

What To Expect From A Consultation At Our Naturopathy Student Training Clinic

Naturopathy Student Training Clinic

The aim of the Naturopathy Student Training Clinic is to provide extensive clinical training to our students, and to provide an affordable healthcare service to the public with **heavily subsidised consultation costs**.

The clinic allows our Naturopathy students to gain confidence and self assurance as they develop practical skills, observe and treat patients, and learn a range of skills including Naturopathic diagnosis, treatment, dispensing, communication skills and safe practice.

The clinic enables students to combine their theoretical knowledge with practical experience as an integral part of their training. Each of our Naturopathy students must complete 400 hours of clinical practice to complete their qualifications.

About Naturopathy

Naturopathy integrates medical science with the holistic approach of natural medicine, nutritional medicine, herbal medicine, Bach flowers, homoeopathy and iridology. A consultation generally consists of a comprehensive analysis of your individual health status with a thorough investigation of body systems, diet, lifestyle and often includes iris diagnosis. Naturopathic Medicine can be used to treat a wide range of ailments, skin complaints such as eczema and psoriasis, stress, fatigue, arthritis, asthma, depression, influenza, colds, hay fevers, sinus, migraines, headaches, constipation, aches, pains, emotional or hormone related problems etc.

What to Expect in a Consultation

Naturopathy is a holistic system of medicine and therefore the student practitioner will ask many and varied questions relevant to case taking and naturopathic diagnosis. To help formulate an individualized treatment plan, information is required about physical, mental and emotional symptoms along with history and often some family history. The students will formulate your treatment plan in consultation with the clinic supervisor.

Your first consultation is generally 1-1.5 hours long. In this time the student practitioners will:

- Complete a case history which may consider lifestyle and emotional factors in addition to physical issues
- Do a dietary assessment
- May do an iridology assessment
- Formulate an individualised treatment plan which may include herbal medicines, nutritional supplements, dietary and lifestyle advice.

What is in Your Herbal Prescription?

At the conclusion of your consultation a herbal prescription may be formulated. Usually containing 4-6 herbs and this is a unique mixture especially formulated for you. A 200ml bottle is usually dispensed. This is approximately a 2 week supply. It is best to continue your herbs without a break. Individual requirements for ongoing herbal treatment will be reviewed at each consultation.

The preparation is usually given in liquid form because liquids are easily combined to mix a unique formulation to treat your specific requirements. Liquids also represent the least amount of processing needed to turn dried or fresh plant material into an acceptable and safe pharmaceutical form. Finally, liquids are absorbed more efficiently than tablets, by the body and therefore the dosage is minimised (usually 3-5mls).

If you experience difficulties with the taste of the liquids they can be taken with juice and if this fails tablets or capsules can be prescribed.

FREQUENTLY ASKED QUESTIONS

How long are the consultations?

Initial consultations take approximately 1.5 hrs, return visits approximately 30-45 mins and acute complaints such as flu, sore throats etc approximately 30-45 mins.

Will there be other students sitting in on my consultation?

There are normally several people in the consultation: the student practitioner taking the case, the supervisor and student observers. Everyone will be working together to study the case and provide the best treatment for you.

Are there cameras or recording devices?

As this is a student training clinic, sometimes a camera is used for a small number of students observing from an adjacent consulting room. The student practitioner will ask your permission should this be a requirement for their training. Please note that consultations are **not** recorded just relayed to another room for observation.

When do I get my medicine?

The most suitable time and manner to obtain your prescription is discussed at the end of the session. On some occasions, a second consultation may be required in order to make a thorough analysis before prescribing.

What about privacy and my personal information?

Nature Care takes its privacy issues very seriously but it is a training facility so there may be times when a student may need to discuss a case in a case-management class. Patient's names and other easily identifying information are not disclosed. Only details relative to the case study are discussed within the context of training.

Appointments

Bookings can be made by calling us on 02 9906 1566 or email clinicstaff@naturecare.com.au

Please check the Clinic Schedule on our website for consultation days and times.

www.naturecare.com.au

Location

The clinic is conveniently located at 52 Nicholson Street, St Leonards 2065