



COLLEGE OF
Holistic Health

HOME-STUDY PROGRAMS

**Holistic Health Practitioner
Bachelor of Science in Holistic Health
Master of Science in Holistic Health
Doctorate of Philosophy in Holistic Health
Holistic Health Specialist**

Our Programs are Nationally Accredited by the Following Organizations



www.worldmeta.org



www.internationalhealers.com



www.aadp.net

We are 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

Top Reasons why to study with CHH

- Low Tuition (compared to other schools)
- Many of the Textbooks by well-known Authorities in Holistic and Alternative Concepts
- Many Courses include video support
- Mp3's or Audio CD's for Attunements, Meditations, Learning
- USB flash drive or CD – ROM with Course Materials (downloadable and printable)
- Content that makes our Programs exceptional and unique
- Work at your own pace in the comfort of your own home
- Independent study, open book tests
- Ongoing Email Support
- Opportunity to apply what is learned immediately
- To be a part of the Trillion Dollar Health Industry!

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.

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.

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.

Online 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 the physical, emotional and spiritual well-being and healing of our 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 of the HHP Program must be at least 18 years of age with a high school diploma or the equivalent.
- A Registration Fee of \$50 is required when submitting an application.
- The student should have access to the internet and email.
- A computer also may be necessary for documentation.
- 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 Student Registration, for details on starting the Program.

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. Work at your own pace.

Our Certification Programs consist of a total of 12 Modules which comprise of individual Degrees and Certifications.

There are 4 levels of degrees in our program. After completion of the first degree the student then may go on to the next degree program and so on.

- Achievement of 5 Modules are required to receive a Certificate as a *Holistic Health Practitioner*.
- The student can then go on to acquire *Bachelors of Science in Holistic Health* by completing 2 more Modules.
- Upon completion of 3 additional Modules the student receives *Masters of Science in Holistic Health*.
- Finally the completion of 2 additional Modules the student receives *Doctorate of Philosophy in Holistic Health*.
- Upon completion of the Doctorate Degree Program the graduate will also receive a Certificate *Holistic Health Specialist*.

Our Programs includes: Textbooks, Instructional CD's or USB flash drive. Courses incorporate: Lessons, Workbooks, Exercises, Assignments, Essays, Quizzes, and Sessions/Case Studies. Some courses include a supporting resource such as; Charts, a Pendulum, audio, video, etc. Course materials comprise of tangible (physical) materials and printable manuals on CD-ROMs or USB flash drives. The Workbook for the Modules is presented as a word document so the student may type in answers or print the document. We include ongoing email support.

All required materials are included in the tuition. We may substitute Course materials with similar course materials due to availability. Modules also include Supplemental Materials. Some computer proficiency is required, as educational materials (MP3 audio files, video streaming, documents) may need to be accessed through the Internet.

Student Support Resources

Students will receive Manuals that will provide valuable information and support on Report Writing, Study Skills, Time Management, Career Development and More.

Designations established from completing our Degree Programs:

- Reiki Master
- Holistic Health Practitioner
- Bachelor of Science in Holistic Health
- Holistic Reflexologist
- Master of Science in Holistic Health
- Doctorate of Philosophy in Holistic Health
- Holistic Health Specialist
- And more

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.

Quick Overview of the Holistic Health Practitioner Modules

HHP MODULE 1 - Certificates – Reiki Empowerment, Reiki Practitioner, Reiki Master

HHP 1 - Introduction to Reiki

HHP 2 - Reiki Master

HHP 3 - Advanced Reiki Methods

HHP 4 - Healing Your Body

HHP MODULE 2 – Certificates - Chakra Healing, Color Healing, Chakra Balancing

HHP 5 - Intro Chakras

HHP 6 - Chakra Balancing

HHP 7 - Color Healing/Crystal Healing

HHP 8 - Therapeutic Touch

HHP 9 - Empowerment

HHP MODULE 3 – Certificates - Meditation, Deepening Intuition

HHP 10 - Channeling Chi

HHP 11 - Introduction to Meditation / Yoga

HHP 12 – Meditation

HHP 13 - Deepening Intuition

HHP MODULE 4 – Certificates - Spiritual Healing, Angel Healing, Abundance, Law of Attraction

HHP 14 - Spiritual Healing

HHP 15 - Angel Healing Therapy

HHP 16 - Law of Attraction

HHP 17 - Attracting Abundance

HHP MODULE 5 – Certificate – Nutritional Consultant, Healing Foods Consultant, Herbal Consultant, Natural Medicine Consultant

HHP 18 - Nutrition

HHP 19 - Healing Foods

HHP 20 - Herbs

HHP 21- Natural Medicine

Bachelor of Science in Holistic Health

BACHELORS MODULE 6 – Certificates - Acupressure, Holistic Reflexology

B 22 - Basic Human Anatomy and Physiology

B 23 – Bodywork

B 24 – Acupressure

B 25 – Holistic Reflexology

BACHELORS MODULE 7 – Certificates – Holistic Aromatherapy, Holistic Business

B 26 - Holistic Aromatherapy

B 27 - Holistic Business

B 28 - Business Management

Master of Science in Holistic Health

MASTERS MODULE 8 – Certificates – Stress Management, Hypnotherapy, Neuro Linguistic Programming

M 29 - Stress Management

M 30 - Neuro Linguistic Programming

M 31 - Hypnotherapy

MASTERS MODULE 9 – Certificates – Life Coach, Joyful Living, Emotional Freedom Technique, Dream Therapy

M 32 - Life Coach

M 33 - Joyful Living

M 34 - Emotional Freedom Technique

M 35 - Dream Therapy

MASTERS MODULE 10 – Certificates - Polarity Therapy, Body Mind and Fitness, Medical Intuitive

M 36 - Polarity Therapy

M 37 - Body Mind Fitness

M 38 - Medical Intuitive

**Doctorate of Philosophy in Holistic Health
and Holistic Health Practitioner Specialist**

DOCTORATE MODULE 11 – Certificates - Naturopathy, Homeopathy, Detoxification, Kinesiology

D 39 - Naturopathy

D 40 - Homeopathy

D 41 - Detoxification

D 42 - Kinesiology

DOCTORATE MODULE 12 – Certificates – Iridology, Hair Analysis

D 43 - Iridology

D 44 - Hair Analysis

Dissertation

School Advisors

Even though our program is self-study; Students have support throughout the Program via email. Advisors offer feedback on completed homework, and are available to answers questions. Tutoring is available for students that need more support during the program for an additional charge.

Practicum

Some 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. We may be able to arrange practice hours for you at a local Holistic Business. You have the option of submitting videos of sessions to our school for feedback.

Completed course work

Course work must be mailed or 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. Course work is not returned unless school notes such.

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/or re-take the final exam 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 and the final exam one time for free. If a third time is necessary to pass there will be a \$50 fee per Module. The school will then advise the student if completion of the program is feasible.

After completion of our Programs

In order to remain a Certified Holistic Health Practitioner, 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 alike. CHH students who desire to be Board Certified Practitioners can immediately apply for board certification through the American Association of Drugless Practitioners following their graduation. Once you have achieved the necessary credits for graduation, instructions for application will be sent to you.

- American Naturopathic Medical Certification Board (ANMCB)

Students that graduate for our degree programs are eligible to take the test from ANMCB to be board certified as a Holistic Health Practitioner or Naturopath.

Tuition (shipping included for tangible course materials)

Holistic Health Practitioner - \$1795 or pay per Module

Bachelors (prerequisite Holistic Health Practitioner) - \$895

Masters (prerequisite Bachelors) - \$795

Doctorate/Holistic Health Specialist (prerequisite Masters) \$895

(Tuition is subject to change)

Payment

PayPal, Credit Card, or Checks are accepted.

PayPal offers a 6 month deferred payment plan and takes credit cards.

Discount for Friends and Family

You and a friend or family member may apply for the program and share course materials. There is a substantial savings on the programs. Course work would be required individually and each student would have an advisor. Email for details.

A \$500 Scholarship for the HHP program is available for those with financial hardships. Apply to the school with a letter/email of your situation. Include contact inform and any documentation to support your request.

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. The fee covers the review of the applicant's application.

Terms of Tuition Policy

- Applicant has a 3 Day grace period for cancellation.
- Due to the intellectual property of our Instructional Materials we have a strict no refund policy.

Referral Incentive

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

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.

Transferring Credits/Experience to CHH

Students may receive transfer credit for up to 2 Modules in the HHP Program. Those who have training or relevant life experience may be exempt from up to 2 Modules in the remaining 7 Modules. Please inform us at enrollment time if you wish to apply for either exemption. You must be able to validate qualifications.

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:

- As a Holistic Practitioner in Clinics, Retreat and Wellness Centers, Beauty Salons, Cruise Ships and Holiday Resorts
- As 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
- Holding 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
- Owning and/or operating a 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 to be Holistic Health Practitioners
- And much, much more. . .

CHH Students were/are:

Massage Therapists, 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.

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.

The Right to Practice

You may need to 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 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 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 under her Certification. They both 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. 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

Certificates – Reiki Practitioner, Reiki Master

HHP 1 - Introduction to Reiki and Reiki Empowerment

Reiki 101 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. You will also receive the Reiki Empowerment Attunement. This is great way to introduce Reiki to your friends, family, students, and clients. This empowerment is simple to learn and easy to teach others. You will be able to practice doing self-healing, healing others and distance healing. You can also use these course materials to introduce Reiki to others.

HHP 2 – 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. According to the University of Metaphysical Sciences, this balanced state is the closest to perfection one can attain on earth. You will learn how to use Tachyon Healing Energy and how to pass Attunements. Life force is the foundation for everything. It's highly intelligent and will automatically convert to the specific energy needed in the body.

In this course, we will cover the following:

- Self healing
- Distance healing
- Clearing negative energy in a room/house

- Karmic band/healing relationships
- Past life healing
- DNA healing
- Passing Attunements
- And much more

Once this course is completed you will receive your personalized *Reiki Master* Certificate to show your level of achievement.

HHP3 – 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 4 - Healing Your Body – Learn about why disease manifests in the body. How you can be healthier and help others too. Also Learn the Essentials for Leading a Balanced Life.

We will cover the following:

- How to identify the problem
- What to do about the problem
- How to change
- Daily practice
- Emotional Wellness and much more

HHP MODULE 2

Certificates - Chakra Balancing, Color Healing

HHP 5 – Introduction to the Chakras and Auras – This course will introduce you to the basic concept of the Chakras. By using the materials in this course you will have the tools to introduce the basics about the Chakras to others. You will also learn about Auras.

HHP 6 – Chakra Balancing – this is a foundation course for Holistic Healing. Learn about our “energetic” bodies and *why* it is important to keep the seven main chakras of the body clear and balanced. It 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. You will receive a Distance Chakra Balancing Session.

In this course, we will also cover the following:

- What is a Chakra?
- Locating the Chakras
- Functions of the Chakras
- How to perform hands-on and distance chakra balancing sessions
- Symptoms of Chakra balance and imbalance
- And much more

HHP 7 – Color Healing and Crystal Healing - Learn how to use color to restore health and balance energy. Develop your innate healing skills. You will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using colored lights, candles, cloths, and charged water.

HHP 8 – 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 9 – Empowerment – This course is about self-empowerment. You also receive an Etheric Cord Empowerment and instructions how to pass it to others. You will learn about Etheric cords, how to heal relationships, and more. This course will help you to build a Healthy Ego, Release Negativity, Become more Confident and so much more.

HHP MODULE 3

Certificates - Meditation, Intuition

HHP 10 - Channeling Chi - This course will introduce you to the basic concepts of Channeling. 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 11– Introduction to Meditation – This course will cover several aspects of Meditation and Yoga. Learn how to achieve Peace and Calmness and so much more.

HHP 12 – Meditation - Learn basic yet powerful techniques of meditation through clear, step-by-step instructions. Experience the importance of the breath/mind connection and the power of the focused mind. Also, you will learn how to let go of all techniques and the concept of yourself as a meditator then open to the art of True Meditation, and dwell in a natural state.

In this course, we will also cover the following:

- 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.
- And much more

HHP 13 - 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.

HHP MODULE 4

Certificates - Spiritual Healing, Angel Healing, Law of Attraction, Abundance

HHP 14 – 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 15 - 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.

In this course, we will cover the following topics:

- Learn numerous exercises to clear your mind of judgments, blocks, and fears that keep you from contacting your angels and guides
- 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
- And much more.

HHP 16 – Law of Attraction – Discover what you are good at. You will learn skills for being successful. Learn how to increase your success with others.

In this course, we will also cover the following topics:

- Increasing Influence
- Purpose and Beliefs
- Self goals
- And much more

HHP 17 - 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**Certificate - Holistic Nutrition, Holistic Herbal Remedies**

HHP 18 - Nutrition - This topic introduces the scope of practice for a Nutrition Consultant who will be teaching individuals, families, and groups about the principles of nutrition and natural health. Students 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 19 - Healing Foods – Diet plays a major role in preventing disease. Learn what a healthy diet is. Learn what the body needs to stay strong and get well. This is a great course on healthy eating.

In this course, we will also cover the following topics:

- Use foods to stimulate the body's natural ability to heal
- The role that fiber, enzymes, fatty acids, and other dietary components
- Balancing the Body's pH
- And much more

HHP 20 - Herbs – Become acquainted with herbs and plants and their many uses. You will also learn about cooking with herbs. This course includes recipes that are simple to prepare and have healthy ingredients.

In this course, we will also cover the following topics:

- Learn how herbs work
- Herbal teas and uses
- There is so much more covered in this course.

HHP 21 – 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.

In this course, we will also cover the following topics:

- Prevent disease through enhancing key body systems
- Major causes and symptoms of each condition
- Therapeutic considerations you need to be aware of
- And much more

BACHELOR OF SCIENCE IN HOLISTIC HEALTH

BACHELORS MODULE 6

Certificates - Acupressure, Holistic Reflexology

B 22 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 23 – 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.

In this course, we will also cover the following topics:

- Treatments for a wide variety of health disorders
- Treatments for back pain
- Treatment points for conditions ranging from diabetes and heart problems
- Step-by-step instructions for self-treatment or treatment of a partner

B 24 – 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 25 - 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. By following the textbook you get precise instructions to complete a Reflexology Session.

In this course, we will also cover the following topics:

- The history and development of Reflexology
- How to help relieve specific ailments
- Learn to practice Reflexology effectively
- Using Color Healing with Reflexology
- And much more

After completion of all case studies and tests you will be awarded with a certificate of completion in *Holistic Reflexology*.

BACHELORS MODULE 7

Certificates – Holistic Aromatherapy, Holistic Business

B 26 – Aromatherapy – This has been considered an incredibly powerful healing tool since ancient times. You will 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
- Much More!

B 27 – 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 28 – 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.

In this course, 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
- Practical exercises and action planning to develop your leadership skills

MASTER OF SCIENCE IN HOLISTIC HEALTH

MASTERS MODULE 8

**Certificates – Stress Management,
Neuro Linguistic Programming, Hypnotherapy**

M 29 – Reduce Stress - Relax and Revitalize - 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.

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
- Ten Easy Ways to Reduce Stress
- And much more

M 30 – Neuro Linguistic Programming (NLP) - Learn how to think more positively and communicate more effectively with others. Change your negative beliefs, build rapport and influence others. You will learn hands-on exercises and practical techniques and much more.

M 31 - 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, dealing with sleep disorders, and much more.

In this course, we will also cover the following:

- Powerful change techniques
- Step-by-step process of inducing deep trances
- Guide your clients through real life changes
- And much more

MASTERS MODULE 9

Certificates – Life Coach, Joyful Living, Emotional Freedom Technique, Dream Therapy

M 32 - 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.

Goal Setting – learn a simple but effective system for getting anyone to set measurable and realistic goals. Relationship Development - In this part of the program you discover everything you've ever wanted to know about developing powerful relationships with your clients that will last a lifetime.

M 33 - 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 of the rollercoaster of “Life’s ups and downs” and maintain a sense of calm inner joy. Also receive a distance Attunement, meant to clear away any negative energy. 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.

In this course, we will also cover the following:

- Techniques to strengthen your aura
- That happiness is a choice

- How to share happiness with others
- To overcome moods and much more

M 34 – 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
- How to become more confident
- And much more

M 35 - Dream Therapy – Learn to accurately interpret your 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 your dreams. Translate your dreams into positive action for change. Let your dreams make a difference to your life.

MASTERS MODULE 10

Certificates - Polarity Therapy, Body Mind and Fitness, Medical Intuitive

M 36 – 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 37 - Mind Body Fitness – This Course brings together the principles from t'ai chi, yoga, meditation and ancient qi gong (chi kung), as *well as* medical theories, and relaxation methods. This is one of the easiest, most all encompassing and effective mind body techniques.

M 38 – Medical Intuition – 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 OF PHILOSOPHY IN HOLISTIC HEALTH

HOLISTIC HEALTH SPECIALIST

DOCTORATE MODULE 11

Certificates - Naturopathy, Homeopathy, Detoxification, Kinesiology

D 39 – 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 much more. You will also get advice on when to consult a doctor.

D 40 – 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 41 – Detoxification - Detoxification promotes wellness by ridding the body of poisons that can lead to a host of health problems. Rid the body of fatigue, depression, cancer and other diseases. Learn about body chemistry, and how detoxification works.

D 42 – 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
- How to overcome moods
- And much more.

DOCTORATE MODULE 12

Certificates – Iridology, Hair Analysis

D 43 –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. You will receive information on how to submit a digital photo to our school for a *Complementary Iridology Diagnostic Report (\$150 value)*.

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
- Visual glossary of the different iris signs
- Preparing remedies and much more

D 44 - 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
- And much more

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.

American Fellowship Church

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www.amfellow.org

American Holistic Health Association (AHHA)

PO Box 17400, Anaheim, CA 92817-7400 USA

Phone (714) 779-6152 Email - mail@ahha.org

www.ahha.org

American Naturopathic Medical Certification Board (ANMCB)

Phone: 702 914-5770 Email: information@anmcb.org

<http://www.anmcb.org>

Associated Massage and Bodywork Professionals (ABMP)

25188 Genesee Trail Road, Golden, CO 80401

Toll Free 800-458-2267 Fax 800-667-8260

www.abmp.com

Association for Drugless Practitioners (AADP)

2200 Market Street, Suite 209, Galveston, Texas 77550-1530

Tel: 409-621-2600 Fax: 775-703-5334

www.aadp.net

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Nancy Barnes, 1433 Bell Road, Chagrin Falls, Ohio 44022

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www.nancy.abmp.com

International National Healers Association (INHA)

425 North Highland Ave, Los Angeles, CA 90036, USA

www.internationalhealers.com

Universal Life Church (ULC)

Phone: (916) 265-2468 Fax only: (916) 244-0498

ULC Online, PO Box 1034, Folsom, CA 95763-1034

www.ulc.com

World Metaphysical Association (WMA)

www.worldmeta.org

CHH 1433 Bell Rd. Chagrin Falls, OH 44022

CHH STUDENT APPLICATION

Please complete the following application carefully and thoroughly by printing clearly or typing.
Use a separate sheet of paper if necessary. Respectfully, Nancy Barnes nancybarneshp@yahoo.com

Name _____

Address _____

Phone Number _____ Mobile Number _____

Email Address _____

Education

Work Experience

Present Occupation

Memberships/Associations

Have you been convicted of a crime and if so, please explain.

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

What are your expectations from our programs?

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

** Please include a \$50 Registration Fee - Check or PayPal payment to nancybarneshp@yahoo.com

By Registering the Applicant acknowledges and agrees to the terms of Registration and Tuition.