is defined as using presentation slides to deliver workshops or presentations to groups of any size, in person or online. The Activating the Heart of Teams™ program is specifically oriented towards working with teams.	As an Approved Stress & Well-Being Assessment (SWBA) Provider, the "Scope of Practice" is defined as providing the stress and well-being assessment to individuals anywhere in the world. Please note this course is not a certification. The SWBA is not to be used as a diagnostic tool for clinical conditions but as a tool to help clients gain deeper awareness of how they respond to stressors and to, along with their provider, track their progress over time.	As a Trauma-Sensitive HeartMath® Certified Practitioner, the "Scope of Practice" is defined as working in a therapeutic relationship with individual patients/clients, one-on-one or in small groups of 10 or less participants. Sessions are in person or online over time, for example: weekly or bi-weekly for 1 to 1.5 hours per session. The Resilient Heart™: Trauma-Sensitive program has been intentionally designed for Health Professionals for this specific use. This program does not include delivering workshops or using presentation slides. Note: While anyone may take this course and receive a "Certificate of Completion," certification as a Trauma-Sensitive HeartMath® Certified Practitioner requires proof of your current licensure, student status or certification.	As a HeartMath® Certified Practitioner, the "Scope of Practice" is defined as working with individual patients/clients in a one-on-one clinical or therapeutic context or in small groups of 10 or less participants, in person or online over time. Sessions overtime are in person or online, for example: weekly or bi-weekly for 1 to 1.5 hours per session. The HeartMath Clinical Certification (HCC) for Stress, Anxiety and Emotional Regulation™ has been intentionally designed for Health Professionals for the specific use in a clinical client setting and does not include presentation slides. Note: While anyone may take this course and receive a "Certificate of Completion," certification as an HCC HeartMath® Certified Practitioner requires proof of your current licensure, student status or certification.	As a HeartMath® Certified Practitioner, the "Scope of Practice" is defined as working with individual patients/clients in a one-on-one clinical or therapeutic context or in small groups of 10 or less participants, in person or online over time. Sessions overtime are in person or online, for example: weekly or bi-weekly for 1 to 1.5 hours per session. The HeartMath Interventions™ (HMIP) certification program has been intentionally designed for Health Professionals for the specific use in a clinical client setting and does not include presentation slides. Note: While anyone may take this course and receive a "Certificate of Completion," certification as an HMIP HeartMath® Certified Practitioner requires proof of your current licensure, student status or certification.
Special Considerations						
*Pay only \$1,195 if the Resilience Advantage or Activating the Heart of Teams programs.	*Pay only \$3,695 if you have taken the Building Personal Resilience for Mentors and Coaches program.	*Pay only \$3,195 if already trained in the Resilience Advantage or pay only \$3,695 if you have taken the Building Personal Resilience for Mentors and Coaches program.		*This special discount pricing is available during the COVID-19 period.	*This special discount pricing is available during the COVID-19 period.	*This special discount pricing is available during the COVID-19 period.
Course Details						
Learn More	Learn More	Learn More	Learn More	Learn More	Learn More	Learn More
Online Community						
Certified Professional Community of Practice Annual Subscription Fee (Optional) Learn More						
<p>The HeartMath® Certified Professional Community of Practice annual subscription provides those who are officially certified access to several key benefits: 25% product purchase discounts, certified professional directory listing, continued education opportunities and access to an online community platform hub where you can interact, collaborate, co-create, and grow with other HeartMath certified professionals.</p>						
For those existing HeartMath certified professionals, enjoy 50% off your first year.						
\$148 \$295	\$148 \$295	\$148 \$295	n/a	\$148 \$295	\$148 \$295	\$148 \$295