

HOLISTIC HEALTH PRACTITIONER PROGRAM DESCRIPTION AND OVERVIEW

Diploma Program Name: Holistic Health Practitioner

Credit Hours: 1000 hours

Course Duration: Students have 24 months to complete this program.

Prerequisites: Applicants must have a High School Diploma or equivalent.

Students who do not hold a High School Diploma or equivalent will be required to pass a basic entrance exam that will demonstrate their knowledge of English and basic Math skills.

Program Description: This program covers topics in the areas of holistic nutrition, herbology, environmental medicine, energy work, mind-body medicine, anatomy, terminology, and other related topics. Students are trained to become experts in various aspects of holistic health and able to offer clients a wide array of natural treatment options. This program instructs students in how to evaluate an individual's diet and lifestyle, and to utilize the latest advances in nutrition and holistic health care to offer positive lifestyle changes and a personalized meal plan and exercise program. Students will gain an advanced knowledge of anatomy, medical terminology, vitamins, minerals, and herbs, and possess strong empathy for others. Emphasis is placed on recognizing that the whole person needs to be treated. Therefore, students become able to assess a client's emotional state, while helping to establish a positive balance between body, mind, and spirit. The program instills in students the understanding that the body has an innate healing ability and the practitioner's job lies in helping to establish the right environment for self-healing to take place.

Goals:

- Students will demonstrate an advanced understanding anatomy and physiology.
- Students will show an increased knowledge of body toxicity.
- Students will be able to describe the therapeutic process and application of detoxification.
- Students will be able to identify dietary guidelines.
- Students will recognize the vital role of pure water in overall health and wellness.
- Students will be trained in and will list the specific nutritional needs of children.
- Students will comprehend the ways in which children's nutritional needs can be met.
- Students will be able to utilize medical terminology in their case study analyses.
- Students will describe alternative healing methods.
- Students will be able to suggest alternative healing therapies that will augment nutritional consultation.
- Students will develop expertise in suggesting nutritional supplementation for common ailments.
- Students will have advanced comprehension of heart disease, cancer, and diabetes, and know how to help the healing process through nutrition.
- Students will describe the process of weight loss.

- Students will be well versed in the most recent weight loss fads and their validity or lack thereof.
- Students will have a basic understanding of physical fitness.
- Students will apply physical fitness principles to client education regarding the development and maintenance of optimal health as shown in their nutritional case study analyses.
- Students will be able to list vitamins, minerals, enzymes, and other nutritional building blocks.
- Students will develop the ability to recommend various orthomolecular nutritional supplements for common ailments.
- Students will be able to apply holistic nutritional principles in their client education activities.
- Students will be able to evaluate a person's nutritional needs through a thorough nutritional assessment based on current lifestyle and eating habits.
- Students will be able to recognize that each person has different nutritional needs and to customize a unique plan for each client, based on up-to-date scientific principles and practical skills.
- Students will explore the history of Western Herbal Medicine.
- Students will explore the history of Eastern Medicine.
- Students will recognize the differences between Ayurvedic Medicine and Traditional Chinese Medicine.
- Students will explore the similarities between Eastern medicinal theories and methodologies.
- Students will recognize and list the differences and similarities between Eastern Medicine and Western Herbal Medicine.
- Students will become familiar with a Materia Medica of medicinal herbalism.
- Students will comprehend the uses of medicinal herbs in relation to disease and illness.
- Students will be trained in the usage of medicinal herbs to enhance health and strengthen the immune system.
- Students will have a basic understanding of botany.
- Students will be able to identify medicinal plants and their useful parts.
- Students will explore the differences in herbal remedies.
- Students will make herbal remedies.
- Students will comprehend that herbs, drugs, and vitamins interact within the body.
- Students will explore the ways that herbal supplementation may affect the human body and its use of drugs and vitamins.
- Students will understand how herbal supplements affect a person's nutrition.
- Students will have an understanding of their legal obligations and jurisprudence surrounding their work as holistic health practitioners.
- Students will be able to develop disclaimer forms for use in their own practice.
- Students will develop insights as to what is appropriate in a holistic health consultation and what is legally and ethically inappropriate.

- Students will be able to apply holistic principles in their client education activities.
- Students will be able to evaluate a person's holistic health needs through a thorough lifestyle assessment.
- Students will be able to recognize that each person has different needs and to customize a unique holistic health plan with each client, based on up-to-date scientific principles and practical skills.

Recommended Texts, CDs & DVDs:

Alternative Medicine The Definitive Guide, by The Burton Goldberg Group: Written by nearly 400 doctors, The Definitive Guide is known as the Bible of alternative medicine. Over 1,000 pages!

The Optimum Nutrition Bible, by Patrick Holford: Discussions of antioxidants, phytochemicals, heart health, immune boosters, and more...

The Herbal Medicine Maker's Handbook: A Home Manual, by James Green: This guide to the kitchen pharmacy discusses the entire process of preparing herbal medicines at home.

The A-Z Guide to Drug-Herb and Vitamin Interactions, by Schuyler W. Lininger Jr. Steve Austin, Alan R. Gaby, Donald J. Brown, and Forrest Batz: helps you learn which drugs can deplete your body's essential nutrients.

The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments, by Alan Keith Tillotson.

Medical Herbalism: The Science and Practice of Herbal Medicine, by David Hoffmann, FNIMH, AHG: This text blends science with a very holistic approach to herbal healing. In addition to suggested herbs and dietary changes for various conditions, helpful rationale is given for why they work. This book is an herbal reference masterpiece that will aid the practitioner in choosing herbs that are both effective and safe.

Diet For a New America, DVD by John Robbins: A graphic and shocking video of how our food choices affect the environment and our health.

Guide to Optimum Health, a comprehensive CD series by Dr. Andrew Weil, based on his best selling book. It provides students with a program for improving lifelong health, by making informed choices about food. You can listen to these CDs in the car, around the house or while exercising.

World of Healthy Healing, DVD by Dr. Linda Page: An overview of herbal healing in different cultures throughout history - China, Ayurvedic and Western. How herbs work in the body; why

herbal healing is becoming more popular today; the latest scientific research about a few of Dr. Page's favorite herbs; the difference in herbal delivery systems: capsules, teas, extracts and gels; easy ways to tell if whole herbs are fresh and potent and how to use herbs safely.

Legal Guidelines for Unlicensed Practitioners, by Lawrence Wilson, M.D.: How to practice holistic therapies or any unlicensed profession without legal problems. Includes disclaimer forms, disclosure and consent forms, discussion of how our legal system works, history of occupational licensing laws, problems with occupational licensing the ninth amendment and much more.

Assessing Biochemical Individuality, by David Rowland, PhD: This questionnaire and companion manual provide the background information you need to make sound recommendations concerning which nutrients clients should be taking and avoiding. A great tool to help get your business started.

Human Anatomy Coloring Book by Margaret Matt: This practical exercise will help you to better understand human anatomy.

Syllabus: 5 Modules, 21 lessons with 20 self-review quizzes, 1 final examination

Module 1

Lesson 11 – Basic Human Anatomy
Lesson 12 – Medical/Herbal Botanical Terminology
Lesson 13 – Toxicity and Detoxification
Lesson 14 – Dietary Guidelines

Module 2

Lesson 21 – Orthomolecular Nutrition
Lesson 22 – Weight loss
Lesson 23 – Alternative Healing Methods
Lesson 24 – Alternative Diagnostic Methods

Module 3

Lesson 31 – Environmental Medicine
Lesson 32 – Energy Work
Lesson 33 – Body-Mind Medicine
Lesson 34 – Drug-Herb-Vitamin Interactions

Module 4

Lesson 41 – Common Ailments Prevention and Treatment

Lesson 42 – History of Herbal Medicine

Lesson 43 – Eastern Medicine

Lesson 44 – Western Herbal Medicine

Module 5

Lesson 51 – Botany and Plant Identification Harvesting

Lesson 52 – Making Herbal Remedies

Lesson 53 – Materia Medica Therapeutic Herbalism

Lesson 54 – Business Procedures Jurisprudence

Lesson 55 – Case Studies Consultant's Guide to Analysis

Final Examination

List of Assignments

- Final Examination
- Book Report
- Herbal Remedy #1
- Herbal Remedy #2
- Anatomy & Physiology Essay
- Thesis
- Case Studies
- Additional Case Studies
- Online Forum Participation

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.

Book Report: Students must select and read a book (minimum 250 pages) that relates to the topic of holistic health or natural healing, then write a 500 word book report on the subject and how it may benefit a future holistic health practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

Herbal Remedy Making: Students must develop two of their own herbal remedies made from scratch. They must include with the herbal product a list of the herbs used, the action of each herb, and a description of the process used in making it. Your herbal remedies are to be submitted for grading, with the final examination and other assignments, clearly labeled in an amber or blue

glass container. Please bubble wrap and place in a sealable plastic bag for shipment in order to avoid breaking or spilling.

Thesis: Students must write and submit for grading a 2500 word thesis on one of four topics: Prevention (through herbs and nutrition) and what constitutes a healthy lifestyle, the difference between alternative and conventional medicine, anti-aging with herbs and lifestyle choices, or the future of natural medicine. Your thesis should be typed with 1” margins or neatly handwritten, and must be completed and submitted with the final examination to receive program credit. A format which indicates resources used should be evident.

Anatomy and Physiology Essay: 250 words on each of ten Systems of the Body: HEENT, Neurological, Respiratory, Cardiovasclar, Digestive, Genito-Urinary-Reproductive, Musculo-Skeletal, Lymphatic, Endocrine and Integumentary.

Case Studies: Students must complete 9 case studies as instructed by course materials. Five of these case studies are to be completed with people the student knows; the other four are hypothetical and are exercises provided within the course materials. All the case studies must be completed and submitted with the 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 (located at www.vicnw.com in the Student Services area). 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 1100. To pass the program, a student must receive at least a “B” grade (80% of possible points). Point breakdown is as follows:

Final Examination – 150 points
Book Report – 50 points
Herbal Remedy #1 – 25 points
Herbal Remedy #2 – 25 points
Anatomy Essay Assignment – 100 points
Thesis – 100 points
Case Studies – 500 points
Additional Case Studies – 100 points
Online Forum Participation – 50 points

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = 0 – 59%

General Educational Information Worksheet, General Educational DVD, or General Educational Videoclip – 10 bonus points

(Bonus points will be included in total points earned; thus, a perfect score with bonus points will be calculated as $1110/1100 = 101\%$.)