

Vancouver Island College of Natural Wellness

Syllabus: Advanced Holistic Health Practitioner Program 1500 clock hours

Program Description: The Advanced Holistic Health Practitioner (AAHP) Program builds on the Holistic Health Practitioner (HHP) Program. This program expands on the modality presentations of the HHP program to provide the practitioner with more options in client management. Prospective AAHP students may be admitted to this program with documentation of completion of a program similar to the VICNW HHP program.

Goals:

1. Student will explain hair mineral analysis.
2. Student will explain clinical kinesiology.
3. Student will define *iridology*.
4. Student will identify the structures of the human eye.
5. Student will describe the basic concepts of iridology.
6. Student will define *vibrational medicine*.
7. Student will describe how vibratory rates determine density and form.
8. Student will define *energy healing*.
9. Student will explain energy healing methodology.
10. Student will define *magnet therapy*.
11. Student will explain the physics of magnet therapy.
12. Student will describe magnet placement for specific conditions.
13. Student will define *acupressure*.
14. Student will define *meridian*, and *qi*.
15. Student will locate specific acupressure points.
16. Student will describe acupressure techniques for specific conditions.
17. Student will promote wellness through the application of acupressure.
18. Student will define *reflexology*.
19. Student will describe the correspondence between the reflex areas in the hands and feet to their associated part of the body.
20. Student will define *light therapy*.
21. Student will describe the relationship between light and human functioning.
22. Student will define *color therapy*.
23. Student will explain the physics of light and color.
24. Student will define *music therapy*.
25. Student will explain brain wave activity.
26. Student will describe how music may be used therapeutically for improving specific conditions.
27. Student will explain the body/mind connection.
28. Student will explain the biochemical effects of the brains functioning.
29. Student will explain how beliefs impact biochemistry.
30. Student will describe three movement therapies.
31. Student will explain the relationship between breath and energy.
32. Student will describe how breathwork may be used therapeutically for improving specific conditions.

33. Students will describe basic botanical principles.
34. Student will apply the esoteric concept of subtle body structures to their flower essence therapeutic applications.
35. Student will define *aromatherapy*.
36. Student will describe how aromatherapy may be used therapeutically for improving specific conditions.
37. Student will define *herbology*.
38. Student will explore the history of Western Herbalism.
39. Student will explore the history of Eastern Herbalism.
40. Students will become familiar with a Materia Medica of medicinal herbalism.
41. Student will describe the proper techniques for the collection of medicinal herbs.
42. Student will explain the proper preparation of medicinal herbs.
43. Student will describe the different routes for administration of herbal remedies.
44. Student will explore the ways that herbs may affect the human body.
45. Student will explore the ways that herbs may interact with foods, drugs, and vitamins.
46. Student will describe the classifications of specific herbs by therapeutic properties.
47. Student will explain the therapeutic actions of specific herbs.
48. Student will apply herbal therapeutics to their holistic health practice enhancing the quality of care.
49. Student will define *disease*.
50. Student will describe various vitamins.
51. Student will describe therapeutic food.
52. Student will describe deficiency syndromes.
53. Student will explain nutrient-drug interactions.
54. Student will explain appropriate practices to support children's health.
55. Student will apply therapeutic nutrition to their holistic health practice optimizing the quality of care.
56. Student will define *toxicity*.
57. Student will describe the detoxification process.
58. Student will describe food intolerances and allergies.
59. Student will explain the autoimmune response.
60. Student will describe immunosuppression.
61. Student will describe their legal obligations and jurisprudence surrounding their work as holistic health practitioners.
62. Student will implement appropriate business practices.
63. Student will formulate proper holistic health office organization.
64. Student will develop wellness plans for adults to correct imbalances and promote health.
65. Student will develop wellness plans for children to correct imbalances and promote health.

Recommended Texts:

Prescription for Natural Cures: a Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet and Nutrition, Nutritional Supplements, Bodywork, and More. Balch, James F. and Mark Stengler. Hoboken: Wiley, Inc, 2004.

Prescription for Herbal Healing. Balch, Phyllis A New York: Avery, 2002.

Magnet Therapy: the Gentle and Effective Way to Balance Body Systems. Birla, Ghanshyam Singh and Colette Hemlin. Rochester: Healing Arts P, 1999.

Advanced Bach Flower Therapy: A Scientific Approach to Diagnosis and Treatment. Blome, Gotz. Rochester: Healing Arts P, 1999.

An Encyclopedia of Natural Healing for Children and Infants. Bove, Mary Chicago: Keats, Inc, 2001.

The Healing Energy of Your Hands. Bradford, Micheal Bereley: Crossing P, 1995.

Raw Juices Can Save Your Life: An A-Z Guide. Cabot, Sandra. Corbbitty: WHAS, 2001.

Aromatherapy: Soothing Remedies to Restore, Rejuvenate and Heal. Cooksley, Valerie G. New York: Prentice Hall P, 2002.

Introduction to Research: Understanding and Applying Multiple Strategies. DePoy, Elizabeth, and Laura N. Gitlin. 3rd ed. Orono: Mosby.

Chiwalking: the Five Mindful Steps for Lifelong Health and Energy. Dreyer, Danny and Katherine Dreyer. New York: Fireside, 2006.

The Aromatherapy Bible: the Definitive Guide to Using Essential Oils. Farrer-Halls, Gill New York: Sterling, 2005.

The Detox Book: How to Detoxify Your Body to Improve Your Health, Stop Disease, and Reverse Aging. Fife, Bruce. 2nd ed. Colorado Springs: Piccadilly Books, Ltd, 2001.

Acupressure's Potent Points: a Guide to Self-Care for Common Ailments. Gach, Michael Reed. New York: Bantam, 1990.

Vibrational Medicine: the #1 Handbook of Subtle-Energy Therapies. Gerber, Richard. 3rd ed. Rochester: Bear & Company, 2001.

Putting It All Together: The New Orthomolecular Nutrition. Hoffer, Abram. New Canaan: Keats, Inc, 1998.

Designing Clinical Research: an Epidemiologic Approach. Hulley, Stephen B., Steven R. Cummings, Warren S. Browner, Deborah G. Grady and Thomas B. Newman. 3rd ed. San Francisco: Lippincott Williams & Wilkins, 2006.

Iridology: The Science and Practice in the Healing Arts. Johnson, Bernard. Vol. 2. Winona Lake: Whitman Publications, 2008.

Color Medicine: the Secrets of Color/Vibrational Healing. Klotsche, Charles. Sedona: Light Technology Publications, 1993.

Reflexology: Health At Your Fingertips. Kunz, Kevin and Barbara Kunz. New York: D K, 2003.

Your Body Can Talk. Levy, Susan L. and Carol Lehr. Prescott: Hohm P, 1996.

The Tao of Natural Breathing: for Health, Well-Being, and Inner Growth. Lewis, Dennis. Berkeley: Rodmell P, 2006.

Light Medicine of the Future. Liberman, Jacob. Rochester: Bear & Company, 1991.

Philosophy of Natural Therapeutics. Lindlahr, Henry. 2nd ed. Chicago: Lindlahr Company, 1919.

The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles. Lipton, Bruce H. Santa Rosa: Mountain of Love, 2005.

Tune Your Brain: Using Music to Manage Your Mind, Body, and Mood. Miles, Elizabeth. New York: Authors Choice P, 2005.

Complete Book of Juicing: Your Delicious Guide to Youthful Vitality. Murray, Michael T. New York: Three Rivers P, 1998.

Advanced Iridology Flashcards. Navratil, Frank. Prague: Return to Health, 2001.

Healing with Magnets. Null, Gary. New York: Carroll & Graf, 1998.

Molecules of Emotion: the Science Behind Mind-Body Medicine. Pert, Candace B. New York: Simon & Schuster, 1999.

Publication Manual of the American Psychological Association. Washington, D.C.: American Psychological Association, 2001.

Qi Gong for Cleansing. Dir. Ted Landon. Perf. Daisy Lee Garripoli, Francesco Garripoli. DVD. Living Arts, 2005.

The Encyclopedia of Bach Flower Therapy. Scheffer, Mechthild. Rochester: Healing Arts P, 2001.

Combining Old and New: Naturopathy for the 21st Century. Thiel, Robert J. Warsaw: Whitman Publications, 2000.

Planetary Herbology. Tierra, Michael. Twin Lakes: Lotus P, 1988.

Nutritional Balancing and Hair Mineral Analysis. Wilson, Lawrence. 3rd ed. Prescott: L.D. Wilson Consultants, Inc, 2005.

Yoga for Stress Relief. Dir. Michael Wohl. Perf. Barbara Benagh, Dalai Lama. DVD. Bodywisdom Media, 2006.

Syllabus: 10 Modules, 36 lessons with 36 self-review quizzes, 1 final examination

Module 1 – Introduction and Basic Sciences

Lesson 11-Coaching Overview (AACP lesson 12)

Lesson 12-Chemistry & Biochemistry (AACP lesson 22)

Lesson 13-DNA vs. Lifestyle Choices (AACP lesson 23)

Lesson 14-Quantum Detoxification- We are what we think (AACP lesson 24).

Module 2 – Analytical Studies

Lesson 21-Advanced Holistic Health Practitioner Assessment

Lesson 22-Assessment Methodologies

Lesson 23-Hair Mineral Analysis

Lesson 24-Clinical Kinesiology

Module 3 – Iridology

Lesson 31-Introduction to Iridology

Lesson 32-Eye Anatomy and Physiology

Lesson 33-Iridology Concepts

Lesson 34-Implications for Evaluation

Lesson 35-Evaluation Criteria

Lesson 36-Spiritual Development and Iridology

Module 4 – Vibrational Medicine

Lesson 41-Vibrational Medicine

Lesson 42-Energy Healing

Lesson 43-Magnet Therapy

Lesson 44-Acupressure and Reflexology

Module 5 – Light, Color, and Music Therapy

Lesson 51-Light Therapy

Lesson 52-Color Therapy

Lesson 53-Music Therapy

Module 6 – Body/Mind Connection

Lesson 61-Body/Mind Studies

Lesson 62-Movement Therapy

Lesson 63-Breathwork

Module 7 – Botanical Studies

Lesson 71-Flower Essence Therapy
Lesson 72-Aromatherapy
Lesson 73-Herbology

Module 8 – Natural Therapeutics and Wellness

Lesson 81-Orthomolecular Nutrition
Lesson 82-Body System Imbalances
Lesson 83-Natural Cures
Lesson 84-Children’s Health

Module 9 – Detoxification and Healing

Lesson 91-Toxicity, Fasting, and Juicing
Lesson 92-Sensitivity Responses
Lesson 93-Autoimmunity
Lesson 94-Immunosuppression

Module 10 – Applications

Lesson 1001-Systems Based Case Study Exercises

Final Examination

Self-Review Quizzes: Each lesson contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book, require no grading by instructor, and do not need to be submitted with the final examination.

Final Examination: Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit.

Thesis – Students must write and submit for grading a ten-page thesis on an area of holistic health. Thesis should be typed single-space, with 1” margins or neatly handwritten, and must be completed and submitted with final examination to receive program credit.

Book report Students must select and read 2 books (minimum 250 pages) that relates to a topic of holistic health then write a two-page book report on the subject and how it may benefit a future naturopathic practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

Case Studies – Students must complete 10 case studies as instructed by course materials. All the case studies must be completed and submitted with final examination to receive credit.

Online Forum Participation – Students are required to exhibit regular participation in relevant online forum discussions. To receive full credit, students must log in a minimum of 10 posts in the online forum. Posts should be appropriate and thoughtful and should pertain to subjects related to holistic health and healing.

Grading: Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 1500. To pass the program, a student must receive at least a “B” grade (80% of possible points). Point breakdown is as follows:

Final Examination – 300 points

Book Reports – 50 points

Thesis – 100 points

Online Forum Participation – 50 points

Case Studies – 1000 points

Total 1500 points

A	=	90 – 100%
B	=	80 – 89%
C	=	70 – 79%
D	=	60 – 60%
F	=	0 – 59%