

TRADITIONAL NATUROPATH & CLINICAL HERBALIST

SYLLABUS OUTLINE

First Year Focus

The Foundational Skills of Naturopath Practice – Standard And Holistic Anatomy (125 clock hours minimum), Physiology, Pathology, Marketing and Business, Clinical Skills, naturopathic physical medicine, healing diets, herbal medicine, hydrotherapy, assessment methods, energy medicine, Medic Skills and Vital Signs, Ethics, Naturopath “8 Pillars” Model and additional models of naturopath structure, foundational skills, Faridean Constitutional Iris Analysis and Client Assessment.

HERBAL MEDICINE: Be aware that ALL of natural medicine training serves as superior education for those wishing to orient as a professional herbalist, and that we are incorporating /integrating curriculum to fulfill and exceed AHG educational requirements. Be aware that Mary Light and Gaia Center/ AASM is pioneering educational methods and theories in this field. That said, AHG, and likely other future oversee/jobs, requires CLINICAL HOURS, which we can provide/supervise in our setting, beyond the natural medicine diploma program, as continuing education provided by master herbalist Mary Light in conjunction with Gaia Center activities.

Classes are scheduled from 10- 430 in a set schedule, which is *not* a weekly schedule, it is more of a twice a month module type schedule. We schedule modules Thursdays through Saturday, and, again, NOT every week, only TWICE a month, along with specific holiday breaks.

Attendance is taken seriously, so students should very seriously consider that they can work their life, travels, and other plans around this professional program education schedule. An example of the schedule and current schedules are posted on our website:

www.naturopathicschoolofannarbor.net

Second Year Focus – the Naturopath Intern

Integration of Skills, Advanced Herbal Medicine Principles and Practices, Clinical Internship, Required Teaching for the Pillar of Education and Counsel, 8 month Master Thesis Research Project with Oral and written presentation.

Students in their second year have a **clinical class schedule**, currently on alternative THURSDAYS, from 10:00-3 . *They no longer meet in the first year “module “format.* Be aware that the ACTUAL SCHEDULE is made between the actual class participants, and Admin. which is why dates are not pre-selected and posted. This schedule favors time to conduct their Master Thesis research project, Clinical Internship Requirements, as well as access direct experience in a clinical and public setting with an herbal medicine apothecary and dispensary.

Senior Naturopaths have a **TEACHING REQUIREMENT**. This entails completing 20 hours of simple teaching with full guidance from the School. AASM schedules in options for senior students, and then the students can sign up for specific dates and times. The topics are drawn from FIRST YEAR material, and include participation in herbal medicine, bodywork, A & P, and other topics. Who are you presenting to? The new freshman class, under supervision- or another audience, including a public setting.



THE EIGHT PILLARS OF NATUROPATHY

*Mary Light, the director of the School and programs, developed a standard and a model of natural medicine theory and practice called **The Eight Pillars of Naturopathy**. The “pillars” are described below, as to their relevance in training, healing, practice, and as foundations to draw from when Evaluation and Treatment plans are being created. Our students experience all 8 of these pillars, through various didactic and experiential means throughout the training- and most importantly, we begin the program with Student Self Care as a formal and documented process which participants are required to engage in.*

NATUROPATHIC PHYSICAL MEDICINE – soft tissue work, stretching, physical and physically applied types of bodywork; massage of the body tissues was an original and historical aspect of classical naturopathy. “Massage” later evolved into “massage therapy”, which is legally defined in most states (although not all definitions are the same, and some states designate exclusions such as Rolfing, Asian bodywork, reflexology and more) .

Any “natural”, manual therapy which may increase different body circulations, reduce stagnation, and bring about alignment may fall under this definition. The School teaches

classical massage as well as offering a full program for State and National licensing for the profession of MASSAGE THERAPY.

HEALING DIETS - We use this term instead of “nutrition”, because the concept of diet, as well as what is healing, is expansive. Of course any healing or maintenance diets are going to be nourishing, but they are also going to be understandable and reality based as to client compliance and needs at the time. A healing diet can vary with conditions, needs, age, time frame, and other factors. Learning to read dietary intakes in terms of patterns and templates; learning about the foods available now, including superfoods and their use; about different preparation approaches; about some types of diet theories types; and learning about the role of herbs and specific mushrooms as cellular nourishment – are all aspects of Healing Diets Training and awareness.

Students in both programs actually get clock hour credit for part of their lunch break, which provides a pathway to document and discuss foods and nourishment that students are bringing as their lunch.

HERBAL MEDICINE - This is a vast field and lifelong study for many. Our program covers Nationally accepted standards for foundational herbal medicine education –and then advances to training in apothecary , dispensary, assessment, client intakes, advanced formulary, a Thesis Project, and to guided client care using herbs and botanical preparations for body systems wellness and healing. The School offers on the physical premises a full herb lab, apothecary, inventory of herbs, and product shelf, in which students participate and learn. **The School is a School Member of The American Herbalists Guild.** Mary Light and part of the AASM,H& NM – have offered a learning community for introductory and **continuing herbal medicine** education for over 13 years- see www.gaiaherbalstudies.net

HYDROTHERAPY - This practice of the natural sciences demonstrates the laws of physics, and has been a classical part of naturopathy education for over 200 years in the modern world, with practices going back to ancient times. The program teaches hydrotherapy scientific theory, and engages in on-site actual practices of numerous hydrotherapy applications, to give students an understanding of how and when Hydrotherapy may be beneficial to reach healing goals, improve immunity, decrease pain and inflammation, enhance bodywork goals, and bring about resolution of congestion and stagnation in other ways through experiential use.

EDUCATION AND COUNSEL SKILLS – Traditional and classical naturopathy practice rests upon proper and relevant guidance and access to self -help knowledge. In a professional program, this is conveyed to students through various types of guidance, examples, and exercises in how to talk /communicate/intake with clients, within the context of professional ethics, confidentiality, record keeping, and with skills to help practitioners guide and teach clients to follow programs and instructions for their health and healing.

ENERGY MEDICINE – Energy Balancing methods have been developed and practiced for many decades in the modern world. The School teaches through the credible and scientific

pathways of Polarity Therapy, Therapeutic Touch model of Dr. Dolores Krieger, and other adjunct methods, in a “lecture, demonstration, and practice” format with assignment and field work to accompany the student between class gatherings.

SLEEP AND REST DYNAMICS – This is an area that, if not studied, understood, and professionally attended to, may be the missing link to actual healing and wellness. Inclusive in this area is actual nightly sleep quality, rest of the mind, and a study and understanding of the tensions and obstacles to natural and beneficial sleep and rest. We do not merely “sleep at night”, we may need long periods of rest after traumas, and recognize how to accommodate them. In a natural medicine/healing model, sleep does not always fit into a formulaic concept.

MOVEMENT- Movement brings about health, and maintains it throughout life.. Lack of movement makes it hard to heal and be well at all. In our training we look at different forms and outcomes of movement, and engage in them to evaluate their effects on us. While we do not, as naturopaths, necessarily engage clients in actual exercise and movement programs, (although we can) we can *educate, refer, and counsel* so that they are inspired to seek out movement as a daily habit, and engage in different forms of movement for fitness and recreation.

ADDITIONAL AREAS OF TRAINING AND FOCUS

ASSESSMENT METHODS – An aspect of training which provides different, often cross-validating methods of gathering data, and includes reflex assessment, colon and abdominal palpation, soft tissue palpation, interview skills, written intakes, and Iris Analysis – using the study of Iridology to bring data about body tissue states, and consequently, methods to rejuvenate.

MODELS OF NATUROPATHY /N ATURAL MEDICINE THEORY– several models are presented to help students understand the important and vital differences inherent in natural medicine practice, as differ from allopathic medical practice. These models are simple, and useful for future reference when interpreting intakes and when communicating with clients about their health goals and progress.

IDENTITY is taught because we ARE different from allopathic doctors and nurses, we follow a different model of evaluation and treatment, we use different language and words, and as practitioners we benefit from the strength and structure of conveying who we are, what we can offer, and how we work - through learning the identity of this profession.

MEDIC SKILLS AND VITAL SIGNS – Naturopaths can learn to perform and employ an array of skills to measure physiological data, leading to the ability to counsel for wellness, and very possibly help clients avoid a life of medical drugs. These include and are not limited to

Blood Pressure Readings, oximeter, pulses, listening to various body systems with a stethoscope, using an Otoscope and Ear Lavage,

ANATOMY AND PHYSIOLOGY - Both of our programs require 125 classroom hours , composed of lecture, demonstration, and practicum, for basic and holistic Anatomy and Physiology Studies.

ETHICS – Several texts, discussions, and lecture are employed to focus on the ethics, boundaries, and professional comportment of the healing arts professions we train for. A minimum of ten clock hours , and more with integrative discussion, is devoted to Ethics.

BUSINESS AND MARKETING - Guidance, Exercises and Assignments in simple business structures and marketing approaches.

FOUNDATIONAL SKILLS- Numerous hands-on healing skills for applied natural therapeutics are taught in this area of study.

FARIDEAN CONSTITUTIONAL IRIS ANALYSIS - AASM follows primarily this structure for interpreting iris examination data to create an interface with clients and to provide a treatment plan structure and documentation for initial and future work, and as clinical training.

We strongly feel that education thrives in a supportive, inspiring setting, with structure, and the opportunity to seriously academically explore. The enjoyment and laughter we have experienced in our classes over the past 10+ years contributes to a healthy learning experience and an avenue for personal and professional healing.



BENEFITS AND PERKS OF OUR SCHOOL PROGRAMS AND ENVIRONMENT

STUDENT MEMBERSHIP – AMERICAN HERBALISTS GUILD - for one term, for naturopath program students.

LIABILITY INSURANCE MASSAGE THERAPY students, with your One Term **Student MEMBERSHIP** conveyed with the enrollment in our program

NATUROPATH INTERNS RECEIVE A 50% DISCOUNT on any continuing education electives the School is offering, provided they register in advance with payment.

USE OF GENEROUS HEALING ARTS BOOKS , TAPES, AND RESOURCES LIBRARY on the school premises. (We do not have a lending library)

THE SCHOOL WILL SHARE ALL JOB POSTINGS WITH STUDENTS AND GRADS- job postings for long term jobs and also for events come into the school on a regular basis.

TUITION IS \$13,800 plus 1,700.00 lab fees for the total two years. Pay in full or pay a \$5,500 deposit with remainder in payments, (which is a Payment Plan) with full balances due in 12 months. There is an administrative fee added to set up a payment plan.

There is a “Books, supplies and required equipment list” posted on the website, to which several additional books and some hydrotherapy supplies are added for the two year natural medicine/herbal medicine program of traditional naturopathy /clinical herbalist study. The additional books include The Whole Foods Encyclopedia, Health Building by Dr. Randolph Stone, Visions of Health by Jensen, Herbs of Grace, by Faran, Deep Nutrition by Dr. Catherine Shanahan. Several topical **HERBAL MEDICINE BOOKS** will be recommended, and with your lab fee, guides are given to students from the work of Dr. Richard Schultze, naturopath and master herbalist.

Students should plan for additional expenses as they develop professionally, such as herbs for their apothecaries, simple portable iris reading tools, potentially an Iris Camera if desired.

LAST BUT NOT LEAST- There is no substitute for hands –on experiential learning- for lasting, progressive training which will have credibility with consumers.

*Note: The school reserves the right to change “order, topics and teachers “ that may be listed in any schedule, at any time according to needs and availability within the school structure, as well as add or subtract required books with courteous and relevant notification. This document is an outline of the program focus, topic descriptions, and program benefits to students and staff. **The Schedules for our programs are listed on our website and also given to students for their records. Please use a computer view instead of a mobile view to access info on the web.***

