



Nature Care College

Introduction to Naturopathy

DESCRIPTION	This inspiring and foundation subject will provide you with an understanding of the philosophy and fundamental beliefs of naturopathy, as well as natural healing principles and the basic principles of holistic health.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of the unit of study, students should be able to: <ol style="list-style-type: none"> 1. Outline the philosophical basis of naturopathy and concepts of health and healing. 2. Apply the principles to their own personal health and stress management practices. 3. Understand the principles of philosophy as it applies to the various subject modalities. 4. Outline the principles underlying a mind/body approach to health and healing. 	
TEACHING METHOD	Modified lecture. Class discussion.	
ASSESSMENT	Food Diary	20%
	Naturopathic Consultation	20%
	In-Class Presentation	20%
	Presentation Paper	35%
	Referencing	5%
	Pass mark	60%
	Both components must be passed at 60% in order to pass this subject satisfactorily.	
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Health Training Package HLT07 Units of Competency. HLTNAT607C - Manage work within a naturopathic framework.	
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Nil.	
CO-REQUISITES	Nil.	
MATERIALS REQUIRED	Notebook, pen.	
TEXTBOOKS	Nil.	

Recommended Reading / References:

Groves Dr.Philip W, (1997) *Philosophy of Natural Healing*. The Triam Press, Australia (CD Form Only)
Chopra D. 1990. *Quantum Healing*. Bantam, U.S.
Griggs B. 1997. *Green Pharmacy*. Healing Arts Press, Vermont.
Pizzorno & Murray. 1999. *Encyclopedia of Natural Medicine*. Churchill Livingstone, Seattle. (Out of Print)
Carolyn Myss. 1996. *Anatomy of the Spirit*. Three Rivers Press. New York.
Wenda Brewster O'Reily, 1996. *Organon of Medical Art*. Birdcage Press LLC. 6th Edition.

WEEK-BY-WEEK OUTLINE

WEEK 1	Course outline, assessment, introduction to naturopathy and its component modalities.	
WEEK 2	Historical aspects of health and healing. Traditional concepts, vitalism.	
WEEK 3	Patterns of health and disease. Body intelligence - laws of cure.	
WEEK 4	Principles of wholism. The mind / body approach to healing.	
WEEK 5	Principles of wholism (cont). The mind / body approach to healing (cont).	
WEEK 6	Concepts of wholistic nutrition / nourishment. Detoxification / elimination.	Food Diary Due
WEEK 7	Philosophy of eclectic and wholistic diagnosis. Modalities of healing	
WEEK 8	Stress Management - practical applications/techniques.	
WEEK 9	Application of philosophy to various modalities, and work practices / treatments.	
WEEK 10	Current health / medical systems. Advantages / disadvantages.	
WEEK 11	In-Class Presentations.	Presentation Paper Due
WEEK 12	In-Class Presentations.	Naturopathic Consultation Assignment Due

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.