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## A message from our CEO

From its inception, the National College of Traditional Medicine has offered training courses to meet the needs of the adult learner. Our courses are set within a supportive learning environment where we understand the special needs of mature students. Balancing life, family and often a full-time job creates pressure. Our college becomes a haven as all your needs are considered with our training course offerings.

Becoming educated in a discipline you have an attraction to is an exciting and dynamic experience. Your life often changes for the better. Being with like-minded people within our training facility provides a sense of belonging and community.

We have an 'open door' policy at the College where all participants are encouraged to discuss their special needs with one of our team. We pride ourselves on the support we offer our students during and after they graduate.

Our training courses limit numbers of participants so each student receives the attention required. In order to pass the course, we offer private tutorials to students who need that little extra help.

The natural therapies profession is expanding daily. As more and more members of the community are exposed to the wonderful benefits of natural therapies, the demand for quality practitioners is on the rise. It is imperative that the training provides a solid foundation upon which the new graduate can meet these needs. Courses at the National College of Traditional Medicine are designed for people wanting to be effective and safe practitioners. You can be assured that the many years of experience our trainers have had in clinical practice will be used to guide our graduates into being the very best practitioners.

In keeping with our sense of community, students are provided with a fully equipped kitchen. A lot can be learned by simply sitting around at our kitchen table in a comfortable and supportive environment to have a chat, relax and share ideas.

I look forward to welcoming you to the National College of Traditional Medicine. My dream is to see vibrant effective practitioners graduate into an effective and successful business.

Find happiness in every moment

## Sandi Rogers

M.Ed., N.D., D.M.H., C.M



Sandi Rogers, CEO, NCTM

## About Sandi Rogers

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Sandi Rogers is a qualified Lecturer, Reflexologist, Massage Therapist, Medical Herbalist and Naturopath. She naturally takes a holistic approach to healing and is committed to working within the true tradition of natural medicine that has a proud and extensive history.

Sandi launched the National College of Traditional Medicine over two decades ago. She is now the senior practitioner of two busy clinics in Sunshine and Riddells Creek whilst also maintaining the role of CEO of the college.

The National College of Traditional Medicine offers courses that range from workshop to certificate, diploma and advanced diploma levels. Having published many papers and written books on complementary medicine, Sandi is also busy with public speaking engagements nationally and internationally.

Her subjects cover a broad range of diverse subjects. Sandi was National President of the Australian Traditional Medicine Society from 1995 to 2001. One highlight of this role involved Sandi delivering a national press club address on 21 November 2000. On behalf of the Australian Traditional Medicine Society, Sandi helped to bring to the national arena the broader subject of natural therapies. This address was a pivotal event that served to advance awareness of the natural therapies profession.

With her unique sense of humour and her amazing personal life journey, many of those who have met Sandi have felt inspired to make positive changes to their own lives.

## Student Testimonials

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*“I’m so glad that I chose to study with your college. The course notes were comprehensive and backed up with the expertise of your lecturers I felt supported throughout my studies. Your extra TLC really made a difference.”*

Kerrie Howard

*“Learning at the National College of Traditional Medicine has been fantastic. The smaller classes make learning a personal experience and allow you to grasp the tasks at hand and really understand the units.*

*Also, relationships built with teachers and students makes NCTM a comfortable, friendly fun environment in which to learn.*

*NCTM also offers a wide selection of courses to expand your knowledge.”*

Frank Staltaro

*“The sessions you have had with the Exec. PA Team have made an enormous difference to their outlook, ability to deal with stressful situations, ability to work as a team, and have generally set the scene in the office in stimulating a more positive and directed workplace. Everyone has benefited from this “growth”, and I’m sure it has had a very worthwhile impact on the personal lives, as well as in their work lives, of the whole team.”*

Louise Grills, PA to President & CEO (Foster’s Group)

## About the National College of Traditional Medicine

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Since its inception, the National College of Traditional Medicine has served the needs of people wishing to learn about natural therapies. In response to this growing demand, we offer a diverse range of natural therapies courses in human and animal health. Our pioneer courses in Australia include training in Reflexology™, Equine Myofunctional Therapy and Canine Myofunctional Therapy. We are proud of our reputation in supporting adult learners with their training to assist them to become vibrant practitioners in the natural therapies field.

# Professional accreditation & recognition

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Of particular focus is the importance of professional accreditation and recognition. Professional accreditation should be the most valued accreditation to consider with your college search. We believe that accreditation and recognition offers ongoing standards throughout your training period as well as offering support as you enter clinical practice. Accreditation and recognition offers an approved training framework, association endorsements are multi-faceted in that they also supports members with the provision of ethical standards, regulatory updates, discounts on products/services and lobbying for industry advancement.

We are proudly accredited/recognised with the:

## **Association of Massage Therapists Ltd**

Telephone: 02 9517 9925

Website: [www.amt-ltd.org.au](http://www.amt-ltd.org.au)



## **Australian Association of Massage Therapists Ltd**

Telephone: 1300 138 872

Website: [www.aamt.com.au](http://www.aamt.com.au)



## **Australian Society of Clinical Hypnotherapists**

Telephone: 02 9808 4997

Website: [www.asch.com.au](http://www.asch.com.au)



## **Australian Traditional Medicine Society**

Telephone: 02 9809 6800

Website: [www.atms.com.au](http://www.atms.com.au)



## **Council of Clinical Hypnotherapists**

## **Equine Myofunctional Therapists Association**

Website: [www.horsesaustralia.com.au/emta](http://www.horsesaustralia.com.au/emta)



## **Global Reflexology Research Institute for Professionals**

## **Small Animal & Equine Naturopathic Association**

# Government accreditation

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The National College of Traditional Medicine is a Registered Training Organisation. Our college meets nationally agreed standards, as issued by the Victorian Qualifications Authority (or VQA). The Registered Training logo is displayed in association with our government accredited courses. Government accreditation provides an academic standard based on a national framework.

Look for this logo to recognise a government accredited course:



## Choosing a College

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Thank you for considering the National College of Traditional Medicine. We realise you have choices in selecting a college that best suits your needs and would like to share with you some of the benefits of studying with our college.

- We are a registered training organisation, which means our college meets national training standard requirements
- We have professional accreditation for our professional courses that assists our community of students in gaining a quality education and post-course support
- Our competitive course investment includes the cost of all textbooks and learning materials
- Our lecturers and management team are highly qualified and dedicated to your needs
- We offer ongoing support to our community of graduates through our graduate therapist referral network
- We have been in operation for over two decades and have a proud and well-respected reputation nationally and internationally
- We are specialists in the delivery of adult education. We strive to exceed your expectations by providing a supportive learning environment
- We develop specialised courses and are pioneers in the writing and delivery of many innovative courses
- Student support is provided through our full-time Student Services Officer
- We provide a library of selected titles to assist you with your learning

Our college is focused on the solid principles of honesty and integrity and continues to enjoy a proud reputation as a leading clinic and college. Sandi Rogers, CEO, is a highly sought after clinician, international educator, public speaker and media commentator

# AQTF Education: Human courses

## Certificate IV in Massage Therapy Practice

(national code: HLT40307)

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*“Massage practitioners speak in a language of touch.”*

*A Massage Therapist’s Guide to Pathology by Ruth Werner*

Massage is the therapeutic use of human touch. Combination techniques are used to enhance the healing process of the soft tissue, facilitating a therapeutic response to many bodily systems. This course offers training to ensure the graduate is able to apply professional massage to a range of soft tissue dysfunctions as well as offering quality relaxation massage, which is the cornerstone to all massage.

### Units of study:

- Introduction to massage
- Therapeutic massage pathophysiology
- Clinical practicum
- Sports massage
- Anatomy & physiology surface anatomy
- Introduction to reflexology
- Introduction to aromatherapy
- Acupressure
- Business portfolio
- Effective communication for the health practitioner
- First Aid, OHS and infection control

Units include introduction to massage, therapeutic massage, remedial massage, pathophysiology, sports massage, aromatherapy, acupressure, reflexology™, communication and business skills.

The course offers an in-depth investigation of relevant massage units and includes an introduction to reflexology™ as part of the training. This modality is unique to the National College of Traditional Medicine.

Anatomy and physiology is offered as a distance education unit supported by CDs, a workbook and textbook. It is supported by in-class tutorials.

Students are required to perform 100 clinical hours in the professionally supervised college clinic, which are included in the course calendar.

First aid training (level 2) requires additional hours and must be taken with an external provider.

### Government awarded units

Compulsory Units	
BSBCMN204A	Working effectively with others
HLTCOM404B	Communicate effectively with clients

HLTCOM405B	Administer a practice
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTCOM408B	Use specific health terminology to communicate effectively
HLTFA301B	Apply basic first aid
HLHIR301A	Communicate and work effectively in health
HLTOHS300A	Contribute to OHS processes
HLTIN301A	Comply with infection control policies and procedures in Health work
HLTAP401A	Confirm physical health status
<b>Specialisation units</b>	
HLTREM401B	Work within a massage framework
HLTREM409B	Perform massage health assessment
HLTREM408B	Apply massage assessment framework
HLTREM407B	Plan the massage treatment strategy
HLTREM406B	Provide the massage treatment

### Prerequisites

There are no prerequisites for this course.

### Delivery modes

This course is delivered in-class due to its tactile nature. Anatomy and physiology is offered as a distance education unit and is supported by in-class tutorials.

### Course length

This is a 723-hour course. This course articulates with the Diploma of Remedial Massage (national code: HLT50307).

### Assessment

Assessment is by means of assignments, practical examinations and theoretical examinations as well as completion of 100 student clinical hours conducted in our clinic (note: student clinic hours are inclusive of course fees). First aid training by an external provider is also necessary.

### Course materials: (inclusive of fees)

- 2 Manuals
- 12 audio CDs.
- 3 academic text

As well as the support from our experienced lecturing and administration team. The National College of Traditional Medicine also has an extensive reference library.

### Accreditation

This course is government accredited (national code: HLT40307) and Austudy approved. This course is also professionally accredited with the Australian Traditional Medicine Society (or ATMS), the Australian Association of Massage Therapists Ltd (or AAMT) and the Association of Massage Therapists Ltd (AMT Ltd).

### Career opportunities

Massage is becoming a much sought-after profession as the community seeks different solutions to their health care needs. The professionally trained practitioner will have the skills to treat a broad range of conditions. Exciting avenues of employment are the fitness industry, sporting clubs, day spas and health retreats to name a few.

### Award

Certificate IV in Massage Therapy Practice (national code: HLT40307)

# Diploma in Remedial Massage (national code: HLT50307)

\*Includes dual award with a Reflexognosy™ Diploma



Upgrade your Certificate IV in Massage (national code: HLT40307) training to a Diploma in Remedial Massage (national code: HLT50307) course.

Topics additional to the units include advanced massage techniques, pedicure, biomechanics of the foot, specific joint stretching, public speaking, sports massage, acupuncture and nutrition.

## Units of study:

- Conditions and management of the head
- Neck and cervical vertebrae
- Conditions and management of the shoulder and upper limbs
- Conditions and management of the forearm, wrist and hand
- Conditions and management of the thoracic and abdominal muscle
- Conditions and management of the thigh
- Conditions and management of the leg
- Conditions and management of the foot and ankle
- Manual lymphatic drainage
- Clinical practicum
- Business portfolio & building your business

The course offers an in-depth investigation of relevant massage units and includes a Reflexognosy™ Diploma. For further information about the reflexognosy™ component, please refer to the separate entry regarding this modality within our Course Guide.

## Government awarded units

Compulsory Units	
HLTCOM502B	Develop professional expertise
HLTCOM503B	Manage a practice
CHCORG28A	Reflect and improve upon professional practice
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements
HLTAP501A	Analyse health information
HLTHIR501A	Maintain an effective health work environment
HLTHIR301A	Communicate and work effectively in health
Specialisation units	
HLTREM502B	Provide remedial massage treatment
HLTREM503B	Plan remedial massage treatment strategy
HLTREM504B	Apply remedial massage assessment framework
HLTREM510A	Provide specialised remedial massage treatment
Elective units	
HLTCOM510A	Provide services to clients with chronic diseases or conditions
HLTCOM509A	Provide services for people with a life challenging illness
HLTREM511A	Provide remedial massage treatment for women and children

### **Prerequisites**

Successful completion of the Certificate IV in Massage Therapy Practice (national code: HLT40307) or equivalent is necessary in order to proceed with the Diploma in Remedial Massage (national code: HLT50307).

### **Delivery modes**

This course is delivered in-class due to its tactile nature.

### **Course length**

This is a 1028-hour program including the prescribed clinical hours.

### **Assessment**

Assessment is by means of assignments, practical examinations and theoretical examinations. In addition, completion of 50 clinical hours of remedial massage in our professionally supervised student clinic is required (note: student clinic hours are inclusive of course fees). For the reflexology™ component, 50 reflexology™ case histories must also be completed incorporating massage elements.

### **Course materials: (inclusive of fees)**

- 2 Manuals
- 3 academic text

As well as the support from our experienced lecturing and administration team. The National College of Traditional Medicine also has an extensive reference library.

### **Accreditation**

This course is government accredited (national code: HLT40307) and Austudy approved. This course is also professionally accredited with the Australian Traditional Medicine Society (or ATMS), the Australian Association of Massage Therapists Ltd (or AAMT) and the Association of Massage Therapists Ltd (AMT Ltd).

### **Career opportunities**

You may enter into clinical practice as a remedial massage therapist and reflexologist. Other exciting avenues are working within the fitness industry, sporting clubs, with an elite athlete team member, community health care centres, social welfare, sales, day spas, health retreats, health clubs etc. You may also add other components of natural medicine to your skills in order to become a fully qualified naturopath. This course articulates into the Advanced Diploma of Naturopathy (national code: HLT60507) which may also be studied with the National College of Traditional Medicine.

### **Award**

Diploma of Remedial Massage (National code: HLT50307) and a Reflexology™ Diploma

## **Advanced Diploma of Naturopathy** (National code: HLT60507)

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Naturopathy is the study of an ancient science where many modalities form the foundation of professional natural therapy education that meets the needs of a modern day naturopathic clinic. The National College of Traditional Medicine teaches this field by following the traditional view and blending units that will serve as a strong basis upon which to work within the profession of naturopathy. We provide you with teachings upon which to build a vibrant and successful contemporary clinical practice.

### **Units of study:**

- Certificate IV in Massage Therapy Practice
- Anatomy & Physiology 1
- Western Herbal Medicine Certificate

- Herbal Medicine plant principles
- Manufacturing and Dispensing Medicine
- Anatomy & Physiology Level 3 (Pathophysiology)
- Diagnosing disease
- Essential therapeutics
- Aromatic medicine
- Nutritional herbology and eclectic prescribing
- Practical application for business
- 100 Herbal medicine clinical hours – supervised
- Herbal medicine - Research thesis 200 hours
- Human nutrition
- Blackmore's Celloids Mineral Therapy Course
- 100 Nutrition clinical hours – supervised
- Naturopathic nutrition
- 100 Naturopathy clinical hours
- Naturopathic philosophy, health assessment & therapeutics
- First Aid Level 2

The course has been designed so that you graduate in one course first, and run a practice in that modality to fund further course components over time in order to attain the full naturopathy qualification.

**Our distance education courses consist of:**

- Advanced Diploma of Nutritional Medicine
- Advanced Diploma of Western Herbal Medicine.
- Advanced Diploma of Naturopathy

**Our inclass education components consist of:**

- Certificate IV in Massage Therapy Practice (national code: HLT40307)

**Government awarded units**

Compulsory Units	
BSBFLM303B	Contribute to effective workplace relationships
HLTCOM502B	Develop professional expertise
HLTCOM503B	Manage a practice
HLTCOM404B	Communicate effectively with clients
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTFA301B	Apply first aid
HLHIR501A	Maintain an effective health work environment
HLTIN504B	Manage the control of infection
HLTOHS300A	Contribute to OHS processes
HLTAP401A	Confirm physical health status
HLTAP501A	Analyse health information
CHCORG28A	Reflect and improve upon professional practice
Specialisation units	
HLTNAT601B	Provide naturopathic treatment
HLTNAT602B	Provide western herbal medicine treatment
HLTNAT603B	Provide naturopathic nutritional treatment
HLTNAT605B	Plan naturopathic treatment strategy
HLTNAT606B	Perform naturopathic health assessment
HLTNAT607B	Manage work within a naturopathic framework
HLTNAT608B	Apply naturopathic diagnostic framework

HLTNAT609B	Work within a naturopathic framework
HLTHER608B	Provide specialised western herbal medicine treatment
HLTHER603B	Operate a western herbal medicine dispensary
HLTNUT601B	Apply literature research findings to clinical practice
HLTNUT602B	Provide specialised nutritional care
<b>Elective units</b>	
HLTREM401B	Work within a massage framework
HLTREM408B	Apply massage assessment framework
HLTREM409B	Perform massage health assessment
HLTREM407B	Plan massage treatment
HLTREM406B	Provide massage treatment

### Prerequisites

There are no prerequisites for this course.

### Delivery modes

This course is comprised of in-class and distance education components.

### Course length

5 years part-time

### Assessment

You are assessed by written assignments, project work, theatrical exams, essays, case study report, and supervised clinical hours.

### Course materials: (inclusive of fees)

- 12 Manuals
- 21 audio CDs.
- 18 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

### Accreditation

The Naturopathy Advanced Diploma (national code: HLT60507) is government approved. This course is also professionally accredited with the Australian Traditional Medicine Society (or ATMS).

### Career opportunities

You may enter into clinical practice as a naturopath. Other exciting avenues are working within the fitness industry, education field, sporting clubs, community health care centers, social welfare, sales, day spas, health retreats and health clubs to name a few.

### Awards

Advanced Diploma of Naturopathy (national code: HLT60507)

Advanced Diploma of Nutritional Medicine (national code: HLT61007)

Advanced Diploma of Western Herbal Medicine (national code: HLT60107)

Certificate IV in Massage (national code: HLT40307)

# Advanced Diploma of Nutritional Medicine

(National code:HLT61007)



NATIONALLY RECOGNISED  
TRAINING

*“Today we are witnessing a great transition in nutritional thinking. For centuries, food in its most natural state has been referred to as being the cellular activist for our anatomy. Regeneration takes place with the aid of the foods we consume. The food must in itself live in order for this action to take place. Therefore, fresh foods that have not been processed are the best for our overall health.”*

Fruit & Vegetables as Medicine by Sandi Rogers

The National College of Traditional Medicine has written this course especially to suit the needs of people interested in the field of nutrition. Nutrition is the study of the treatment of disorders and diseases with specific substances, such as supplements, to correct or prevent an imbalance in the body. Further, it is the study of correction of one's daily diet to enable biomechanical balance to be achieved and maintained.

## Units of study:

- Anatomy & Physiology Level 1
- Human nutrition
- Blackmores Celliods Mineral therapy course
- Diagnosing disease
- Anatomy & Physiology Level 3 (Pathophysiology)
- Practical application of business
- 100 Nutrition clinical hours(supervised)
- Naturopathic nutrition
- First Aid (Level 2)

## Government awarded units

Compulsory Units	
BSBFLM303B	Contribute to effective workplace relationships
HLTCOM502B	Develop professional expertise
HLTCOM503B	Manage a practice
HLTCOM404B	Communicate effectively with clients
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTFA301B	Apply first aid
HLHIR501A	Maintain an effective health work environment
HLTIN504B	Manage the control of infection
HLTOHS300A	Contribute to OHS processes
HLTAP401A	Confirm physical health status
HLTAP501A	Analyse health information
CHCORG28A	Reflect and improve upon professional practice
Specialisation units	
HLTNUT601B	Apply literature research findings to clinical practice
HLTNUT603A	Apply a nutritional medicine diagnostic framework
HLTNUT604A	Manage work within a clinical nutritional framework
HLTNUT605A	Perform nutritional medicine health assessment
HLTNUT606A	Plan the nutritional treatment strategy
HLTNUT607A	Provide nutritional medicine treatment
HLTNUT608A	Provide specialised nutritional medicine treatment

HLTNUT609A	Prepare and dispense nutritional and dietary supplements
HLTNUT610A	Provide basic dietary advice
<b>Elective units</b>	
HLTNUT602B	Provide specialised nutritional care
HLTER607B	Provide dietary advice

### **Prerequisites**

There are no prerequisites for this course.

### **Delivery modes**

This course is offered via distance education. You are provided with a tutor who is available for support via facsimile, email or mail.

### **Course length**

This is a Distance Learning course usually completed over 3 years part-time .In addition, 100 hours of clinical practice are required.

### **Career opportunities**

This diploma is designed for the graduate to enter clinical practice as a fully qualified nutritionist. Other exciting avenues are: working within the community health care centres, social welfare, sales, manufacturing, day spas, health retreats, health clubs, health food stores, pharmacies or in the education field.

### **Assessment**

Assessment is via written assignments, theoretical examinations and successful completion of 100 clinical hours. Clinical hours need to be commenced once you have completed assignment work. This entails combining your theoretical and practical training in a clinic situation under the supervision of a qualified nutritionist.

### **Course materials: (inclusive of fees)**

- 6 Manuals
- 8 audio CDs.
- 6 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

### **Accreditation**

The Advanced Diploma of Nutritional Medicine(national code: HLT60507) is government approved . This course is also accredited with the Australian Traditional Medicine Society (or ATMS).

### **Award**

Advanced Diploma of Nutritional Medicine.

# Advanced Diploma of Western Herbal Medicine

(National code:HLT60107)



NATIONALLY RECOGNISED  
TRAINING

This course is designed for the graduate to enter the clinical practice as a fully qualified Medical Herbalist.

## Units

- First Aid Level 2
- Anatomy & Physiology Level 1
- Western Herbal Medicine Certificate
- Herbal medicine plant principles
- Manufacturing & Dispensing Herbal Medicine
- Anatomy & Physiology Level 3
- Diagnosing disease
- Essential therapeutics
- Aromatic medicine
- Nutritional herbology and eclectic prescribing
- Practical application of business
- Herbal medicine supervised clinical hours
- Herbal medicine research thesis

Students will also develop their professional skills in communicating with clients and setting up a practice. This course is designed for students who are keen to graduate as a Medical Herbalist.

## Government awarded units

Compulsory Units	
BSBFLM303B	Contribute to effective workplace relationships
HLTCOM502B	Develop professional expertise
HLTCOM503B	Manage a practice
HLTCOM404B	Communicate effectively with clients
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTFA301B	Apply first aid
HLTHIR501A	Maintain an effective health work environment
HLTIN504B	Manage the control of infection
HLTOHS300A	Contribute to OHS processes
HLTAP401A	Confirm physical health status
HLTAP501A	Analyse health information
CHCORG28A	Reflect and improve upon professional practice
Specialisation units	
HLTHER601B	Apply western herbal medicine diagnostic framework
HLTHER602B	Manage work within the western herbal medicine framework
HLTHER603B	Operate a western herbal medicine dispensary
HLTHER604B	Perform western herbal medicine health assessment
HLTHER605B	Plan the western herbal medicine treatment strategy
HLTHER606B	Prepare and dispenses western herbal medicine
HLTHER607B	Provide dietary advise
HLTHER608B	Provide specialised western herbal medicine treatment
HLTHER609B	Provide western herbal medicine treatment

## Prerequisites

Students need to have successfully graduated from the Western Herbal Medicine Certificate, which is included within our Advanced Diploma in Western Herbal Medicine.

**Delivery modes**

This course is offered by distance education. Distance education students are provided with a tutor who is available for support via facsimile, email or mail.

**Course length**

This course takes approximately 2628 hours.

**Assessment**

You are assessed by written assignments and project work. You are also required to construct an herbarium and a materia medica. These projects are designed to enhance your learning and expand your knowledge. 100 clinical hours need to be commenced once you have successfully completed assignment work. This entails combining your theoretical and practical training in a clinic situation under the supervision of a qualified Herbalist.

**Course materials: (inclusive of fees)**

- 10 Manuals
- 18 audio CDs.
- 13 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

**Accreditation**

The Advanced Diploma of Western Herbal Medicine (national code: HLT60107) is government approved . This course is also accredited with the Australian Traditional Medicine Society (or ATMS).

**Career opportunities**

This course is designed for the graduate to enter clinical practice as a fully qualified Medical Herbalist. Other exciting avenues are working within the community health care centers, social welfare, sales, manufacturing, day spas, health retreats, health clubs, health food stores, pharmacies or in the education field.

**Award**

Advanced Diploma of Western Herbal Medicine

# Further Education: Human courses

## Anatomy and Physiology Certificate

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*“The human body is complex, like a highly technical and sophisticated machine. It operates as a single entity, but is made up of a number of operational parts that work interdependently. Each part is associated with a specific, and sometimes related, function that is essential for the well-being of the individual.”*

Anatomy and Physiology in Health and Illness by Ross and Wilson

Anatomy is the study of the structure of the body and the physical relationships involved between body parts. Physiology is the study of how the parts of the body work, and the ways in which they cooperate together to maintain life and health of the individual. Pathology is the study of abnormalities and how they affect body functions often causing illness.

### Units

The systems of the body are studied including:

- Cells and tissues
- Skeletal
- Circulatory
- Digestive
- Nervous
- Endocrine
- Lymphatic
- and then we look at how the systems are integrated.
- Skin
- Muscular
- Respiratory
- Urinary
- Special senses
- Reproductive
- Immune

### Prerequisites

There are no prerequisites for this course.

### Who the training is for

This training is suited to anyone who has an interest in how the human body works. The Anatomy and Physiology Certificate is a compulsory component of the following courses:

- Massage Certificate IV (national code: HLT40307)
- Remedial Massage Diploma (national code: HLT50307)
- Naturopathy Advanced Diploma (national code: HLT60507)
- Advanced Diploma of Nutritional Medicine (national code: HLT61007)
- Advanced Diploma of Western Herbal Medicine (national code: HLT60107)

This course is designed for future health professionals who are just beginning their exploration of the complex human organism. It not only presents introductory material on the elegance and efficiency of the human body, but it also shows what happens when things go wrong. To truly understand the human body, one must appreciate both normal and abnormal structure and function.

### Delivery modes

This course is offered by distance education. You are provided with a tutor who is available for support via facsimile, mail or email.

### **Course length**

This course is designed to be studied part-time over 12 months (240 hours). As this is a distance education course, we have a provision that you complete this course within a 2 year time line.

### **Assessment**

You are assessed by written assignments. Upon successful completion of the assignments, you will receive a theoretical exam that must be taken under prescribed conditions at a venue of your choice.

### **Course materials: (inclusive of fees)**

- 1 Manual
- 8 audio CDs.
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

### **Accreditation**

As this course articulates with several other courses, there is no separate accreditation. Our Certificate IV of Massage (national code: HLT40307), Diploma of Remedial Massage (national code: HLT50307), Advanced Diploma of Naturopathy (national code: HLT60507), Advanced Diploma of Nutritional Medicine (national code: HLT61007) and Advanced Diploma of Western Herbal Medicine (national code: HLT60107) courses contain the Anatomy and Physiology Certificate course component. These five courses have professional accreditation with the Australian Traditional Medicine Society (or ATMS).

### **Career opportunities**

This course articulates with several other courses where career opportunities exist. This course articulates into the Certificate IV of Massage (national code: HLT40307), Diploma of Remedial massage (national code: HLT50307), Advanced Diploma of Naturopathy (national code: HLT60507), Advanced Diploma of Nutritional Medicine and Advanced Diploma of Western Herbal Medicine courses. Students of Bowen Therapy, Shiatsu, Yoga, Fitness and other therapies will also find this study of anatomy and physiology will suit the requirements of most accrediting bodies.

### **Award**

Anatomy and Physiology Certificate

## **Diploma in Clinical Hypnotherapy**

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Clinical hypnotherapy is a valid and very effective therapy that is used in clinical practice to assist clients to reach their full potential. The foundation of clinical hypnotherapy is to assist the client to achieve deep relaxation and through this process, activation of the healing ability, innate to us all.

### **Units**

- Fundamentals of hypnosis
- Professional practice and counselling
- Hypnotic procedures & techniques
- Practical practice
- Suggestion & selective thinking
- Contraindications
- Safe practice
- Medical terminology
- Advanced hypnotic procedures
- Advanced counselling theory & practice
- SleepTalk™ for children
- Diagnostic procedures
- Business practice and management
- Therapeutic techniques
- Semantics
- Psychology
- Counselling
- Relaxation & self hypnosis
- Neuro-linguistic programming
- Specific techniques
- Ericksonian psychology in hypnosis
- Script writing
- Advanced induction techniques
- Gestalt psychology in hypnosis

### **Prerequisites**

There are no prerequisites for this course.

### **Delivery modes**

This course is delivered in-class. Support is provided by your lectures.

### **Course length**

The course is designed to run part-time, 6 semesters over 18 months.

### **Assessment**

Competency is assessed by practical demonstrations, project work, written assignments, tests, essays and case study reports. Clinical practicum is conducted under the direction of the lecturing team.

### **Course materials: (inclusive of fees)**

- 6 Manuals(Semester 1 to 6)
- 3 Training DVDs and 2 CDs
- Luscher colours CARDS
- 4 academic texts

As well as the support from our experienced lecturing and administration team. The National College of Traditional Medicine also has an extensive reference library.

### **Accreditation/ Recognition**

In terms of professional and industry accreditation, the Diploma of Clinical Hypnotherapy is accredited with the Australian Traditional Medicine Society and recognised by the Australian Society of Clinical Hypnotherapists. The National College of Traditional Medicine is recognised by the Council of Clinical Hypnotherapists as an accredited training organisation.

### **Career opportunities**

Clinical hypnotherapy is an excellent therapy to add to already existing qualifications or to apply as a single discipline within clinical practice. Practitioners already within the wellbeing profession such as naturopaths, counsellors, psychotherapists, lawyers, nurses, doctors, masseurs, herbalists and dentists are a few examples of the diverse group that is attracted to the science and application of clinical hypnotherapy. Practitioners may start their own small business or work within a health clinic with other practitioners. It is now a very much sought after profession.

### **Award**

Diploma in Clinical Hypnotherapy

## **Reflexognosy™ Diploma**

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Reflexognosy™ is the application of appropriate pressure to the feet and legs by the hands of a trained practitioner bringing about physiological and psychological change, stimulating subtle energies. Reflexognosy™ is a system of health care that focuses on the whole body, not just the feet. Our CEO, Sandi Rogers, developed the therapy and teachings of reflexognosy™. When treating the feet, the result from the therapy offers a truly dynamic outcome. The recipient feels the benefits throughout their whole body.

### **Units**

- Introduction to reflexognosy™ 1 & 2
- Positioning and draping, professional standards, flow and tempo
- Biomechanics - an introduction
- Podotracts 1 & 2
- Deviations and link to hands-on
- PNF stretching/basic techniques
- Joint activation
- Anatomy and Physiology
- Anatomy of the foot and leg
- Actions of muscles and identification of surface anatomy
- Shoe sizing-link to reflexognosy™ and hands-on
- Observations of the gait and musculature
- Pedicure 1, 2, 3 & 4
- Footbaths and essential oils
- Conditions and role of footwear

- Clinical practicum 1 & 2
- Clinical practicum standards and structured clinical practice
- Professional report writing and legalities
- Ethics and professionalism

Anatomy and physiology is offered as a distance education unit supported by CDs, a workbook and textbook. It is supported by in-class tutorials. Student clinical hours are conducted in our professionally supervised college clinic and are additional to the course calendar.

### **Prerequisites**

There are no prerequisites for this course.

### **Delivery modes**

This course is delivered in-class due to its tactile nature.

### **Course length**

This is a part-time course held in-class over 6 to 8 months in Victoria. There is also an expected home study commitment of 240-hours for the anatomy and physiology component.

### **Assessment**

Assessment is by means of assignments, practical examinations and theoretical examinations. In addition, it is necessary to complete 50 case histories to the standards set by the college as well as complete clinical hours in our professionally supervised student clinic.

### **Course materials: (inclusive of fees)**

- 1 Manual
- 1 academic text

As well as the support from our experienced lecturing and administration team. The National College of Traditional Medicine also has an extensive reference library.

### **Career opportunities**

Reflexognoists may work from their own clinical practice or inter-professionally with masseurs, physiotherapists, herbalists, naturopaths, podiatrists and chiropractors.

### **Accreditation**

This course is professionally accredited with the Australian Traditional Medicine Society (ATMS). The professional association for reflexognoisty™ graduates is the Global Reflexognoisty Research Institute for Professionals (or G.R.R.I.P.). Members of the G.R.R.I.P. are advised of the latest in research and professional developments in their field.

### **Award**

Reflexognoisty™ Diploma

## **Western Herbal Medicine Certificate**

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*“In the hands of an holistic healer, who works with the life force and with the integrated whole that the body represents, herbs are a powerful tool.” **David Hoffmann***

Western herbal Medicine is the science and art of using plants to stimulate the vital force of the body following the tradition of natural medicine. The modern herbalist will be a sought-after practitioner as s/he understands the link between the safe and effective use of organic drugs and respects the effects powerful healing plants may stimulate. Historically, plant medicines when intelligently applied are safe and effective. The art must never be overlooked by science and the elements of scientific scrutiny must acknowledge the power of empirical data that carries a history of several thousand years.

## Units

- History of herbal medicine
- Why herbs cure
- Signature of plants
- Herbs in health
- Plant chemistry—an introduction
- Active constituents in plants
- Minerals from A to Z
- Materia medica
- Preparation of medicinal herbs for use
- Physiomedical philosophy
- Aspects of herbal medicine
- Terminology
- Pharmacology and pharmacognosy
- Vitamins and minerals
- Basics of physiology
- Herbal ointments and oils

## Prerequisites

There are no prerequisites for this course.

## Delivery modes

This course is offered by distance education.

## Course length

This is a 320 hour or 12 month part time course.

## Assessment

You are assessed by written assignments and project work. You are also required to construct a Herbarium and a Materia Medica. These are exciting projects designed to enhance your learning and expand your knowledge.

## Course materials: (inclusive of fees)

- Manual: (Western Herbal Medicine)
- 6 audio CDs.
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Career opportunities

This certificate is designed for the student to gain a broad understanding of the foundation of herbal medicine. The graduate will gain a working knowledge of the unit and will become proficient at advising which herb would be useful to treat a range of conditions as well as grow and manufacture herbal medicine for their own use. (Students will not be able to practice or dispense Medication to clients)

## Award

Western Herbal Medicine Certificate

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# Two Worlds Unite: Caring and Business Program

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*Developing participants as vibrant entrepreneurs, whilst maintaining their integrity as practitioners within the service sector.* If you really want to maximize your skills and training to help people, and want to grow your Business or Practice, then this program could be the answer you've been looking for.

It took three years, Sandi Rogers M.Ed., ND, DMH, CM, Director of Studies and CEO of the National College of Traditional Medicine, and Alex Bonett, Managing Director of Results Now Pty Ltd – a highly successful company which specializes in Business and Personal Coaching and Marketing, working together, combining their experience to prove that the two worlds of Business & Caring can unite successfully! They have brought their vast skills and expertise of the “Two Worlds” to create a Training, Development and Business Program like no other.

Sandi and Alex have joined forces to bring you a very unique and powerful Business Program specifically designed to help you maximize your true potential and that of your business whilst still maintaining the integrity and ‘care factor’ which sadly, is all too often sacrificed in the name of business. Now you can benefit from their impressive experience,

knowledge and their infectious enthusiasm. Sandi knows what is needed, as she has 2 decades of unbroken clinical experience. No other program can boast this strength.

## **VOLUME 1**

### **THE FOUNDATION**

- About the authors
- The program & how It works.

### **SECTION 1 – INTRODUCTION.**

- Key objectives of the program
- Why are you in business?
- What business are you in?
- Who are YOU in that business?
- The psychology of success
- The pitfalls of business

### **SECTION 2 – ENERGY – CONNECTION**

- Engaging with the touching & feeling elements
- The value of touch & connection

### **SECTION 3 – MOTIVATION**

- The power of positive & negative thought.
- You, yourself incorporated
- Enthusiasm & attitude

### **SECTION 4 - GOAL SETTING**

- Goals & dreams
- Goal setting
- Self belief & meditation
- Goal setting workbook

### **SECTION 5 CLIENT RELATIONS**

- Communicating with clients
- Customer service
- Developing memory for names
- How to handle complaints

### **SECTION 6 - TEAM RELATIONS**

- Staff & special relationships
- Managing employees
- Get a grip & do what you have to Do

## **VOLUME 2 cont.**

### **SECTION 11 - BUSINESS AFFAIRS**

- Business structures
- Going into business
- Defining the nature of your business
- Business plan
- Business portfolio
- Business establishment costs
- Cost control & budgeting
- Housekeeping
- Time management
- Record keeping
- Hiring & dismissing
- Maintaining a database
- KPI's / objectives
- Break even analysis
- Networking
- Handling business disputes
- SWOT analysis
- Systems.
- The sales business.
- Business cards & brochures

### **SECTION 12 – ONGOING TRAINING & DEVELOPMENT REFERENCES**

## **VOLUME 2**

### **SECTION 7 - WORKING INTERPROFESSIONALLY**

### **SECTION 8 – MARKETING**

- Marketing costs and budgeting
- Marketing plan - track & measure
- Business image
- Opportunities that exist in your community
- Community promotions - Do's & Don'ts
- Market research
- Guarantees
- Referral program
- Joint ventures
- Open days & nights
- Creativity
- Handling the media
- Differentiate yourself in the market
- Image product and service
- Delivering your offer
- USP's (Unique Selling Proposition)

### **SECTION 9**

- Different types of advertising
- Publicising your business
- Writing ads that work

### **SECTION 10 - RESEARCH & REFERENCING**

- Feature writing & referencing

## **VOLUME 3**

### **SECTION 13 – TEMPLATES, LETTERS & PRO FORMAS**

This is a separate folder containing Templates & Letters referred to throughout this manual.

All templates & Letters are also included on CD, to enable you to copy and modify them to suit your individual requirements.

**Prerequisites**

There are no prerequisites for this program.

**Delivery Modes**

This program is offered by distance education(correspondence). Distance education students are provided with a tutor who is available for support via facsimile, email or mail.

**Program Duration**

This is a distance learning program, is meant to be used on a daily bases for the duration of your business life

**Tutors**

Sandi Rogers

**Course Materials**

- 1.A Three Volume Set of binders containing 13 sections with over 500 pages of information, workbooks and templates.
- 2.Three Audio CD's. Hours of audio designed to assist participants to remain focused and motivated.
- 3.Template Disk: Nineteen "Business Tools" and Marketing Letters" on Disk- over \$3,000 worth of marketing & business tools & documents ready to print and use!
- 4.The program also contains a copy of Sandi Rogers' "Study Guide for the Adult Learner" CD and workbook, to assist participants to make the most of the program.
- 5.Participants also receive a copy of Our Two Worlds Unite Newsletter that's full of useful and inspirational information to help you keep on track and motivated.
6. 3 months email support (invaluable)

# Animal Courses

## Canine Myofunctional Therapy Certificate

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Help man's best friend with the aid of Canine Myofunctional Therapy (professional dog massage). This course has been designed for all those with a love of dogs and an interest in improving their health and wellbeing with the gentle but powerful therapy of massage. Our CEO, Sandi Rogers, developed the therapy and teachings of Canine Myofunctional Therapy to the Australian market.

**Units**

Classes will enable you to understand fundamental principles and the terminology of canine anatomy, physiology and applied techniques. Units included are:

- Key points for the canine myofunctional therapist
- Contraindications to canine myofunctional therapy
- Building blocks of medical language
- Body systems
- Nutrition - foundation to health
- Technique check list
- S.O.A.P
- Hygiene and working with animals
- Handling and control
- The dog and its relatives
- Practical activities
- Muscles
- The basics of stretching

- Introduction to massage
- Eclectic combinations
- Business portfolio
- Building your business
- Clinical Practicum - 30 hours clinical training

### **Prerequisites**

There are no prerequisites for this course.

### **Delivery modes**

This course is offered in-class, with a distance learning component. We run this course in Melbourne one weekend a month for 5 months, in Melbourne as a 7 day live-in intensive course, in Coolangatta (QLD) over two blocks of 4 days and in Adelaide over two blocks of 4 days.

### **Course length**

This is a in-class and distance education course, with a commitment of 220 hours.

### **Assessment**

Assessment is via written assignments, theoretical tests, observation, case histories, class work and successful completion of 30 clinical hours.

### **Course materials: (inclusive of fees)**

- 1 Manual
- 4 audio CDs.
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

### **Accreditation**

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

### **Career opportunities**

This training is suited to anyone who has an interest in the field of canine therapy. This certificate is designed for the graduate to practice as a fully qualified Canine Myofunctional Therapist. You may start your own practice as a professional Canine Myofunctional Therapist. You may work alongside professionals in the canine industry in the field of rehabilitation. This is also an area where you could develop educational programs for canine clubs. You may work with racing greyhounds, show dogs of all breeds, pet dogs and other sporting dogs.

### **Award**

Canine Myofunctional Therapy Certificate

## Equine Myofunctional Therapy Certificate

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*“The key to success in any situation is understanding. A basic knowledge of the structure of the horse will help you to appreciate the complexity of the interaction between the various systems of the body and the ingredients which need to be assembled and assimilated to maintain the living being. It is also important to have an awareness of the problems that can occur should the normal interaction between cells or body systems cease or become ineffective.”*

Natural Methods for Equine Health by Mary Bromiley

The horse is to be regarded as an athlete. The musculotendinous system is the horse's system of movement. When this system is impaired, movement is compromised. Equine Myofunctional Therapy addresses this system to repair or maintain movement, health and performance in the horse. This modality is for the benefit of all horses including the highest performing sport horse. Our college pioneered Equine Myofunctional Therapy training in Australia in 1993. This course will enable you to understand fundamental principles and the terminology of equine anatomy, physiology and applied techniques.

## Units

- Directional terminology
- Evolution
- General information on horse health
- Conformation
- Cells and tissues
- The skin
- The skeletal system
- The muscular system
- The nervous system
- The cardiovascular system
- The respiratory system
- The lymphatic system
- The digestive system
- The urinary system
- The reproductive system
- The endocrine system
- Introduction to nutrition
- Exercise physiology
- Introduction to human massage
- Business portfolio
- Building your business
- Hoof balance
- Occupational health & safety
- Key Points for the equine myofunctional therapist
- Superficial muscles of the horse
- Deep muscles of the horse
- Contraindications to equine myofunctional therapy
- Observation and tactile awareness
- S.O.A.P
- Massage techniques
- Remedial program
- Competition massage
- Rugs fit
- Saddle fitting

## Prerequisites

There are no prerequisites for this course.

## Delivery modes

This course is offered in-class on a part-time basis. There are field trips included with the Victorian classes, which require the student to travel to selected venues.

## Course length

This is a part-time course held over 9 months with an expected distance education commitment of 360 hours.

## Assessment

Assessment is via written assignments, theoretical tests, observation, case histories, and class work and by the successful completion of 30 clinical hours.

## Course materials: (inclusive of fees)

- 2 Manuals
- 4 audio CDs
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Current students of the course are eligible to join the Equine Myofunctional Therapists Association (EMTA) as a student member. Upon successful fulfillment of the course requirements, graduates may join as a full member.

## Career opportunities

This certificate is designed for the graduate to practice as a fully qualified professional Equine Myofunctional Therapist. You may start your own practice as a professional Equine Myofunctional Therapist. You may develop your saddle fitting skills. You will have the skills to work alongside professionals in the equine industry in the rewarding field of rehabilitation. This is an area where you could develop educational programs for pony and adult riding clubs. The different equine disciplines you could work with may include dressage, eventing, endurance, polo, show jumping, western or racing to name a few.

## Award

Equine Myofunctional Therapy Certificate

# Small Animal Naturopathy Diploma

This fascinating study into small animal naturopathy explores areas such as anatomy and physiology, herbal medicine, flower essences, herbal manufacturing, cat and dog nutrition, pet food analysis, minerals, colloids, vitamins, acupressure/meridians, massage, pathology, aromatic medicines, business practices, behavioral aspects, ethics - safety and efficacy.

It must be pointed out that a veterinarian must always be consulted for a correct diagnosis. Once a correct diagnosis has been established then it is safe to proceed with the recommendations that the course will provide. The information supplied in the course offers information that is safe and effective. Safety is a key issue when dealing with pets and one needs to consider that what may be effective for a human may in actual fact be harmful for an animal.

## Units

Herbal Medicine for Companion Pets	Small Animal Nutrition
<ul style="list-style-type: none"> <li>▪ History of herbal medicine</li> <li>▪ Why herbs cure</li> <li>▪ Signature of plants</li> <li>▪ Pharmacology and pharmacognosy</li> <li>▪ Active plant constituents</li> <li>▪ Therapeutic actions of herbs</li> <li>▪ Herbal preparations</li> <li>▪ Physiomedical philosophy</li> <li>▪ Materia medica</li> <li>▪ Nutritional aspects of herbal medicine</li> <li>▪ Basics of physiology</li> </ul>	<ul style="list-style-type: none"> <li>▪ Introduction to species appropriate nutrition</li> <li>▪ Commercial pet food</li> <li>▪ What is in pet food</li> <li>▪ Feeding bones</li> <li>▪ Feeding muscle eat and organ meat</li> <li>▪ Green leafy vegetables and fruit</li> <li>▪ Cereals &amp; grains</li> <li>▪ Dairy products, eggs and table scraps</li> <li>▪ Useful additives</li> <li>▪ Pregnancy, puppies and kittens</li> <li>▪ From adulthood and beyond</li> <li>▪ Protecting your pet; Dangerous foods &amp; chocolate toxicity</li> </ul>
Canine Myofunctional Therapy	Clinical Principles (Diploma students ONLY)
<ul style="list-style-type: none"> <li>▪ Key points for the canine myofunctional therapist</li> <li>▪ Contraindications to canine myofunctional therapy</li> <li>▪ Building blocks of medical language</li> <li>▪ Body systems</li> <li>▪ Nutrition - foundation to health</li> <li>▪ Technique check list</li> <li>▪ S.O.A.P</li> <li>▪ Hygiene and working with animals</li> <li>▪ Handling and control</li> <li>▪ The dog and its relatives</li> <li>▪ Practical activities</li> <li>▪ Muscles</li> <li>▪ The basics of stretching</li> <li>▪ Introduction to massage</li> <li>▪ Eclectic combinations</li> <li>▪ Business portfolio</li> <li>▪ Building your business</li> <li>▪ Clinical practicum - 30 hours clinical training</li> </ul>	<ul style="list-style-type: none"> <li>▪ The foundation</li> <li>▪ Anatomy, physiology and pathophysiology Part 1</li> <li>▪ Anatomy, physiology and pathophysiology Part 2</li> <li>▪ Anatomy, physiology and pathophysiology Part 3</li> <li>▪ Anatomy, physiology and pathophysiology Part 4</li> <li>▪ The skin</li> <li>▪ The digestive system</li> <li>▪ The urinary system</li> <li>▪ The cardiovascular system</li> </ul>

### **Manufacturing & Dispensing Herbal Medicine**

- Common terminology
- Regulations
- Why make your own medicines?
- Advantages of making your own herbal medicines
- Herbal preparations
- Active constituents
- Extraction of active constituents
- Selecting the extraction process
- Solvents
- Selecting a solvents / types of solvents
- Advantages and disadvantages of the types of solvents
- Active constituents and their solubility with Various solvents
- The herb supply
- Wild crafting
- Growing, harvesting and drying
- Manufacturing guidelines
- Preparations in common use in clinical practice
- Internal preparations: i.e. Infusions, decoctions, tincture
- External preparations: i.e. Ointment & creams, poultice, salves
- Other preparations: i.e. Inhalation, shampoo, soap

Business portfolio; you are required to develop your own business portfolio that encompasses all certificates.

### **Clinical Practicum & Log book**

100 Clinical hours need to be commenced once student have successfully completed assignment work. This entails combining theoretical and practical training in all components in a clinic situation. 50 hours under the supervision of qualified Veterinary who has at least 5 years experience. 50 hours no supervision required, but must complete case histories for each consultation.

### **Our distance education components consist of:**

- Certificate in Herbal Medicine for Companion Pets
- Certificate in Small Animal Nutrition
- Manufacturing & Dispensing Herbal Medicine
- Clinical Principles

### **Our inclass education components consist of:**

- Certificate in Canine Myofunctional Therapy

Each component may be studied separately.

### **Prerequisites**

There are no prerequisites for this course.

### **Delivery modes**

This course is offered by distance education. You are provided with a tutor who is available for support via facsimile, email or mail. The Canine Myofunctional Therapy Certificate course component is included in this course and is delivered in-class (\*\*please see "Canine Myofunctional Therapy Certificate" section in course guide for further information)

### Course length

This course should take three years part-time. The in-class Canine Myofunctional Therapy Certificate course is included within this time estimation.

### Assessment

You are assessed by written assignments and project work. You are also required to construct an herbarium and a materia medica. These are exciting projects designed to enhance your learning and expand your knowledge. With regard to our clinical practicum requirements, the student will locate a veterinary surgeon to liaise with who will allow participation by the students and discuss complementary health care issues pertaining to companion pets.

### Course materials: (inclusive of fees)

- 5 Manuals
- 5 audio CDs
- 5 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

### Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

### Career opportunities

This training is suited to anyone who has an interest in the field of small animal health (pertaining to cats and dogs). Natural therapies for pets can be of great assistance to you as a pet owner or lover. This course is directed at anyone interested in creating a career in the exciting discipline of small animal naturopathy. It is aimed at anyone who is already involved in animal health and would like to improve the health and wellbeing of their companion pets.

### Award

Small Animal Naturopathy Diploma

## Equine Naturopathy Diploma

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In this day and age complementary therapies are gaining popularity as more and more people seek out therapies that offer more than reductionist concepts. Using the complementary model, various aspects of equine health may be observed and improved upon from a holistic perspective to improve an equine's wellbeing.

### Units

Herbal Medicine for Horses	Equine Nutrition
<ul style="list-style-type: none"><li>• History of Herbal Medicine</li><li>• Why Herbs Cure</li><li>• Signature of Plants</li><li>• Pharmacology and Pharmacognosy</li><li>• Active Plant Constituents</li><li>• Therapeutic Actions of Herbs</li><li>• Herbal Preparations</li><li>• Physiomedical Philosophy (Samuel Thomson)</li><li>• Materia Medica</li><li>• Nutritional Aspects of Herbal Medicine</li><li>• Basics of Physiology</li></ul>	<ul style="list-style-type: none"><li>• The principles of feeding horses</li><li>• How horses digest feed</li><li>• The major nutrients in horse feeds</li><li>• The nutrient requirements of horses</li><li>• Formulating rations for horses</li><li>• Supplementation</li><li>• Feeds for horses</li><li>• Anti nutritional factors in horse feeds</li><li>• Poisonous plants</li><li>• Nutrient composition</li><li>• The principles of feeding horses</li><li>• How horses digest feed</li></ul>

<b>Equine Myofunctional Therapy</b>	<b>Clinical Principles (Diploma students ONLY)</b>
<ul style="list-style-type: none"> <li>• Directional terminology</li> <li>• Evolution</li> <li>• General information on horse health</li> <li>• Conformation</li> <li>• Cells and tissues</li> <li>• The Skin</li> <li>• The Skeletal system</li> <li>• The Muscular system</li> <li>• The Nervous system</li> <li>• The Cardiovascular system</li> <li>• The Respiratory system</li> <li>• The Lymphatic system</li> <li>• The Digestive system</li> <li>• The Urinary system</li> <li>• The Reproductive system</li> <li>• The Endocrine system</li> <li>• Introduction to nutrition</li> <li>• Exercise Physiology</li> </ul>	<ul style="list-style-type: none"> <li>• The foundation</li> <li>• Anatomy, physiology and pathophysiology Part 1</li> <li>• Anatomy, physiology and pathophysiology Part 2</li> <li>• Anatomy, physiology and pathophysiology Part 3</li> <li>• Anatomy, physiology and pathophysiology Part 4</li> <li>• The skin</li> <li>• The digestive system</li> <li>• The urinary system</li> <li>• The cardiovascular system</li> </ul> <p><b>Pasture Management</b></p> <ul style="list-style-type: none"> <li>• Introduction to pastures</li> <li>• Feed year and moisture</li> <li>• Species identification</li> <li>• Pasture establishment</li> <li>• Pasture maintenance</li> <li>• Nutrition value of pasture</li> <li>• Grazing management systems</li> <li>• Forage grasses, legumes and crops</li> <li>• Fodder</li> <li>• Pasture nutrition</li> <li>• Weeds</li> <li>• Soil pH</li> </ul>

<b>Manufacturing &amp; Dispensing Herbal Medicine</b>
<ul style="list-style-type: none"> <li>▪ Common terminology</li> <li>▪ Regulations</li> <li>▪ Why make your own medicines?</li> <li>▪ Advantages of making your own herbal medicines</li> <li>▪ Herbal preparations</li> <li>▪ Active constituents</li> <li>▪ Extraction of active constituents</li> <li>▪ Selecting the extraction process</li> <li>▪ Solvents</li> <li>▪ Selecting solvents / types of solvents</li> <li>▪ Advantages and disadvantages of the types of Solvents</li> <li>▪ Active constituents and their solubility with various solvents</li> <li>▪ The herb supply</li> <li>▪ Wild crafting</li> <li>▪ Growing, harvesting and drying</li> <li>▪ Manufacturing guidelines</li> <li>▪ Preparations in common use in clinical practice</li> <li>▪ Internal preparations: i.e. Infusions, decoctions, tincture</li> <li>▪ External preparations: i.e. Ointment &amp; creams, poultice, salves</li> <li>▪ Other preparations: i.e. Inhalation, shampoo, soap</li> </ul>

**Our distance education components consist of:**

- Herbal Medicine for Horses Certificate
- Pasture Management Certificate
- Equine Nutrition Certificate
- Manufacturing & Dispensing
- Clinical Principals

**Our inclass education components consist of:**

- Certificate in Equine Myofunctional Therapy

Each component may be studied separately.

**Prerequisites**

There are no prerequisites for this course.

**Delivery modes**

This Equine Naturopathy Diploma course is offered predominantly via distance education training. Such distance education courses include Herbal Medicine for Horses, Pasture Management and Equine Nutrition. The Equine Myofunctional Therapy course component is the only course delivered in-class due to its tactile nature.

**Course length**

This course should take three years part-time. The in-class Equine Myofunctional Therapy Certificate course is included within this time estimation.

**Assessment**

Assessment is via written assignments, theoretical tests, observation, case histories, class work and by the successful completion of a specified number of clinical hours.

**Course materials: (inclusive of fees)**

- 6 Manuals
- 8 audio CDs
- 5 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

**Accreditation**

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

**Career opportunities**

The Equine Naturopathy Diploma course is designed for the graduate to practice as a fully qualified professional Equine Naturopath on one's own or in conjunction with a large animal practice. You will have the skills to work alongside professionals in the equine industry in the rewarding field of rehabilitation. This is an area where you could develop educational programs for pony and adult riding clubs. The different equine disciplines you could work with may include dressage, eventing, endurance, polo, showjumping, western or racing.

**Award**

Equine Naturopathy Diploma

# Equine Anatomy & Physiology

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Anatomy is the study of the structure of the body and the physical relationships involved between body parts. Physiology is the study of how the parts of the body work, and the ways in which they co-operate to maintain life and health of the individual. Pathology is the study of abnormalities and how they affect body functions often causing illness.

## Units

The systems of the body are studied including:

- Cells and tissues
- Skeletal
- Circulatory
- Digestive
- Nervous
- Endocrine
- Lymphatic
- Skin
- Muscular
- Respiratory
- Urinary
- Special senses
- Reproductive
- Immune

- and then we look at how the systems are integrated.

## Prerequisites

There are no prerequisites for this course.

## Delivery Modes

This course is offered by distance education(correspondence). You are provided with a tutor who is available for support via facsimile, mail or email.

## Course Duration

As this is a distance education course, we have a provision that you complete this course within a 2 year time line however the course may be comfortably completed within a 15 week period.

## Assessment

You are assessed by written assignments. Upon successful completion of the assignments, you will receive a theoretical exam that must be taken under prescribed conditions at a venue of your choice.

## Course materials: (inclusive of fees)

- 1 Manuals
- 1 Student workbook
- 14 Audio CDs

## Accreditation

Current students of the course are eligible to join the Small Animal & Equine Naturopathic Association as a student member. Upon successful fulfilment of the course requirements, graduates may join as a full member.

## Career Opportunities

This course is designed for future horse health professionals who are just beginning their exploration of the complex equine organism. It not only presents introductory material on the elegance and efficiency of the equine body, but it also shows what happens when things go wrong. To truly understand the equine body, one must appreciate both normal and abnormal structure and function.

This course articulates with several other courses where career opportunities exist. This course articulates into the Equine Myofunctional Therapy Certificate and the Equine Naturopathy Diploma.

## Award

Equine Anatomy and Physiology Certificate

# Small Animal Nutrition Certificate

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Having an understanding of canine & feline nutrition as it pertains to various stages of life is vital for them to survive and thrive. The information contained in this course will assist you with your choice of meeting the special nutritional needs for dogs and cats on an individual basis.

## Units

- Introduction to species appropriate nutrition
- Commercial pet food
- What is in pet food
- Feeding bones
- Feeding muscle meat and organ meat
- Green leafy vegetables and fruit
- Cereals & grains
- Dairy products, eggs and table scraps
- Useful additives
- Pregnancy, puppies and kittens
- From adulthood and beyond
- Protecting your pet; dangerous foods & chocolate toxicity

## Prerequisites

There are no prerequisites for this course.

## Delivery Modes

This course is offered via distance education.

## Course Length

The course may be studied part-time or full-time and is estimated to take approximately 12 months part-time.

## Assessment

Assessment is via written assignments.

## Course materials: (inclusive of fees)

- 1 Manual, Small Animal Nutrition
- 2 audio CDs
- 2 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

## Career Opportunities

This certificate is designed for the graduate to be equipped with knowledge as it pertains to nutrition for small animals for their own personal or professional use.

## Award

Small Animal Nutrition Certificate

# Equine Nutrition Certificate

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Having an understanding of equine nutrition as it pertains to a specific horse's needs at its various stages of life is vital for the horse to survive and thrive. The information contained in this course will assist you with your choice of meeting the special nutritional needs for a horse on an individual basis.

## Units

- The principles of feeding horses
- How horses digest feed
- The major nutrients in horse feeds
- The nutrient requirements of horses
- Formulating rations for horses
- Supplementation
- Feeds for horses
- Anti nutritional factors in horse feeds
- Poisonous plants
- Nutrient composition

## Prerequisites

There are no prerequisites for this course.

## Delivery modes

This course is offered via distance education.

## Course length

This course may be studied part-time or full-time and is estimated to take approximately 12 to 18 months part-time.

## Assessment

Assessment is via written assignments.

## Course materials: (inclusive of fees)

- 1 Manual, Equine Nutrition
- 1 audio CD
- 1 academic text
- Horse weight & Height measure tape
- Horse Weight Estimator

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

## Career opportunities

This certificate is designed for the graduate to be equipped with knowledge as it pertains to nutrition for horses for their own personal or professional use.

## Award

Equine Nutrition Certificate

# Herbal Medicine for Companion Pets Certificate

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Since time immemorial man has observed animals in their natural habitat and through these observations found cures for man's maladies. Today we are witnessing a massive swing to the combining of organic and inorganic drug therapies. There is supporting evidence that the community at large is using both forms of treatment for themselves and their animals. Anyone interested in dogs & cats and the therapeutic benefits of herbal medicine for the treatment of common equine conditions would be suited to this course.

## Units

- History of herbal medicine
- Why herbs cure
- Signature of plants
- Pharmacology and pharmacognosy
- Active plant constituents
- Therapeutic actions of herbs
- Herbal preparations
- Physiomedical philosophy
- Materia medica
- Nutritional aspects of herbal medicine
- Basics of physiology

## Prerequisites

There are no prerequisites for this course.

## Delivery Modes

This course is offered via distance education.

## Course Length

The course may be studied part-time or full-time and is estimated to take approximately 12 months part-time.

## Assessment

Assessment is via written assignments.

## Course materials: (inclusive of fees)

- 1 Manual, Herbal Medicine for Companion Pets
- 3 audio CDs
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

## Career Opportunities

This certificate is designed for the student to acquire a broad understanding of the foundation of herbal medicine. The graduate will be able to grow and manufacture herbal medicine for use with dogs and cats. The graduate will gain a working knowledge of this field, and will be proficient in advising which herb would be useful to treat a range of canine & feline conditions once a veterinarian consultation has been sought.

## Award

Herbal Medicine for Companion Pets Certificate

# Herbal Medicine for Horses Certificate

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Since time immemorial man has observed animals in their natural habitat and through these observations found cures for man's maladies. Today we are witnessing a massive swing to the combining of organic and inorganic drug therapies. There is supporting evidence that the community at large is using both forms of treatment for themselves and their animals. Anyone interested in horses and the therapeutic benefits of herbal medicine for the treatment of common equine conditions would be suited to this course.

## Units

- History of herbal medicine
- Why herbs cure
- Signature of plants
- Pharmacology and pharmacognosy
- Active plant constituents
- Therapeutic actions of herbs
- Herbal preparations
- Physiomedical philosophy
- Materia medica
- Nutritional aspects of herbal medicine
- Basics of physiology

## Prerequisites

There are no prerequisites for this course.

## Delivery modes

This course is offered by distance education. You are provided with a tutor who is available for support via facsimile, email or mail

## Course length

The course may be studied part-time or full-time and is estimated to take approximately 12 months part-time.

## Assessment

Assessment is via written assignments and project work. You are also required to construct a herbarium and a materia medica.

## Course materials: (inclusive of fees)

- 1 Manual, Herbal Medicine for Horses
- 6 audio CDs
- 1 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

## Career opportunities

This certificate is designed for the student to have a broad understanding of the foundation of herbal medicine. The graduate will be able to grow and manufacture herbal medicine for use with horses. The graduate will gain a working knowledge of this field and will be proficient at advising which herb would be useful to treat a range of equine conditions once a veterinarian consultation has been sought.

## Award

Herbal Medicine for Horses Certificate

# Pasture Management Certificate

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Pastures play an important role in the life and management of Australian horses. A well-managed pasture is a highly valuable source of nutrition as well as a safe place for exercise. Unfortunately, many Australian horse pastures are of poor quality, being overstocked, and infested with weeds and internal parasites. This course is designed to educate horse enthusiasts about how to improve an equine's wellbeing through good pasture management techniques.

## Units

The units for this course include:

- Native, naturalised, and improved pastures
- Feed year and moisture
- Species identification
- Pasture establishment
- Pasture maintenance
- Nutritional value of pastures
- Grazing management systems
- Forage grasses, legumes and crops
- Fodder
- Pasture nutrition
- Weeds
- Soil pH

## Prerequisites

There are no prerequisites for this course.

## Delivery modes

This course is offered via distance education.

## Course length

This course may be studied part-time or full-time and is estimated to take approximately 12 months part-time.

## Assessment

Assessment is via written assignments.

## Course materials: (inclusive of fees)

- 1 Manual, Pasture Management
- 1 audio CD
- 2 academic text

You are also provided with a tutor who is available for support via facsimile, mail or email.

## Accreditation

Graduates are eligible to join the Small Animal & Equine Naturopathic Association as a full member.

## Career opportunities

This certificate is designed for the graduate to be equipped with knowledge as it pertains to pasture management for horses for their own personal or professional use.

## Award

Pasture Management Certificate

# Workshops

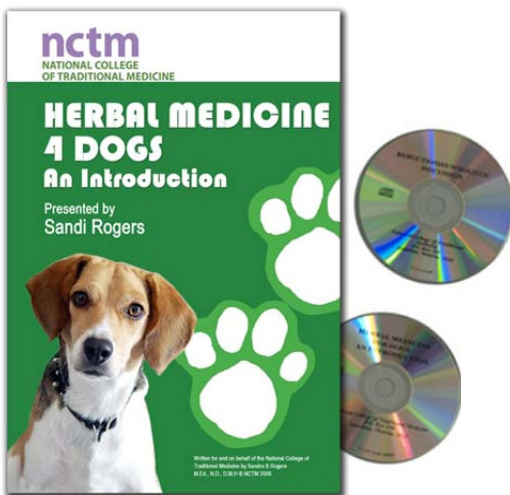
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Workshops are offered at the college periodically throughout the year. For current workshops check our website [www.nctm.com.au](http://www.nctm.com.au) or call us on 1800 630 512

## Introduction Courses

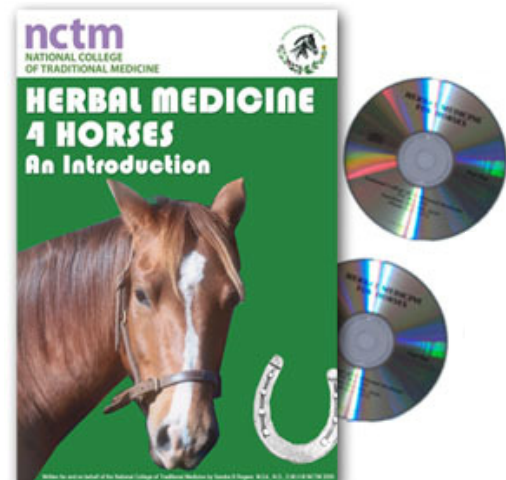
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*Introduction courses give you basic educational knowledge and can be used as a stepping stone to a certificate or diploma. These courses are designed with generalised information, which aim to give you a taste of what is possible in the realm of animal natural therapies. They are a great gift idea for family and friends or just as a special treat for yourself.*



### **Herbal Medicine for Dogs: An Introduction**

This short course introduces the topic of Herbal Medicine for Dogs. It provides a good basic introduction to the unit of herbal medicine as it pertains to Dogs.



### **Herbal Medicine for Horses: An introduction**

This short course introduces the topic of herbal medicine for horses. It provides a good basic introduction to the unit of herbal medicine as it pertains to horses. Included in the pack is useful information regarding management of common equine conditions as well as commonly available herbs that may be used to treat horses. It contains a reference workbook along with 2 CDs.



### **Introduction to Canine Massage: Workbook & DVD**

Help mans best friend with the aid of Canine Myofunctional Therapy (professional dog massage). This introductory workshop and DVD has been designed for all those with a love of dogs and an interest in improving their health and wellbeing with the gentle but powerful therapy of massage.