



Course Prospectus



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Natural Therapeutics

Accredited by Complementary Health
Professionals



Welcome

Why choose Natural Therapeutics as your training provider?

Since 1996, as a teacher, I have been offering training in holistic and complementary therapies at a range of levels and to students all over the world.

I hope this prospectus puts you a step nearer to changing your lifestyle, health or career as has happened for thousands of people just like you – with a busy lifestyle. With Natural Therapeutics, you will receive recognised, flexible training that puts you in control of your studies. You will also have all the advantages of me as your personal tutor who will support you during your studies and beyond. As part of Complementary Health Professionals (CHP) I have access to fabulous resources on our online learning centre to help with your learning, including handouts, website links and video clips that will inspire you. We want you to be as excited about your learning and your course as we are about teaching them.

With our unique range of courses designed to suit all tastes, incomes and requirements, you'll see that we exist to provide courses for anyone wishing to travel along the holistic path for career or life enhancement.

We trust you'll be inspired by our vision and philosophy. Our ethos runs through all of our courses, which are professional, manageable and exciting – and tailored for every learner to stimulate thinking and boost skills.

Ranging from a free introductory course, full professional diplomas and post-graduate CPD training to support and enhance your skills once you have qualified, our programmes are ideal for those who work or who have family responsibilities and commitments due to our blended learning design.

All diploma courses have been written at exceptionally high standards at nationally agreed levels and above. Postgraduate courses are also highly professional and written to help your practice grow and flourish.

My invitation to you is to be inspired, extend your creativity and start something new and exciting today. Invest in your future...



Carole Preen in her Mayfair Clinic, London (2016)

“Creativity is a type of learning process where the teacher and pupil are located in the same individual.” Arthur Koestler

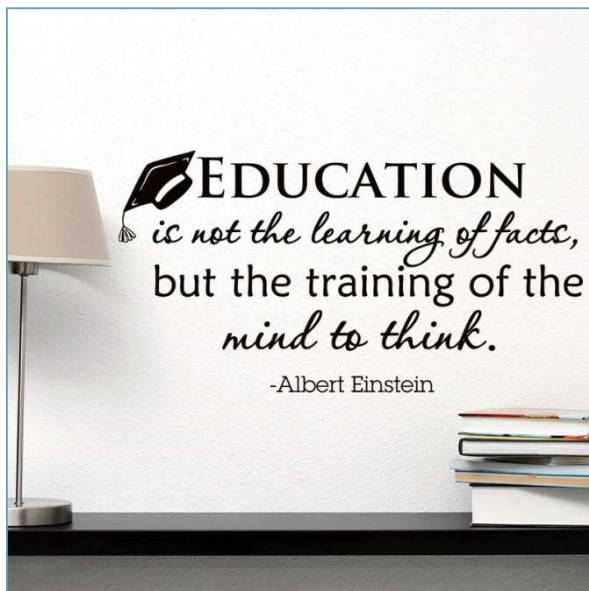
Most students choose Natural Therapeutics for the following reasons:

- High standards that lead to confident and successful therapists
- Quality of course materials and exciting range of courses
- Ongoing support offered through our professional association - free student membership of Complementary Health Professionals during your studies with access to cheap student insurance
- Affordability with easy pay options
- Ease of training options with both online and blending options available
- Recommendation from others - the best praise of all



Daniel Stephens in our teaching room at Thetford, Norfolk (January 2023)

What makes us different?



As a practising therapist and experienced and qualified educator, I have a passion and purpose to help you become a successful clinical health professional who will outshine everyone else in the market place. All too often we hear from people who have completed courses but lack the confidence to set up in practice. This is related to how the course is taught and I will develop you to be able to think on your feet in any given situation and be confident to manage any situation you may encounter as a working therapist.

I will be there for you - from training through to professional practice and

beyond. Joining our professional association means we can keep in touch and continue to support you in any way possible throughout your professional career.

The other main reason why we are different is that this isn't just another online course where you could have just as well read a book. You cannot pretend to do coursework and print off your own certificate! We will mark your coursework and give you lots of personalised feedback. Only when it has been signed off will your

certificate be sent. There is a real person behind the scenes who is here to help and help you make the most from your studies. We want your learning to be relevant and so coursework has been specifically designed to help you to be able to able what you have learned to real life case studies, which you will send in for assessment.

Who can enrol?

For the majority of the programmes you will not need any specific entry requirements, just a love of learning, enthusiasm and self-motivation. I will not chase you for coursework, instead you will work to your own timetable and you have up to two years from the start of your course to complete.

Every course provides you with the basic tools, practice methods and knowledge; some additional reading and research is required for diploma levels and beyond.

Books are recommended, but students are encouraged to enjoy the opportunity to be creative and explore special areas of interest for their course work. Many students love the fact that our approach is not prescriptive and that we positively support creativity and exploration around the subject.

Natural Therapeutics offers many 'extras' in terms of information, support and inspiration – just ask our students:

"I just wanted to thank you for your comprehensive feedback on the two assignments I submitted from Module 1. I found it to be both constructive and encouraging".

"I have found your detailed feedback so helpful. I have learnt so much more about essential oils from this course than I ever could from books".

"The Stress Management Certificate is amazing. My clients absolutely love this addition to my practice".

"Thank you for all your support and hospitality during my Neuroskeletal studies. I have learnt so much and cannot thank you enough".

Post-graduate & CPD

For existing therapists who wish to broaden their range of skills and increase their earning potential I have a specially designed range of post-graduate CPD courses designed specifically for you so that you can develop your practice in what interests you most. I also have some free courses so that you can dip your toe before you try.



Learning with Natural Therapeutics:

- Study at your own pace
- Courses to suit your lifestyle
- Unique levels of support
- Join CHP as a student member to receive the quarterly magazine and other benefits for FREE
- An online virtual learning environment with videos

- and documents to support your learning
- Personal Tutor support by email, phone, Skype, and through tutorials/workshops
- Additional support whenever you need it

More about your tutors

Pastoral support at Natural Therapeutics is excellent - you only have to ask.

Your tutors will aim to return your assessed homework within two weeks of receipt. By visiting us in the Suffolk, you will also have the opportunity to meet Carole and Dan at a practical workshop, in a calming and professional environment.



Carole Preen - I trained first in Massage and in Aromatherapy in 1992 and then went on to train in Crystal Healing Therapy in 1996. In 1997 I trained in Neuroskeletal Re-Alignment Therapy in Australia and in Deep Tissue Massage and Sports Massage incorporating Trigger Point Therapy. I gained my adult teacher training qualification in 1996 and set up my first complementary therapy school in 1998. I then trained in

reflexology in 2000 and undertook advanced research in Massage, Aromatherapy and Reflexology through what is now Anglia Ruskin University, gaining distinctions in all of my work as part of my degree in Complementary Therapies.

More recently in 2016, I studied Inner Energy Healing; a development of Chirokinetic Therapy. I have trained hundreds of complementary therapists and co-ordinated the regulation work and national standards for aromatherapy for the Aromatherapy Council in the UK being instrumental in the development of the national standards for aromatherapy. I also developed the original Aromatherapy qualification for City and Guilds in 2008. I am honoured to be a Fellow of the Association of Natural Medicine and one of one few Honorary Members of the International Federation of Aromatherapists. I am also one of the founders of Complementary Health Professionals (formerly known as the AAPA). I am passionate about natural health and love to share my knowledge and passion with my students. I have been teaching since 1997 and this includes private colleges such as Neal's Yard Aromatherapy as well as at FE colleges and within HE institutions. I have a teachers' training diploma as well as a level 4 assessing and quality assurance diploma.



Dan Stephens – I have been passionate about complementary therapies for many years, starting my therapy career in 2007. I originally trained in aromatherapy, massage and reflexology and have since gone on to study reiki, neuroskeletal re-alignment therapy, sports massage, crystal healing therapy and currently completing a 3-year diploma in Herbal Medicine. I am a Fellow of Complementary Health Professionals and support them as the Reiki Officer, sitting on the UK Reiki Council. I achieved my teaching diploma in 2014 and have been shadowing Carole as part of my CPD.

Student life

*“Simplicity
is the trademark of
GENIUS.”*

- Robin Sharma

Normally we can enrol you as a student on the same day we receive your enrolment details. We will send you an email with your personal login to our Virtual Learning Environment so that you can get started straight away once you have paid for your first module. Here you will find your course module, details on coursework as well as information on how to submit your coursework to us electronically. We aim to return marked coursework within two weeks.

Additional benefits:

- Our success rates are very impressive – coursework may be resubmitted in most instances where necessary but you will receive detailed feedback. From the day your start a course you have up to two years to complete it. Studying with Natural Therapeutics is a journey not a race!
- Many of our students are based in the UK, but some are global - we are a truly international family - you could find yourself with a student who has flown in from Chicago or Spain and develop invaluable friendships
- We offer regular, flexible tutorials and you choose when to attend - they can be arranged to suit
- The introduction module offers great study tips and is packed with useful information
- UK and Eire student members of the CHP association can obtain indemnity and public liability insurance through the discounted block policy. **You can opt for free CHP student membership during your course of study.**
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Life after Natural Therapeutics



What our students say:

“It is almost one year since I passed my aromatherapy exam and I am thrilled by how my new career as an aromatherapist has taken off,” reports one happy graduate.

“Over the years I have built up a small regular clientele with hours to suit my family life. I felt incredibly nervous working with my first real clients (as I was only used to practising on friends

and family) but, I surprised myself how quickly I adopted a professional attitude and how knowledgeable I suddenly felt when working with them.”

"I feel that I have grown so much in confidence and knowledge and have experienced working with many people with different ailments and it seems that with each new client I have, I learnt something new." "I have helped clients with migraines, and back problems etc., and feel that it is amazing how Neuroskeletal Re-alignment Therapy really helps them. I look forward to continuing with the CPD courses so I can learn more skills and gain greater knowledge," she added.



How we work

Our modular approach ensures smooth and 'bite-size' learning, which accumulates gradually over your study period. At the end of each module at the diploma level there is a homework section; usually short questions and the occasional essay.

Courses are fully illustrated and give clear outcomes - they often contain fun quizzes to help you assess your own progress. Fun research projects are included too. Case studies are required for Diploma programmes – see "Hands-on learning" below. Although this is very flexible learning at your own pace, we do expect you to complete your studies within two years of starting your course. This is especially relevant if you are studying diplomas in order that your studies are deemed to be current.

Accreditation



Natural Therapeutics is accredited by one of the most established and respected professional associations; Complementary Health Professionals (CHP). As a student on any of my diploma courses, you can gain free student membership of the association, upgrading to full membership upon successful completion of your studies.

As a professional association, CHP is a member of the UK Aromatherapy Council and the General Council for Soft Tissue Therapy.



CHP is also a verifying organisation for the CNHC, which is the voluntary self-regulatory body in the UK for 17 of the

main Complementary Therapies. This means that your qualifications are recognised for professional registration.

Coursework and additional support

We expect to receive coursework from you every 8-9 weeks - the Natural Therapeutics way is a really flexible way of learning. You can of course send in work more frequently.

The level required for the majority of our diplomas is equivalent to level 3 (A level in the UK); our anatomy, physiology and pathology diploma, Essential Oil Practitioners' diploma are on a par with level 4 and are highly detailed, which is essential in becoming a confident and competent practitioner in these modalities. We are also currently developing a level 5 upgrade diploma for existing aromatherapists who want to advance their skills and knowledge.

Hands-on learning

Our Diploma courses have a case study element and this is carried out initially on family, colleagues and friends and then you will be asked to extend to treating real clients with medical problems. You will be expected to carry out some techniques on yourself, certainly in the case of Stress Management. One of the benefits of the bodywork tutorials is that you receive treatments yourself from fellow students and by me!

Final Exams

If you are doing a theory only diploma, we will send you the exam paper in the post to complete at home under strict exam conditions - closed book. We have found that our students do not cheat on exams as one only cheats oneself and you never feel confident if you do not take the exams as you would under supervision. We recommend a friend or family member invigilates you and we trust you to take the exam seriously. Exam papers are marked by me and then externally checked for quality assurance by a CHP examiner.

For the bodywork diplomas, you will need to take a practical exam as well. This will be done at a pre-arranged date with an external examiner whom you will not have met before, from the CHP professional association. You will carry out the practical on a client you have not met before (arranged for you) and receive an interview and feedback session from your examiner.

For CPD postgraduate courses, there are no exams, but there is always coursework and or case studies to complete to prove your competencies.

What we do – the Courses

Read on to see a full list our courses.

We offer support courses too throughout the year, such as our annual Aromatic Tour of Kew Gardens, Essential Oil Blending classes, webinars and CPD training courses in Remedial Massage & Trigger Point Therapy. For the dates of these, please see the relevant course page on our website or go to the events page on our Facebook page.

As well as courses that require attendance, we also have a whole suite of online post-graduate certificated CPD courses for you to enjoy. These have all been designed to help your practice develop and to be meaningful, rather than to just tick a box on a CPD form.

If you are not a therapist already but would like to buy one of the online introductory courses, then you are welcome to do so and you do not need to worry about the coursework.

Learning Pathways:



Free Introductory Course:

You can download this as a PDF document directly from our website. It gives you a flavour of our style of courses, although without the coursework we apply to other courses so that you are able to apply what you have learned.

Guide to Wellness – learn about how to look after yourself, the natural way

Post-Graduate Certificate & Introductory Courses:

The prerequisites are that you are already a therapist and this is an add-on to your existing skills for post-graduate training but the introductory courses are available to everyone and a great place to start.

Stress Management Certificate (online study) (2 modules)

This Stress Management syllabus has been specially designed for complementary therapists and is exclusive. Its purpose is to teach you to become a confident practitioner who can help in cases of stress caused by today's hectic lifestyle without medical intervention.

The course examines established techniques such as relaxation, meditation, Transactional Analysis (TA) and Neuro-linguistic Programming (NLP).

It is also designed to give an overview of Nutrition, Bach Flower Remedies, Yoga and Massage and other forms of Complementary Therapies that help with stress.

Our 2 modules in Stress Management Training will give you the necessary skills to include Stress Management as part of your practice and can be combined with existing skills to enhance your work as a therapist.

Conditions such as dietary disorders, allergies, arthritis and insomnia are some of the many problems, which may be caused or aggravated by stress.

If you want to extend your skills as a therapist or then this is the ideal course for you. It is also perfect as a self-development programme.

There is some coursework to complete that includes assessing your own stress and stressors and you will also need to complete cases studies in order to achieve the certification. It gives you 20 CPD points.



**Advanced remedial massage and trigger point therapy certificate (*in-class attendance required*)
(4 days – spread over 2 sessions)**



This course is aimed at massage therapists and aromatherapists who wish to upgrade their massage skills to an advanced level. It includes revision on superficial and deep muscles including their origin, insertion and action and the use of remedial massage and myofascial techniques to release muscle tissue.

The course will also teach you how to release trigger points using a variety of methods. This work will enhance your practice, especially if your clientele complain of pain in muscle tissue as following this certificated course, you will be much more effective and your clients will be delighted with the outcomes.

A full instruction booklet will be given upon attendance with diagrams and instructions to help you once you have completed the course. You will need to complete 4 case studies (three treatments each) to achieve the certificate. This course has been written and is taught by Carole Preen who has specialised in back pain and deep tissue release for over 22 years. This course is worth 20 CPD Points.

If you cannot travel to us in Mildenhall but have a group of therapists who would like to learn, then we can come to you! Please contact us for more information.

**Oriental Health Concepts, including acupressure and oriental diagnosis
(1 large module)**

This online course is aimed at bodywork therapists as CPD if they would like to work within the concept of Traditional Chinese Medicine and incorporate Facial and Tongue Diagnosis in their work and use acupressure to clear blockages and either tonify or relax Qi in the meridians, as necessary. It contains lots of exercises as well as information and case study examples to help you hone your skills.



The acupressure guidance given in this course will help you apply theory to practice with your clients and help you understand which acupoints to work on and how to track progress. There are various methods of unblocking meridians and acupoints that include the use of your fingers, but also acupens, crystals and other practices.

It is an online only course but is very in depth, giving you a wealth of information so that you can work in this area and use the techniques with confidence. There is coursework to complete in the form of case studies for your certification.

This course is also ideal as an introduction if you are thinking of training as an Acupuncturist or Shiatsu Practitioner but want to dip your toe before committing to a three/four course. You can also do it as an interest only course without completing the coursework if you do not require certification.

View the full syllabus on the [Natural Therapeutics](#) website.

Annual Aromatic Tour of Kew Gardens

Every year for the past 12 years, we have put this event on and it is as popular and enjoyable as ever. Not only is it excellent CPD for aromatherapists, but it is also great for students who can

connect with the plants that give us essential oils and listen to the potential uses of the oils and favourite blends shared by the tutor and all the attending aromatherapists. Everyone is encouraged to join in. As well as being a great day out, you will get a CPD certificate worth 6 points and add to your knowledge and experience of the plants. You can take lots of photos and even a few cuttings.

This event takes place in June each year and the date and cost is advertised on the [Natural Therapeutics website](#).



Dowsing for Health (1 module)



This short online course introduces you to dowsing with a pendulum and how it can be used in your practice to help you select the best outcomes in therapy for your clients.

It will cover aspects that you may not have thought of before using tools such as pendulum arcs that have been created for you to download from our online learning platform. It comes with 3 videos explaining how

to use dowsing in a therapeutic clinical setting.

Introduction to the Aura and Chakra System (includes Chakra Meditations and supporting audio and video - online only) (1 module)



This course was created for everyone, whether you are just interested in the subject and want to learn more, whether you are considering doing a diploma in energy healing and what to dip your toe or whether you are a practising complementary therapist and want to learn how to work with energies and develop your skills.

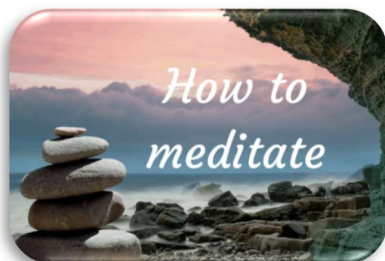
There is one module and for therapists wanting CPD points, there is some optional coursework for you to complete that will be individually assessed with feedback from your tutor. You also receive 6 CPD points from **Complementary Health Professionals**.

Course Content:

- Understanding how to ground yourself in order to work effectively
- Be able to protect your own energies
- Understand the concept of the entire human energy field
- Understand the location and concepts of the entire chakra system and how this may be affecting you (and also your clients)
- How to detect which chakras may be blocked and need work through muscle testing
- How energy moves through the chakras into the physical body, touching on an introduction to the body energy interface and meridian system
- Be able to open your chakras through meditation and bring yourself into balance
- How to use positive affirmations to balance your energy system
- Work respectfully and within your limitations
- Considerations for further training in this area if you want to take it further

The course includes lots of tools and exercises to help you learn and develop your skills, including affirmations, physical exercises, working with crystals, essential oils and colour, and there are supporting videos and guided meditations for you to follow.

Introduction to Mindful Meditation



A short inexpensive course to help people who would like to learn to meditate at home but don't know where to start. It takes you through some useful information about the benefits of meditation, the type of environment required, preparation and then includes some introductory techniques using audio support that will guide you through the early stages of getting into meditation, as well as some

more involved meditations to use when you are feeling more confident. Mindfulness and personal development are the main focus.



This course is aimed at everyone who would like to learn how to use essential oils safely at home. It is also perfect if you are thinking of training as one of our Essential Oil Practitioners, or as an aromatherapist and gives you the opportunity to dip your toe prior to making a commitment to a great deal of study as part of your career progression. It comes with suggestions for making products and advice and recipes for you and your family and friends.

Course Learning Outcomes:

- understand essential oils and why they form in the plant
- understand the safety aspects of using essential oils and their potential to cause harm. Also understand how they affect us physically and psychologically
- understand how to select an essential oil for personal use and the various ways you might use them in your home, including various "carriers" and a selection of products you can make
- understand how to safely use 10 common essential oils in your everyday life
- understand how to work out how many drops of essential oil to add to your base product
- understand how to test for allergic reactions prior to use and how to act if this should occur
- being able to apply safety data when using and more importantly, diffusing essential oils in the home, especially on vulnerable people and animals
- Understand how to store essential oils and how to dispose of them
- understand the danger of taking essential oils internally
- understand how you can progress to professional training as a career

Course cost is just £25.00 (no coursework)

Introduction to Herbal Medicine – online only 1 module

This course is aimed at everyone who would like to learn how to use herbal medicine safely at home. It is also perfect if you are thinking of training as a Herbal Medicine Practitioner and gives you the opportunity to dip your toe prior to making a commitment to a great deal of study as part of your career progression. It comes with suggestions for making products and advice and recipes for you and your family.



If you would like to use this course for CPD, there is the option to submit some coursework for assessment and a gain a CPD certificate worth 6 points, accredited by CHP.

Course Learning Outcomes:

- understand the concept of using the whole plant and how they have medicinal properties
- understand how to collect, dry and store your plants ready for making remedies
- understand the different methods herbal medicine can be used to take internally
- understand the different methods of preparing methods for external use
- understand how to recognise sixteen common herbs you can find everywhere in your locality and what medicinal properties they have
- understand how to create and use herbal remedies for a range of common ailments
- understand how you might use herbal medicines to support your mental health
- Understand safe use of herbal remedies for babes, children and pets
- understand the safe use of herbal medicine if you are breastfeeding or pregnant
- understand how you can progress to professional training as a career
- understand the coursework required (optional) should you wish to gain the CPD certificate.

**Course cost is just £25.00 (no coursework)
£50.00 (with coursework)**



This course is aimed at everyone who would like to learn how to use crystals safely at home for personal and family wellness. It is also perfect if you are thinking of training as a Crystal Healing Therapist and gives you the opportunity to dip your toe prior to making a commitment to a great deal of study as part of your career progression. It comes packed with exercises and healing techniques for you and your family.

There is no coursework for this course and it gives you the ability to explore this subject with clear, simple instructions.

Course Learning Outcomes:

- understand the theory behind how crystals can influence us
- understand the benefits of using crystals and how they affect us physically and psychologically
- understand how to cleanse and charge your crystals for optimum performance
- have a basic acknowledgement of the energy systems surrounding our physical body
- understand how to select crystals for personal use and the various ways you might use them in your home
- understand the importance of grounding when using crystals in healing
- understand how to choose and use crystals when healing family members
- understand how to safely use 25 common crystals in your everyday life
- understand how to make a gem elixir and how these work
- understand how to use basic crystal grids for a variety of purposes
- understand how you can progress to professional training as a career

Course cost is just £25.00 (no coursework)

This course is aimed at everyone who would like to learn how colour affects our health and wellbeing and how we can use colour to influence every aspect of our lives in a positive way. Colour Therapy can be used for healing, health, relaxation, inspiration and protection.



The course can be used as CPD for Complementary Therapists and there is a coursework option should you wish to attain an accredited CPD certificate that includes using colour in healing. This will give you 6 CPD points.

Course Learning Outcomes:

- understand the concept of the science of colour and light
- understand the light spectrum and how colour therapy is a form of vibrational medicine
- understand how colour therapy has been used and evolved through the centuries
- understand the philosophy, psychology and language of colour
- understand how to use colour in decor to enhance wellbeing and also the colours to use in a therapy room
- understand how to think about the colours we are wearing, in relation to mood, the seasons, and how colours can affect us negatively
- understand what colours mean within the human energy field
- understand how to balance the chakras using colour therapy
- understand the safe way in which colour therapy can be integrated into existing healing practices
- understand how you to use colour in meditation practices for maximum benefit
- understand the coursework required (optional) should you wish to gain the CPD certificate

Course cost is just £25.00 (without coursework)

With coursework in order to attain the CPD certificate, the course fee is £50.00

(There is a 20% discount for CHP Premier members so, £40)

Modules that make up our level 5 upgrade course for existing aromatherapists



How good are your communication skills?

Online CPD course available at www.naturaltherapeutics.co.uk

Advanced Therapeutic Communication Skills for Complementary Therapists (online course) 1 Module

This course has been designed so that therapists can learn important communication skills that will enhance your relationship with your clients and keep them wanting to rebook. It includes elements that you would not have covered in your original training, which would have

been some basic introductory skills. This will take your understanding of communication within the therapeutic context to a whole new level and allow you to tailor exactly the right treatment for your clients through understanding their needs.

I am sure you have been in clinic half-way through a session when a client suddenly informs you of something that would have been of benefit at the start! Learn how to instil trust and rapport quickly so that people have the confidence to open up to you. It will enhance your treatments to an enormous level and also help to client relax through trust. Not only will it help the therapeutic element of your treatments by enabling your client, you will find it also instils loyalty to you as their therapist. This is also a key part of running a successful complementary therapy business.

Learning the technique of your therapy is only one part of the holistic approach to treatment. Effective communication is key to the therapeutic process and without rapport, there is no therapy. Therapists who fail to communicate well with clients will find their businesses fail as a result. So this course is a must for everyone a as:

No matter what job you have in life, your success will be determined 5% by your academic credentials, 15% by your professional experiences, and 80% by your communication skills.

There are case studies for you to complete in order to put theory into practice with your clients in order to gain the CPD certificate, worth 12 points. This course also forms part of our **level 5 upgrade course for existing aromatherapists** but can also be undertaken as a stand-alone CPD course.

Full details can be found at:

<https://www.naturaltherapeutics.co.uk/therapeutic-communication-for-thera>

Aromatherapy & Massage for the Care of the Elderly (online CPD course) (1 module)



Excellent
online CPD
Massage &/or
Aromatherapy
in the Care of
the Elderly

Would you like to extend your practice as a therapist and work with elderly clients, perhaps in a care home environment or within your own existing practice? Are you concerned that you do not have the expertise to treat the wide-ranging medical conditions and worried about medications and disabilities? Did you know that by the year 2020 a quarter of the UK population will be over 65?

This course is very much needed in today's aging society and this course will allow you to treat mature clients with confidence within your practice. It covers a wide range of important areas that includes cautions and contraindications and how to communicate and work with supporting healthcare professionals properly.

On our online learning system, as well as the module containing the information, there are also instructions, hand-outs and short videos demonstrating techniques.

You will need to complete some short coursework and case studies in order to prove competences in order to achieve this certificate but really; it is one you cannot afford to miss. This is worth 12 CPD Points.

This course also forms part of our **level 5 upgrade course for existing aromatherapists** but can also be undertaken as a stand-alone CPD course.

Here is the full syllabus:

- What is "Elderly Massage"?
- The benefits of massage in the care of the elderly
- Precautions that need consideration in elderly massage
- Considerations of health psychology when working with the elderly
- Understanding and Working with Dementia
- Working with staff in a residential care home
- Working with clients in a medical setting
- Preventing Infections in medical settings
- The consultation
- Approaches to treatment, including choices of base products and essential oils
- Essential Oils and Interactions with Medications
- Types of massage sequence and movements that are relevant
- An overview of lymphatic drainage massage
- Aftercare

Aromatherapy & Massage in Fertility, Pregnancy, Labour, Childbirth, Postnatal Care, Babies and Children (online course)
(1 large module)

If you enjoy working with women as a therapist then caring for them during their pregnancy is a real joy. I have specialised in this area for over 20 years as an aromatherapist and helped hundreds of women to ease the common discomforts of pregnancy. Women suffer from general aches and pains as baby grows and pressure is placed on the lower back and legs. Neck and shoulder pain are also common. There are also a whole range of general complaints that aromatherapy can help with after the first 12-13 weeks but it is important to know how to treat an expectant mother safely as well as effectively.



Aromatherapy and massage have been used to ease labour contractions and support women through this amazing time in their lives for thousands of years. You may not always be able to be there during labour but you can train the birthing partner in simple techniques that will support the mother. If you are allowed in the birthing room, this course will give you techniques to help alleviate pain and discomfort and essential oils to help in any given situation, including post-natal care.

You will need to complete case studies and course work to check that you have understood the subject well enough for practice in this rewarding area of professional complementary therapy practice and we will give you advice on how to do this and find pregnant women to work on. See the full syllabus on the Natural Therapeutics website in due course. This certificated course affords you 20 CPD points.

This course is part of our **level 5 upgrade course for existing aromatherapists** or can be done as a stand alone CPD course. Assessments are done through case studies.

This is a huge course and covers advanced biology as well as research-based information, safety and efficacy of essential oils and supporting videos. To find out the full course content and to enrol visit:

<https://www.naturaltherapeutics.co.uk/subtle-aromatherapy>

Less Common Essential Oils in Practice - online only (1 Large module)

This course is for aromatherapists and essential oil therapists and covers essential oils that are more obscure and not taught in the diploma courses when you originally studied. For insurance purposes, you are only insured for the oils you have learned on a course, so it is important to do additional studies if you want to increase your repertoire.

The oils that will be covered in this CPD course are: White Birch, Violet Leaf, Carrot Seed, Clove, Copaiba, Yarrow, Nutmeg, Hyssop, Plai, Turmeric, Bay, Angelica, Bay, Coriander, Cannabis, Bog Myrtle, Oregano, Star Anise, Helichrysum, Black Spruce, Frangipani, Champaca, Tuberose, Yuzu, Lotus Absolute, Inula and Mimosa.

All of the oils are covered in detail with research-based information on their chemistry, safety and uses and each includes suggestion for use from clinical experience.

It forms part of our **level 5 upgrade course for existing aromatherapists** but can also be undertaken as a stand-alone CPD course.

For full details and to enrol visit: <https://www.naturaltherapeutics.co.uk/less-common-essential-oils-in-practice>

Advanced Essential Oil Chemistry - online only (1 module)

Although this is one of the modules in our level 5 upgrade diploma for aromatherapists, it can also be taken as a stand-alone CPD course and is ready for you to access now.

The aim is to give you in-depth understanding of essential oil chemistry and how this relates to blending and safety aspects of working with essential oils. It will give you a whole new perspective. Here are the course contents:



- Refresh on taxonomy, nomenclature and biosynthesis
- Essential oils functions as secondary plant metabolism
- Understanding the volatile compounds found in essential oils
- Understanding yields and environmental factors affect essential oils
- Understanding GC analysis reports and how to use them
- How essential oil chemistry affects blending and dilution ratios
- Pathways of essential oils for therapeutic actions
- Biological activities of essential oils & cancer chemoprotective activity

- Essential oil safety data and cytotoxicity
- Essential oil Interactions with medications
- Insightful considerations for choosing the right blend of essential oils for your client, to include methods of calculating percentages in various base products
- Why internal use of essential oils is a dangerous practice

This course is accredited by Complementary Health Professionals and affords you 12 CPD points once you have completed the coursework.

For more information, visit the website:

<https://www.naturaltherapeutics.co.uk/essential-oil-chemistry>

Subtle Aromatherapy (includes chakra work) - online only (1 module)



This course has been designed as part of the level 5 upgrade course for aromatherapists but can also be undertaken as a stand-alone CPD course.

It covers the psychology of essential oils to look at how essential oils interact with the biological parts of our brain, olfactory system and neuroendocrine system and then looks at how these can be used in therapy. Additionally, the course will take you through an exploration of how essential oils can be used to influence our energy systems, including the human energy field, chakras and meridians.

It is an online course supported with videos demonstrating the various techniques for working with essential oils

to influence our emotions and energy systems and there is coursework to complete in order to gain the CPD certificate. You will gain 20 CPD points from [Complementary Health Professionals](#).

Here is the syllabus:

- The science behind sniffing - exploring the olfactory and limbic systems in depth as well as looking at neuroendocrine functions in relation to essential oil inhalation.
- How essential oils affect the brain and assist with memory, performance and concentration – the psychology of essential oils
- How essential oils can affect our mental health and psyche and why it is so useful to help combat the symptoms of stress and anxiety
- Exploration of essential oil association therapy

- Discussion on different methods of inhalation of essential oils with suggested blends to help emotional imbalances
- Discussion on vibrational medicine and how essential oils fit into this theory
- How essential oils can affect and help balance the chakras
- How to use essential oils in the Human Energy Field
- A review of common energy problems with supporting videos demonstrating techniques to rebalance these using essential oils
- Using essential oils with other energy therapies
- Using essential oils for meditation and rituals

You can book at <https://www.naturaltherapeutics.co.uk/subtle-aromatherapy>

Essential Oils for Chronic Pathologies - online only (1 module)



This course has been designed as part of the level 5 upgrade course for aromatherapists but can also be undertaken as a stand-alone CPD course.

It covers a wide range of the more common pathologies we see in clinical practice, explores the key issues surrounding them for us as complementary health practitioners and then goes through the massage implications and any cautions as well as the essential oils that can help and why, again highlighting any potential cautions and safety considerations. Lastly, for each condition there is suggested aftercare advice for you to support your client. All information has been researched and referenced using clinical sources and all facts checked.

The pathologies covered are:

- The different forms of arthritis (OA, RA, PsA, PMR, EA, Spondylosis, Gout)
- Fibromyalgia
- Systemic Lupus Erythematosus (SLE)
- Ankylosing spondylitis
- Osteoporosis
- Complex Regional Pain Syndrome (CRPS)
- Reflex Sympathetic Dystrophy (RSD) Syndrome
- Diabetes
- Obesity
- Chronic Obstructive Pulmonary Disease (COPD)
- Grave's Disease, hyper and hypothyroidism
- HIV/Aids
- Asthma
- Cystic fibrosis

- Chronic Kidney Disease
- Heart Disease and hypertension
- Stroke and other Brain Injuries
- Paraplegia
- Epilepsy,
- Multiple Sclerosis (MS) and peripheral neuropathy
- Chronic Fatigue Syndrome (CFS)/Myalgic Encephalitis (ME)
- Amyotrophic Lateral Sclerosis - ALS (or Lou Gehrig's Disease) or Motor Neurone Disease (MND)
- Parkinson's Disease
- Long Covid
- Clients undergoing treatment for cancer and supporting those with terminal illnesses

As with all of our courses, there is coursework for you to complete in the form of case studies and these will be assessed by your tutor with individualised developmental feedback. A CPD certificate will be issued with 20 CPD points.

You can book at: <https://www.naturaltherapeutics.co.uk/essential-oils-chronic-pathologies>

Massage Therapy for Chronic Pathologies (1 module)

This is the same course as listed above but without the essential oils, so it is ideal for anyone who just practices massage therapy.

Your coursework is still based on case studies and will be assessed just the same with the same number of CPD points.

You can book at: <https://www.naturaltherapeutics.co.uk/massage-therapy-chronic-illnesses>

Essential Oils for Mental Health and Learning Difficulties – online only (1 module)

This course, currently in development and is being designed as part of our has been **level 5 upgrade course for aromatherapists** but can also be undertaken as a stand-alone CPD course.

It will explore the safety and efficacy of certain essential oils with pathologies including PTSD, depression, schizophrenia, multiple personality disorders, autism, ADD, ADHD, domestic abuse etc.



Hydrosols, Infused Oils and Advanced Product Making for Aromatherapists 1 module



This course, currently in development and is being designed as part of our has been **level 5 upgrade course for aromatherapists** but can also be undertaken as a stand-alone CPD course.

CPD Oil for Complementary Therapists – 1 module online

Quality Diploma, Post-Graduate & Introductory training

Online CPD course - CBD oil for Therapists

www.naturaltherapeutics.co.uk

This course is available to aromatherapists and massage therapists who want to learn how to incorporate the use of CBD oil in their practice. There is some coursework to do, which will be assessed by your tutor, who is also on hand should you want to ask questions or clarify any of the information presented in the course.

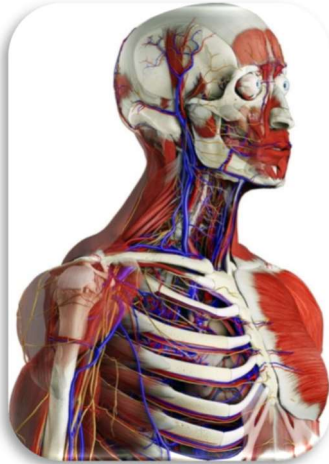
The course is split into three sections covering:

- What is CBD?
- Contraindications of using CBD
- CBD in practice (making of products for therapy use)
- Legalities of CBD use in the UK
- Chemistry and different extracts of CBD
- Where to purchase the best quality CBD for clinical use
- Assessment is via coursework and completion of a self-case study

Practitioner Diplomas:

No previous experience or qualification is required unless stated. These courses enable you to set up as a therapist upon successful completion of your training.

Level 4 Anatomy, Physiology & Pathology (online only) (3 modules)



Our specialist course on Human Anatomy, Physiology & Pathology (A,P &P) has been designed for students looking to study this fascinating topic in greater depth.

Offering the advantages of home study, it is ideal for anyone wishing to study a variety of therapies, as this subject underpins the work of most therapists. In clear simple stages the course reveals the different body systems and how they function. This programme is included in many of our Diploma Courses - students who study more than one course with us do not have to duplicate the A, P&P modules, subject to passing an exam that exceeds level 3 requirements.

This course is supported by excellent resources in our virtual learning environment to help the subject come alive. We will also talk about aspects of anatomy and pathology during the practical weekends (body work diplomas only) to bring relevance to your studies. For example, knowledge of muscles is key for massage and you need to know your anatomy in order to understand the related points on the foot in reflexology. For blending in aromatherapy, you need to understand physiology and pathologies and their causes in order to choose correct essential oils in your blends. In Crystal Therapy, you need to understand the impact energies have on the body systems and how these manifests as disease.

Crystal Healing Diploma (4 theory modules and 10 days attendance)



Learning crystal healing is all about the practical element so you need to attend weekend workshops that are set in advance in order to learn this therapy with confidence. The four theory modules are done at home and a wide range of subjects that you can view on the website in full detail.

There are 10 practical days training, held over 5 week-ends that will teach you how to work with crystal and treat a range of physical, psychological and spiritual issues. You will receive treatments from your peers in the workshop, which is held at our site in beautiful Thetford. It is very important to receive these treatments as well as learn how to give them as you need to develop your energies in order to be able to help others.

You will need to purchase crystals as the tools of your trade but keep all of the receipts as these are tax deductible when you are in practice. You do not need to bring crystals with you unless you want to for the practical sessions as we have a huge selection here you can use during your training.

For dates of training classes, set two days at a time, go to the Natural Therapeutics website or visit our Facebook page.

Full details available here: <https://www.naturaltherapeutics.co.uk/crystal-therapy-diploma>

Essential Oil Practitioners Diploma (Online only)



Ever felt frustrated that you could not do an aromatherapy course without studying the massage element? Well now you can! This accredited course allows you to study exactly the same aromatherapy theory as is in the **Aromatherapy Council's Core Curriculum** without having to do massage. It means that you cannot call yourself an Aromatherapist once qualified but you can call yourself an Essential Oil Practitioner and create

blends for clients using a variety of application methods. This has to be done with a face-to-face consultation so you will be taught how to do that (although face-to-face can include video consultations). You will also learn about the legislation surrounding the sale of products and therefore how to stay within the law.

This course is very popular and you can go on to set up in business creating bespoke blends for clients for their specific medical needs. It is also popular for people who practice other therapies such as Reiki or Reflexology who want to integrate essential oils into their practice but do not want to train in massage to become an aromatherapist.

A full course syllabus can be downloaded on our website from this page: <https://www.naturaltherapeutics.co.uk/essential-oil-practitioner>

There are three modules to complete if you already hold a recognised anatomy, physiology and pathology diploma (please email us a copy for checking) and if not, you can do our anatomy course alongside, which means 6 modules in total.

Here are the 3 modules content for the essential oil study:

MODULE 1

Origins and Background, what is an essential oil? Why do plants produce essential oils? Physical & Therapeutic Properties of essential oils, where to buy essential oils, Organic Oils, Precautions of Use and general safety data, what is holism? Vegetable Carrier Oils, Methods of Extraction, Hydrosols, Methods of application of essential oils, Plant families.

MODULE 2

The Citrus Oils, The Floral Oils, The Wood Oils (see oil Guide part1), Introduction to essential oils, Chemistry of essential oils, Toxicity of essential Oils, Emotions – Limbic System, Terminology, Synergy and Blending, Environmental fragrancing, Environmental Considerations, More Safety Precautions, The Principles of Blending, Quantities of Essential Oil to Use in a Blend, Ambient Aromas, Taking the Case.

MODULE 3

The Herb Oils, The Medicinal Oil, The Spice Oils (see Oil Guide part 2), Taxonomy, Botany & Nomenclature, Hydrosols/Hydrolats, Making Aromatic Compresses for Common Complaints, Specific Uses, Aromatic Shampoos, Skin Creams, Making Soaps, bath bombs and other products, Marketing and selling your own products (legislation), Labelling Blends, Setting Up Your Own Business, Health & Safety & Risk Assessments. Working with Pregnant women, babies and children.

If you are not sure about committing to a full diploma, why not do our Introduction to Essential Oils course first and see how you feel?

<https://www.naturaltherapeutics.co.uk/introduction-to-essential-oils>

Neuroskeletal Re-alignment Therapy Diploma (NSRT) (4 modules - you need an A, P and P certificate first or you can do ours)

This training is exclusive to us and is an amazing therapy that treats back pain, joint problems and accident trauma with just light touch on specific points around the body. The therapy is done through clothing so it is totally non-invasive and it treats the whole body every treatment, so this deals with compensatory effects. To find out more and to read published case studies, visit www.neuroskeletal.org

BEFORE **AFTER**

Results with NSRT after just ONE treatment

Comments from the client:

"NSRT has been life changing! I have not been out of pain like this for many years. I had so many issues that were causing me discomfort and they are gone after only three sessions. I have recommended NSRT to all my family and friends"

To book your treatment, go to www.neuroskeletal.org/find-a-therapist

There are four theory modules to complete, which you do online and then you need to attend 6 days in total for practical training. You can select the days to best suit yourself and these are offered every other month. Dates are advertised on the Natural Therapeutics website on the Neuroskeletal course page.

The course includes how to do a full postural analysis and detailed medical consultation where you will learn to understand medical jargon and be able to read X-ray and MRI reports as well as converse with the medical profession. The study includes advanced anatomy and physiology studies in the areas of orthopaedics and neurology. You will also learn how to give appropriate aftercare.

Although this is ideally suited to massage therapists as an adjunct to their practice, you do not need to be a bodyworker in order to do this course as you will be taught everything you need to carry out this simple yet effective therapy. For massage therapists, giving neuroskeletal treatments intermittently with massage therapy does save your hands!

There is no theory exam with this diploma but you will need to undertake an exam with a CHP external assessor who will also look through your coursework and case studies in order to prove your competence to practice.

For more information visit: <https://www.naturaltherapeutics.co.uk/neuroskeletal>



neuroskeletal Re-alignment Therapy for Medical Professionals (1 module)

By popular request from osteopaths, chiropractors and physiotherapists, we have developed a shortened version of the course specifically as much of the advanced study of osteopathy and neurology will have been covered in your degree. You need only attend 2 training days and complete one theory module with case studies to achieve the certification.

What do I do now?

Find out more or enrol today and join the Complementary Health Professionals holistic family

Online at:

www.naturaltherapeutics.co.uk

Or call 07455195515



"I have enjoyed the contents of the modules. I enjoy working on my own and at my own pace. I like the breadth of the course. I find everyone at Natural Therapeutics very helpful in dealing with my queries". Rebecca – anatomy and physiology student

You can also read our Google reviews

Frequently Asked Questions

Q. How does 'distance-based learning' work with these subjects?

A. All our courses have been designed for distance and/or blended learning and comprise a number of modules each one containing homework which is returned to us for marking before the next module is sent. In this way the tutor can accurately assess your progress and correct any misconceptions at an early stage thus ensuring a high pass rate.

One or Two-day tutorials are held for students and graduates who wish to improve their technique and gain experience. These blended learning courses (a blend of e-learning and practical workshops) are mandatory for some courses where you have to have face to face teaching and supervision in order to develop practical skills.

Q. How do I gain practical experience during my home studies?

A. Hands-on experience is gained throughout the course by carrying out case studies. Most people are prepared to act as "guinea pigs" for treatments and a bit of pampering. You cannot charge whilst studying but you should ask for donations towards your time and expenses. You will be able to get feedback from these people and will discover if you have any problems with the practical aspect.

Q. How often do I have to submit homework?

A. You have a personal tutor to guide and support you through your course. He or she would expect to receive coursework from you every 8 and 12 weeks – so it is a very flexible way of learning that can easily fit in with a job and family commitments.

Q. What support will I receive?

A. There is a Support Team by telephoning or emailing your tutor direct and you can arrange a Skype session too. We are also happy to link up with you on Facebook Messenger and on Whatsap; whatever you prefer and we try to get back to you the same day or within 24 hours.

Q. I have not studied for years – is this a problem?

A. No all our students have completely different life experiences and backgrounds. Some have not studied for over twenty years, whilst others may have degrees. Natural Therapeutics has a well-founded reputation worldwide and an excellent pastoral record.

Students are given support via personal tutors. The course introduction provides you with excellent study tips and advice, plus there are extra support materials for you in our online learning platform.

Q. Are there any specific entry requirements?

A. For the majority of our courses there is no entry requirement – the course and your personal research will cover the necessary study material. You do need to be able to read and write English to a reasonable standard for the diplomas, which are set at level 3/4. So, a level 2 English qualification such as GCE/O level, CSE Grade 1 or GCSE at grade D and above would be useful. We do not insist on these as a pre-

requisite but leave it to your own judgement that you have an acceptable level of written English. The courses are arranged in easy bite-size modules so they are manageable and user friendly.

Q. When can I start?

A. You can enrol at any time (on the online studies). You don't have to wait for a term to begin as you do with other courses. Students work at their own pace and can fit in their studies with a job, childcare and other commitments. If you are studying on the in-class courses, upcoming courses dates are available on the website.

Q. Is there Mentoring Support?

A. Yes, our Team endeavour to accommodate your every need and make your studies an enjoyable experience, albeit lots of hard work. It is worth it though as you will come out the other end and really feel ready to practice professionally - which our ultimate aim for you. You have access to your tutor by phone, email and video call.

Q. Will I get advice on Setting up in Business?

A. Most of the courses and certainly the professional diplomas, contain a large informative section on setting up in business, Health and Safety issues, CPD and Reflective Practice - invaluable information for all students wanting to set up their own practice. If you want, you can take the Business Skills for Complementary Therapists as a standalone module. Ask us for details.

Q. How long does my course last?

A. To a large extent this is up to you – that's the beauty of distance/blended e-learning – it can fit in with your work and family commitments. Your personal tutor, who supports and assesses you throughout your studies, would normally expect to have a piece of coursework from you every 8-12 weeks so it is incredibly flexible. We do however have to insist that you complete the whole course in at least 2 years so that you are current for external assessment purposes. This is a national requirement but still gives you the luxury of time and study at your own pace. We suggest you write up your own timetable or schedule to help focus your studies.

We don't advise you to do a module faster than one a month, as there is a vast array of information to read and assimilate. We recommend some research, some short questions and regular essays as a guideline. If there are mitigating circumstances that prevent you from submitting your homework, you can postpone your studies providing you contact us so we can update your details and inform your tutor.

Q. Why should I choose Natural Therapeutics?

We have been teaching for over 27 years and in this time have taught in private practice, FE and Adult colleges and within Higher Education. We are experienced tutors, assessor and external assessors and Carole Preen also holds a level 4 Quality Assurance qualification. Carole has written several qualifications for Awarding Organisations, including City & Guilds and OCN London and was involved in the regulations working parties, but specifically was instrumental in the creation of the UK aromatherapy core curriculum. We have experience working with and supporting a wide range of adults, including those with physical and mental health problems and learning difficulties. We are open to help all achieve their qualification and have a

high success rate. For those who are on diploma courses, 100% who sit their final exams and take practical exams are successful. We are accredited by a bona fide association and not some pseudo online accreditation service that has nothing to do with our profession and as such, we are connected at national level with various Councils that represent our profession.

For the best in distance-based and blended holistic learning enrol today!

"No doubt I will pursue further study with Natural Therapeutics, as the open style of learning that the centre supports and encourages through the dedicated practical workshops, is really great and suits my preferred way of learning."

Choosing complementary therapy training

If you've ever noticed advertisements for holistic therapy training by distance learning and wondered how it all works and how good the quality of training is, read on...

With an ever-increasing number of holistic distance learning schools and colleges springing up offering a bewildering range of courses, how can a prospective student know that they are getting the best quality and value? You need to ask yourself, if it is cheap then there is probably a good reason. Many of the online diplomas never even assess you let alone have practical sessions to help you develop your bodywork skills under supervision. Would you want to go to a therapist who had not been thoroughly trained? I would not even go to a hairdresser who had done an online only course let alone let someone lose treating medical conditions!

Motivation might be a good place to start, as Julia Wood CHP examiner points out: "Firstly you should decide why you wish to study the subject; is it purely for interest? Or do you want to develop a career in complementary therapies?" she asks. "As a general rule diploma courses are designed for professional training for the growing numbers who want to make a living in complementary therapies. Diplomas may also be of interest to those wishing to acquire a general knowledge of the chosen subject, but certificates and introductory workshops may suffice for people not looking to practice."

Following the introduction of voluntary self-regulation for many complementary therapies in 2008 it is also important that the school or college you chose is working with in line with the appropriate regulatory requirements. This will safeguard your interests should you later wish to join the voluntary CNHC register upon completion of your course. For more information, <http://www.cnhc.org.uk>.

"It's also a good idea to make sure the establishment you choose lists the names and qualifications of the tutors who will be supporting your studies," adds Julie Quinn, CHP director. "Amazingly some schools and colleges offer a diverse range of courses without ever mentioning anything about who will be assessing your work. Some remarkably don't even have any fully qualified tutors."

Another key consideration is ensuring that - if you are wishing to make a career of your newly acquired knowledge - having successfully completed your studies, your diploma will enable you to obtain professional indemnity insurance from a leading insurer that specialises in complementary health and has lots of extras to support you.

On the sometimes-vexed question of whether it's possible to successfully study a holistic therapy by distance learning, experts seem to agree that whilst a great deal of knowledge can be acquired by studying at home, if you are planning to use your qualification to practice professionally, then it will be necessary to attend some hands-on workshops where your technique can be assessed and corrected where necessary. This of course only relates to bodywork and hands/on therapies (such as crystal therapy and reiki).

Naturally, you would not want to be treated by someone who had never been observed by a qualified professional. The national requirements in Core curricula demand some on-site attendance or contact hours. Choose a school that backs up high quality home study with accessible and cost-effective workshop attendance that meets those national requirements (often around 70 contact hours). Find one that runs regular workshops and ensure that they are happy for you visit their premises and meet the personnel involved including your would-be tutors. Good schools will even put you in touch with existing students who can give you an unbiased, third-party perspective.

Hopefully these simple guidelines will not only ensure your own personal satisfaction, but will also help to improve the general standards of training in complementary therapy. As greater numbers of people turn towards more holistic forms of healing, it's important that the great therapeutic traditions and disciplines are imparted not only skilfully, but with integrity and a high level of professionalism.

Good luck with your studies. Who knows? It may one day be our pleasure to find ourselves under the influence of your healing hands or therapy insight. You may one day give a talk at the CHP annual conference or train to become a tutor yourself. CHP have helped our therapists publish blogs and articles in national magazines too and you can become a student member free of charge when you train with **Natural Therapeutics**.

