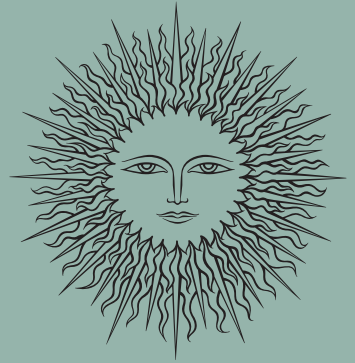


THE
SCHOOL
OF HEALTH[®]



Be better, naturally...

Naturopathy Prospectus

Body · Mind · Spirit

The School of Health · accreditation and affiliation

The Naturopathy Programmes are World Naturopathic Federation (WNF) and General Council and Register of Naturopaths (GCRN) approved and accredited by The Society of Naturopaths (SON). Graduates who complete the programme, are eligible to register with the General Council and Register of Naturopaths (GCRN) and the Society of Naturopaths upon graduation.



Society of Naturopaths™

THE NATURAL CHOICE



General Council and Register of Naturopaths

Accredited

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Recognised



Eligible to join



Recognised



Registered



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Hello

Welcome to our latest prospectus and thank you for your interest in The School of Health's Naturopathy Course and Programmes.

The School of Health is recognised as a leader providing home study courses for alternative medicine. Founded in 1987, the company stands for quality and the highest levels of student support. It has helped thousands students spread their wings and take flight into the world of natural medicine. Over 600 students enrol on The School of Health's courses each year in more than 100 countries.

When you enrol onto one of the courses, you will be joining a worldwide family of students, practitioners and teachers working together to enhance personal health and wellbeing. We take personal pride in our service because it is dedicated to your development as a healer and your success as a practitioner.

We hope you choose to join us and we look forward to accompanying you on your journey of learning and discovery.

*If you have any questions just give us a call:
UK free phone 0800 0439 349 or 01453 709 709
Overseas +44 1453 709 709*

*We run the School because we passionately believe in the holistic way of promoting health and curing sickness and also because the practice of nutrition helps us to understand the importance of the food we eat and the impact it has on our health.
Mani Norland, Principal*





Introduction

Naturopathic Medicine is a health care system based on natural therapies, underpinned by the fundamental belief that given the right conditions, the body has an innate ability to heal itself. Naturopathic physicians are trained to diagnose, treat and manage acute and chronic conditions. Rather than focusing on a collection of individual symptoms a naturopath looks at a person as a whole – **body, mind and spirit.**

Naturopaths seek to identify and treat the root cause of any symptoms. They believe in the principle 'First do no harm', which means they will select the most gentle and non-invasive treatment possible to restore the body to balance. A naturopath also aims to educate the patient – empowering them to take responsibility for their own health, so that they may prevent future disease and enjoy optimal vitality.

Naturopathy is a blend of many different disciplines that were passed down through the ages. It has its roots in Eastern medicine and was added to over the ages with herbal lore and nature cure methods. Knowledge of naturopathic philosophy will help you understand your client's symptoms and to be able to unravel how they arrived at them. Not only does this help alleviate the symptoms but also puts the client back in control of their health. This is the role of the naturopath as 'Docere' or teacher. This course is written in line with the National Occupational Standards (NOS) for the practice of Naturopathy



Why study with us

1. Certification

We offer several certificate and diploma points from the Naturopathy course, depending on how far you want to stake your studies. The Naturopathy programmes are World Naturopathic Federation (WNF) and General Council and Register of Naturopaths (GCRN) approved and accredited by The Society of Naturopaths (SON). Graduates who complete one of the complete programmes, are eligible to register with the General Council and Register of Naturopaths (GCRN) and the Society of Naturopaths upon graduation.

2. Longevity

Established in 1987 and going from strength to strength, we are now one of the longest running alternative medicine schools in the UK and we remain a family business.

3. Celebrating the individual

Our courses blend many models and approaches and encourages each student to find their own self expression through their work - their own unique style in the practice of alternative medicine.

4. Great curriculum

You will leave with a whole range of skills

and methods and hopefully a highly tuned sense of self awareness to take you through many years of practice. We have a worldwide reputation of being at the highest level of quality and depth of learning and many of our students enrol through personal recommendations.

5. Flexibility to suit your needs

You can start our home study courses whenever it suits you and work at a pace that complements your daily commitments. All our courses offer double the amount of time required to complete the study so you have plenty of flexibility if you need to take a short break from studying, or indeed if you wish to work faster!

6. No unnecessary stress

All our courses are made up of easy to manage study Units which are marked and assessed using continuous assessment with a specialist personal tutor. There are no exams, so there is no need to get stressed!

7. Student support & nurture

Our office is open all week (Monday-Friday 9.30-5.30), for pastoral care and practical support. You will receive ongoing and individual care and feedback

through our network of mentors, tutors and teachers with written feedback for every piece of your work. All being well, you will stay with your personally assigned mentor throughout your course and this allows for a greater bond and understanding.

8. We create healers, not just practitioners

Our courses are well known for taking students on a journey of discovery into self-awareness and self-reflection, using various teaching methods to bring this to life. We aim to unravel the mysteries of health and help to integrate this into a wealth of knowledge and practical skills.

9. Clinical practice

With our flexible approach you learn the theory from home, join online for clinic observation and clinical supervision; and then come to the School for clinical events. We offer 5 day clinical training programme with the naturopathy course. These superb face-to-face training event runs in the UK and is open to all students. However, the choice is yours, we offer different certificate levels with or without the clinical training.



The benefits of home study

Our home study courses are 'open university' style in that they are very much the same in content and quality as you would find at your local university. However, with our distance learning courses, you work entirely in the comfort of your home with your personal tutor at the end of the line.

- study can be started and finished at any time
- generous timeframes and enrolment periods
- work at your own speed and pace
- create a timetable to suit you
- learn something new whilst juggling your daily life
- promotes life-long learning and new practical skills
- study in the comfort of your own home
- continuous assessment provides feedback at each step
- there are no exams
- courses are clearly presented and easy to follow
- online webinars, discussion groups, tutor meetings, clinics
- personal tutors and mentors on hand
- support by email or post
- no prior medical training is required
- course content is regularly revised and updated

The best education brought to your door! We are very proud of our distance learning courses. They are of the highest standard and can be taken anywhere in the world - we have students in over 100 countries. Each home study course was written by an expert in their field, and all are followers of alternative medicine. The courses are regularly updated and revised so you can be sure of the best information. You can start whenever you like and the courses can be spread over time to suit your needs. This means

study can be fitted into busy life schedules - so whether you wish to train alongside your daily job, or you are a busy mum looking after the family, you will be able to find the perfect course for you. We have many students who need to travel, or are maybe relocating, and as long as we know where to deliver to, we can be there at every step of the way!

Everyone is welcome. All our courses require no previous knowledge and have been carefully prepared to allow anyone to take it up. The majority of our students have not studied for a long time and the courses are written with this in mind. Encouragement and guidance is given from a personally assigned tutor who supports you throughout your endeavours, giving feedback on your assignments.

The course follows a blended learning approach, offering multiple study methods including written Units (delivered in the post), movie lectures, quizzes, online sessions, social media, tutor group meetings, and personalised support from your tutor. All delivered through our bespoke Online Learning System. Study is guided through the Units, with descriptions, references, and diagrams to support the syllabus. Self-assessment questions help reinforce learning, and at the end of each Unit, you upload written assignments to your tutor for full written feedback.

Should you be uncertain in any way about how easy it is to follow our home study courses, please contact us and we will be happy to advise.



The six fundamental principles of naturopathic medicine

1. The Healing Power of Nature

Naturopaths believe that nature has an innate ability to heal.

2. Identify and Treat the Causes

Treating symptoms does not stop those symptoms reappearing. Naturopaths seek to find the underlying cause, which may be physical or emotional.

3. First Do No Harm

A Naturopath will always choose the most natural, least invasive and least toxic treatment, to avoid creating other imbalances or side effects.

4. Doctor as Teacher

Part of the Naturopath's role is in educating the patient to take responsibility for their own healing and maintenance of health.

5. Treat the Whole Person

The body is seen as an integrated whole – all aspects of a person are taken into account and the treatment plan encompasses mind, body and spirit.

6. Prevention

Avoidance of toxins and changes to diet and lifestyle are recommended to prevent the onset of future disease.

**Naturopathy
Diploma Programme**
(2500 hrs)

Nutrition 1-12

Level 6 - 3 years

Inc. Anatomy & Physiology, Pathology & Disease

Naturopathy 1-5

400-450 hrs

Modules: Ayurveda Medicine, Homeopathy
Naturopathy, Hydrotherapy, Herbal Medicine

Clinical Training

35 hrs Clinical Event, 20 hrs Clinical
Observation, 6 Cases Clinical Supervision

Naturopath, Nat. Dip (ND)



Society of Naturopaths and/or
General Council & Register of Naturopaths

**Naturopathy
Advanced Diploma Programme**
(3500 hrs)

Nutrition 1-12

Level 6 - 3 years

Inc. Anatomy & Physiology, Pathology & Disease

Naturopathy 1-10

800-900 hrs

Modules: Ayurveda Medicine, Chinese Medicine
Tibetan & Unani Medicine, Homeopathy
Naturopathy, Homotoxicology, Psychosocial,
Iridology, Hydrotherapy, Oral Health

Herbal Medicine

Foundation Course - Level 4 - 400 hrs

Clinical Training

35 hrs Clinical Event, 20 hrs Clinical
Observation, 6 Cases Clinical Supervision

Naturopath, Nat. Adv Dip (ND)



Society of Naturopaths and/or
General Council & Register of Naturopaths

**Naturopathy
Foundation or Post Graduate**
(900 hrs)

Naturopathy 1-10

800-900 hrs

Modules: Ayurveda Medicine, Chinese Medicine
Tibetan & Unani Medicine, Homeopathy
Naturopathy, Homotoxicology, Psychosocial,
Iridology, Hydrotherapy, Oral Health

Naturopathy Certificate

Core Discipline, 3-4 years training in either:
Nutrition, Homeopathy, Herbalism,
Acupuncture, Osteopathy, Chiropractic,
Traditional Chinese Medicine or Ayurveda.

Plus either 1 Year Nutrition or Herbs

Clinical Training

35 hrs Clinical Event, 20 hrs Clinical
Observation, 6 Cases Clinical Supervision

Naturopath, Nat. Adv Dip (ND)



Society of Naturopaths and/or
General Council & Register of Naturopaths

Naturopathy Programmes & Course Options

We offer four routes to learn more about naturopathy, for those just starting or for practicing therapists.

1. Naturopathy Diploma Programme (2500 hours)

Fully approved by the World Naturopathic Federation (WNF) and General Council and Register of Naturopaths (GCRN) and accredited by The Society of Naturopaths (SON) this programme is for those who wish to become a Naturopath ND. It combines our 3 Year Nutrition Course with 5 of our Naturopathy Modules (Homeopathy, Herbal Medicine, Hydrotherapy as well as Ayurveda and Naturopathy principles - see overleaf). You complete medical sciences and clinical training long side your Nutrition and Naturopathy study. You will qualify as a registered Nutritional Therapist and Naturopath ND.

2. Naturopathy Advanced Diploma Programme (3500 hours)

This Programme follows the same study plan as the Diploma Programme above. However, you study all ten of the Naturopathy Course modules and complete more in-depth training in Herbal Medicine, giving you greater knowledge and training to qualify at Advanced Diploma level.

3. Naturopathy Post Graduate Course

Using the 10 modules and any other required courses we design a Naturopathy programme to meet the needs of existing practitioners who want to study to become a registered Naturopath ND. Please contact us for the Prior Learning application.

4. Naturopathy Foundation Course

Study the 10 modules for personal interest or as a foundation prior to further studies.

Clinical Training

Naturopathy Programmes 1 and 2 include 500 hours of clinical training via online clinics, clinical supervision and in-person annual clinical event.



The Naturopathy Modules

As above the 10 Naturopathy Modules can be used in 4 different routes: as the start of our 2500 hour naturopathy diploma programme; as part of the 3500 hour advanced diploma programme, or if you are already a therapist as post graduate training to extend your practice to become a naturopath, or for personal interest, or as a 1 year foundation course (to learn about several types of medicine).

Naturopaths are trained in many natural health disciplines to become experts in holistic healthcare enabling them to assist their clients from many different perspectives selecting the optimum natural healthcare treatment plan. Our programmes provide an in depth study of Eastern medicine and Naturopathy. To our knowledge, this is the only course that combines the four main Eastern medicines and Naturopathy disciplines in one programme.

10 Naturopathy Modules Overview

Units: 1-10

Study Hours: 800-900

Time: Estimated 12 months (timing up to you)

Enrolment period: 18 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Naturopathic Medicine (Nat.Dip)

Study Options: E-learning (online) or Correspondence (paper)

“Having trained in various disciplines over the years of being a practitioner and seeing how they all enhanced my understanding of health and disease I decided to write a course that I would have loved to have done 25 years ago, when I was first starting out on my alternative medical training. The 10 Naturopathy Modules start with Eastern medicine and provides a detailed study of Ayurveda, Chinese five elements, Tibetan Medicine and Unani (Greek/Persian) medicine. Once you have this grounding you then study homeopathic philosophy which underpins naturopathic philosophy. By the time you reach module 5 on naturopathic principles you will find that the philosophy is second nature to you. The rest of the course builds on this and covers iridology, hydrotherapy, an introduction to Homotoxicology, psychology and psychosocial skills and finishes with a module on oral health. I have added in this last module because I believe it is of the utmost importance for practitioners to understand the effects of dentistry and oral health upon the overall health of the body”.

Mary Sharma, Course Author

Units overview

Unit 1: Ayurveda Medicine

Ayurveda, the science of life, is the mother of all medical systems, and as such will enhance your understanding of any medical discipline and of how we interact with our universe. A study of Ayurveda provides a firm foundation to build your knowledge of health and disease upon. With this foundation you will understand how to support your clients in their return to health.

Unit 2: Chinese Medicine

The Chinese Law of the Five Elements provides a wonderful view of observing the universe and making sense of our surroundings. An understanding of how these five elements affect us on every level can only enhance the practice of naturopathy, nutrition and other therapies.

Unit 3: Tibetan and Unani

Just as Ayurvedic medicine is influenced by Hinduism and Chinese medicine is influenced by Taoism, so Tibetan medicine is influenced by Buddhism. The gentle Buddhist approach to life shines through in this amazingly powerful branch of ancient medicine. Unani Medicine developed out of ancient Greek medicine. In this unit you will learn about the similarities between other medical disciplines and Greek medicine.

Unit 4: Homeopathy

The history of homeopathy, the underlying philosophy, and the homeopathic view of disease. You will then learn some practical homeopathy that you can use in your clinic. It is important, as a naturopath, to have an understanding of the most useful homeopathic remedies that your clients will have easy access to and quite possibly be already using at home.

Unit 5: Naturopathy

The art of modern naturopathy is to be able to blend advances in modern medicine with the ancient traditions. Science is beginning to prove what the ancient Eastern medical traditions have been teaching for centuries. This unit aims to bring the science of Western medicine and the ancient Eastern knowledge together in the hope that practitioners can truly understand how to help their patients.

Unit 6: Homotoxicology

This is a blend of naturopathy, homeopathy and modern medicine. The basis of Homotoxicology is the function of the extra cellular matrix, which works in the same way as the humours of Eastern medicine; as a regulatory mechanism. The science of Homotoxicology builds on the old understanding of the humoral theory and looks to relate it modern scientific research.

Unit 7: Psychosocial

This unit looks at the role of psychology and psychoanalysis on health. All disease stems from the mind; Eastern medicine teaches us that the mind and body directly affect and influence one another. New research is proving how important the mind is in maintaining health.

Unit 8: Iridology

Iridology is a technique in which the patterns, colours and other characteristics of the iris can be examined to determine information about a patient's health. Practitioners match their observations to iris charts, which divide the iris into zones that correspond to specific parts of the human body.

Unit 9: Hydrotherapy

Hydrotherapy is all about water; water is a particularly unique substance and is used in all of its forms in hydrotherapy practice – as steam baths, hot and cold applications and as ice packs. You will look at the various techniques and the science behind Hydrotherapy and how to apply it.

Unit 10: Oral Health

The importance of dental health and how modern dental techniques can impact upon the overall health of the body. This Unit has been included because the effects of dentistry are often overlooked, ignored or worse still, attributed to something else.



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Faith
Trust

Wonder

Ideality

Refinement.

Perfection.

Expansion



Unit 1: Ayurveda Medicine

Ayurveda is an ancient system of healing that has its roots in the depths of Indian antiquity. It is the oldest medical system on the planet and most other medical traditions have their roots in Ayurveda. In this unit you will learn about the history and philosophy of Ayurvedic medicine (Sankya philosophy, the three Gunas, the Five Great Elements of Panchamahabhuta), the Tri Dasha theory (Vata, Pitta and Kapha), Ayurvedic anatomy and physiology, tongue diagnosis, Ayurvedic diet and nutrition, Ayurvedic Samprapti (the course of disease) and balancing techniques.

Interest in Ayurvedic medicine has substantially increased in the last 20 years. In this course you will learn how you can incorporate Ayurvedic principles into your current practice, regardless of your discipline. The course will teach you how to understand your clients both from an emotional and physical perspective; have the tools to provide your clients with a diet and lifestyle to correct and balance their symptoms, and also provide you with an in-depth understanding of the disease process.

Units: 1

Study Hours: 40 - 60

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Ayurvedic Medicine

Study Options: E-learning (online) or Correspondence (paper)



Unit 2: Chinese Medicine

Chinese medicine is much better known than Ayurvedic medicine. The Chinese have done an excellent job of introducing Acupuncture and Traditional Chinese Medicine (TCM) to the west.

The Chinese Law of the Five Elements provides a wonderful view of observing the universe and making sense of our surroundings. An understanding of how these five elements affect us on every level can only enhance naturopathic and nutritional practice. This module will give you a unique approach to understanding human nature that will help in clinical practice. You will learn how to relate the five elements to health, disease, diet and lifestyle which will enhance your understanding of the universal rhythms and also help you make sense of your client's psychology and physical ailments. The module enhances your understanding of Eastern energetic nutrition and how to apply Eastern medical wisdom in practice.

Units: 1

Study Hours: 40 - 60

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Chinese Medicine

Study Options: E-learning (online) or Correspondence (paper)



Unit 3: Tibetan and Unani

Tibetan and Unani medicine, together with Ayurvedic and Chinese Medicine, make up the four main Eastern medical approaches to health and disease. Each discipline offers its own unique blend of amazing knowledge and when combined, gives the student a knowledge and understanding of health, disease and human nature that is unsurpassed in modern medical approaches. An understanding of these combined four approaches provides an excellent foundation to progress to studying Naturopathic medicine in detail. The Eastern medicine modules will provide an unrivalled approach to Eastern nutrition which will set you apart from other practitioners using more orthodox nutritional approaches to health.

Part A: Tibetan Medicine, just as Ayurvedic medicine is influenced by Hinduism and Chinese medicine is influenced by Taoism, so Tibetan medicine is influenced by Buddhism.

Part B: Unani Medicine developed out of ancient Greek medicine (Unani=Greek; Tibb=medicine in Arabic).

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Tibetan & Unani Medicine

Study Options: E-learning (online) or Correspondence (paper)



Unit 4: Homeopathy

Homeopathy is a system of alternative medicine that is based on the Law of Similars. The Law of Similars states that a substance, when taken in a large amount will cause certain adverse symptoms, but if a minute amount of the substance is taken, then it will heal the symptoms that it would cause if taken to excess. This concept is more commonly known as 'like cures like'.

Homeopathy is perhaps the best known of all the natural medical disciplines. Most people have heard of homeopathy; it is an in-depth subject that requires a minimum of 4 years' study to become a professional homeopath. However, in this module you will learn the fundamentals of homeopathic philosophy, methodology and case taking so you can look after your patients in a basic way with commonly used remedies. You will learn about 30-40 remedies so that you can carry out simple prescribing in your practice.

*If you have already completed a homeopathy course, you can complete **Herbal Medicine** as an alternative unit.*

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Homeopathy

Study Options: E-learning (online) or Correspondence (paper)





Unit 5: Naturopathy

Naturopathy has become an amalgamation of different disciplines, all of which aim to treat the body naturally and respect and acknowledge the vital energy in the body. Although the therapies differ, the underlying message of promoting health and supporting the body's own healing processes runs through them all. They are: healthy living, natural diet, detoxification, exercise, physical therapy, and mental, emotional and spiritual healing, all using natural therapeutic agents.

An understanding of Naturopathy provides an insight in to disease symptoms that few other disciplines can match. Not only does it provide knowledge of what the body is trying to achieve with its myriad of symptoms that health practitioners are continually confronted with, but it also provides simple answers in the form of dietary and lifestyle changes together with naturopathic techniques. Learning naturopathy gives you the tools to fully understand your clients' symptoms and how to help them return to improved health.

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Naturopathy

Study Options: E-learning (online) or Correspondence (paper)



Unit 6: Homotoxicology

With its roots in naturopathy, the basis of Homotoxicology is that the body is trying to maintain homeostasis via the elimination of toxicity. All routes of elimination therefore need to be supported.

Homotoxicology is a blend of Homeopathy, Naturopathy and modern scientific research. It therefore brings these disciplines 'up to date' by studying the science that underlies them and how they work. Study of Homotoxicology offers the student an in-depth scientific understanding of disease which encompasses the humoral foundation of Eastern medicine, Homeopathy and Naturopathy. Students will build on their understanding of the regulatory processes in the body and how toxicity will hinder these processes resulting in pathology. This module brings together everything that has been learnt so far in the course and views it from a modern scientific perspective whilst at the same time maintaining the underlying naturopathic foundation.

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Homotoxicology

Study Options: E-learning (online) or Correspondence (paper)



Unit 7: Psychosocial

Naturopaths need to have an understanding of the history of psychology and the different schools of thought within the psychology and psychoanalysis sector. They also need to have an understanding of how the brain influences the physical body from a modern scientific perspective and have tools at hand that they can offer to their clients in order to help deal with the various stresses that we all have to cope with. This unit is therefore divided into two parts.

Part A: Psychotherapeutic Models, The Human Stress-Trauma Response, The Therapeutic Process, Psychotherapeutic Treatment Strategies, Relieving Stress-Trauma Manifestation

Part B: The Stress Response, Stress, Allostasis and Allostatic Load, Adrenal Fatigue Syndrome, Stress and Endocrine changes, Monitoring and Supporting Stress Levels, Flower and Tree Formulas and Remedies, The Enneagram, Jungian personality types, Myers Briggs and David Keirsey

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Psychosocial skills

Study Options: E-learning (online) or Correspondence (paper)



Unit 8: Iridology

Iridology is an amazing diagnostic tool which sits comfortably alongside any alternative medical discipline. This module will provide you with the tools to use this discipline in your practice and enhance your understanding of your client's emotional traits, overall health, constitution, predispositions and inherited factors. The course content will provide you with the necessary information to use Iridology extremely effectively in your practice and also to act as a firm foundation for more advanced study of this incredible discipline.

Iridology includes the anatomy of the iris, iris charts and zones of the iris, pupil size and shape, the iris (colour in the iris, the stomach ring, the intestinal ring, the collarette, contraction furrows, nerve rings, scurf rim, lymphatic rosary, circulatory or venous ring, the anaemia ring, cholesterol ring, sodium ring, arcus senilis, bulge), degrees of disease in the iris and lacunae, crypts and defect signs, pigment on the iris, radii, transversals, spleen signs hypothalamus signs, constitutions, emotional / behavioural iridology, miasms, modern iridology and the latest research.

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Iridology

Study Options: E-learning (online) or Correspondence (paper)



Unit 9: Hydrotherapy

Hydrotherapy was the treatment of choice for centuries, being the only medicine available to the poor, where the nearest doctor lived many miles away and was often unaffordable. Hydrotherapy is still practiced today, although it has been developed since the days of Kneipp who generally preferred to use cold water. Certainly cold water swimming has been found to be very beneficial for depression. Modern hydrotherapy includes the use of warm water together with exercises given by physiotherapists for various ailments such as arthritis, rheumatism, muscular pain and anxiety.

Traditional hydrotherapy techniques help to build immunity, improve circulation, improve the quality of the blood and lymph and balances the autonomic nervous system. This module provides detailed information about the history, science and practice of hydrotherapy allowing you to use this simple but extremely effective tool safely in your practice.

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Hydrotherapy

Study Options: E-learning (online) or Correspondence (paper)



Unit 10: Oral Health

We will look at some of the modern dental techniques and how these can have an adverse impact upon health. Many dentists are not aware of how the work they are doing on individual teeth will affect the overall health of the body. This is particularly important in light of the latest trend of 'cosmetic dentistry'.

It is now accepted that gum disease is associated with heart attacks. Dentists are also aware that the process of dental caries can result in extensive conservation work which can have a biochemical and physiological effect upon the body. For example, they know that procedures such as implants, crowns or root canal treatments should not be carried out when there is overt periodontal disease present in the mouth. Many dentists however are not fully aware of the extent of the effects that these procedures can have upon the otherwise healthy or asymptomatic body.

Units: 1

Study Hours: 100

Time: Estimated 2 months (timing up to you)

Enrolment period: 3 months (with option to extend)

Books: Purchased separately

Certification: Certificate in Oral Health

Study Options: E-learning (online) or Correspondence (paper)



Becoming a naturopath

The route to 'becoming' a naturopath can be a varied one, and there are many pathways into the profession. If you complete one of our Naturopathy Programmes you will become a Naturopath ND. We hope that the following questions may guide and help you in making your choice. Please do call us to chat about the options.

What makes me want to be a naturopath?

Many people spend time creating a career and nurturing family and then come to a point where they feel they have unanswered questions about their life. Maybe they want to find more balance in life and want to work for themselves? Maybe they are ready for a career change? Maybe they want to improve their own health and wellbeing? Many people are drawn to studying naturopathy due to a desire to help other people make the best of themselves, to give them the tools to create a healthier lifestyle. Whatever your reason for taking our course, our aim is to listen fully and to provide you with sound information. This will enable you to make a well informed and good decision about your future.

Do I have the required skills?

You don't need to have any specific prior experience or training to enrol with us. You do need to be willing to study. Being self-motivated and organised is also vital. You may already have training in natural medicine and that can be a great stepping-stone into the world of naturopathy. If you do have prior learning, you may be eligible for exemption from elements of the course.

Will I be an accredited Naturopath by the end of the course?

Our Naturopathy programmes are fully accredited by the Society of Naturopaths (SoN) and are approved by the World Naturopathic Federation (WNF) and General Council and Register of Naturopaths (GCRN). To become a registered Naturopath with the in the UK you need to complete:

- Either 5 or 10 Naturopathy Modules (depending on your programme choice). Clinical Observation, the Clinical Event and Clinical supervision.
- Level 6 training in either: Nutritional Therapy, Homeopathy, Osteopathy, Acupuncture, Chinese Medicine, Medical Herbalism, Chiropractic

Medicine or Ayurveda.

- Level 4 training in Nutritional Therapy unless your Level 6 training was in Nutrition, if so you complete our 1 year Herbal Medicine Course instead.

Have I got the time and commitment?

Our Naturopathy course and programmes can be started at any time and you set your pace of study. To complete the Naturopathy 10 modules in 1 year you will require about 14-16 hours per week. If you can commit more than this you will probably be able to complete the course in less time. As part of your study with us you will also need to complete the clinical training. This includes a 5-day Clinical Event in Stroud, Gloucestershire so you'll need to take into account whether you'll be able to attend this. Stroud is very accessible with a direct connection to London.

What will it cost?

Each course provider sets their own fees and we always ensure that our courses are competitively and fairly priced. Please see the fee overview sheet for prices.



Assessment & qualification

Assessment

There are no formal examinations and assessment is continuous through regular assignment projects. You will be assisted by supportive comments from your tutor.

Clinical training

Clinical Training is an integral part of our Naturopathy practitioner programme. It is a vital part in a student's journey towards becoming a Naturopath. All students wishing to graduate as a Naturopath and join the GCRN or SoN must complete the clinical training.

Student gain clinical hours in 4 ways:

Clinical cases - In-course cases at the end of each module.

Clinical observation - Attend a minimum of 20 hours live online clinical observation.

Clinical event - Attendance of the 5 Days Event (the Naturopathy Summer School).

Clinical supervision - One-to-one clinical supervision (via Zoom) of 3 full cases, including an initial consultation plus follow up for each client.

Students that wish to register with the General Council and Register of Naturopaths at Naturopathy Diploma

level also need to complete all the clinical training requirements.

Certification

There are 3 certificate awards given for successfully completing of this course:

Completion of individual Units:

Completing individual Units:
Unit Certificates

Complete 10 Units (not meeting the ND requirements):

Completed with the 5 Day Event
Naturopathy Diploma

Completed without the 5 Day Event
Naturopathy Certificate

Please note these do not grant the use of the legend 'ND' after your name.

Complete 10 Units (meeting the ND requirements):

If you complete the full set along with the other requirements to become a Naturopath (see above Becoming a Naturopath) you will be awarded:

Naturopathy Diploma route (2500 hrs)
Naturopathy Diploma (ND)

Naturopathy Advanced Diploma route (3500 hrs)
Naturopathy Advanced Diploma (ND)

With the use of the legend 'ND' after your name.

Accreditation

The course is accredited by the Society of Naturopaths, and approved by the General Council and Register of Naturopaths. It is mapped to the National Occupational Standards for Naturopaths.

Registration

If you choose to join the Society of Naturopaths or the General Council and Register of Naturopaths, you will be listed as a Naturopath on their public register. International students can also join the Society of Naturopaths or the General Council and Register of Naturopaths in the UK, you may also have the option to join a register of Naturopaths in your own country.



Enrolling

We hope you choose to join us. Enrolment for the home study course can be at any time. To enrol onto any home study course please go online or call us to enrol in person.

www.schoolofhealth.com/naturopathy/naturopathy-course/enrol/

Entry Requirements

Our Naturopathy courses are open to anyone with a sincere interest in the study of naturopathy, irrespective of your background. There are no high level academic entry requirements for joining any of our courses, rather we ask for you to come with an open mind, and heart and a genuine vocational aptitude. What we are looking for is your capacity to study and express yourself rather than prior learning. You will need to be fluent in the English language and it is essential that you enjoy researching and are interested in health!

Read more online with our enrolment check list:

www.schoolofhealth.com/study/fees-and-enrolling/enrolment-check-list/

Study period

A generous study period of 18 months is allocated for the 1 year Naturopathy Course (10 Units) after which a re-enrolment fee is required to extend study time. If you choose to enrol on individual Units, we give you 3 months study period for each module.

Returns

If you wish to cancel your enrolment, appropriate refunds are given within the statutory 14 day period or partial refund within three months after payment where cancellation charges apply. For our full study periods, cancellations and refunds policy please view our terms and conditions online or contact us.

Fees

Fees for the Naturopathy Course and our other courses are listed separately, together with our payment methods. Please note that there is an initial non-refundable Registration Fee for all courses.

Student enquiries:

**The School of Health
Orchard Leigh
Rodborough Hill
Stroud, Gloucestershire
GL5 3SS
UK**

UK Freephone: 0800 0439 349

T: +44 (0)1453 709 709

E: info@soh.uk

www.schoolofhealth.com

Thank you, we hope to hear from you soon!



Other courses...

The School of Health is recognised as a leader providing home study courses for alternative medicine. Founded in 1987, the company stands for quality and the highest levels of student support. It has helped countless students spread their wings and take flight into the world of alternative medicine. Over 600 students enrol on The School of Health's courses each year in more than 100 countries.

As well as Naturopathy, The School of Health offers courses in Nutrition, Homeopathy, Herbs, Yoga, Anatomy & Physiology and Pathology & Disease. The courses complement one another embracing the same wellbeing philosophy and values and the holistic perspective of the courses gives the company a unique niche in the market. This approach ensures The School of Health is the number one choice for many students, practitioners and colleges.

The School of Health serves its students from Gloucestershire, England with a network of over 60 course mentors and supervisors.



Pathology & Disease Diploma Course (200-225hrs)

Introduction and discussion of the philosophy of pathology, study of basic pathological processes, common medical investigations, infectious disease, cancer, cardiovascular system, respiratory system, urinary system, musculoskeletal system, dermatology, special senses, gastrointestinal system, central nervous system, endocrine system, obstetrics, gynaecology, children's health, and psychological disorders.

Within each topic, the focus is on identification of symptoms, keys to recognising serious disease (where caution is needed), the use of diagnostic investigations, the components of specific disease states, and the management of these conditions by alternative practitioners, including the ability to communicate with orthodox medical practitioners.



Homeopathy courses From beginner to practitioner level

The School of Homeopathy was established in 1981 by its founder and current course leader, Misha Norland. The School is now run by his eldest son and Principal, Mani Norland. The School of Homeopathy is the longest running homeopathy school in the UK and for many years has been recognised for clarity of vision, for precision in homeopathic prescribing, and for professionalism. This School has provided homeopathic education from beginner to practitioner level to thousands of students across the world and is active in the homeopathic community.

Courses:
First Aid Course & Remedy Kit
Taster Course
1 Year : Foundation Diploma Course
2 Year : Introduction into Practice Diploma Course
3 Year : Higher Diploma (Part 1) Course
4 Year : Higher Diploma (Part 2) Course



Yoga Philosophy Foundation Course (300-400hrs)

This foundation course was designed for those who already practice yoga, or those who wish to begin and have little knowledge of the origin, philosophy and different teachings of yoga, to broaden their understanding of the basic principles and values. The course is an ideal starting point for anyone who wishes to learn more whilst on their path to becoming a teacher. A home study course that, upon completion, will enable a new way of thinking, deeper awareness and perhaps a new way of life.

People study the philosophy of yoga for different reasons: you may wish to teach yoga, you may already be a teacher who wishes to deepen your understanding, or you may be a complete beginner and simply wish to learn more about this incredible practice.

