



COLLEGE OF
Holistic Health

Let's make your vision a reality!

HOME-STUDY PROGRAMS

Individual Certificates

Reiki Master

Nutritional Consultant

Holistic Health Practitioner

Associate of Holistic Health

Bachelor of Holistic Health

Master of Holistic Health

Doctorate in Holistic Health

Holistic Health Specialist

CHH is insured through American Bodyworkers and Massage Professionals (ABMP).

Students are eligible for discounted insurance and a website from ABMP.

For more information email Nancy at nancybarneshp@yahoo.com

Our Programs are Nationally Accredited by the Following Organizations



www.worldmeta.org



www.internationalhealers.com



www.aadp.net

We are Endorsed by IAPLC



www.iaplifecoaches.org

About Our Programs

The skills developed in our Programs will enable you to start or enhance your own holistic healing business; integrate holistic therapies in your work as a doctor, nurse, massage therapist, or any other healing profession; or offer your holistic healing skills in other professional capacities. Considering that similar programs may cost thousands of dollars more, this program is unequivocally an amazing value. Express the essence of who you truly are with our Programs. **Make Your Vision A Reality.**

Note: Our programs can also be taken for personal reasons only – for those who wish to gain holistic health knowledge and skills for themselves and their families.

Complementary and holistic healthcare is preventative, treating the cause and the whole person rather than just the symptom. With large numbers of people partaking in a wide array of holistic treatments, it is indeed an opportune time to study and become gainfully employed in this field.

Nancy Barnes, the Director of College of Holistic Health LLC, is a Certified Instructor and a Board Certified Holistic Health Practitioner.

Top Reasons why to study with CHH

- Low Tuition (compared to most other schools)
- Tutored with ongoing Email Support. We are there for you.
- Most Textbooks are by well-known Authorities in Holistic and Alternative Concepts
- Many Courses include DVDs
- Mp3's or Audio CD's for Attunements, Meditations, Lessons
- CD-ROM with Course Materials (PDF/eBooks that are downloadable and printable)
- Hands-on kits in each module (includes materials pertaining to lessons)
- Content that makes our Programs exceptional and unique
- Work at your own pace in the comfort of your own home
- Independent study, open book quizzes
- Opportunity to apply what is learned immediately
- To be a part of the Trillion Dollar Health Industry!

Why Choose Home Study?

Numerous individual testimonials have been offered over the years attesting to the benefits of distance education. Beyond these claims, formal studies have been conducted to measure the effectiveness of the distance education method. All research published since 1920 has indicated that correspondence/distance study students perform just as well as, and in most cases better than, their classroom counterparts.

Distance learning has definite advantages over face-to-face instruction when it comes to teaching and learning, according to an analysis by the U.S. Department of Education.

Read report - <http://www2.ed.gov/rschstat/eval/tech/evidence-based-practices/finalreport.pdf>

The Federally-conducted study found that students who took all or part of their instruction online performed better, on average, than those taking the same course through face-to-face instruction.

Our Purpose

College of Holistic Health is dedicated to training and educating students for competent and professional services in the areas of energetic studies, and holistic healthcare practices.

Philosophy

College of Holistic Health endeavors to *immerse* the student in the *experience* of energy including the philosophy that *learning* is holistic, therefore actively engaging the mind, body and spirit of the student. The training will focus on aspects of preventive and holistic health education.

Mission Statement

The mission of College of Holistic Health is to provide a curriculum that assists in preparing competent practitioners of Holistic Health, Wellness and Energetic based studies. College of Holistic Health works diligently to provide a positive educational experience that honors student diversity and the right of each student to learn through a holistic approach. We seek to make holistic healthcare practices readily available to the general public, to healthcare professionals and to all students who desire this training.

Objectives

- For students to gain a deeper understanding of the various stress reduction skills, energetic balancing, and holistic healthcare techniques.
- To guide students in combining different modalities into an integrated holistic session.
- To support students in the exploration of the intimate connection between body, mind and spirit with respect to physical health or illness, while examining the psychospiritual influences behind illness.
- To introduce students to the basic requirements in business management, ethics and communication to allow for the development of a successful practice.
- To assist students on their personal and spiritual journey in becoming a professional Holistic Health Practitioner.

Our Program

- Promotes health, healing, joy, meaning, awareness, and appreciation.
- Provides exceptional natural healing or holistic health education.
- Provides premier instruction and services at the most affordable fees.
- Enriches physical, emotional and spiritual well-being and healing of students and clients
- Assists students to become more effective, sensitive and skillful practitioners.
- Deepens our connections: to ourselves, our community, and to our living planet.

Program Objectives

Students will gain a basic understanding of holistic healthcare and prepare to become practitioners for modalities such as Reiki, Reflexology, Chakra Balancing, Meditation, Hair Analysis, Nutrition, and Fitness. Students will develop skills in a variety of modalities that are within the extent of Holistic Health Practices. These skills will prepare students to utilize holistic practices. Holistic Health, as a growing field within healthcare, will serve to provide education to the public on the benefits of wellness and preventive care.

Entrance Requirements

- Students must be at least 18 years of age with a high school diploma or the equivalent.
- A onetime Registration Fee of \$50 is required when submitting an application.
- The student should have access to a computer and the internet and email.
- The student will need a CD/DVD player or player on the computer.
- A massage table would be useful for some of the treatments but not necessary.

Student Registration (form on last 2 pages)

- Pertinent information and contact information.
- A photo of applicant (photocopy of driver's license acceptable).
- Proof of high school/GED completion or higher education transcripts or diploma – please do not send the original, send a photocopy.
- Applicants must submit a short essay on your health philosophy and career interests.

Submitting Registration Documents

Students will receive an e-mail notification within 1 week of our receipt of Registration.

Please mail or email completed registration to:

College of Holistic Health (CHH)

C/O Nancy Barnes - Director

1433 Bell Road, Chagrin Falls, OH 44022

Email - nancybarneshp@yahoo.com

Self-Paced Program Format

Home-study/correspondence - students may begin the Program at any time. We send out modules on a bi-monthly basis. Students are able to work at their own pace. Our advisors are available to answer student's questions throughout the program. Certificates will be issued after course work is completed and payment for that level is paid in full.

Our Certification Programs consist of a total of 12 Modules (HHP – Doctorate) which comprise of individual Degrees and Certifications. After completion of each level the student then may go on to the next program and so on. Previous levels are required to receive the advanced degrees.

- Achievement of 5 Modules are required to receive a Certificate as a *Holistic Health Practitioner* and you also receive an *Associate of Holistic Health*.
- The student then can acquire *Bachelor of Holistic Health* by completing 2 more Modules
- Upon completion of 3 additional Modules the student receives *Master of Holistic Health*.
- Finally with 2 additional Modules the student receives *Doctorate in Holistic Health*.
- Upon completion of the Doctorate Degree Program the graduate will also receive a Certificate *Holistic Health Specialist*.

Our Programs includes: Textbooks, and Instructional CD's. Courses incorporate: Lessons, Workbooks, Exercises, Assignments, Essays, Quizzes, and Sessions/Case Studies. Courses include supporting resources such as; Charts, Audio, Video, Herbs, Essential Oils, Gemstones, Tuning Fork, etc. Course materials comprise of Textbooks, eBooks/PDF's (downloadable and printable) on CD-ROMs. Workbooks for the Modules are presented as a word document so the student may type in answers or print the document. All required materials are included in the tuition. We may substitute course materials with similar course materials due to availability.

Student Support Resources

Students will also receive PDF Manuals (downloadable and printable) that will provide valuable information and support on Business Writing, Report Writing, Study Skills, Time Management, Career Development and More.

Designations established from completing our Programs:

- Certificate for Every Lesson
- Reiki Practitioner
- Reiki Master
- Holistic Health Associate
- Holistic Health Practitioner
- Associate of Holistic Health
- Nutritional Consultant
- Bachelor of Holistic Health
- Holistic Reflexologist
- Master of Holistic Health
- Doctorate in Holistic Health
- Holistic Health Specialist

A great benefit of our program is that after completion of each Module you will receive separate Certificates and have the ability to utilize what you have learned.

Holistic Health Practitioner

HHP MODULE 1

HHP 1 - Holistic Health and Wellness

HHP 2 - Alternative Medicine

HHP 3 - Holistic Self-care

HHP 4 - Healing Your Body

HHP 5 - Reiki Empowerment

HHP 6 - Reiki Master

HHP 7 - Reiki Advanced Techniques

HHP MODULE 2

HHP 8 - Energy Medicine

HHP 9 - Chakras and Auras

HHP 10 - Chakra Balancing

HHP 11 - Color Healing

HHP 12 - Crystal Healing

HHP 13 - Sound Healing

HHP 14 - Therapeutic Touch

HHP 15 - Self Empowerment/Etheric Cord Flush

HHP MODULE 3

HHP 16 - Deepening Intuition

HHP 17 - Channeling Chi

HHP 18 - Healing With Essential Oils

HHP 19 - Introduction to Meditation and Yoga

HHP 20 - Meditation

HHP 21 - Holistic Fitness

HHP MODULE 4

HHP 22 - Spiritual Development

HHP 23 - Energetic Boundaries/Psychic Protection

HHP 24 - Spiritual Healing

HHP 25 - Angel Healing Therapy

HHP 26 - Law of Attraction

HHP 27 - Attracting Abundance

HHP MODULE 5

HHP 28 - Nutritional Medicine

HHP 29 - Food Allergies

HHP 30 - Healing Foods/pH Balance

HHP 31 - Natural Medicine

HHP 32 - Herbal Medicine

HHP 33 - Herbal Remedies

Bachelor of Holistic Health

BACHELORS MODULE 6

B 34 - Basic Human Anatomy and Physiology

B 35 - Bodywork

B 36 - Acupressure

B 37 - Advanced Acupressure Techniques - Working with Tuning Forks

B 38 - Holistic Reflexology

B 39 - Hand Reflexology

B 40 - Ear Reflexology

BACHELORS MODULE 7

B 41 - Holistic Aromatherapy

B 42 - Aromatherapy Bodywork

B 43 - Holistic Business

B 44 - Business Management

B 45 - Business Marketing

Master of Holistic Health

MASTERS MODULE 8

M 46 - Stress Management

M 47 - Stress

M 48 - Neuro Linguistic Programming

M 49 - Self-Hypnotherapy

M 50 - Hypnotherapy

MASTERS MODULE 9

M 51 - Life Coach

M 52 - Joyful Living

M 53 - Emotional Freedom Technique

M 54 - Dream Therapy

MASTERS MODULE 10

M 55 - Polarity Therapy

M 56 - Body Mind Fitness

M 57 - Medical Intuitive

Doctorate in Holistic Health/Holistic Health Practitioner Specialist

DOCTORATE MODULE 11

D 58 - Oriental Medicine

D 59 - Face and Tongue Analysis

D 60 - Ayurveda Therapy

D 61 - Kinesiology

D 62 - Naturopathy

D 63 - Homeopathy

DOCTORATE MODULE 12

D 64 - Detoxification

D 65 - Medicinal Herbs

D 66 - Iridology

D 67 - Hair Analysis

D 68 - Ethics

Dissertation

School Advisors

Even though our program is through correspondence; Students have ongoing support from an Advisor/Tutor via email. Advisors are available to answers questions and offer feedback on completed homework.

Completed course work

We prefer that Course work be emailed to the school. Course work must be presented neatly in a document format with proper English grammar and usage. It is very important to make a copy of your work for your own records. Any course work mailed to us will not be returned unless school notes such.

Practicum

Some of the courses require hands-on practice. You can practice on your friends and family. Since this program is offered through distant study; we suggest that you volunteer your time and work with a professional if possible. You may also go to a practitioner who offers a specific modality so to experience a session. Note that not all practitioners will give the same quality or type of treatment. You have the option of submitting videos of sessions to our school for feedback.

Grading System

Students shall be graded on the Pass/Fail system. 80% correct answers are required for a passing grade. Students who do not reach 80% will be required to resubmit course work and achieve a passing grade. Students that are not passing can receive tutoring from an instructor. The student will be able to resubmit the course work one time for free. If a third time is necessary to pass there will be a \$50 fee per lesson. The school will then advise the student if completion of the program is feasible.

After completion of our Programs

No annual registration is required through us. We offer ongoing support for our students. We recommend that you maintain Insurance or Association memberships.

Graduates may apply for Accreditation through the following Organizations:

- American Association of Drugless Practitioners (AADP) - College of Holistic Health has achieved the AADP approval status; this means that the education that you earn through our programs are authorized and approved by a board of educators and professionals. CHH students who desire to be Board Certified Practitioners can immediately apply for board certification through the AADP following their graduation. No exam required.

- American Naturopathic Medical Certification Board (ANMCB) Students that graduate from our Doctorate Program may take the test from ANMCB to be board certified as a Holistic Health Practitioner or Naturopath.

Tuition

Pay Per Module \$575 (Includes all lessons and material for the module)

Holistic Health Practitioner (HHP) - \$2575 (5 Modules)

(All the advanced degree prices are based on completing prerequisite degrees with us)

Bachelor of Holistic Health (after prerequisite, 2 additional Modules)

Master of Holistic Health (after prerequisites, 3 additional Modules)

Doctorate of Holistic Health/Holistic Health Specialist (after prerequisites, 2 additional Modules)

Total cost for Holistic Health Practitioner through Doctorate of Holistic Health is \$5500.

Payment

PayPal, Credit Card, or Checks are accepted.

We offer a monthly subscription payment plan through PayPal. See payment page on our website. Other options may also be available. Monthly transaction fees will apply.

Discount for Studying with Friends and Family

You and a friend or family member may apply for the program and share course materials.

There is a 50% savings on the second program. Course work would be required individually and each student would have an advisor. Email for details. No other discounts apply.

Scholarships

Up to a \$1200 scholarship is available for those with financial hardships. Apply to the school with a letter/email of your situation. Include contact inform and documentation to support your request. You need show prove of income. You may have to provide copies of IRS tax return, bank statements, and income statements to verify income.

Financial Aid

It is the student's responsibility to seek financial aid. Financial aid may come from employers, associations, churches, philanthropists, private groups and loans.

Terms of Registration Policy

- Non-refundable

Referral Incentive

- Refer a student to our program and receive up to \$100 after new student pays in full.

Terms of Tuition Policy

- Applicant has a 3 Day grace period for cancellation.
- Applicants not accepted to CHH are entitled to a refund of all moneys paid for tuition.
- Any refund due student will be made within 30 days.
- If the school discontinues a program a prorated refund of tuition paid will be issued, exclusion would be if the student had reasonable time for program completion.
- All terms for Enrollment are listed on our website.

Transferring Credits/Experience to College of Holistic Health

Students may receive transfer credit for up to 2 Modules in our Programs. Or those who have training or relevant life experience may be exempt from up to 2 Modules. Please inform us at enrollment time if you wish to apply for either exemption. You must be able to validate qualifications.

Privacy Policy

- Personal contact information of students is only for contact and communication for school related business and affairs only.
- The Privacy Policy is to ensure that this contact information is used for the best educational interest of each student.
- The Privacy Policy is to protect students from the distraction or pressure of unsolicited marketing of products and services. The focus and the environment of the school is holistic healthcare training.
- Only approved modality sessions are permitted to be scheduled or facilitated prior to, during, between or following class times at the school or on the grounds.
- No student or faculty shall use student information for private gain.

Legal Disclaimer

Energy-based healing modalities are not intended as a replacement for traditional medical care. They are considered complementary therapy to be used adjunct with traditional medical care. Clients should check with their physician before receiving consultations or sessions.

Employment Outlook

There is no one statistical prediction for Holistic Practitioners. However, the U.S. Bureau of Labor Statistics (BLS) does have data for a few of the specialties. For example, the BLS predicted that chiropractic jobs would increase by 20% from 2008-2018. For that same period, the BLS expected jobs for massage therapists to grow by 19%. Both predicted growth rates are higher than the average anticipated growth for all occupations (www.bls.gov).

Holistic Health Careers are beginning to be recognized in the medical community as natural healing arts that promote wellness through disease prevention. In fact, according to a National Health Statistics report, "Approximately 38 percent of adults in the United States aged 18 years and over, and nearly 12 percent of U.S. children aged 17 years and under, use some form of

complementary and alternative medicine (CAM)." As these healing methods continue to become integrated with mainstream health care, the outlook for careers in the natural healing field remains strong. This is why alternative medicine careers have seen such tremendous growth.

Career Options

Many Holistic Health Practitioners choose to work in private practice offering individualized consultations. Our programs are comprehensive, yet flexible, offering you many opportunities.

A plethora of career opportunities exist for graduates of this program:

- Holistic Practitioner in Clinics, Retreat and Wellness Centers, Beauty Salons, Cruise Ships and Holiday Resorts
- Support staff for: Chiropractors, Naturopathic and Homeopathic Doctors
- Entrepreneurial opportunities in setting up your own private practice or clinic with other practitioners or corporate on-site contracts
- Hold Health Seminars
- Writing books and/or articles on various aspects of holistic medicine
- Developing DVD and/or CD programs concerning holistic health
- Owning and/or operating a health food store or health spa
- Energy Healing Practitioner
- Reflexologist
- Bodywork Practitioner
- Reiki Master/Teacher
- Life Coach or Health Coach
- Herbal or Nutritional Consultant
- Wellness Consultant
- Workshop Presenter
- Teaching others about Holistic Health and much, much more. . .

CHH Students were/are:

Massage Therapists/Teachers, Estheticians, Nurses, Fitness Trainers, Business Owners, Counselors, Intuitive Readers, Herbalist, Yoga Instructors, Meditation Instructors, and other Professional and Non-professional people. Many Students take our Program to enhance their existing career, study new courses, or to work independently.

The Right to Practice

Please check your state for specific regulations and guidelines. We advise you to become ordained as a Minister which will broadly expand your scope of practice. The online ordination we recommend is legal and allows service as a Minister. As an ordained minister in the USA, you will be protected under the Constitution.

Many states do not require licensing for bodywork. The owner of a Massage School in Ohio suggests a practitioner become ordained to allow the practice of bodywork without being licensed after they receive training. Even though state laws in Ohio state that you must have a license for massage. His school (and other schools) teaches Ethical Massage, Reflexology, and Polarity Therapy which does not require obtaining a license. He does suggest asking for a 'Suggested Donation' for Massage work. Additionally, in Ohio an Esthetician is also allowed to practice Massage with their Certification, but are not allowed to do Medical or Sports Massage.

Reflexology may require licensing in some states. If you already are a Nurse, Doctor, Health Practitioner, Massage Therapist, Acupuncturist, you may be allowed to practice under your present License or Certification. Licensing allows the right to touch and protects clients by strict regulations.

There may be the option of practicing under the rights as a Reverend which allows freedom of rights. A practitioner often practices under a physician or chiropractor. Due to restrictions and government control, you may prefer to not be licensed. However every Practitioner should have liability insurance.

Ordination

You may apply for Ordination from Universal Life Church, American Fellowship Church, or another Spiritual Organization anytime during the program. As a legally ordained minister, you will be able to perform weddings, funerals, baptisms and other functions of the clergy.

Ordination may protect your scope of practice as a Holistic Health Practitioner. Our common thread is our adherence to the universal doctrine of religious freedom: "Do only that which is right". We believe that every person has the natural right (and the responsibility) to peacefully determine what is right. We are advocates of religious freedom. You should be able to pursue your spiritual beliefs without interference from any outside agency, including government or church authority. Ordination is very important to obtain in order to practice healing.

Liability Insurance

Student Insurance is available from ABMP for only \$45, which includes a website and coverage up to 12 months. Insurance is a requirement to practice on other people during your enrollment. An application can be submitted through College Holistic Health, or apply directly to ABMP with our school code; please contact us for that information.

HOLISTIC HEALTH PRACTITIONER

HHP MODULE 1

HHP 1 - Holistic Health and Wellness – This course is an overview of our Holistic Health Practitioner program. You will learn the principles for living a balanced life. Learn how you will be able to help clients as a Holistic Health Practitioner. Start your journey to become a Holistic Health Practitioner by learning what Holistic Health is and applying what you learn to enhance your life and the lives of others.

HHP 2 - Alternative Medicine – This course will help establish your understanding of Alternative Medicine and provide the foundation for your holistic practice. Learn about living a healthy life and about treatments for illness. You will also learn about medical freedom and what it means for you and your clients.

HHP 3 - Holistic Self-care – This course is an overview of self-care principles. You will learn about the importance of physical, mental, and spiritual health in order to achieve a state of well-being. You will also work with tools to assess one's overall well-being.

HHP 4 - Healing Your Body – Learn why disease manifests in the body. How you can be healthier and help others too. You will also learn the essentials for leading a balanced life. Learn how to identify the problem, what to do about the problem, how to change, daily practice and emotional wellness.

HHP 5 - Reiki Empowerment - This course will introduce you to the basic concept of Reiki. This course is a great intro to get you started in energy healing. You can use the course materials to introduce Reiki to others. The empowerment is simple to learn and easy to teach others. You will be able to practice doing self-healing, healing others and distance healing.

HHP 6 - Practical Reiki Healing - Kundalini Reiki Master – This is a very natural, simple and strong healing modality that is easy to learn and practice. This method will enable you to immediately access Reiki for self healing and healing others. There are no symbols to learn, no specific hand positions and attunements are easy to pass on to others. This healing method will awaken and balance the Kundalini energy, therefore creating balance of mental, physical and emotional clarity. A balanced state is the closest to perfection one can attain on earth. You will be a Reiki Master who can do healing sessions and also attune others to Reiki.

HHP 7 - Advance Reiki Techniques – Learn additional Reiki Methods to enhance your abilities. You will learn how to use Tachyon healing energy and how to pass attunements. Life force is the foundation for everything. It is highly intelligent and will automatically convert to the specific energy needed in the body. You will learn how to make Tachyon antennas and other Reiki methods.

HHP MODULE 2

HHP 8 - Energy Medicine – This course will cover energy techniques that every healer should know. Get step-by-step instruction, diagrams, and key insights. Learn practices from a vast range of holistic healing and energy medicine traditions. You will also learn diagnosis practices.

HHP 9 – Chakras/Meridians/Auras – This course will cover the basic concepts of the chakras, meridians and the aura. By using the materials in this course you will have the tools to introduce the basics about the energy systems to others.

HHP 10 - Chakra Balancing – Learn about our “energetic” bodies and why it is important to keep the seven main chakras of the body clear and balanced. This module also teaches you how to keep your chakras balanced and how to recognize where and why dis-ease has manifested in the physical, emotional, and/or spiritual body. *Hands-on kit provided*

HHP 11 - Color Healing - The use of color as a therapy has a long history. The ancient Egyptians and ancient Greeks built healing temples of light and color. They also used colored minerals, stones, crystals, salves and dyes as remedies as a treatment. Learn how to use color to restore health and balance energy. Develop your innate color healing skills. You will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using tools such as colored candles and charged water.

HHP 12 - Crystal Healing - Learn about crystals and how to work with them for healing. Crystal therapy or crystal healing is a kind of vibrational medicine. Crystal therapy necessitates the application of crystals or gemstones to help healing. Gemstones hold spiritual and healing attributes that may be tapped into for many uses. Healers likewise place stones on their clients' reclined bodies to equilibrate the chakras and aura. *Hands-on kit provided*

HHP 13 - Sound Healing - Learn the healing power of sound and many ways you can incorporate in your daily life. Learn how to use sound for relaxation and for healing the mind, body, and spirit. The chart provided teaches ways to use sound for healing yourself and others.

HHP 14 - Therapeutic Touch – This healing practice was developed by nurses. Treatment is excellent for reducing anxiety, for well-being, and healing. This method is very simple to learn and apply. Learn the basic techniques to direct the flow of energy and give a treatment.

HHP 15 - Self-Empowerment – This course is about self-empowerment and self-worth. Understand how self-esteem affects you and how to live healthier, and then apply the methods you learn to help others. You will learn about Etheric cords and how to heal relationships. You also receive an Etheric Cord Empowerment and instructions how to pass it to others. This course will help you to build a healthy ego, release negativity and become more confident.

HHP MODULE 3

HHP 16 - Deepening Intuition - Learn to use your intuition everyday to enhance your life. True intuition is more than just a “feeling” or a guess, it is one of the most important, yet often least developed, of our human faculties. Many people mistakenly assume that intuition cannot be understood and developed however this module shows you how.

HHP 17 - Channeling Chi - This course will teach the basic concepts of Channeling Chi. Learn about the history and the philosophy of Chi practices. Understand how to discipline the mind to attain focus and balance in your life.

HHP 18 - Healing With Essential Oils – You will be introduced to essential oils their uses and how to use them to enhance health and well-being. You will learn how to safely use essential oils. Additionally you will learn how to choose essential oils for healing sessions and many other uses. *Hands-on kit provided*

HHP 19 - Introduction to Meditation and Yoga – This course will cover several aspects of meditation and yoga. Learn basic yet powerful techniques of meditation through clear, step-by-step instructions. You will also learn how to achieve peace and calmness.

HHP 20 - Meditation – Learn additional meditation methods. You will experience the importance of the breath/mind connection and the power of the focused mind. Learn simple, "do-able" suggestions of how to sit comfortably for meditation, how to still the restless mind, how to take experiences of peace and joy into daily life.

HHP 21 - Holistic Fitness – We will discuss physical health and well-being. You will learn the various aspects that positively contribute to wellness of the individual. You will also learn basic movement techniques to enhance physical well-being. You will learn how to accomplish the goal of making exercise a part of your daily life. Learn how to figure out your current fitness level and how to set goals. *Hands-on kit provided*

HHP MODULE 4

HHP 22 - Spiritual Development – Learn the spiritual laws through exercises, activities and meditations to give you a better understanding of these laws and how to apply them in your daily life. You can find deeper meaning in your life and apply what you learn to help others.

HHP 23 – Energetic Boundaries/Psychic Protection – In this course you will learn about energetic boundaries; what they are and what they do and how to protect yourself. You will also learn about psychic protection. *Hands-on kit provided*

HHP 24 - Spiritual Healing – This course will introduce you to the basic concepts of Spiritual Healing. Learn how to heal emotional wounds. Also learn about Faith Healing. In this course, we will also cover the following topics: Healing, Getting rid of negativity, Using spirituality, and much more.

HHP 25 - Angel Healing Therapy – In this course you will learn to work with your angels to help you heal your relationships, health, career, and the many challenges you face in life. You will study the angelic hierarchy and discover which angels to call on for specific challenges. You will learn numerous exercises to clear your mind of judgments, blocks, and fears that keep you from contacting your angels and guides. You will also learn how to heal old emotional wounds and explore inner facets of your ego so that you can live through your higher self, how to develop communication and receive divine guidance. *Hands-on kit provided*

HHP 26 – Law of Attraction – Discover what you are good at. You will learn skills for being successful. Learn how to increase your success with others. You will learn how to increase your influence, your purpose and beliefs. You will also learn how to help others with the Law of Attraction.

HHP 27 - Attracting Abundance - Abundance is more than just being materially wealthy. Abundance is about having what you require and desire to be totally happy and contented. Many people unintentionally attract the energy of scarcity and lack to themselves, simply because of their upbringing or something negative someone may have said to them. When our subconscious minds get stuck in a pattern of "never having enough", they tend to stay there until we really decide to make a change. You will receive a distance Abundance Attunement, meant to clear away any negative energy.

HHP MODULE 5

HHP 28 - Nutritional Medicine - This topic will discuss the scope of practice for a Nutrition Consultant. You will learn the benefits of a whole-food, plant-based food plan. The health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, and poor quality fats are discussed. Health hazards, such as stress, toxicity, trauma, malnutrition, and addictive coping are discussed. A variety of diet are critiqued and compared. Understand what vitamins and minerals do for your body.

HHP 29 - Food Allergies – This course covers food allergies and food hypersensitivities. You will learn how to identify when foods are harmful for your body. Many people believe that they are allergic to a food and in most cases it is not confirmed by the necessary tests or food exclusion. You will learn the many aspects of food hypersensitivity and dietary management.

HHP 30 - Healing Foods – Diet plays a major role in preventing disease. Learn what a healthy diet is and what the body needs to stay strong and get well. This is a great course on healthy eating. Learn how to use foods to stimulate the body's natural ability to heal, the role that fiber, enzymes, fatty acids, and other dietary components and balancing the body's pH.

Hands-on kit provided

HHP 31 - Natural Medicine - This course covers the major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. You will learn holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis, and more. Learn how nature's pharmacy is the key to health. Learn to prevent disease through enhancing key body systems.

HHP 32 - Herbal Medicine – Become acquainted with the history of herbal medicine. You will learn about herbs and plants how they work and their many uses. You will also learn about cooking with herbs to enhance your health.

HHP 33 - Herbal Remedies – Learn how to make remedies that will enhance your health and well-being. This course includes recipes that are simple to prepare and have healthy ingredients. You will also learn how to make Herbal teas and the benefits of using herbal remedies.

Hands-on kit provided

BACHELOR OF HOLISTIC HEALTH

BACHELORS MODULE 6

B 34 - Basic Human Anatomy and Physiology – This course will give you basic knowledge of the body systems. In this course, we will cover the following topics: The chemical basis of anatomy and physiology, Bones and joints, the skeletal system, Muscle physiology, the nervous system: basic structure and function, and much more.

B 35 - Bodywork – Learn relaxation techniques that reduce stress. Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch. Searching for alternative treatments for pain? Learn the basics and benefits of acupressure and reflexology. Learn how to nurture your emotional and physical well-being and that of someone else. Be able to target specific body parts to address your ailments and improve your emotional as well as your physical well-being.

B 36 - Acupressure – A guide for treating common illnesses with the stimulation of acupressure points. Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Acupressure provides a safe and effective alternative, or supplement, to standard allopathic medical treatment and pharmaceuticals. You will learn step-by-step instructions for self-treatment or treatment for a partner. *Hands-on kit provided*

B 37 - Advanced Acupressure Techniques – using a tuning fork

In this course you will learn about how to use tuning forks on acupressure points. You will be able to give treatments for a wide variety of health disorder. *(Kit includes weighted tuning forks and activator)*

B 38 - Reflexology - With this course you will get both knowledge and hands-on experience. This course will teach you how to help relieve specific ailments through Foot Reflexology. It will also give you an overview of the history and development of reflexology. You get precise instructions to complete a Reflexology Session. You will learn how to help relieve specific ailments, Learn to practice Reflexology effectively and use how to Color Healing with Reflexology. *Hands-on kit provided*

B 39 - Hand Reflexology - You will learn specific points on the hand to stimulate the body's natural health and well-being. You will learn self-help techniques as well as working on specific conditions for clients. This easy to learn method offers the convenience to use it anywhere. With this course you will get hands-on practice. *Hands-on kit provided*

B 40 - Ear Reflexology – Also known as Auriculotherapy. You will learn how this modality actually works and the benefits. You will learn to work with specific points on the ears to stimulate the healing of the body with acupressure. You will also learn precautionary steps working with Auriculotherapy. You will not work with needles. *Hands-on kit provided*

MODULE 7

B 41 - Holistic Aromatherapy – This has been considered an incredibly powerful healing tool since ancient times. You will also acquire an understanding of essential oils. Gain a greater appreciation for nature, especially plants and trees and how beneficial they are to us. Develop an inner connection with plant life and especially for the essences of the plants, also known as essential oils. In this course, we will also cover the following topics: Plants and Their Spiritual Nature, What are Essential Oils, Handling and Storage, Methods of Use, Carrier Oils, and Much More! *Hands-on kit provided*

B 42 - Aromatherapy and Bodywork – You will learn to combine these 2 great healing modalities into a session. You then will be able to offer your clients the benefits of a relaxing bodywork session using the techniques that you learn. You also will learn techniques to help your clients with different conditions. *Hands-on kit provided*

B 43 - Holistic Business – If you are planning to start your own holistic and/or spiritual healing practice, this course will be an invaluable resource. You will learn how to start your own Business. In this course, we will also cover the following: Goal Setting & Strategic Planning, Overcoming Barriers to Becoming Truly Successful, Time Management, Professionalism, Insurance Coverage, Setting Your Fees, Bookkeeping, Client Files, and much more

B 44 – Business Management – Learn how to be an effective leader; which creates successful and innovative businesses. This course is great for managers, and supervisors who really want to improve the way that they lead. We will also cover the following: 4 step model for effective management, How to encourage the people who are already performing their best, How to help those who are struggling to achieve excellence, and practical exercises and action planning to develop your leadership skills.

B 45 – Business Marketing – You will learn the basics of marketing. The success of marketing depends on the ability to communicate well with customers. Marketing needs effective planning, coordination of activities, directing of activities and review of operations. Marketing concepts hold the key to achieving the organizational goals, consisting of determining the needs and wants of the target customers and delivering the desired results more efficiently and effectively than competitors. Learn how to market your business and how to attract clients.

MASTER OF HOLISTIC HEALTH

MASTERS MODULE 8

M 46 – Stress Management - Learn what stress is and how to manage too much stress. Learn exercises and approaches such as meditation, breathing exercises, and progressive relaxation to control stress. Learn skills to help others reduce stress and live a happier, healthier life.

M 47 - Reduce Stress - Relax and Revitalize - In this course, we will also cover the following: What's your stress level? (Stress Test), breathing exercises, foods to help manage effects of stress, journaling tools for stress reduction, meditation resources, and ten easy ways to reduce stress.

M 48 – Neuro Linguistic Programming (NLP) – You will learn the basics of Neuro Linguistic Programming and how to think more positively and communicate more effectively. Learn how to change your negative beliefs, build rapport and influence others. You will also learn hands-on exercises and practical techniques.

M 49 - Self-Hypnotherapy - The body-mind connection is increasingly recognized across the medical field, and hypnosis has become a legitimate clinical tool for easing chronic pain, decreasing the side effects of chemotherapy, and dealing with sleep disorders. This course will cover self-hypnosis for health and well-being.

M 50 - Hypnotherapy – In this course we will cover Powerful change techniques, step-by-step process of inducing deep trances, how to guide your clients through real life changes, and much more.

MASTERS MODULE 9

M 51 - Life Coach – This course covers so much to prepare you for being a successful life coach. You learn the first steps involved in creating a simple but effective model of coaching that will enable you to help others reach new levels of potential. In addition, you will learn how to motivate others to take action by effectively tapping into their emotions and becoming a master of influence. You will learn skills to successfully influence and coach others.

Relationship Development - In this part of the program you discover everything you have ever wanted to know about developing powerful relationships with your clients that will last a lifetime.

M 52 - Joyful Living – Happiness, much like laughter, is contagious and when we can be truly happy from within and independent of all outer circumstances, we bless everyone we come in contact with. When we can help teach others how to experience true happiness, we help spread Joy and Light throughout the world. This course will help you cultivate contentment (on all levels), peace of mind, and deep happiness. Armed with these teachings, you will be able to step off the rollercoaster of “Life’s ups and downs” and maintain a sense of calm inner joy. Learn to be happy all the time and you will see what a blessing it is – not only for yourself but also for your family, friends, co-workers, and everyone you come in contact with.

M 53 - Emotional Freedom Technique – EFT is a very safe and natural technique that can be used for healing various issues within the body, such as; emotional issues, past situations, and is also used to attract abundance, relieve stress, and much more! The basics of this healing method are easy to learn yet very effective. The possibilities for clearing issues are endless. In this course, we will also cover the following: basic tapping techniques, how to eliminate fears, and how to become more confident.

M 54 - Dream Therapy – Learn to accurately interpret dreams. Dreams are a true reflection of the real you. Work creatively with your dreams to make better life choices and take positive action to achieve your potential. Learn how to remember and record dreams. Translate dreams into positive action for change. Learn how understanding dreams make a difference to your life.

MASTERS MODULE 10

M 55 - Polarity Therapy - An effective natural health care system that works with the underlying energetic blueprint of the body. Work with the body to release tension and pain, restore the structural alignment of the body, detox and rebuild health. This is done by utilizing the power of energetic touch. Learn how to work with this modality and much more.

M 56 - Mind Body Fitness – This Course is a guide to holistic fitness. You will learn Yoga, Tai Chi, Pilates, Qigong and relaxation methods. You will learn to create a customized mind-body workout in which you will gain flexibility and balance.

M 57 - Medical Intuition – This course will help you learn how to develop your intuitive abilities and look into the body. You already have intuition. Understand the electromagnetic energy of thought and emotion. And learn how to develop your abilities and use medical intuition as a healing technique.

DOCTORATE IN HOLISTIC HEALTH

HOLISTIC HEALTH SPECIALIST

DOCTORATE MODULE 11

D 58 – Oriental Medicine - Chinese Medicine is based on the principle that each person has a unique blueprint. Western medicine usually emphasizes specific purpose and function of each part of the human anatomy, whereas the Chinese physician looks at health as an interconnected system. You will learn the fundamentals of Oriental medicine and how you can apply what you learn for yourself and your clients.

D 59 - Face and Tongue Analysis – Learn how to read the face for analysis. When learning to do a tongue analysis there are five primary aspects must be considered. These are the tongue spirit, tongue body color, tongue body shape, tongue coating, and tongue moisture. Learn how to complete assessment for yourself and clients.

D 60 – Ayurveda Therapy – Learn the secrets to healing, prevention and longevity through using this modality. Ayurveda, the “science of life,” or longevity, is the holistic alternative science from India. It is more than 5,000 years old. It is believed to be the oldest healing science in existence, forming the foundation of all others. Learn to help yourself and clients with this ancient healing modality.

D 61 - Kinesiology - Biokinesiology is the foundational science of physical therapy and nutritional therapy. Learn what muscle testing is and how to test for many health conditions and food allergies. This is a simple technique that is a must in every practitioners tool box. In this course, we will also cover the following: Learn how to Muscle Test, test Homeopathic remedies, and how to overcome moods.

D 62 - Naturopathy - You will get an overview and definition of what naturopathy is.

Naturopathy is a drugless, non-invasive, non-surgical, non-medical discipline that uses natural interventions to correct bodily and mental imbalances.

D 63 - Homeopathy – Learn how homeopathy works, and how any individual can use it simply and safely to treat a wide variety of illnesses. Learn about conditions and how to give the remedy. We will cover heart disease, menopause, allergies and working with children. You will also get advice on when to refer a client to consult their doctor.

DOCTORATE MODULE 12

D 64 - Detoxification - Detoxification promotes wellness by ridding the body of poisons that can lead to a host of health problems. Learn about body chemistry, and how detoxification works. Learn how to rid the body of fatigue, depression, cancer and other diseases.

D 65 - Medicinal Herbs - In the United States, the choice of an herb (phytomedicine) for therapeutic or preventive purposes is usually carried out by the patient. The reason is because physicians here are not ordinarily educated in the use of such medicinals. However, in many other countries, herbs and phytomedicinals are prescribed by doctors with considerable frequency. Learn how you can help assist clients with the proper use of medicinal herbs.

D 66 - Iridology - The iris provides a unique window into our bodies, offering clues to health. Iridology allows us to assess our wellbeing. You will learn how to use Iridology as a diagnostic tool. In this course, we will also cover the following: Constitution of the Iris, How to avoid potential health problems, what colors and markings reveal, Dietary routines for different iris types, and a Visual glossary of the different iris signs. (Includes magnifying lens with light)

D 67 - Hair Analysis – Learn about health, disease, and nutrition through Hair Analysis. Hair is ideal tissue for sampling and testing. First, it can be cut easily sent to the lab without special handling requirements. Second, clinical results have shown that a properly obtained sample can give an indication of mineral status and toxic metal accumulation subsequent long term or even acute exposure. In this course, we will also cover the following: Understanding hair tissue mineral analysis (TMA), Role in preventing disease, Maintaining optimal energy and health.

D 68 - Ethics – We will cover ethics for patients and their physician and the ethical obligations that physicians should have with their clients. If a cooperative, working relationship is developed between conventional and alternative healthcare providers, there is an increased possibility of melding conventional medicine and alternative medicine so that the patient receives the best care possible. Help clients talk with their primary care physician about using alternative therapies.

Dissertation – To complete the Doctorate you write a 25 page typed Report on how you can use what you have learned through our program in your own Practice.

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www.ulc.com

World Metaphysical Association (WMA)

www.worldmeta.org

Student Application/Registration

Please complete the following application carefully and thoroughly by printing clearly or typing.

Name (For student ID)

Address

Home Phone Number

Mobile Number

Email Address

Education

Work Experience

Present Occupation

Volunteer Experience

Memberships/Associations

Have you been convicted of a crime and if so, please explain. Are you on probation?

Please include reasons for wanting to become a Holistic Health Practitioner.

What are your expectations from our programs?

What is your vision for your future?

Is there any other information that is pertinent to applying for the program?

What program are you applying for? (Please check which applies)

Module 1

Holistic Health Practitioner (HHP)

HHP through Bachelor

HHP through Master

HHP through Doctorate

Module Credit for Certificates/Training

Please submit transcripts and copies of Certificates

Payment options (Please check which applies)

Apply for a Scholarship

Pay for Module 1

Payment Plan

Pay in Full

When would you like to start the program?

**** Please include a \$50 Registration Fee**

Check or PayPal payment to nancybarneshp@yahoo.com

We cannot process your application without the registration fee. By Registering the Applicant acknowledges and agrees to the terms of Registration and Tuition.

Respectfully, Nancy Barnes – Director – College of Holistic Health