

COGNITIVE BEHAVIOUR THERAPY	24 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

What is CBT	Levels of change
Psychotherapy (psychodynamic methods and history)	Counselling 2: Basic Methods and Basic Counselling Skills
CBT for relationships	Counselling
Humanism	Coaching – Philosophy
Cognitive Behavioural Change (CBT) Part 1	Coaching – Planning
Cognitive Behavioural Therapy Part 2	Coaching – Mind Sets
Cognitive Behavioural Therapy Part 3	Referral and Assessing Seriousness
Cognitive Behavioural Therapy – Practical methods	CBT for Depression and Anxiety 1: Working with Minor Emotional issues
Developmental Psychology	Complementary CBT Techniques 1
CBT forms and method for other issues	Complementary CBT Techniques 2
Anger and Stress	Professional Practice
Management Training	
CBT for Depression and Anxiety 2: Working with more serious Emotional issues	
CBT for Depression and Anxiety 3: managing: Depression, NEAD, Early warning systems, Bi Polar, Personality disorders.	
Management and cooperation with professionals	

COURSE FEE <i>Payment plan available</i>	MAIL DELIVERY ONLY	CAN \$540
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HIGHLIGHTS

- COURSES ARE TAX DEDUCTIBLE
- PAYMENT PLAN
- ALL COURSES ARE TUTORED
- PACKAGE AND CUSTOMER LOYALTY PROGRAMS
- OPTIONAL FINAL EXAM
- MULTIPLE PAYMENT OPTIONS
- NO PREREQUISITES



**CANAM
COLLEGE**

www.canamcollege.com

**NEW
COURSES**

**PRICE LIST
CANADIAN \$**

Effective until Sep 30, 2008

**NATURAL HEALTH, NUTRITION
& HERBAL COURSES
RECOGNIZED BY**

- THE ACADEMY OF NATUROPATHS AND NATUROTHERAPISTS (CANADA)
- COURSES ARE PERSONAL INCOME TAX DEDUCTIBLE

YOGA IN HEALTH	14 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

What can Yoga do Relaxation and Stretching
Tension and Emotional Insomnia, Neurashthenia and
Stress Fatigue
Constipation and Backache and Aching Legs
Indigestion due to Bad Posture
Lumbago and Sciatica Asthma, Bronchitis and Hay
Fever
Arthritis and Rheumatism Obesity and the Improvement
of the Figure
Diet Female Disorders
Headaches, Eyestrain and Stiff Neck Stomach, Kidney and Liver
Complaints

COURSE FEE **MAIL DELIVERY** **CAN \$485**
Payment plan available **EMAIL DELIVERY** **CAN \$435**

STRESS MANAGEMENT COACHING & CONSULTANCY PROFESSIONAL (ADVANCED)	27 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

What is Stress? Counselling Skills – Part I
Personality Counselling Skills – Part II
Levels of Change Psychodynamic Theory
Humanistic Theory Life Coaching - Part I
Healing Part I Life Coaching - Part II
Healing Part II Life Coaching - Part III
Healing Part III Life Coaching - Part IV -
Stress and Anger Specifics
Healing Part IV Life Coaching - Part V - Non
Specific Issues
Healing Part V Life Coaching - Part VI -
Coaching and Therapy with
Couples and Groups
Time Management
Behaviour Change
Basic Anatomy and Basic Anatomy and
Physiology – Part 1 Physiology - Part II
Basic Nutrition in Stress Basic Exercise in Stress
Coaching and AHP Coaching and SHP
Autogenics Professional Practice
Pastoral and Spiritual Issues in Coaching and Healing

COURSE FEE **MAIL DELIVERY** **CAN \$650**
Payment plan available **ONLY**

NEW COURSES

ANIMAL COMMUNICATION	8 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description – includes CD

What is animal communication? When animals lie
The animal/human connection Permission
Taking a case study Mental tools
The animals life path The owners
influence

COURSE FEE **MAIL DELIVERY** **CAN**
Payment plan available **ONLY** **\$525**

LIFE SKILLS COACHING - ADVANCED	25 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

What is Life Coaching
What to expect from the course
What is coaching
What elements of therapy are contained within life
coaching

What do clients usually want Common misconceptions
from Life Coaching? and errors
Surface life coaching versus Areas and levels of change
holistic life coaching?
Counselling Skills
Counselling Skills continued
Coaching the client in
relaxation techniques
Coaching the client in
Behavioural change

Basic Psychoanalysis theory and useful
techniques
Deeper emotional issues Weight Loss and Control
and case studies
Stop Smoking Coaching
Faith and Spiritual issues

Working with couples or Professional Coaching
groups Anger and Stress
Non-Specific Issues Management Coaching
Professional Practice and
Responsibilities
Looking after yourself and
your loved ones

COURSE FEE **MAIL DELIVERY** **CAN \$650**
Payment plan available **ONLY**

ORIENTAL HEALTH DIAGNOSIS	12 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

Introduction Identification of patterns
according to the eight principles
Six channel pattern Chi, blood and body fluids
identification of patterns
The four examinations – The four examinations – Asking -
Asking - Part I Part II
Diagnosis by looking Diagnosis - Feeling or palpation
and pulse diagnosis - Part I
Tongue diagnosis Diagnosis by feeling: Part II -
Pulse diagnosis continued
Diagnosis guide Diagnosis by feeling: Part III -
Pulse diagnosis continued

COURSE FEE **MAIL DELIVERY** **CAN \$375**
Payment plan available **ONLY**

INTERIOR DESIGN	11 LESSONS	AWARD: DIPLOMA
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SUBJECTS COVERED See website for a more detailed description

The Background The Background cont
Design Elements Design Elements cont
Room Elements Room Elements cont
Room Elements cont. The Project
Making a living from The Project cont.
Interior design
Making a living from Interior design cont

COURSE FEE **MAIL DELIVERY** **CAN \$485**
Payment plan available **ONLY**

**MOST OF THESE NEW COURSES ARE
ONLY AVAILABLE WHEN DELIVERED
BY MAIL**

**PLEASE ALLOW 2 WEEKS FROM TIME
OF ORDERING TO COURSE BEING
MAILED**

**SEE BROCHURE FOR VARIOUS
PACKAGE PROGRAMS**