



Introduction to Psychoneuroimmunology Based Relaxation Therapy

Summary

Psychoneuroimmunology (PNI) is the science of mind-body interactions. PNI investigates links between thoughts, emotions and resistance to disease.

This course offers students the latest evidence-based research of interactions between neural, endocrine and immune processes. It highlights the effect of stress and relaxation on psychological and physical well-being so that students will gain an introductory understanding of PNI, a scientific and holistic approach to health.

Duration

12 hours

(6 contact hours & 6 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Define and describe the development of PNI
2. Outline pathways of communication between nervous, endocrine and immune systems
3. Define stress and describe its pathways
4. Identify differences between acute and chronic stress
5. Understand a PNI approach to chronic conditions such as depression, anxiety, sleep disorders and trauma

Assessment

This subject is assessed via:

- Online quiz

Refer to Assessment Pack for full details.

Pre-requisites

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

Compulsory Textbooks

Nil

Content

- PNI Definition & History
- Outline / Review Nervous, Endocrine & Immune Systems
- Evidence of Communication b/w CNS, Endocrine & Immune Systems
- Stress Response Pathways
- PNI Interactions in Pain, Depression, Anxiety, Fatigue
- Effects of Relaxation on Immunity & Stress Related Conditions

Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing info@naturecare.com.au