

# CANAM COLLEGE BROCHURE

**Courses in Natural Health, Nutrition &  
Herbs, Humanities, Sports & Fitness,  
Business Management and more....**



## Dear Potential Student

CanAm College is a unique facility specializing in the Natural Health field bringing education directly to your home or place of work. The college is a college without "Bricks and Mortar" offering educational material by way of distance learning.

If you have an interest in Natural Health, Counseling, Stress Management, Herbs and Nutrition, Sports and Fitness, Business Management and more, you will likely find a course available through the college that meets your needs.

The aims of the college are to

- Provide comprehensive study programs that can lead to self employment as a Practitioner or provide knowledge and skills which would be viewed favourably as a person seeking employment.
- Complement existing knowledge and qualifications whether you own your own business or are an employee.
- Promote personal interest and development
- Provide the ingredients for an individual to make informed decisions regarding a 'Healthy Lifestyle'

The educational courses available, originate from the UK, Australia and here in North America.

Please read on for more reasons why you should consider taking a correspondence course through CanAm College.

Once you have had the opportunity to review this brochure, I would be pleased to answer any questions you may have.

Yours truly

A handwritten signature in black ink, appearing to read 'N. Arding'.

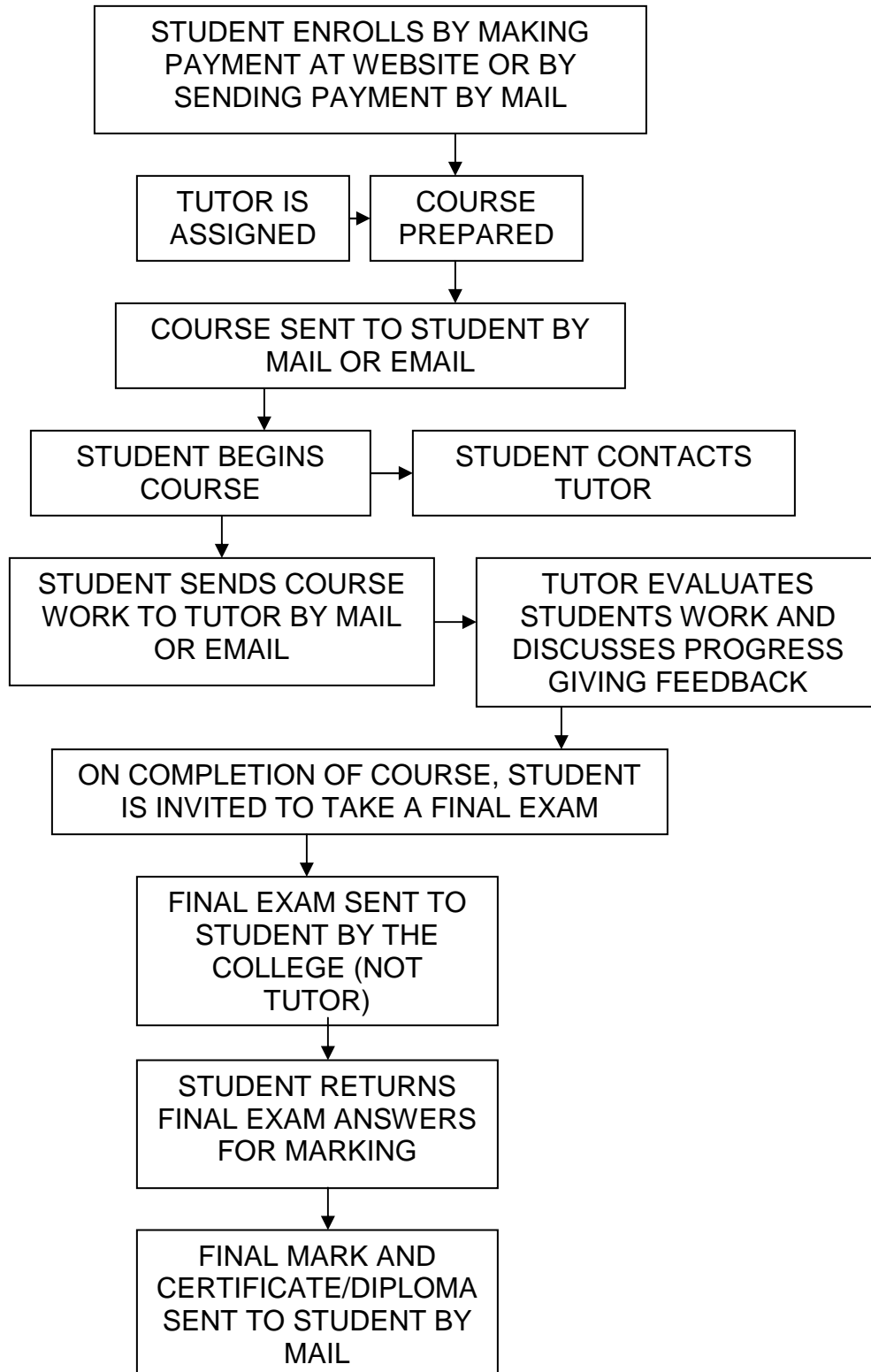
Nigel Arding  
CanAm College



## COLLEGE FEATURES:-

- ❖ The courses offered by CanAm College consist of a **learning component**, a **continual assessment** component and an optional **final exam**. Course awards are designated as '**Diploma**'
- ❖ You are not alone when, when you enroll in a CanAm college course as **each course is tutored** either by a personal tutor or by the college direct. A flow sheet on the next page illustrates '**The Study Process**'.
- ❖ All courses offered on the CanAm College website are delivered by **mail or email**.
- ❖ When taking a course through the college, there are **no time limits** or prerequisites, so you start when you want and then go at your own pace, fitting study time into your own schedule. You also work from the comfort of your home or workplace.
- ❖ The courses offered are mostly in unregulated subjects, which means firstly they are not regulated by government and secondly are ideal for somebody wishing to start their own practice.
- ❖ The college has provided courses to individuals who have taken part in programs funded by the **Government of Canada – Employment and Career Services, First Nations Education** and **Canadian Agricultural Skills Service (CASS)** in the provinces of Alberta, Manitoba & Saskatchewan.
- ❖ The college offers a **Discount** for those students wanting to sign up for more than one course.
- ❖ Enrollment can take place by mail or email directly at the CanAm College web site.

## THE STUDY PROCESS





## **COLLEGE GUIDELINES**

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### **AVAILABILITY**

- All courses described in this brochure are available for delivery.

### **BOOKS**

- Purchasing books is not a prerequisite for any of the courses. A variety of books, which compliment the many courses, are available for purchase through your tutor. Details of such books are provided with your course materials.

### **COMPLETION TIME**

- There are no time limits for completing a course
- On average, it takes a student 1 week to complete 1 course assignment.

### **COURSE DELIVERY**

- Course delivery is by mail using Canada Post and by email using the internet

### **COURSE WORK**

- Each course involves a learning component followed by assignments.
- All course work is reviewed by a personal tutor or directly by the college
- Course work makes up 40% of the final marks.

### **DISCOUNTS**

- All discounts are applied by way of coupons via a shopping cart. The value of these coupons varies depending on how many courses are purchased at one time.



## **DIPLOMA**

- A diploma is issued to a student for achieving 70% or more in both course work (counts 40%) and final exam (counts 60%).

## **FINAL EXAM**

- Each course has a final exam administered by the college and makes up 60% of the final student mark
- Exams are taken at home, are open book, no proctor is needed
- A final exam offered through the College website and can be sent and received back by mail or by email.
- There is an extra fee for a final exam, which is \$55.
- Diplomas are mailed to the student.

## **PAYMENT PLAN**

- All single courses costing \$400 and over can be purchased in 2 payments. The course is sent once the payment is made
- If two courses are purchased then 3 payments can be made
- If three courses are purchased then 4 payments can be made,
- If four courses are purchased then 5 payments can be made.
- Whatever the total discounted cost of the purchase is, there is a one time \$10 additional fee for payment processing

## **PAYMENT METHODS**

- Credit card payments are processed via PayPal.
- Personal cheques are accepted

## **PREREQUISITES**

- There are no prerequisites required in order to take a CanAm College course.



## **RETURN POLICY**

- Mail delivered products - you have 7 days after receiving the material to return the package by registered mail to the senders address. Receipt date is verified electronically. Before returning the package, a return RMA # is to be obtained from the College. There will be a \$35 restocking fee + any credit card fees incurred.
- Email delivered products - are courses that are delivered to the student electronically. This means that there are no physical products that can be returned, consequently all courses and ebooks sent via the Internet are non-refundable.
- For email delivery, students are required to accept the "Terms & Conditions" before purchase can be made, as well as reaffirm wanting to receive a course once they are in receipt of additional enrollment documentation

## **REGISTRATION**

- Course registration takes place by
  - a) By mail using the registration form at the back of this booklet
  - b) By making payment at any of the course description pages on the website. Information collected during the payment process is sufficient for registration

## **TUTOR**

- Included in the cost of a Diploma course is the use of a personal assigned tutor. This person's role is to help guide you through your course, help answer your questions, mark your assignment work, give feedback and prepare you for taking a final exam
- Continual assessment is used to monitor a student's progress
- Course completion is open ended and the speed at which a student progresses through a course is not regulated in any way
- Information on an assigned tutor is provided to the student either in the mailed package or by email





<b>COURSE NAME</b>	<b>EMAIL Can\$</b>	<b>MAIL Can\$</b>
Meridian Psychotherapist	450	540
Meridian Healing Techniques	350	435
Naturopathy	350	435
Neuro Psychological Immunology	350	435
Professional Hypnotherapy	550	650
Oriental Remedial Therapist	450	540
Remedial Massage	250	325
Reflexology	550	650
Reiki 1	200	250
Reiki 2	250	300
Reiki Master	450	500
Sidereus Healing Techniques	350	435
Shiatsu	450	540
Vibrational Medicine	450	540
Weight Management & Consulting	350	435
Yoga	350	435
Yoga Teacher	400	485
Yoga in Health	400	485

### **COUNSELLING**

Alcohol & Drug Counseling	400	485
Advanced Counseling Skills	400	485
Advanced Psychotherapy	400	485
Child Development	230	290
Child Psychology	350	435
Counseling Skills	350	435
Counseling Children & Adolescents	550	650
Cognitive Behavioural Therapy	550	650
Depression Management	230	290
Dysfunctional Family Counseling	230	290
Grief & Bereavement Counseling	230	290
Integrated Therapeutic Counseling	550	650
Neuro Linguistic Programming	400	485
Professional Hypnotherapy	550	650
Professional Therapeutic Counseling	550	650
Psychotherapy	400	485
Psychology	400	485
Regression Therapy	230	290
Smoking Cessation	450	540



**COURSE NAME**

EMAIL Can\$ MAIL Can\$

**NUTRITION & HERBS**

Clinical Nutrition	700	815
Clinical Herbalism	400	485
Clinical Weight Control	450	540
Diet & Nutrition	500	595
Eating Disorders	300	375
Food & Environmental Allergies	300	375
Herbalism	300	375
Human Nutrition Skills	300	375
Master Herbalist	750	890
Medicinal Herbs	250	325
Nutritional Therapy	350	435
Nutrition for Children & Adolescents	400	485
Vitamins & Mineral	250	325
Vegetarian & Vegan Nutrition	350	435
Weight Management & Consulting	350	435

**SPORTS & FITNESS**

Exercise Physiology	350	435
Fitness Management	350	435
Personal Fitness Trainer	500	595
Sports Injuries	400	485
Sports Nutrition	350	435
Sports Electrotherapy	400	485
Sports Massage	400	485
Sports Psychology	230	290



**COURSE NAME**

**EMAIL Can\$ MAIL Can\$**

**STRESS MANAGEMENT**

Advanced Stress Management	550	650
Aroma Stress	230	290
Professional Stress Consultant	450	540
Relaxation Therapy	400	485
Stress Counseling in the Workplace	230	290
Stress Management Coaching	550	650
Woman Stress Practitioner	350	435

**MISCELLANEOUS**

Advanced Life Skills Coaching	550	650
Animal Care	350	435
Business Life Style Consultant	350	435
Equine Business Management	400	485
Life Skills Coaching	450	540
Events Management	350	435
Personal Lifestyle Consultant	350	435
Personnel Management	450	540
Retirement Homes Management	300	375

**BEAUTY & SPA**

Anti Ageing	250	325
Beauty Make Over Therapist	250	325
Beauty Salon Management	300	375
Beauty Therapist	400	485
Holistic Beauty Therapist	600	705
Manicure & Pedicure	300	375
Professional Beauty Make Up	300	375

**MANTIC ARTS**

Clairvoyancy	230	290
Dream Analysis	180	230
Numerology	180	230
Psychic Counselor	180	230
Palmistry	180	230
Runes	180	230
Tarot & Cart	230	290



## NATURAL HEALTH COURSES

<b>ACUPRESSURE</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Eastern & Western approaches to health	Five elements theory
Acupressure techniques, treatments and therapeutic areas	Meridian system
Acupressure techniques and treatments in special situations	Emergency treatments
Alternatives to fingertip medicine	Acupressure points
Human energy field	Conclusion

<b>ANATOMY &amp; PHYSIOLOGY</b>	<b>14 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Muscular system	Endocrine system
Digestive system	Reproductive system
Circulatory system	Skeletal system
Nervous system	Special senses
Lymphatic system	The skin, cells & tissues

<b>AYURVEDA</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Defining Ayurveda	Lifestyle & exercise advice for vitality & health
The 3 vital energies	Detoxification
The 5 elements	Diseases - signs & symptoms
Samana (herbal remedies)	Treatments & precautionary measures
Diet, foods and their effects	Natural therapies



<b>AURA THERAPY</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction - the physics of life	Endocrine system
Signs of mind & transcendence	Reproductive system
Mind over matter	Skeletal system

<b>AROMATHERAPY</b>	<b>24 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Aromatherapy Content	Anatomy & Physiology Content
Essential oils - extraction, mixing & blending	Anatomy & Physiology
The subtle anatomy	Muscular system
Client consultation	Endocrine system
Aromatherapy massage	Digestive system
Oils for different symptoms	Reproductive system
Carrier oils	Circulatory system
Stress & aromatherapy	Skeletal system
Aromatherapy techniques	Nervous system
Starting your practice	Special senses
Tables of essential oils	Lymphatic system
The skin, cells & tissues	Anatomy & Physiology Content

<b>CHI-KUNG</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The theory of Chi-Kung	Breathing
Outline of practice	Training theory
Signs of correct practice	Taoism
The theory of energy	Rules of practice
The exercises	Breathing



<b>AYURVEDA</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Defining Ayurveda	Lifestyle & exercise advice for vitality & health
The 3 vital energies	Detoxification
The 5 elements	Diseases - signs & symptoms
Samana (herbal remedies)	Treatments & precautionary measures
Diet, foods and their effects	Natural therapies

<b>COMPLEMENTARY HEALTH CARE</b>	<b>15 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Holistic health	Biofeedback	Herbalism
Acupressure	Reflexology	Homeopathy
Aromatherapy	Yoga	Naturopathic medicine
Manipulative therapies	Autogenic training	

<b>COLOR REFLEXOLOGY</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Review of the human chakra system	The science of light
Combining the reflexes and the meridian system	Connecting the meridian system
Using color therapy techniques on the reflexes	The therapeutic use of color
Incorporating color therapy into a reflexology practice	Mapping the reflexes on the feet



<b>CHINESE MEDICAL THEORY</b>	<b>56 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

History of China both as a country and Medical	Five elements
Anatomy and Physiology of the body in western medicine and oriental terms	Chi, Yin and Yang
Diagnosis by feeling, looking, asking in more detail	Five types of energy
Internal and external causes of disease	Body fluids
Diagnosis including all 27 pulse diagnosis patterns and more	Zang Fu System
Tongue diagnoses in full detail including many examples	Six emotions
Six Pernicious influences	Eight pattern principles
Face diagnosis	Five elements
Meridians: all acupoints explained with their position on the body including all acupoints on the Extraordinary Channels.	

**Following on from these are lessons on Treatments**

Aromatherapy	Astrology	Zen Shiatsu
Tao	Brief Herbal Medicine	Reflexology
Feng Shui	Diet	Qigong
I ching	Tui Na	Acupressure
Human Energy Field	Exercises	

All of the above seen from a Chinese perspective.

All twelve of the organs explained in western and oriental terms and explanations of excess and deficiency patterns



<b>COLOR THERAPY</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>Historical perspective on color therapy</p> <p>Physical - etheric planes - the subtle body</p> <p>Structure, location &amp; function of the Chakras</p> <p>The use of color in diet, dress &amp; home interiors</p> <p>The therapeutic use of color</p> <p>The science of light</p>	<p>The human energy field</p> <p>The Chakra system</p> <p>Meridians</p> <p>The importance of the Chakras</p> <p>Color breathing</p>
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<b>FLOWER ESSENCE THERAPY</b>	<b>14 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>General principles &amp; historical use of flower essences</p> <p>Therapeutic use of flower essences on the physical body</p> <p>Practice management, procedure &amp; code of ethics</p> <p>The relationship of flower essences to homeopathic remedies, herbs &amp; gems</p> <p>Assessment of emotional states</p> <p>The human energy field</p> <p>Counselling &amp; the welfare of the client</p> <p>The role of supplementation and diagnostic testing</p>	<p>General properties of selected individual flowers</p> <p>Utilizing certain diagnostic procedures</p> <p>Therapeutic use of flower essences on the emotional states</p> <p>Miasms &amp; common disorders including the pathological disease process</p> <p>Basic anatomy &amp; physiology</p> <p>Prescribing the remedy</p> <p>Degenerative disease, cancer, diabetes, heart disease, arthritis, obesity and more</p>
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<b>CRYSTAL HEALING PRACTITIONER</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy and physiology	Communicating with crystals
Purifying our environment and objects with crystals and pendulums	Tool making
Responsibilities and capabilities of healers	Our body and crystals
Historical use of crystals and methodology	Formation recognition
Meditation, advanced cleansing methods	Scientific properties
Astrology, numerology and their impact in crystal healing	Business start up
Anatomy and physiology	Communicating with crystals



<b>CRYSTAL HEALING</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Historical background to crystals	Directory of crystals
Chakras	Healing with crystals
Meditation	Growing your own crystals
Crystal healing - case studies	Astrological Influences
Healing properties of crystals	The human energy field
Visualization	Psychic development for crystal practice
Cleansing of crystals	



<b>ENERGY THERAPY FOR ANIMALS</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Basics of energy healing	Learning many new methods
Understanding animal energy systems	Energy therapy tools & devices
Energy therapy for behavior problems	Direct, distant & proxy healing
Helping owners with animal related problems	How to run an ethical practice
Similarities & differences between human & animal healing	Environmental energy & its effects
Animal communication and emotions	Working with meridian therapies
Relationships between animals & environment	Working with Sidereus techniques

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<b>FENG SHUI</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The eight trigrams of the I Ching	Location of the four seasons
Creating good Feng Shui for success in business	The five elements
Introduction	History of feng shui
Key concepts	Yin & Yang
The sixty-four hexagrams	Basic compass directions
Feng shui enhancers	The I Ching
Feng shui in the home	Ch'i
	Intuition
	Desk layout - office layout
	Pa Kua
	Feng shui meditation
	Lo Shu



<b>GENTLE TOUCH AROMATHERAPY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Meridians and the theory of the five elements	Zones of the body
How nutrition affects our health	Initial client contact
Case histories of reflexology treatments	Hand reflexology
Anatomy of the subtle body and the effects of stress	Health and safety
Overview of the systems of the body	Mapping the feet
The treatment process	Starting your own practice.

<b>HAND REFLEXOLOGY</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

Reflexes on the back of the hand	The subtle anatomy & the meridians
Abdomen & lower body reflexes	Head & neck reflexes
Anatomy & physiology of the hand	Shoulder & chest reflexes
The treatment specific complaints	Color & reflexology

<b>HOMEOPATHY</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Vital force	The subtle body/emotional body
Principles & concepts	Law of similars
Provings	Materia medica
Making remedies	Potentization
Emotional features	Taking & analyzing the case
Symptoms	Remedy pictures
Symptoms & remedies	Bach's 38 flower remedies



<b>GENTLE TOUCH REFLEXOLOGY</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Meridians and the theory of the five elements	Zones of the body
How nutrition affects our health	Initial client contact
Case histories of reflexology treatments	Hand reflexology
Anatomy of the subtle body and the effects of stress	Health and safety
Overview of the systems of the body	Mapping the feet
The treatment process	Starting your own practice.

<b>HOLISTIC HEALING</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Definition history	&	How to do it - getting ready	&	What is healing?
Money healing	&	How to conduct a healing clinic	&	The healing act
Esoteric Physiology		Basic Anatomy & physiology	&	The Holistic approach
You can heal yourself		The Etheric body - a diagnostic tool		Shower technique
Transmitting energy		Drug or alcohol addiction		Linking with your client
Color healing		Sealing, unruffling the field		The health of the healer
		Taking an adult medical history		

**HOLISTIC BEAUTY THERAPIST | 31 LESSONS**

**AWARD: DIPLOMA**

**SYLLABUS**

Brief overview of the systems of the body	Nutrition
Weight management	Diet and fitness
Personal hygiene	Skin consultation and care
Hair care	Make up techniques
Anti-ageing therapy	Manicure & pedicure
Client consultation	Massage techniques
Therapeutics of essential oils	Aromatherapy/ massage techniques
Meridian system of the body in relation to reflexology practice	Zones and mapping of the feet in relation to reflexology practice
Reflexology techniques	Basic first aid for your practice
Counselling skills	Starting your own practice

**HOLISTIC BACK PRACTITIONER | 10 LESSONS**

**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy and physiology of the back	Lifestyle
Problems and disorders that affect the back	Posture and movement
Exercises for the back	

Therapies & Approaches, including Alexander Technique, acupressure, massage, auriculotherapy, reflexology, hydrotherapy, flotation, relaxation, back swings, natural pain control, TENS, diet and more.



<b>HOLISTIC HEALTH THERAPY</b>	<b>18 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

A&P - having this understanding is essential for the use in complementary health therapies	Basic nutrition - correcting eating habits could be the start of the healing process
Reflexology - a completely safe, natural aid to restoring the body's healthy balance	Massage - has both physical and psychological benefits
Counselling - helps the client find their own answers and become more in charge of their lives	Aromatherapy - is the fragrant art of using specially selected aromatic oils for therapeutic purposes
First aid	Practice management - helps overcome the problems and frustrations of starting your own business

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<b>INDIAN HEAD MASSAGE</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The history of Indian Head Massage - its development, how it works and how it is relevant to modern living	Basic massage techniques - discover a range of massage techniques for specific areas of the shoulders, neck, face and head
How to manage stress - causes - how to recognize it, and various ways to deal with it	Looking after your hair - an in-depth look at the make-up of an individual's hair and its function
Dealing with headaches and muscle strains - a range of ways of correction will be discussed in detail for everyday problems	Tuition is also provided on a range of hair problems and remedies
Self massage - this step-by-step guide provides an easily applied method of relaxation and stress reduction - easy to follow diagrams will be provided	

### KARUNA KI

The Karuna Ki course increases our ability for light, love and compassion. It works to deepen and brings us closer to Mother Earth. It can help us heal the planet. The higher vibration levels of Karuna Ki brings joy and healing. It asks for a deep spiritual commitment and responsibility in our healing work for humankind and the world.

<b>Syllabus:</b>	<b>Qualification: Karuna Ki Certificate</b>	<b>Reiki Master Prerequisite</b>
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The Attunement Process	Processing
R.D.A.	The Symbols and their Meanings
Sai Baba Reiki	Karuna Ki Mudras
The Early Work of Kathleen Milner	Karuna Ki Symbols
Karuna Ki Do Meditations	Using the Symbols for Treatments
Nutritive values	The Karuna Ki System

### 7 FACET SEICHIM

The initiation into 7 Facet Seichim triggers healing, cleansing and balancing in the initiate. This is a powerful energy and requires time to adjust to being transformed, before moving into an even more powerful stream of living light energy. Second Facet through Fifth Facet all require cognitive learning. It takes time to memorize the material and integrate the techniques into an individual's daily life. Once initiated, a practitioner's life starts moving quickly. It contains new experiences and opportunities, to share and enjoy in each of its unique aspects. Likewise, learning and moving at an even pace allows each person to fully explore each facet before moving to the next.

<b>Syllabus:</b>	<b>Qualification: 7 Facet Seichim Certificate</b>	<b>Reiki Master Prerequisite</b>
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History and Contemporary Views	How is 7 Facet Seichim different?
Meditations	Symbols
Techniques	Suggested Activities & Healing
Attunements	



<b>KINESIOLOGY</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The development of kinesiology	Muscular system of the body
Taking a holistic approach to health	Nervous system of the body
Lymphatic system of the body	Muscle testing
Using kinesiology within your practice	Allergy testing
Types of correction & balancing	Goal setting & affirmations
Overview of the energy flow through the body & location of alarm points	

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<b>MASSAGE</b>	<b>20 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction	Touch
The qualities of a healer	The subtle body
Cells & tissues	The effects of stress on the body & mind
The skin	The skeletal system
The muscular system	The nervous system
Endocrine system	Special senses
The digestive system	The respiratory system
The circulatory system	The lymphatic system
The urinary system	The reproductive system
Oils that can be used	Preparation for massage
Contra-indications to massage	Massage movements discussed & illustrated
Shiatsu	Remedial massage for common disorders
Meridian system	



<b>MASSAGE FOR SPECIAL NEEDS</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The Benefits of Massage for all  
 Basic anatomy & physiology

Basic Massage Techniques  
 Working with emotional or mental special needs

What is aromatherapy  
 Health & safety during massage

Aromatherapy for animals  
 Massage for those with Severe or Terminal illness

<b>INTUITIVE HEALING</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Intuition and spiritual healing  
 Discovering your spiritual guide or guardian angel  
 The unlimited power of the mind

The human energy field  
 Intuitive writing  
 Laying-on-of-hands healing  
 Intuitive relationships  
 Vibrational remedies

Distance healing  
 Emotional healing

<b>MEDITATION</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Explanation and methods of the healing powers of meditation

Essential meditation techniques combining aromatherapy and meditation

Creative visualization, manifesting and life mastery using meditation

Stress management and relaxation using breathing techniques in meditation



<b>MERIDIAN HEALING TECHNIQUES</b>	<b>9 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Research & development	The tapas acupressure technique
Focus & concentration enhancement	Relieving stress & tension
Personal productivity tools	Personal programming
Brain balancing exercises	Optimum immunity
Increasing energy	

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<b>MERIDIAN PSYCHOTHERAPIST</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction	History	The five elements
The meridians	The body-mind	Emotional awareness
Psychology and the energy system	The connection	Kinesiology
Triggers & core beliefs	The emotional freedom technique	
Thought field therapy & the discoveries of Dr Callahan	Background and development	
How EFTT works	The psychological reversal	
Point location	The 9 gamut	
Meridian healing techniques & life tools	The step-by-step procedure	
Self-help healing techniques	Personal development tools	
The greater picture - uses and applications for the techniques covered		

<b>NATUROPATHY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Herbal medicine	Hydrotherapy	Aromatherapy
Homeopathy	Holistic massage	Dietary therapy
Exercise & relaxation		

<b>NEURO PSYCHOLOGICAL IMMUNOLOGY</b>	<b>9 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction to NPI	The Immune system
Anger & depression	Worry & hope
Expanding consciousness	Detachment
The inner voice	Herbology & immunology
Healing emotional patterns	Meditation & Visualization
Stress & disease	Empowerment

<b>ORIENTAL REMEDIAL THERAPIST</b>	<b>23 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy of the subtle body	Theory of energy
Oriental acupunture/acupressure	Oriental massage/Shiatsu
Chinese herbalism	Brief overview of systems of the body
Meridian therapy & cycles	Yin & Yang
Location acupunture/acupressuure points	of Shiatsu techniques
Oriental diagnosis	Chi Kung

## REIKI

<b>REIKI LEVEL 1</b>	<b>REIKI LEVEL 2</b>	<b>REIKI MASTER</b>
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Reiki, pronounced Ray-kee is the Japanese word for the Universal Life Energy that permeates and sustains our entire world.

<b>Attunement Level 1</b>	<b>Attunement Level 2</b>	<b>Attunement Master Level</b>
<p>No prerequisite needed. First attunement to open energy pathways and enable the individual to channel Reiki energy on a physical level</p>	<p>Prerequisite – level I Reiki attunement and certification. To increase the power and flow of Reiki energy, and will be able to direct the energy to a deeper root level of emotional, mental and addictive patterns for healing</p>	<p>Prerequisite - level I and 2 Reiki attunement and certification. To increase the power of the Reiki energy and healing ability more. This degree of Reiki is recommended for the serious healer and who will make Reiki a major part of your life. It is a true spiritual experience</p>

<p><b>Qualification:</b>  <b>1st Degree, 2nd Degree,                  Master Level Certificate</b></p>	<p><b>Number of Lessons 18</b>   <b>6 Lesson per level</b></p>
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### SYLLABUS

Reiki fundamental healing principles History of Reiki Meditations Level II symbols and additional symbols Chakra healing and diagnosing techniques Intro to Crystal healing  Attunement methods Additional Usui/ Tibetan methods Being a Reiki Master	Hand positions and treatments Ethics Living the Reiki Principles Methods of distant healing  Programming with Reiki  Learning and using the Master symbol Advanced Reiki techniques Shadowwork
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<b>REMEDIAL MASSAGE</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>What is remedial massage?</p> <p>Health &amp; safety during massage</p> <p>Back problems</p> <p>Essential oils and how they can assist in muscle correction</p>	<p>Basic anatomy &amp; physiology</p> <p>Neck &amp; shoulder problems</p> <p>Leg &amp; hip problems</p> <p>Arm problems</p>
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<b>SIDEREUS HEALING TECHNIQUE</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>Story therapy for any audience - custom made</p> <p>Using story and metaphor at the energetic levels</p> <p>Learning new methods to work with rich metaphor</p> <p>Hypnotic delivery and advanced hypnosis techniques</p> <p>Understanding the richness and depth of story</p> <p>Unconscious processes made easy</p> <p>Working with therapeutic metaphors</p> <p>Soul retrieval, putting it all together</p>	<p>Embedding healing instructions</p> <p>New pathways to learning and integration</p> <p>Resolving conflict and unconscious sabotage</p> <p>Healing, self healing and distant healing</p> <p>The resonant voice and art of delivery</p> <p>Special tools for healing the body</p> <p>Distant healing - the gift</p>
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<b>SHIATSU</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy and physiology	Esoteric physiology
Shiatsu diagnosis	Yin and yang
The five Chinese elements	Shiatsu techniques
The meridian system	Oriental diagnosis
Acupoint methods	Bo & Yu points

<b>REFLEXOLOGY</b>	<b>27 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Theory of Reflexology	Anatomy & Physiology
Meridians & the five element chart	Counselling skills
Basic understanding of the pathological process	Conditions which should not be treated by Reflexology
Practice management & code of ethics	Recognition of states of health & ill health
Location of reflexes & mapping of the feet	A working knowledge of the structure and functions of the human body
Advanced techniques	Current theories
Procedures & techniques	History of reflexology
Detailed knowledge of the charts	Reflexology & stress



<b>VIBRATIONAL MEDICINE</b>	<b>15 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy of the subtle body	Kinesiology	Energy meridians
What is human energy?	Massage	Ayurvedic medicine
Acupressure - point location & stimulation	Flower remedies	Biomagnetic therapy
Relaxation/visualization	Cymatics	Starting practice

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<b>YOGA</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Improve breathing and relaxation techniques through Yoga  
 Yoga exercise routines  
 Explanation, application & benefits of Yoga Asana, Mudra & Bandha  
 Philosophy and practical lessons on Hatha, Lyengar & Astanga Yoga

Posture and their benefits  
 Warming up  
 Pranayama,

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<b>YOGA TEACHER</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Advanced yoga philosophy and practice	Demonstrating techniques
Nutrition	Yoga instructing and class management
Creating programs & session plans	Warming up; postures and their benefits
Contra indications	Basic first aid



<b>YOGA IN HEALTH</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

What can Yoga do	Relaxation and Stretching
Tension and Emotional Stress	Insomnia, Neurasthenia and Fatigue
Constipation and Indigestion	Backache and Aching Legs 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

## WOMENS HEALTH & BEAUTY COURSES

<b>ANTI AGEING</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Why do we age?	Main causes of ageing
Eating for health, youth & energy	Herbs for good looks - inside & out
Vitamins & minerals	Skin & hair rejuvenation
Essential oils	The facial workout
Say good-bye to stress	Amino acids, essential fatty acids, enzymes

<b>BEAUTY SALON MANAGEMENT</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

The human body	Hair removal	Nutrition
Diet therapy	Make up	Managing a salon
Exercise	Manicures	Marketing
Pedicures	Preparation	Layout
Facial treatments	Administration	Body massage
Basic book keeping		

<b>BEAUTY MAKEOVER THERAPIST</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Anatomy & Physiology of skin	Analyzing face shapes
Lips	Feet-pampering pedicure
Quick make-up tips	Achieve top model looks
Achieve beautiful eyes & eyebrows	Hands, manicure & nail problems
Exercises for strong feet - foot disorders	

<b>MANICURE &amp; PEDICURE</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy of upper limbs & hands	Anatomy of lower limbs & feet
Structure & disorders of the nails	Nail care - implements & cosmetics
Manicure & pedicure procedures & contra-indications	Hand & foot massage
Sterilization & hygiene procedures	Common problems

<b>PROFESSIONAL BEAUTY MAKE UP</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Salon layout	Face shapes	Dress Code
Client Consultation and Preparation	Tools of the trade	G.P Consent form
Corrective make-up techniques	Record Keeping	Effects of Lighting
Contra-indications	Application order	Tips
Body language	The skin	Cosmetics
Contra-actions	After care	Skin types
Advertising your business.	Skin Analysis	Cleansing
Health, safety and security		



<b>BEAUTY THERAPIST</b>	<b>15 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Anatomy & physiology for beauty therapy	Hygiene ethics
Understanding the skin and its function	Facial massage
Procedures for consultation & skin analysis	Cleansing the skin - facial analysis
Mask therapy in facial treatments	Professional make-up procedures
Skin care	Manicure & pedicure
Successful business management	Anti-ageing
Weight loss & control	General nutrition

## SPORTS & FITNESS COURSES

<b>EXERCISE PHYSIOLOGY</b>	<b>14 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Principles of training	Exercise physiology
Components of fitness	Consultation and screening
Assessing present levels	Fitness testing, protocols & procedures
Exercise prescription	Designing the program
Evaluating performance	Working with coaches

<b>FITNESS MANAGEMENT</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Reasons for fitness	Nutrition	First-aid
Understanding your body	Weight control	Endurance
Exercise for specific purposes	Fitness testing	Suppleness
Acupressure for injury relief	Exercise programs	Medication

<b>SPORTS PSYCHOLOGY</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Mind, body & soul		Self-belief & self-doubt
Sport, playing at games & in competition	The big picture?	Motivational techniques
Focusing in & psyching out	Why me?	Evaluating performance
Winning is everything!		Mind winning ways

<b>PERSONAL FITNESS TRAINER</b>	<b>20 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Review of anatomy, kinesiology & exercise physiology	Motivational techniques
Qualities of the personal fitness trainer	Exercise prescription
Psychology of fitness & the client	Writing training programs
The benefits of having a personal trainer	Physical fitness
Sports injuries & rehabilitation	Sport-related fitness
Sales & marketing	Remedial fitness
Contracts with the client	Motor fitness
Business plans	One-to-one training
Appraisal, screening, testing & evaluation of health & fitness	Client care

<b>SPORTS ELECTROTHERAPY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Review of anatomy, kinesiology & exercise physiology	Contra-indications & precautions
Inflammation, injury & repair	Record cards & referrals
Physiology of healing	Electricity friend or foe
Interferential treatments	Faradic stimulation
Laser equipment	High frequency treatments
Infra-red treatments	TNS and TENS treatments
Wax treatments	Ultrasound
Consultation, assessment & diagnostic skills	Magnetic field therapy

<b>SPORTS INJURIES</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Review of anatomy, kinesiology & exercise physiology	The nature of injuries
Range of movement & power tests	Contra-indications & precautions
Inflammation, injury & repair	Record cards & referrals
Physiology of healing	Electrotherapy treatments
Injuries specific to parts of the body	Remedial exercise
Treatment modalities including cryotherapy	Injury assessment
Management of sports injuries	Hydrotherapy treatments
Soft tissue manipulative techniques	Principles of rehabilitation
Consultation, assessment & diagnostic skills	Bandaging, taping & strapping



<b>SPORTS MASSAGE</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Review of anatomy, kinesiology & exercise physiology	Inflammation, injury & repair
Consultation, assessment & diagnostic skills	Contra-indications & precautions
Review of body massage techniques	Record cards & referrals
Professionalism & ethics	Lymphatic drainage
Sports massage techniques	Soft tissue manipulation



<b>SPORTS NUTRITION</b>
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<b>10 LESSONS</b>
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**AWARD: DIPLOMA****SYLLABUS**

The nutrient groups	Anatomy & physiology
Myths and misconceptions	The digestive system
Principles of coaching in sport	The glycaemic Index
Planning the diet	Weight control in sport
Supplements?	Nutritional ergogenic aids
Fluid balance	The day of competition
The latest thoughts on nutritional advice	Replacing nutrients after competition

## BUSINESS COURSES

<b>BUSINESS LIFESTYLE CONSULTANT</b>	<b>18 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Communication skills	Developing active listening skills
Effective public speaking	Personality assessment
Understanding body language	Stress counselling in the work environment

<b>LIFE SKILLS COACHING</b>	<b>18 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

The coaching framework	Assertiveness coaching
The coaching environment/coaching skills 1	The coaching environment/coaching skills 2
Stress & stressors	Relaxation coaching
Developing the coach/client relationship 1	Developing the coach/client relationship 2
Domestic coaching	Financial coaching
Group work & one-to-one coaching	Nutrition
Career coaching	Fitness coaching
Relationship coaching	Time management coaching 1
NLP 1	Time management coaching 2
NLP 2	



<b>LIFE SKILLS COACHING ADVANCED</b>	<b>25 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

What is Life Coaching?	Areas and Levels of Change
What do Clients want from Life Coaching	Counselling Skills
Common Misconceptions and errors	Basic Coaching Skills
Surface Life Coaching vs Holistic Life Coaching	Advanced Coaching Skills
Coaching in Relaxation Technique	CBT parts 1 and 2
Coaching in Behavioural Change (basic/advanced)	Weight Loss & Control
Basic Psychoanalysis Theory & Useful Techniques	Stop Smoking Coaching
Referral & Working with other Practitioners	Performance Coaching
Emotional Issues and Case Studies	Faith & Spiritual Issues
Deeper Emotional Issues and Case Studies	Working with Couples/Groups
Professional Practice & Responsibilities	Anger & Stress Mgt Coaching
Looking After Yourself and Loved Ones	Non Specific Issues

<b>ANIMAL CARE</b>	<b>7 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Cats	Birds	Rabbits
Dogs	Guinea pigs, hamsters and mice	
Horses	Reptiles and amphibians	

<b>PERSONNEL MANAGEMENT</b>	<b>7 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The personnel function	Manpower planning
Job analysis	Recruitment
Training	Job evaluation
Organizational functioning	Basic Health

<b>RETIREMENT HOMES MANAGEMENT</b>	<b>5 MODULES</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Module A – Statutory Regulations	
Module B – Duties to developing admissions and occupancy policies	Module C – Administration and management of the complex
Standards in the complex	Community life in homes of the aged
House Rules	Work and Leisure Time activities
Module D – Selection of helpful notes on Complex topics	Module E – Selection of helpful forms for Complex Management

<b>PERSONAL LIFESTYLE CONSULTANT</b>	<b>18 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Personal empowerment	Positive thinking
Psychotechnics	Developing self esteem
Inner healing	Confidence building



<b>EVENTS MANAGEMENT</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Getting to know your employees  
 Planning in Event Management  
 Catering and Food Services  
 Fund Raising Management  
 An Overview  
 Human Relations  
 Marketing  
 A Career in the field of Event Management

<b>EQUINE BUSINESS MANAGEMENT</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Horses – a business industry  
 Staff  
 The Law  
 Yard Management  
 Enterprises  
 Premises  
 The Office  
 Finance and Profit  
 Farm and Estate  
 Special Events

## MANTIC ARTS

<b>CLAIRVOYANCY</b>	<b>10 LESSONS</b>
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### AWARD: DIPLOMA

#### SYLLABUS

Cleromancy (dice, dominoes, runes, I Ching)	Clairvoyance explained
Numerology (numbers) and its role	Meditation & preparation
Cartomancy (tarot & playing cards)	Prediction
Oneiromancy & crystalomancy (dreams and crystals)	Radiesthesia (dowsing)
Chinese & Western astrology, its application to clairvoyance	Cheirgnomy & cheiromancy (palmistry)

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<b>DREAM ANALYSIS</b>	<b>8 LESSONS</b>
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### AWARD: DIPLOMA

Oneiromancy - divination by the interpretation of dreams	Ancient beliefs
Dreams - some famous interpretations	Sleep - why it is necessary
Psychology and dreams	Dream analysis
A dictionary of signs & symbols	Interpreting dreams
The language of the unconscious	

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<b>NUMEROLOGY</b>	<b>6 LESSONS</b>
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### AWARD: DIPLOMA

#### SYLLABUS

History and theory	The importance of number 9
The Fadic number	Cabola of Pythagoras
The characteristics of numbers 1-9, 11 and 22	Vertical sequences and vibratory power of numbers
Numbers 1 to 8	



<b>TAROT &amp; CARTOMANCY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Origins and comparisons of the cards	The 22 cards of the Major Arcana
Standard interpretations and what they mean	Using the 52 card pack
The 56 cards of the Minor Arcana	Developing your own psychic intuition
Divination - using your own spreads	Tarot counselling and responsibilities



<b>TAROT MASTER</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Universal law of movement	Revelation of the arcana
Complementary opposites and logic	The Qabbalahs
Symbolic colors	Yin and yang
Numbers and philosophy	Mysticism



<b>RUNES</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The origin & meaning of runes	The house of Freyr
How to use runes - stones & cards	The house of Hagal
Rune casting - stones & rune cards	The house of Tyr
The 12 houses & their meanings	Responsibility as a rune counsellor



<b>PALMISTRY</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

A brief history	Cheirography
Cheirognomy	Handprints & palm reading
Consulting using palmistry	Palm reading step by step
Counselling and responsibilities	

<b>PSYCHIC COUNSELLOR</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The differences between intuition and psychic ability	Recognition of intuition in yourself and others
Setting up in practice as a psychic counsellor	Exercises in psychic development
The application of psychic counselling when employing 'divination methods'	Signs, signals and body language



## NUTRITIONAL & HERBAL COURSES

<b>BIOCHEMICAL TISSUE SALTS</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

<p>Understanding the chemical structure of cells</p> <p>An analysis of the 12 biochemic tissue salts</p> <p>The role of vitamins, minerals &amp; tissue salts</p>	<p>Nutrition and good health</p> <p>Using biochemic tissue salts</p> <p>The human bioenergetic system</p>
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<b>CLINICAL NUTRITION</b>	<b>25 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

<p>Anatomy and Physiology</p> <p>Effects of Stress on the Body</p> <p>Food Combining</p> <p>Anti-ageing Formulas</p> <p>Zenoestrogens</p> <p>Anorexia, Hypoglycemia</p> <p>Applied Kinesiology</p>	<p>Vitamins, Minerals, Tissue Salts, Fatty Acids</p> <p>Women's disorders</p> <p>Weight Control and Loss</p> <p>Pre/Post Menopausal</p> <p>Effects of Relaxation and Exercise</p> <p>Obesity, Food Intolerances</p> <p>Iris Diagnoses for further observation</p>
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<b>CLINICAL WEIGHT CONTROL</b>	<b>15 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The psychology of weight control - body image, life style, transactional analysis, responsibility, creative visualization	The clinician's role as counsellor
Eating disorders - anorexia nervosa, bulimia nervosa, binge eating	Setting up a practice
The physiology of weight control addiction, symptoms, nutritional needs, eating for a healthy life	

<b>CLINICAL HERBALISM</b>	<b>15 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Course introduction - Herbal medicine	Signs and symptoms of disease states
Anatomy and physiology - The human systems	Assessment and diagnosis
Which herbal for which dis-order	Herbal preparations & remedies
Prescriptions and dosages	Specific problems of the sexes
`New` herbal remedies	The herbalist & the client
Building your business	38 healing herbs of Dr. Bach
Medical conditions and appropriate remedies	Valuable herbal remedies



<b>DIET &amp; NUTRITION</b>	<b>14 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The digestive system	Lifestyle & its effects on diet
Digestion and absorption of foods	The concept of healthy eating
Consultation & record cards	Food energy values
The Nutrient groups	Metabolism & exercise
The balanced diet	Deficiencies & disorders
Sources & functions of the nutrient groups	Meal planning & population groups
RDAs and RNAs	Allergies & intolerances



<b>EATING DISORDERS</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Historical development of eating disorders. Identification and etiology of disorders	A selection of case histories, including treatments and outcomes
The inner child. Interpersonal relationships	The purpose and value of an eating disorder. Control issues of childhood and adulthood
Taking responsibility.	
Treatment options	
Self-perception. Self-esteem	



<b>FOOD &amp; ENVIRONMENTAL ALLERGIES</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

Definition of allergies. Stages of allergy	Adrenal exhaustion. Allergy testing
The symptoms of allergy and maladaptation	Candida albicans. Symptoms & treatment
Nutrition - the holistic approach. Vitamins & minerals	Post viral fatigue syndrome. Symptoms & treatment
Environmental allergies. Chemical sources	Food allergies. Elimination diets

<b>HERBALISM</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Incorporating up-to-date knowledge	Introductory physiology. Skin diseases
Diseases of the nervous system.	Urinary system disorders
Circulatory system diseases.	Respiratory diseases
Liver & gall bladder diseases.	Women's disorders
Medicinal preparation & usage.	Starting your own consultancy

<b>HUMAN NUTRITION SKILLS</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Nutritive values	Processing	R.D.A.
Nutritive requirements	Menus	Planning
Science of nutrition	Diabetics	Diet formulation
Mineral & organic elements	Vegetarians	Special dietary needs
Vitamins	Cooking	Health aspects

<b>MEDICINAL HERBS</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

*Growing medicinal herbs* - *Harvesting herbs* - flowers, buying, planting, growing leaves, roots, seeds, bark, from seed, pruning, taking sap. Drying and storage cuttings

Herbal infusions. Herbal decoctions. Tinctures and capsules

*Babies and children* - *Middle age* - common symptoms, preventative treatments and remedies

*Middle age* - common symptoms, preventative treatments and remedies

Herbal first aid. Herbal suppliers

*The elderly* - common symptoms, preventative treatments and remedies

Infused oils, massage oils, Ointments and creams, Washes

Adolescents & young adults - common symptoms, preventative treatments and remedies

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<b>MACROBIOTICS</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

A thorough grounding in the Principles of health concept of Macrobiotics

Balancing Yin & Yang

Natural nutrition & live food diets

Vegetarianism



<b>MASTER HERBALIST</b>	<b>25 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>History of herbal medicine.          Biochemistry and chemistry          Contraindications and cautions          Herbs in the bible</p> <p>Outline of ayurvedic method of diagnosis.          First aid, using herbs consultation          Crafts using herbs          Cooking with herbs</p> <p>Spiritual dimension</p> <p>Clinical medicine.          Pharmacology - herbs to use for carminatives, etc.          How to make compresses, decoctions, tinctures, standardization and prescribing          Outline of aromatherapy including profiles of over 45 oils          Herbs used in homeopathy, Bach remedies and tissue salts - how they work and are made          Herb outlines of around 850 herbs, including growing, identification, chemistry, any cautions and contraindications, usefulness, energetics and history of the plant.</p>	<p>What is a herb?          Botany.          Herbs to use for diseases          Outline of Chinese method of diagnosis          Outline of western method of diagnosis          Phytonutrients and pharmacokinetics          Herb cultivation          Health and beauty and cosmetics          Outline of nutrition and healthy eating</p>
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<b>NUTRITIONAL THERAPY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>What is Nutritional Therapy          Toxic overload, deficiencies, food intolerance          Improving the immune system          The requirement for systemic detoxification</p>	<p>Healing holistically          Acid/alkaline status, hormonal imbalance          Treating specific conditions          Implements of Nutritional Therapy</p>
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<b>NUTRITION FOR CHILDREN &amp; ADOLESCENTS</b>	<b>11 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction	What is Nutrition?
Brief Overview of Nutrition	Overview of the Nutrition
History	Process
Essential Nutrients & Macronutrients	Enzymes
Vitamins, Fatty Acids and Minerals	The Western Diet
Gastrointestinal Disorders	Immune System & Nutrition
Attention Deficit Disorder w/wo Hyperactivity	Obesity
Autism Spectrum Disorder	Functional Foods

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<b>VEGETARIAN &amp; VEGAN NUTRITION CONSULTANT</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

History	Types of diet	Health of the client
Fasting	Risks of flesh foods	Detoxification
Pregnancy	Super foods	Nutritional therapy plans
Reasons for, breaking the myth		The facts on protein, B12, etc
Sport and bodybuilding		Young middle and older years
Incorporating veggie/vegan diets into your practice		



<b>VITAMINS &amp; MINERAL AWARENESS</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction	Minerals - functions & deficiencies	& Time released supplements
Food sources	Interactions & indications	& contra- Pollution around us
Digestive system	Vitamin - functions & deficiencies	



<b>WEIGHT MANAGEMENT &amp; CONSULTING</b>	<b>12 LESSONS</b>
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**AWARD: DIPLOMA**

Food combining & supplements	Introduction
Working with the client in compiling eating programs	Nutrition - you are what you eat
Basic recipes & cooking methods	Motivating the client
Role of exercise in weight reduction & control	Conclusion
Setting up a weight management consultancy	The digestive system
Some basic principles of weight reduction & control diets	

## COUNSELLING COURSES

<b>ADVANCED COUNSELLING</b>	<b>6 LESSONS</b>
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### AWARD: DIPLOMA

#### SYLLABUS

Introduction	Philosophy & design
Working with the family	Effective communication
Marital counselling	Motivational interviewing & dynamics of recovery
Dealing with denial	

<b>ADVANCED PSYCHOTHERAPY</b>	<b>8 LESSONS</b>
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### AWARD: DIPLOMA

#### SYLLABUS

Trauma & emotional relearning	The functional neuroses
The emotional brain	The affective disorders
Mind and medicine	Psychosomatic reactions
Essentials of treatment	

<b>ALCOHOL &amp; DRUG COUNSELLING</b>	<b>10 LESSONS</b>
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### AWARD: DIPLOMA

#### SYLLABUS

Addiction -what Counsellors & Therapists should know about	Creating a treatment plan
Conducting the diagnostic interview	Treating the individual
Patient program	Phases of recovery
Needs in treatment	Behavioral aspects
Programs of change	Benefits of treatments
Diagnostic categories	Assessments
Withdrawal	Human interaction

<b>CHILD PSYCHOLOGY</b>	<b>20 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The first year of life	The formation of attachments
Consequences of breakdowns in attachments	The home, family and school
Basic principles of research methods	The child as an individual
The development of language and communication	Behavior modification
The nature/nurture debate in the study of intelligence	Data collection and interpretation
The development of visual perception	How children think
Learning theory - how behavior is acquired	Moral development
Freud's psychodynamic theory - an alternative approach	The development of gender roles
Methods used in child development research	Aggression in children
Intelligence and intelligence testing	Play
Learning in school	

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<b>COUNSELLING SKILLS</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Definition	Vocabulary of counselling
Listening skills	Counselling relationships
Motivation skills	Decision making
Grief & bereavement	Stress, anxiety & depression
Restoring self esteem	Eliciting self motivation

<b>REGRESSION THERAPY</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Understanding regression Principles of regression work  
 Preparation for past-life Symptoms work  
 Past-life situations Therapy

<b>GRIEF AND BEREAVEMENT COUNSELLING</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Attitudes towards death Bereavement & the client  
 What is grief - what can be done to help Working with children  
 Grief v. depression Adjusting to violent death  
 Exploring grief & the letting go Rights of the bereaved

<b>INTEGRATED THERAPEUTIC COUNSELLING</b>	<b>24 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The counselling relationship	Rogerian therapy	Communication skills
Behavioral therapy	Gestalt therapy	Person-centered counselling
Transactional analysis	Primal therapy	Integrated psychotherapy
Setting up/running a practice		

<b>NEURO LINGUISTIC PROGRAMMING</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Building relationships	Developing awareness
Communicating adaptability	Sensitivity & Experience
Negotiating techniques & anchoring	Sharing feelings
Mind conditioning	Influencing others
Auditory and Kinaesthetic processing	

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<b>PSYCHOTHERAPY</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction & schools of thought	Relationships - healing together
Eclecticism and integration	Courage, compassion & confrontation
The clients needs in therapy	Emotional awareness & gut-level feelings
The client, the therapist & spirituality	Self-defeating life styles
Initiating a process of change	Positive attitudes in recovery

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<b>DEPRESSION MANAGEMENT</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Introduction	What is depression?
The causes of depression	Women & depression
The treatment of depression	Management & coping skills

<b>COUNSELLING CHILDREN &amp; ADOLESCENTS</b>	<b>22 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

The counselling relationship	Destructive relationships
Communication skills	Dysfunctional families
Child development	Educational psychology
Behavioral psychology	Child abuse & bullying
Grief & bereavement	Setting up a practice

<b>DYSFUNCTIONAL FAMILY COUNSELLING</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Meaning of dysfunctional families	Rules of dysfunctional behavior
Recovery - the therapeutic process	Dealing with feelings
Dealing with dysfunctional behaviors	Moving on - emotional intimacy
The client - the family & the healing process	Aspects of recovery

<b>PROFESSIONAL THERAPEUTIC COUNSELLING</b>	<b>26 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Basic & advanced counselling skills	Obsessive compulsive behavior disorders
Grief & bereavement counselling	Depression management
Self-destructive relationships	Development psychology
Alcohol & drug counselling	



<b>PROFESSIONAL HYPNOTHERAPY</b>	<b>20 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>Brief overview of personality theories, e.g. Freud, Jung, Erikson &amp; social cognitive theorists</p> <p>Hypnotic inductions</p> <p>Various induction styles &amp; techniques</p> <p>Post-traumatic stress disorders</p> <p>Improving learning experiences</p> <p>Brief overview of counselling skills</p> <p>Assistance in health problems - weight loss, changing to a non-smoking lifestyle</p> <p>Modes of communication within the hypnotic trance</p> <p>Generalized anxiety disorders &amp; phobias</p> <p>Working with depression</p>	<p>The power of the sub-conscious - the brain &amp; states of consciousness</p> <p>Theory of Hypnosis</p> <p>The 'Addictive Personality'</p> <p>Improving self-esteem &amp; motivation</p> <p>A Life -style change</p> <p>Historical background</p> <p>Addressing loss &amp; separation e.g. death, job-loss, divorce, rejection</p> <p>Self-hypnosis &amp; auto-suggestion</p> <p>Developing &amp; enhancing creativity</p>
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<b>PSYCHOLOGY</b>	<b>23 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>Stress and anxiety</p> <p>Why do we remember?</p> <p>Parent-child interaction</p> <p>Impressions of people</p> <p>Group norms and conformity</p> <p>Sexual development and gender identity</p>	<p>What is psychology?</p> <p>Signs of emotion</p> <p>Sensation and perception</p> <p>Attachment and separation</p> <p>Conformity to roles and obedience</p>	<p>Different approaches to psychology</p> <p>Theories of emotion</p> <p>Classical and operant conditioning</p> <p>Prejudice and discrimination</p> <p>Social pressure on the individual</p>
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<b>COGNITIVE BEHAVIOUR THERAPY</b>	<b>24 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

What is CBT,	Levels of change
Counselling, Counselling 2:	Humanism
Psychotherapy (psychodynamic methods and history)	CBT for relationships
Coaching – Planning – Mind Sets - Philiosphy	Referral and Assessing Seriousness
Cognitive Behavioural Change (CBT) Part 1, Part 2, Part 3, Practical Methods	CBT forms and method for other issues
Management and cooperation with professionals	Working with depression
Complementary CBT Techniques 1 & 2	Developmental Psychology
Anger and Stress Management Training	Professional Practice
CBT for Depression and Anxiety Parts 1,2,3 – Serious Emotional Issues, Managing Depression, Early Warning Systems, Bi Polar, Personality Disorders	



<b>SMOKING CESSATION</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>The Disease of the Mind &amp; body - basic Millennium          21st century living          Understanding the smoking habit          The nature of addiction          Why smoking appears to help          Stopping smoking 1 - motivation          Stopping smoking 2 - nicotine replacement &amp; other methods          Stopping smoking 3 - the stopping process          Evidence, verdicts &amp; other methods          Understanding encouraging          The therapeutic environment          Client perceptions &amp; reframing          Communication skills - group work 2</p>	<p>Mind &amp; body - basic physiology &amp; anatomy          Stress v. relaxation          The effects of smoking - short &amp; long term          The desire to smoke, the need to smoke          The effects of nicotine on the body          Why people stop - the benefits of stopping          Coping strategies - succeeding mind &amp; relapsing mind          Techniques, structures &amp; boundaries          Changing minds - taking control          Rapport, maps &amp; territories          Communication skills - one-to-one therapy          Communication skills - group work 1</p>
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## STRESS MANAGEMENT COURSES

<b>ADVANCED STRESS MANAGEMENT &amp; CONSULTING</b>	<b>26 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Anatomy & physiology of the stress response	Understanding stress
Understanding the coping process	Relaxation & stress
Counselling & communication skills	Developing self esteem
Value of nutrition, exercise & sleep in coping with stress	The stress response
Managing stress - skills & techniques	Assessing stress levels
Goal setting & time management	Conflict management
Anatomy & physiology	

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<b>PROFESSIONAL STRESS CONSULTANT</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

### SYLLABUS

Stress phenomenon & its effects	Effects of stress
Designing a stress management program	Introduction
Brief overview of systems of the body	Assessing stress levels
Managing stress - skills & techniques	Self-evaluation
Value of nutrition, exercise & sleep in coping with stress	Defining stress
Factors affecting individual responses	Stress response
The concept of internal environment	The coping process
Anatomy of the stress response	Relaxation & stress
Enhancing the self esteem	



<b>AROMA-STRESS</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

<p>Aromatherapy Controlling stress Stress</p>	<p>De-stressing with aromatherapy Stress &amp; time management Stress &amp; health issues</p>
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<b>RELAXATION THERAPY</b>	<b>8 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Relaxation - an antidote to distress	Sleep and relaxation
Breathing techniques	Autogenic training and self-hypnosis
Promoting relaxation	
Muscle relaxation techniques	Using other techniques
Exercise and relaxation	The role of nutrition and diet

<b>STRESS MANAGEMENT COACHING ADVANCED</b>	<b>27 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

What is Stress?	Personality	Levels of Change
Counselling Skills	Psychodynamic Theory	Humanistic Theory
Life Coaching Part 1,2,3	Life Coaching – Stress/ Anger	Non Specific Issues
Couples and Groups	Healing 1,2,3,4,5	Behaviour Change
Time Management	Basic Anatomy & Physiology	Basic Nutrition in Stress
Coaching and AHP	Basic Exercise and SHP	Pastoral & Spiritual Issues
Autogenics	Professional Practice	

<b>STRESS COUNSELLING IN THE WORK ENVIRONMENT</b>	<b>6 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

EAPs - an introduction	Exploring the need
Substance abuse in the work place	Establishing a program
Counsellor, company, client relationships - benefits to employer & employee	Facilitating training programs
Definitions of stress	Health, fitness & exercise

<b>WOMENS STRESS PRACTITIONER</b>	<b>10 LESSONS</b>
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**AWARD: DIPLOMA**

**SYLLABUS**

Women & stress	Women & alcohol	Creative problem solving
Assertiveness	Women & illness	Relationships
Use of tranquilizers	Understanding emotions	Transforming stress
Pre-menstrual tension		



## **REGISTRATION FORM FOR MAIL DELIVERY**

### **PERSONAL DETAILS**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Province/State \_\_\_\_\_  
 Postal or Zip Code \_\_\_\_\_ Phone number \_\_\_\_\_  
 Email Address \_\_\_\_\_

### **COURSES CHOSEN**

**Which Course (s) are you registering for? :-**

Course 1 Name _____	Course Price \$ _____
Course 2 Name _____	Course Price \$ _____
Course 1 Name _____	Course Price \$ _____
Course 2 Name _____	Course Price \$ _____

**TOTAL PRICE \$ \_\_\_\_\_**

<b>APPLY THIS DISCOUNT TO THE TOTAL</b>	30% for 4 courses purchased together
	25% for 3 courses purchased together
	20% for 2 courses purchased together

**TOTAL PRICE WITH DISCOUNT \$ \_\_\_\_\_**

**PAYMENT METHOD**      Credit card/PayPal      Personal Cheque

**PAYMENTS**      Full Payment      Payments Requested

Unless payment in full, do not send payment until contacted by the college to confirm course pricing, payments (if required) and selection

Signature \_\_\_\_\_ Date (d/m/y) \_\_\_\_\_



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