



# Course Prospectus



© Carole Preen

**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 free introductory courses, 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...



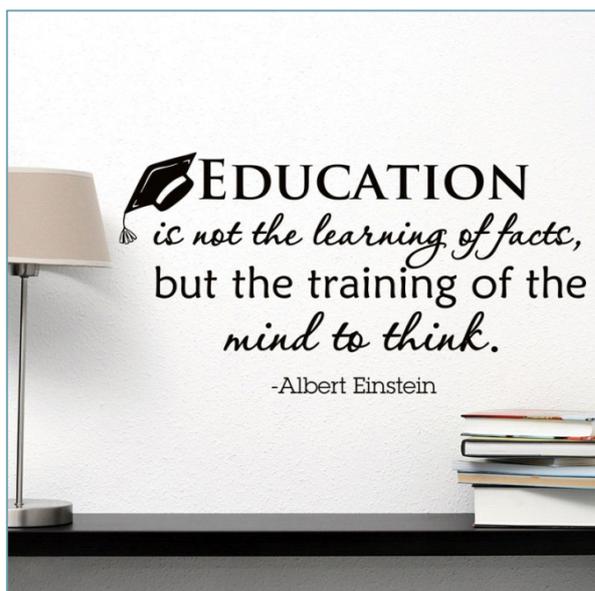
*Carole Preen in her Mayfair Clinic, London (2016)*

*“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

## 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.

## 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 tutor

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

Your tutor will aim to return your assessed homework within two weeks of receipt. By visiting us in the East Midlands, you will also have the opportunity to meet Carole at a practical workshop, in a calming and professional environment. Desborough is only 60 minutes on the train from St Pancras International Station on East Midlands Trains and about 20 minutes from Leicester. By car, it is only 20 miles from the A14/M1/M6 junction and there is free parking at the venue.



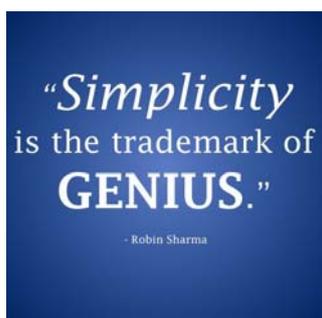
**Carole Preen** - I trained first in Massage and in Aromatherapy in 1992 and then went on to train in Crystal Healing Therapy in 1996. In 1997 I trained in Neuroskeletal Re-Alignment Therapy in Australia and in Deep Tissue Massage and Sports Massage incorporating Trigger Point Therapy. I gained my adult 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 if you would like to experience a treatment from me before you train, please do get in touch and I will be happy to oblige.

## Student life

Students often say that they feel very much at home in our **International family**, and there is always a wonderful balance between being professionally supported and the freedom to explore in a warm, welcoming environment.



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.

**IT'S AS SIMPLE AS THAT!**

## 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.**

## 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 14 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' and aromatherapy diplomas are on a par with level 4 and are highly detailed, which is essential in becoming a confident and competent practitioner in these modalities.

## 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 not marked by me but by one of my colleagues from CHP.

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 and CPD courses in Remedial Massage & Trigger Point Therapy.

### Learning Pathways:



## Free Introductory Courses:

You can download these as PDF documents directly from our website.

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

Introduction to Aromatherapy and Essential Oils (coming soon)

Introduction to Crystal Healing (coming soon)

## Post-Graduate Certificate Courses:

*The prerequisites are that you are already a therapist and this is an add-on to your existing skills.*

### 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.





## 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.

For more information, see the website at [Natural Therapeutics](http://www.naturaltherapeutics.co.uk).

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

(1 module)



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.

### **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

To book, visit the [Natural Therapeutics website](#)

**COMING SOON in LATE 2019 Aromatherapy & Massage for Pregnancy, Labour, Childbirth and Postnatal Care** (online course)

2 modules

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 currently in development and will be available later in 2019

## 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 Desborough 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 (coming in April 2019)

This new 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.

View the full syllabus on the Natural Therapeutics website shortly.

### 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.

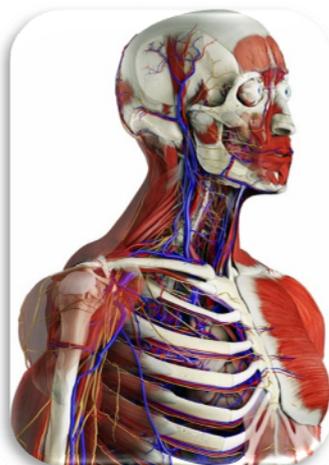


This event takes place in June each year and the date and cost is advertised on the [Natural Therapeutics website](#).

## 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.*

### 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 this manifests as disease.

For more information, please see the [Natural Therapeutics website](#)

### Clinical Aromatherapy Diploma (blended learning course)

Aromatherapy uses various methods to help essential oils affect the mind and body, such as inhalations, baths, compresses, creams & lotions plus combines the soothing, healing touch of massage with the therapeutic properties of essential oils obtained from plants - renowned for centuries for their remedial powers.

A classic holistic treatment, aromatherapy now offered in hospitals, nursing homes, natural health centres as well as private practices, can have a profound effect on the mind, body and emotions.

We have several ways you can study aromatherapy. If you want to do a full accredited diploma please read on. If you want a course without attending any tutorials, say for interest only or if you are studying overseas, then we have our **Essential Oil Practitioner Diploma**. This has everything in it the aromatherapy diploma has but without the massage content. You can practice after completing this course by creating blends for clients but you are not qualified to massage or call yourself an aromatherapist. UK graduates can get insurance from the CHP block policy as a CHP member.

Our aromatherapy diploma exceeds the guidelines set down in the UK National Occupational Standards and complies with the Aromatherapy Council's Core Curriculum. It is therefore both UK and internationally recognised. When you qualify, you will be able to join Complementary Health Professionals (CHP) as a full or international practitioner member and UK members will also be able to gain insurance to practice via its discounted block policy that covers you for professional



indemnity and public liability up to 5 million pounds. International graduates will need to gain insurance in their own country.

As well as joining CHP's prestigious membership, UK Aromatherapy members can also elect to register with the Complementary and Natural Healthcare Council (CNHC). This is especially relevant should you wish to apply for positions within the NHS.

This is a blended learning course so this means that all the theory is done online, at home at your own pace and then you arrange to come to learn the practical skills required. In order to comply with national requirements and to be accredited, you need to attend a minimum of 10 full days in class (70 hours) to learn your massage technique, blending skills and case study recording. This is done at Carole's clinic in Desborough Northants and can be arranged to suit, either with other students or one to one if necessary. She will arrange your first visit once you have completed the Aromatherapy Practical Theory Module. To view the full syllabus, please go to the [Natural Therapeutics website](#), where you can download a copy.

The course operates a portfolio system of evidence. You will therefore be developing your own portfolio that will evidence your competence to practice. The final workshop will include the practical examination with an external assessor, who will also be checking your portfolio. You will also complete a short aromatherapy theory paper of one and a half hours, where you will be given 3 case studies to review and asked to offer your choice of treatment plan and oils. The Anatomy, Physiology & Pathology exam also needs to be completed prior to this.

Although this is a serious course of study, we hope you will really enjoy learning with us at Natural Therapeutics and I am available to help you through your course of study. You can also book and come to the Kew Garden Tour with Carole, which takes place annually (details on the website) that will help you learn more about the plants and give you valuable resources for some of your coursework. Remember you will need to attend the mandatory 10 days practical training for aromatherapy to comply with national requirements. Learning the art of aromatherapy is really wonderful and I hope to make your learning fun as well as informative. I also hope to help your personal growth through discovery and reflection.

Once you have qualified, you will be able to join Complementary Health Professionals as a full member, as you can with all our diplomas. For aromatherapy, we will also be able to verify your qualification to the CNHC should you also wish to be registered with them. This is vital if you want to work within the NHS.



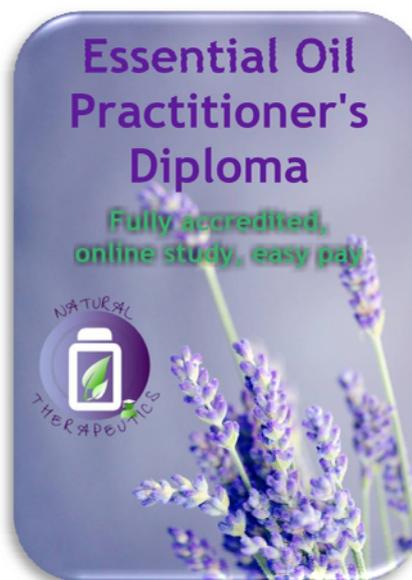
### Essential Oil Practitioner Diploma (online only course)

(6 modules - includes A, P and P if you do not already hold this qualification and 3 modules if you already hold a recognised A&P certificate)

This course is for everyone who wants to learn aromatherapy but does not want to practice massage therapy with it. You do not have to attend workshops as a result and so the whole course is done via distance e-learning with full support from your personal tutor - Carole Preen.

This course contains everything within the UK Aromatherapy Council Core Curriculum minus the massage elements. Upon completion, you can set up in practice as an Essential Oil Practitioner and UK graduates can also gain insurance from our block policy as a full member of Complementary Health Professionals (CHP).

We do have a [Kew Gardens](#) Aromatic Tour visit every year to compliment this course.



### What students have said about this course:

*"I think Carole puts ample material in all the modules, plus the additional resources on Moodle are fantastic. I always receive a prompt reply from Carole whenever I have contacted her for anything – great support!"*

*The course is more intensive than I imagined but that is good as I want to have a good understanding of the subject given that I am sold out on it and love to make my own blends. LOTs learned so far and I am only on module 1!"*

*"Thanks Carole – got the feedback. Also, this is a really good explanation for the chemistry query and just the connection I needed as I couldn't help getting too bogged down in the properties and the chemical makeup".*

**Crystal Healing Diploma (year 1 - intermediate)**

### **(2 theory modules and 6 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 two theory modules are done at home and cover geology, the chakra system, the Human Energy Field and types of crystals, so you have all the information needed.

There are 6 practical days training 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 Northamptonshire. 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.

### **Crystal Healing Diploma (year 2 - full practitioner) (2 theory modules and 6 days attendance)**



The second year takes you into advanced crystal healing techniques and it is optional as you can become a member and gain insurance to practice after completing the intermediate diploma. However, gaining the full crystal healing diploma will allow you to work more spiritually, dealing with past life issues, karmic issues relating to current life lessons, negative attachments, relationship cords within the chakras, sacred geometry and advanced chakra work, entities and will also cover working with guides. There are two theory modules to complete and again you will attend 6 day workshops to learn practical skills.

As with the first year, receiving treatments in the advanced techniques are very important for you to raise your own vibrations and to work in these complex and exciting areas. These can be life changing for you as well as for your clients.

The crystal healing course includes a practical exam with an external assessor from Complementary Health Professionals, as do all our diplomas. There is no theory exam, but you will be required to carry out a good deal of coursework and case studies in order to prove your competence.

Go the [Natural Therapeutics website](#) for more information about these courses.

## 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](http://www.neuroskeletal.org)



**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](http://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.



## 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](http://www.naturaltherapeutics.co.uk)

Or call 07155195515



*"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*

## 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 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. 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.

**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.

**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?**

A. We were founded in 1994 originally as the Aromatherapy & Allied Practitioners' Association and our school was in Croydon and called "Essential Care Training". We have acquired an enviable International reputation for high standards, support and flexibility. We changed the name to Complementary Health Professionals in 2015 with our launch at the CAMExpo Exhibition at London's Olympia in 2015 to better reflect the diversity of our members and our courses.

**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 therapies.

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**.

