



COLLEGE OF  
Holistic Health

*Let's make your vision a reality!*

**Individual Certificates and Diplomas**

**Life Coach**

**Holistic Health Practitioner**

**Nutritional Consultant**

**Holistic Health Specialist**

**Naturopathy**

**Reflexologist**

**Aromatherapist**

**Iridology**

**And more**

# College of Holistic Health ®

**Our Programs are Nationally Accredited by the Following Organizations**



**[www.internationalhealers.com](http://www.internationalhealers.com)**

*American Association of Drugless Practitioners*



**[www.aadp.net](http://www.aadp.net)**



**[www.worldmeta.org](http://www.worldmeta.org)**

**We are Endorsed by IAPLC**



**[www.iaplifecoaches.org](http://www.iaplifecoaches.org)**

# College of Holistic Health ®

## About Our Programs

The skills developed in our Programs will enable you to start or enhance your own holistic healing business; integrate holistic therapies in your work as a doctor, nurse, massage therapist, or any other healing profession; or offer your holistic healing skills in other professional capacities. Considering that similar programs may cost thousands of dollars more, this program is unequivocally an amazing value. Express the essence of who you truly are with our Programs.

## Make Your Vision A Reality.

**Note:** Our programs can also be taken for personal reasons only – for those who wish to gain holistic health knowledge and skills for themselves and their families.

Complementary and holistic healthcare is preventative, treating the cause and the whole person rather than just the symptom. With large numbers of people partaking in a wide array of holistic treatments, it is indeed an opportune time to study and become gainfully employed in this field.

## Reasons why to study with CHH

- **School Accredited through AADP**
- **Get Board Certified through AADP after completion of our program**
- No other school offers our curriculum options
- Content that makes our Programs exceptional and unique
- Email Support. We are there for you.
- Low Tuition (compared to most other schools)
- Textbook/PDF training materials by Experts in Holistic and Alternative Concepts
- DVDs, Mp3's, Audio CD's training materials for some lessons
- Word Document/eBooks training materials (downloadable and printable documents)
- Work at your own pace in the comfort of your own home
- Independent study – work at your own pace
- **Open book - short answer quizzes**
- Opportunity to apply what is learned immediately
- To be a part of the Trillion Dollar Health Industry!

# College of Holistic Health ®

## **Why Choose Home Study?**

Numerous individual testimonials have been offered over the years attesting to the benefits of distance education. Beyond these claims, formal studies have been conducted to measure the effectiveness of the distance education method. All research published since 1920 has indicated that correspondence/distance study students perform just as well as, and in most cases better than, their classroom counterparts.

Distance learning has definite advantages over face-to-face instruction when it comes to teaching and learning, according to an analysis by the U.S. Department of Education.

Read report - <http://www2.ed.gov/rschstat/eval/tech/evidence-based-practices/finalreport.pdf>

The Federally-conducted study found that students who took all or part of their instruction online performed better, on average, than those taking the same course through face-to-face instruction.

## **Our Purpose**

College of Holistic Health is dedicated to training and educating students for competent and professional services in holistic healthcare practices.

## **Philosophy**

College of Holistic Health endeavors to *immerse* the student in the *experience* of energy including the philosophy that *learning* is holistic, therefore actively engaging the mind, body and spirit of the student. The training will focus on aspects of preventive and holistic health education.

## **Mission Statement**

The mission of College of Holistic Health is to provide a curriculum that assists in preparing competent practitioners of Holistic Health and Wellness based studies. College of Holistic Health works diligently to provide a positive educational experience that honors student diversity and the right of each student to learn through a holistic approach. We seek to make holistic healthcare practices readily available to the general public, to healthcare professionals and to all students who desire this training.

# College of Holistic Health ®

## Objectives

- For students to gain a deeper understanding of various holistic healthcare techniques.
- To guide students in combining different modalities into an integrated holistic session.
- To support students in the exploration of the intimate connection between body, mind and spirit with respect to physical health or illness, while examining the psychospiritual influences behind illness.
- To introduce students to the basic requirements in business management, ethics and communication to allow for the development of a successful practice.
- To assist students on their personal and spiritual journey in becoming a professional Holistic Health Practitioner.

## Our Program

- Promotes health, healing, joy, meaning, awareness, and appreciation.
- Provides exceptional natural healing or holistic health education.
- Provides premier instruction and services at the most affordable fees.
- Enriches physical, emotional and spiritual well-being and healing of students and clients
- Assists students to become more effective, sensitive and skillful practitioners.
- Deepens our connections: to ourselves, our community, and to our living planet.

## Program Objectives

Students will gain a good understanding of holistic healthcare and prepare to become practitioners for modalities such as Herbal Medicine, Naturopathy, Nutrition, Spiritual Development, Aromatherapy, Reflexology, and Life Coaching. Students will develop skills in a variety of modalities that are within the extent of Holistic Health Practices. These skills will prepare students to utilize holistic practices. Holistic Health, as a growing field within healthcare, will serve to provide education to the public on the benefits of wellness and preventive care.

# College of Holistic Health ®

## Entrance Requirements

- Students must be at least 18 years of age with a high school diploma or the equivalent.
- The student will need access to a computer and the internet and email.
- The student will need a CD/DVD/USB on a laptop/computer.
- A massage table would be beneficial for some of the treatments but not necessary.

## Student Registration (form on last 2 pages of this catalog)

- Pertinent information and contact information.
- A photo of applicant (photocopy of driver's license acceptable).
- Proof of high school/GED completion or higher education transcripts or diploma – please do not send the original, send a photocopy.
- Applicants must submit a short essay on your health philosophy and career interests.

## Submitting Registration Documents

Students will receive an e-mail notification within 1 week of our receipt of Registration.

## Please mail or email completed registration to:

**College of Holistic Health (CHH)**

**C/O Nancy Barnes - Director**

**106 Mill Road, Hawley, PA 18428**

Email - nancybarneshp@yahoo.com

## Self-Paced Program Format

Home-study/correspondence - students may begin the Program at any time. We send out modules approximately every two months. Students are able to work at their own pace. We are available to answer student's questions throughout the program. Certificates will be issued after course work is completed and payment for that level is paid in full.

**Our Accreditation Program consists of a total of 23 Modules to select from** (Holistic Health Practitioner – 10 Modules and Holistic Health Specialist – 20 Modules) which comprise of individual Certificates and Diplomas for each Module.

## College of Holistic Health ®

- Achievement of at least 10 Modules are required to receive a Certificate as a *Holistic Health Practitioner*.
- Achievement of at least 20 Modules are required to receive a Certificate as a *Holistic Health Specialist*.

**Our Programs:** Courses incorporate: Lessons, Workbooks, Assignments, Short Essays, and Sessions/Case Studies. Course materials comprise of Textbooks/Word documents/eBooks/PDF's (downloadable and printable). Some courses include supporting resources such as; Charts, Audio, Video, Herbs, Essential Oils, etc. Workbooks for the Modules are presented as a Word document so the student may type in answers or print the document. All required materials are included with tuition. We may substitute course materials with similar course materials due to availability.

### **Student Support Resources**

Students may request PDF Manuals (downloadable and printable) on Business Writing, Report Writing, Study Skills, Time Management, and Career Development if available for no additional fee.

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# College of Holistic Health ®

## **Holistic Health Practitioner Program**

*Module 1 is required and a choice of 9 additional Modules*

## **Holistic Health Specialist Program**

*Module 1 is required and a choice of 19 additional Modules*

### **MODULE 1 - Holistic Health and Wellness - Foundation Course**

**HHP 1 - Holistic Health and Wellness**

**HHP 3 - Holistic Self-Care**

**HHP 4 - Healing Your Body**

**HHP 15 - Self Empowerment**

**HHP 34 – Legal Aspects of a Holistic Business**

**D 68 - Ethics**

### **MODULE 2 - Natural Therapies**

**HHP 2 - Alternative Medicine**

**HHP 31 - Natural Medicine**

**D 63 - Homeopathy**

### **MODULE 3 – Faith and Spiritual Development**

**HHP 22 - Spiritual Development**

**HHP 24 - Spiritual Healing**

**HHP 25 - Angel Healing Therapy**

**HHP 39 – Prayer, Faith and Healing**

**HHP 40 – Prophetic Dream and Vision Interpretation**

### **MODULE 4 - Healing Therapies**

**HHP 11 - Color Healing**

**HHP 12 - Crystal Healing**

**HHP 36 - Healing with Gemstones**

**HHP 13 - Sound Healing**

### **MODULE 5 – Healing Therapies**

**HHP 14 - Therapeutic Touch**

**M 53 - Emotional Freedom Technique**

**M 55 - Polarity Therapy**

### **MODULE 6 - Holistic Fitness**

**HHP 21 - Holistic Fitness**

**M 56 - Body Mind Fitness**

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## **MODULE 7 - Energy Healing Therapies**

**HHP 8 - Energy Medicine**

**HHP 17 - Channeling Chi**

**HHP 9 - Chakras – Auras - Meridians**

**HHP 10 - Chakra Balancing**

**HHP 35 - The Chakras and Abundance**

## **MODULE 8 - Mind Body Therapies**

**HHP 16 - Deepening Intuition**

**HHP 19 - Introduction to Meditation**

**HHP 20 - Meditation - Breathing Techniques**

**M 54 - Dream Therapy**

## **MODULE 9 – Abundance and Law of Attraction**

**HHP 26 - Law of Attraction**

**HHP 27 - Attracting Abundance**

## **MODULE 10 - Nutritional Medicine**

**HHP 28 - Nutritional Medicine**

**HHP 29 - Food Allergies**

**HHP 30 - Healing Foods**

**HHP 42 - Vitamins and Minerals**

**HHP 44 - Fasting**

## **MODULE 11 - Herbalism**

**HHP 32 - Herbal Medicine**

**HHP 33 - Herbal Remedies**

**HHP 45 - Herbal First Aid**

**D 65 - Medicinal Herbs**

## **MODULE 12 – Acupressure**

**B 34 - Basic Human Anatomy and Physiology**

**B 35 - Bodywork**

**B 36 - Acupressure**

**B 37 - Advanced Acupressure Techniques**

## **MODULE 13 - Reflexology**

**B 34 - Basic Human Anatomy**

**B 38 - Holistic Reflexology**

**B 39 - Hand Reflexology**

**B 40 - Ear Reflexology**

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## **MODULE 14 - Aromatherapy and Essential Oils**

**HHP 18 – Healing With Essential Oils**

**B 41 - Holistic Aromatherapy**

**B 42 - Aromatherapy Bodywork**

**HHP 46 - Aromatherapy and Materia Medica**

## **MODULE 15 - Holistic Business**

**B 43 - Holistic Business**

**B 44 - Business Management**

**B 45 - Business Marketing**

## **MODULE 16 - Mind Body Healing**

**M 48 - Neuro Linguistic Programming**

**M 49 - Self-Hypnotherapy**

**M 50 - Hypnotherapy**

## **MODULE 17 - Life Coach**

**M 46 - Stress Management**

**M 47 - Stress Resolution**

**M 51 - Life Coach**

**M 52 - Joyful Living**

## **MODULE 18 - Bodywork Therapies**

**M 57 - Medical Intuitive**

**M 58 - Kinesiology**

## **MODULE 19 - Practical Reiki Healing**

**HHP 5 - Reiki Empowerment**

**HHP 23 - Energetic Boundaries/Psychic Protection**

**HHP 6 - Reiki Master (3 levels)**

**HHP 47 - Reiki Master / Teacher**

**HHP 48 - Advance Reiki Techniques**

## **MODULE 20 – Usui Reiki**

**HHP 5 - Reiki Empowerment**

**HHP 23 - Energetic Boundaries/Psychic Protection**

**HHP 7 - Usui Reiki Master (3 levels)**

**HHP 49 - Usui Reiki Master/Teacher**

**HHP 50 - Additional Reiki Techniques**

# College of Holistic Health ®

## **MODULE 21 - Eastern Healing**

**D 59 - Oriental Medicine**

**D 60 - Face and Tongue Analysis**

**D 61 - Ayurveda Therapy**

## **MODULE 22 - Iridology**

**D 62 - Naturopathy**

**D 66 - Iridology**

## **MODULE 23 – Hair Analysis**

**D 67 - Hair Analysis**

**D 64 - Detoxification**

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### **Email Support**

Even though our program is through correspondence, students have ongoing support from via email. We are available to answer questions and offer feedback on completed homework.

### **Completed course work**

We prefer that course work be emailed to the school. Course work must be presented neatly in a document format with proper English grammar and usage. It is very important to make a copy of your work for your own records. Any course work mailed to us will not be returned unless school notes such.

### **Practicum**

Some of the courses may require hands-on practice. You can practice on your friends and family. Since this program is offered through distant study; we suggest that you volunteer your time and work with a professional if possible. You may also go to a practitioner who offers a specific modality so to experience a session. Note that not all practitioners will give the same quality or type of treatment. You have the option of submitting videos of sessions to our school for feedback.

### **Grading System**

Students shall be graded on the Pass/Fail system. 80% correct answers are required for a passing grade. Students who do not reach 80% will be required to resubmit course work and achieve a passing grade. Students that are not passing can receive tutoring from an instructor. The student will be able to resubmit the course work one time for free. If a third time is necessary to pass there will be a \$25 fee per lesson.

# College of Holistic Health ®

## **After completion of our Programs**

No annual registration is required through us. We offer ongoing support for our students.

We recommend that you maintain Insurance or Association memberships.

Graduates may apply for Accreditation through the following Organizations:

- American Association of Drugless Practitioners (AADP) - College of Holistic Health has achieved the AADP approval status; this means that the education that you earn through our programs are authorized and approved by a board of educators and professionals. CHH students who desire to be Board Certified Practitioners can immediately apply for board certification through the AADP following their graduation. No exam required.
- American Naturopathic Medical Certification Board (ANMCB) - Students that graduate from our Holistic Health Specialist Program may take the test from ANMCB to be board certified as a Holistic Health Practitioner or Naturopath.

## **Tuition Rates are posted online for:**

- *Holistic Health Practitioner*
- *Holistic Health Specialist*

## **Payment Options**

PayPal, Credit Card, Bank Transfer, Pop Money, or Checks are accepted.

We offer a monthly subscription payment plan through PayPal for qualifying students.

## **Scholarships or Financial Aid**

The student has the responsibility to seek scholarships or financial aid. Financial aid may come from employers, associations, churches, philanthropists, private groups and loans. We are not affiliated with any government agencies therefore you may need private funding.

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## **Terms of Tuition Policy**

- Applicant has a 3 Day grace period for cancellation.
- Applicants not accepted to CHH are entitled to a refund of all moneys paid for tuition.
- Any refund due student will be made within 30 days.
- The school may replace lessons with comparable lessons.
- If the school permanently discontinues any lessons a prorated refund of tuition paid will be issued, exclusion would be if the student had reasonable time for program completion.

## **Referral Incentive**

- Refer a student to our HHP program and receive \$200 after new student pays in full.

## **Honorary Degrees from College of Holistic Health**

We offer Holistic Health Practitioner and Holistic Health Specialist Honorary Degrees.

This is so qualified persons may receive recognition and be eligible to apply for Board Certification.

A fee is required and Applicants must provide identification and proof of qualifications.

## **Privacy Policy**

- Personal contact information of students is only for contact and communication for school related business and affairs only.

## **Legal Disclaimer**

Healing modalities are not intended as a replacement for traditional medical care. They are considered complementary therapy to be used adjunct with tradition medical care. Students/Clients should check with their physician before receiving consultations or sessions.

## **Employment Outlook**

There is no one statistical prediction for Holistic Practitioners. However, the U.S. Bureau of Labor Statistics (BLS) does have data for a few of the specialties. For example, the BLS predicted that chiropractic jobs would increase by 20% from 2008-2018. For that same period, the BLS expected jobs for massage therapists to grow by 19%. Both predicted growth rates are higher than the average anticipated growth for all occupations ([www.bls.gov](http://www.bls.gov)).

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Holistic Health Careers are beginning to be recognized in the medical community as natural healing arts that promote wellness through disease prevention. In fact, according to a National Health Statistics report, "Approximately 38 percent of adults in the United States aged 18 years and over, and nearly 12 percent of U.S. children aged 17 years and under, use some form of complementary and alternative medicine (CAM)." As these healing methods continue to become integrated with mainstream health care, the outlook for careers in the natural healing field remains strong. This is why alternative medicine careers have seen such tremendous growth.

### **CHH Students were/are:**

Massage Therapists/Teachers, Estheticians, Nurses, Fitness Trainers, Business Owners, Counselors, Intuitive Readers, Herbalist, Yoga Instructors, Meditation Instructors, and other Professional and Non-professional people. Many Students take our Program to enhance their existing career, study new courses, or to work independently.

### **Career Options**

Many Holistic Health Practitioners choose to work in private practice offering individualized consultations. Our programs are comprehensive, yet flexible, offering you many opportunities.

A plethora of career opportunities exist for graduates of this program:

- Life Coach or Health Coach
- Wellness Consultant, Herbal or Nutritional Consultant
- Holistic Practitioner in Clinics, Retreat and Wellness Centers, Beauty Salons, Cruise Ships and Holiday Resorts
- Work as A Naturopath
- Support staff for: Chiropractors, Naturopathic and Homeopathic Doctors
- Setting up your own private practice or clinic with other practitioners or corporate on-site contracts
- Hold Health Seminars, teaching other Holistic Health and Wellness
- Writing books and/or articles on various aspects of holistic medicine
- Developing DVD and/or CD programs concerning holistic health
- Owning and/or operating a health food store or health spa
- Energy Healing Practitioner
- Reflexologist
- Bodywork Practitioner
- Reiki Master/Teacher
- Workshop Presenter

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## **The Right to Practice**

Please check your state for specific regulations and guideline. We advise you to become ordained as a Minister which will broadly expand your scope of practice. The online ordination we recommend is legal and allows service as a Minister. As an ordained minister in the USA, you will be protected under the Constitution.

In almost all cases someone can work as a Health Coach, Life Coach, Health Consultant, Wellness Consultant and Holistic Health Practitioner without being licensed by the State. Check with your State if there are any specific requirements.

Many states do not require licensing for bodywork. The owner of a Massage School in Ohio suggests a practitioner become ordained to allow the practice of bodywork without being licensed after they receive training. Even though state laws in Ohio state that you must have a license for massage. His school (and other schools) teach Ethical Massage, Reflexology, and Polarity Therapy which does not require obtaining a license. He does suggest asking for a 'Suggested Donation' for Massage work. Additionally, in Ohio an Esthetician is also allowed to practice Massage with their Certification, but are not allowed to do Medical or Sports Massage.

Reflexology may require licensing in some States. If you already are a Nurse, Doctor, Health Practitioner, Massage Therapist, Acupuncturist, you may be allowed to practice under your present License or Certification. Licensing allows the right to touch and protects clients by strict regulations.

There may be the option of practicing under the rights as a Reverend which allows freedom of rights. Many times a practitioner practices under a physician or chiropractor. Due to restrictions and government control, you may prefer not to be licensed. However every Practitioner should have liability insurance.

## **Ordination**

You may apply for Ordination from Universal Life Church, American Fellowship Church, or another Spiritual Organization anytime during the program. As a legally ordained minister, you will be able to perform weddings, baptisms and other functions of the clergy. Ordination may protect your scope of practice as a Holistic Health Practitioner. Our common thread is our adherence to the universal doctrine of religious freedom: "Do only that which is right". We believe that every person has the natural right (and the responsibility) to peacefully determine what is right. We are advocates of religious freedom. You should be able to pursue your spiritual



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beliefs without interference from any outside agency, including government or church authority. Ordination is very important to obtain in order to practice healing.

### **Liability Insurance**

Student Insurance is available from ABMP for only \$45, which includes a website and coverage up to 12 months. Insurance is a requirement to practice on other people during your enrollment. An application can be submitted through College Holistic Health, or apply directly to ABMP with our school code; please contact us for that information.

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**HOLISTIC HEALTH PRACTITIONER**  
(Choose Foundation Module 1 and 9 additional Modules)  
Or  
**HOLISTIC HEALTH SPECIALIST**  
(Choose Foundation Module 1 and 19 additional Modules)

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### **MODULE 1 - Holistic Health and Wellness – Foundation Course**

**HHP 1 - Holistic Health and Wellness** - You will learn the principles for living a balanced life. Start your journey to become a Holistic Health Practitioner by learning what Holistic Health is and applying what you learn to enhance your life and the lives of others.

**HHP 3 - Holistic Self-Care** – This course is an overview of self-care principles. You will learn about the importance of physical, mental, and spiritual health in order to achieve a state of well-being. You will also work with tools to assess one's overall well-being.

**HHP 4 - Healing Your Body** – Learn why disease manifests in the body. How you can be healthier and help others too. You will also learn the essentials for leading a balanced life. Learn how to identify the problem, what to do about the problem, how to change, daily practice and emotional wellness.

**HHP 15 - Self-Empowerment** – This course is about self-empowerment and self-worth. Understand how self-esteem affects you and how to live healthier, and then apply the methods you learn to help others. This course will help you to build a healthy ego, release negativity and become more confident.

**HHP 34 - Legal Aspects of a Holistic Business** - This course covers the basics of having a Holistic practice and working as a Holistic Health Practitioner.

**D 68 - Ethics** - We will cover ethics for clients and their practitioner and the ethical obligations that physicians should have with their clients. With cooperative relationships there is an increased possibility of combining conventional medicine and alternative medicine so that the client receives the best care possible.

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## MODULE 2 - Natural Therapies

**HHP 2 - Alternative Medicine** – This course will help establish your understanding of Alternative Medicine and provide the foundation for your holistic practice. Learn about living a healthy life and treatments for illness.

**HHP 31 - Natural Medicine** - This course covers the major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification, and internal cleansing. You will learn holistic approaches for treating common ailments, including diabetes, celiac disease, endometriosis, and more.

**D 63 - Homeopathy** - Learn how homeopathy works, and how any individual can use it simply and safely to treat a wide variety of illnesses. Learn about conditions and how to give the remedy. We will cover heart disease, menopause, allergies and working with children. You will also get advice on when to refer a client to consult their doctor.

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## MODULE 3 – Spiritual Development

**HHP 22 - Spiritual Development** – Learn the spiritual laws through exercises, activities and meditations to give you a better understanding of these laws and how to apply them in your daily life. You can find deeper meaning in your life and apply what you learn to help others.

**HHP 24 - Spiritual Healing** – This course will introduce you to the basic concepts of Spiritual Healing. Learn how to heal emotional wounds. Also learn about Faith Healing. In this course, we will also cover the following topics: Healing, Getting rid of negativity, Using spirituality, and much more.

**HHP 25 - Angel Healing Therapy** – In this course you will learn to work with angels to help you heal your relationships, health, career, and the many challenges you face in life. You will also learn how to heal old emotional wounds and explore inner facets of your ego so that you can live through your higher self, how to develop communication and receive divine guidance.

**HHP 39 – Prayer, Faith and Healing** – Learn how to pray effectively to help others. Strengthen faith to help others. Offer healing for clients through faith based prayer. Learn several different prayers depending on situation. Also learn why clients may not heal and what you can do to support them.

**HHP 40 - Prophetic Dreams and Visions and Interpretation** – Learn about prophetic dreams and what to do when you have them. Learn interpretation of your visions and dreams and how interpretation can benefit your well-being.

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## MODULE 4 - Healing Therapies

**HHP 11 - Color Healing** - The use of color as a therapy has a long history. The ancient Egyptians and ancient Greeks built healing temples of light and color. Learn how to use color to restore health and balance energy. You will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using tools such as colored candles and charged water.

**HHP 12 - Crystal Healing** - Learn about crystals and how to work with them for healing. Crystal therapy or crystal healing is a kind of vibrational medicine.

**HHP 36 - Healing with Gemstones** - Gemstones hold spiritual and healing attributes that may be tapped into for many uses. Learn the placement of stones to equilibrate the chakras and aura.

**HHP 13 - Sound Healing** - Learn the healing power of sound and many ways you can incorporate in your daily life. Learn how to use sound for relaxation and for healing the mind, body, and spirit. The chart provided teaches ways to use sound for healing yourself and others.

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## MODULE 5 – Healing Therapies

**HHP 14 - Therapeutic Touch** – This healing practice was developed by nurses. This treatment is excellent for reducing anxiety, for well-being, and healing. Learn the basic techniques to direct the flow of energy and offer healing sessions.

**M 53 - Emotional Freedom Technique** - EFT is a very safe and natural technique that can be used for healing various issues within the body, such as; emotional issues, past situations, and is also used to attract abundance, relieve stress, and much more! This course will also cover the following: basic tapping techniques, how to eliminate fears, and how to become more confident.

**M 55 - Polarity Therapy** - An effective natural health care system that works with the underlying energetic blueprint of the body. Work with the body to release tension and pain, restore the structural alignment of the body, detox and rebuild health. Learn how to work with this modality and much more.

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## MODULE 6 - Holistic Fitness

**HHP 21 - Holistic Fitness** - You will learn the aspects of physical health and well-being. You will also learn basic movement techniques to enhance physical well-being. And learn how to accomplish the goal of making exercise a part of your daily life.

**M 56 - Mind Body Fitness** - You will learn the basics of Yoga, Tai Chi, Pilates, and Qigong as well as relaxation methods. You will learn to create a customized mind-body workout in which you will gain flexibility and balance.

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## MODULE 7 - Energy Healing Therapies

**HHP 8 - Energy Medicine** - This course will cover energy techniques that every healer should know. Get step-by-step instruction, diagrams, and key insights. Learn practices from a vast range of holistic healing and energy medicine traditions. You will also learn diagnosis practices.

**HHP 17 - Channeling Chi** - This course will teach the basic concepts of Channeling Chi. Learn about the history and the philosophy of Chi practices. Understand how to discipline the mind to attain focus and balance in your life.

**HHP 9 - Chakras - Meridians - Auras** - This course will cover Chakras, Auras and Meridians concepts in depth. By using the materials in this course you will have the tools to introduce the basics about the energy systems to others.

**HHP 10 - Chakra Balancing** – Learn about our “energetic” bodies and why it is important to keep the seven main chakras of the body clear and balanced. This module also teaches you how to keep your chakras balanced and how to recognize where and why dis-ease has manifested in the physical, emotional, and/or spiritual body.

**HHP 35 - The Chakras and Abundance** - Learn techniques so you will be able to heal your chakras into perfect alignment and attract wealth and abundance into your life.

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## MODULE 8 - Mind Body Therapies

**HHP 16 - Deepening Intuition** - Learn to use your intuition every day to enhance your life. True intuition is more than just a “feeling” or a guess, it is one of the most important, yet often least developed, of our human faculties. Many people mistakenly assume that intuition cannot be understood and developed however this module shows you how.

**HHP 19 - Introduction to Meditation** - This course will cover several aspects of meditation. Learn basic yet powerful techniques of meditation through clear, step-by- step instructions. You will also learn how to effectively meditate on scripture.

**HHP 20 - Meditation - Breathing Techniques** – Learn additional meditation methods. You will experience the importance of the breath/mind connection and the power of the focused mind. Special Breathing techniques are introduced. Learn simple, "do-able" suggestions of how to sit comfortably for meditation, how to still the restless mind, how to take experiences of peace and joy into daily life.

**M 54 - Dream Therapy** – Learn to accurately interpret dreams. Dreams are a true reflection of the real you. Work creatively with your dreams to make better life choices and take positive action to achieve your potential. Learn how to remember and record dreams. Translate dreams into positive action for change. Learn how understanding dreams make a difference to your life.

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## MODULE 9 – Abundance and Law of Attraction

**HHP 26 – Law of Attraction** – Discover what you are good at. You will learn skills for being successful. Learn how to increase your success with others. You will learn how to increase your influence, your purpose and beliefs. You will also learn how to help others with the Law of Attraction.

**HHP 27 - Attracting Abundance** - Abundance is more than just being materially wealthy. Abundance is about having what you require and desire to be totally happy and contented. Many people unintentionally attract the energy of scarcity and lack to themselves, simply because of their upbringing or something negative someone may have said to them. When our subconscious minds get stuck in a pattern of "never having enough", they tend to stay there until we really decide to make a change. You will receive a distance Abundance Attunement, meant to clear away any negative energy.

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## MODULE 10 - Nutritional Medicine

**HHP 28 - Nutritional Medicine** - This topic will discuss the scope of practice for a Nutrition Consultant. You will learn the benefits of a whole-food, plant-based food plan. The health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, and poor quality fats are discussed. Health hazards, such as stress, toxicity, trauma, malnutrition, and addictive coping are discussed. A variety of diet are critiqued and compared. Understand what vitamins and minerals do for your body.

**HHP 29 - Food Allergies** – This course covers food allergies and food hypersensitivities. You will learn how to identify when foods are harmful for your body. Many people believe that they are allergic to a food and in most cases it is not confirmed by the necessary tests or food exclusion. You will learn the many aspects of food hypersensitivity and dietary management.

**HHP 30 - Healing Foods /Chemistry Basics**– Diet plays a major role in preventing disease. Learn what a healthy diet is and what the body needs to stay strong and get well. This is a great course on healthy eating. Learn how to use foods to stimulate the body's natural ability to heal, the role that fiber, enzymes, fatty acids, and other dietary components and balancing the body's pH.

**HHP 42 - Vitamins and Minerals** – Learn the importance of vitamins and minerals for health. Understand how to use vitamins and minerals for various health conditions.

**HHP 44 – Fasting** – Learn why you should fast and what it entails. Learn how prayer can facilitate healing through fasting.

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# College of Holistic Health ®

## MODULE 11 - Herbalism

**HHP 32 - Herbal Medicine** – Become acquainted with the history of herbal medicine. Learn about herbs and plants how they work and their many uses. You will also learn about cooking with herbs to enhance your health.

**HHP 33 - Herbal Remedies** – Learn how to make remedies that will enhance your health and well-being. This course includes recipes that are simple to prepare and have healthy ingredients. You will also learn how to make Herbal teas and the benefits of using herbal remedies. (Includes herbs)

**HHP 45 - Herbal First Aid** – Learn how Herbs can be useful for everyday ailments and much more.

**D 65 - Medicinal Herbs** - In the United States, the choice of an herb (phytomedicine) for therapeutic or preventive purposes is usually carried out by the patient. The reason is because physicians here are not ordinarily educated in the use of such medicinals. However, in many other countries, herbs and phytomedicinals are prescribed by doctors with considerable frequency. Learn how you can help assist clients with the proper use of medicinal herbs.

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## MODULE 12 – Acupressure

**B 34 - Basic Human Anatomy and Physiology** – This course will give you basic knowledge of the body systems. This course, we will cover: The chemical basis of anatomy and physiology, Bones and joints, the skeletal system, Muscle physiology, the nervous system: basic structure and function, and much more.

**B 35 - Bodywork** – Learn relaxation techniques that reduce stress. Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch. Learn how to nurture your emotional and physical well-being and that of someone else. Be able to target specific body parts to address your ailments and improve your emotional as well as your physical well-being.

**B 36 - Acupressure** – Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Acupressure provides a safe and effective alternative, or supplement, to standard allopathic medical treatment and pharmaceuticals. You will learn step-by-step instructions for self-treatment or treatment for a partner. (Includes DVD and Acupressure tool)

**B 37 - Advanced Acupressure Techniques** - You will learn advanced acupressure techniques. You will also learn how to use tuning forks on acupressure points. Learn treatment procedures for a wide variety of health disorder.

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## MODULE 13 - Reflexology

**B 34 - Basic Human Anatomy and Physiology** – This course will give you basic knowledge of the body systems. In this course, we will cover the following topics: The chemical basis of anatomy and physiology, Bones and joints, the skeletal system, Muscle physiology, the nervous system: basic structure and function, and much more

**B 38 - Reflexology** - With this course you will get both knowledge and hands-on experience. This course will teach you how to help relieve specific ailments through Foot Reflexology. It will also give you an overview of the history and development of reflexology. You get precise instructions to complete a Reflexology Session. You will learn how to help relieve specific ailments, Learn to practice Reflexology effectively and use how to Color Healing with Reflexology. (Includes DVD)

**B 39 - Hand Reflexology** - You will learn specific points on the hand to stimulate the body's natural health and well-being. You will learn self-help techniques as well as working on specific conditions for clients. This easy to learn method offers the convenience to use it anywhere. With this course you will get hands-on practice. (Includes DVD)

**B 40 - Ear Reflexology** – Also known as Auriculotherapy. You will learn how this modality actually works and the benefits. You will learn to work with specific points on the ears to stimulate the healing of the body with acupressure. You will also learn precautionary steps working with Auriculotherapy. You will not work with needles. (Includes DVD)

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## MODULE 14 - Aromatherapy and Essential Oils

**HHP 18 - Healing With Essential Oils** – You will be introduced to essential oils their uses and how to use them to enhance health and well-being. Additionally you will learn how to choose essential oils for healing sessions and many other uses. (Includes essential oils and supplies)

**B 41 - Holistic Aromatherapy** – This has been considered an incredibly powerful healing tool since ancient times. You will also acquire an understanding of essential oils. Gain a greater appreciation for nature, especially plants and trees and how beneficial they are to us. In this course, we will also cover the following topics: Plants and Their Spiritual Nature, What are Essential Oils, Handling and Storage, Methods of Use, Carrier Oils, and Much More!

**B 42 - Aromatherapy and Bodywork** – You will learn to combine these 2 great healing modalities into a session. You then will be able to offer your clients the benefits of a relaxing bodywork session using the techniques that you learn. You also will learn techniques to help your clients with different conditions.

**HHP 46 - Aromatherapy and Materia Medica** – Learn about any restrictions or concerns when working with essential oils. You will learn how to safely use essential oils.

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# College of Holistic Health ®

## MODULE 15 - Holistic Business

**B 43 - Holistic Business** – If you are planning to start your own holistic and/or spiritual healing practice, this course will be an invaluable resource. You will learn how to start your own Business. In this course, we will also cover the following: Goal Setting & Strategic Planning, Overcoming Barriers to Becoming Truly Successful, Time Management, Professionalism, Insurance Coverage, Setting Your Fees, Bookkeeping, Client Files, and much more

**B 44 – Business Management** – Learn how to be an effective leader; which creates successful and innovative businesses. This course is great for managers, and supervisors who really want to improve the way that they lead. We will also cover the following: 4 step model for effective management, How to encourage the people who are already performing their best, How to help those who are struggling to achieve excellence, and practical exercises and action planning to develop your leadership skills.

**B 45 – Business Marketing** – You will learn the basics of marketing. The success of marketing depends on the ability to communicate well with customers. Marketing needs effective planning, coordination of activities, directing of activities and review of operations. Marketing concepts hold the key to achieving the organizational goals, consisting of determining the needs and wants of the target customers and delivering the desired results more efficiently and effectively than competitors. Learn how to market your business and how to attract clients.

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## MODULE 16 - Mind Body Healing

**M 48 – Neuro Linguistic Programming (NLP)** – You will learn the basics of Neuro Linguistic Programming and how to think more positively and communicate more effectively. Learn how to change your negative beliefs, build rapport and influence others. You will also learn hands-on exercises and practical techniques.

**M 49 - Self-Hypnotherapy** - The body-mind connection is increasingly recognized across the medical field, and hypnosis has become a legitimate clinical tool for easing chronic pain, decreasing the side effects of chemotherapy, and dealing with sleep disorders. This course will cover self-hypnosis for health and well-being.

**M 50 - Hypnotherapy** – In this course we will cover Powerful change techniques, step-by-step process of inducing a deep hypnotic state. You will learn how to guide your clients through real life changes, and much more. (Includes Hypnotherapy CDs)

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## MODULE 17 - Life Coach

**M 46 – Stress Management** - Learn what stress is and how to manage too much stress. Learn exercises and approaches such as meditation, breathing exercises, and progressive relaxation to control stress. Learn skills to help others reduce stress and live a happier, healthier life.

**M 47 - Reduce Stress - Relax and Revitalize** - In this course, we will also cover the following: What's your stress level? (Stress Test), breathing exercises, foods to help manage effects of stress, journaling tools for stress reduction, meditation resources, and ten easy ways to reduce stress.

**M 51 - Life Coach** – This course covers so much to prepare you for being a successful life coach. You learn the first steps involved in creating a simple but effective model of coaching that will enable you to help others reach new levels of potential. In addition, you will learn how to motivate others to take action by effectively tapping into their emotions and becoming a master of influence. You will learn skills to successfully influence and coach others. **Relationship Development** - In this part of the program you discover everything you have ever wanted to know about developing powerful relationships with your clients that will last a lifetime.

**M 52 - Joyful Living** – Happiness, much like laughter, is contagious and when we can be truly happy from within and independent of all outer circumstances, we bless everyone we come in contact with. When we can help teach others how to experience true happiness, we help spread Joy and Light throughout the world. This course will help you cultivate contentment (on all levels), peace of mind, and deep happiness. Armed with these teachings, you will be able to step off the rollercoaster of “Life's ups and downs” and maintain a sense of calm inner joy. Learn to be happy all the time and you will see what a blessing it is – not only for yourself but also for your family, friends, co-workers, and everyone you come in contact with.

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## MODULE 18 - Bodywork Therapies

**M 57 - Medical Intuition** – This course will help you learn how to develop your intuitive abilities and look into the body. You already have intuition. Understand the electromagnetic energy of thought and emotion. And learn how to develop your abilities and use medical intuition as a healing technique.

**M 58 - Kinesiology** – Bio-kinesiology is the foundational science of physical therapy and nutritional therapy. Learn what muscle testing is and how to test for many health conditions and food allergies. This is a simple technique that is a must in every practitioner's tool box. In this course, we will also cover the following: Learn how to Muscle Test, test Homeopathic remedies, and how to overcome moods.

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## MODULE 19 - Practical Reiki Healing

**HHP 5 - Reiki Empowerment** - This course will introduce you to the basic concept of Reiki. This course is a great intro to get you started in energy healing. You can use the course materials to introduce Reiki to others. You will be able to practice doing self-healing, healing others and distance healing.

**HHP 23 - Energetic Boundaries/Psychic Protection** – In this course you will learn about energetic boundaries; what they are and what they do and how to protect yourself. You will also learn about psychic protection.

**HHP 6 - Practical Reiki Healing** - This is a very natural, simple and strong healing modality that is easy to learn and practice. This method will enable you to immediately access Reiki for self-healing and healing others. There are no symbols to learn, no specific hand positions and attunements are easy to pass on to others. This healing method will awaken and balance the Kundalini energy, therefore creating balance of mental, physical and emotional clarity. A balanced state is the closest to perfection one can attain on earth. You will become a Reiki Master who can do healing sessions and also attune others to Reiki. 3 Levels.

**HHP 47 - Practical Reiki Healing Master/Teacher** – Learn to teach and pass Attunements on to others.

**HHP 48 - Advance Reiki Techniques** - You will learn how to use Tachyon healing energy and how to pass attunements. Life force is the foundation for everything. It is highly intelligent and will automatically convert to the specific energy needed in the body. You will learn how to make Tachyon antennas and other Reiki methods.

**HHP 23 - Energetic Boundaries/Psychic Protection** – In this course you will learn about energetic boundaries; what they are and what they do and how to protect yourself. You will also learn about psychic protection.

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## MODULE 20 – Usui Reiki

**HHP 5 - Reiki Empowerment** - This course will introduce you to the basic concept of Reiki. This course is a great intro to get you started in energy healing. You can use the course materials to introduce Reiki to others. You will be able to practice doing self-healing, healing others and distance healing.

**HHP 23 - Energetic Boundaries/Psychic Protection** – In this course you will learn about energetic boundaries; what they are and what they do and how to protect yourself. Also learn about psychic protection.

**HHP 7 - Usui Reiki Master (3 levels)** – Learn traditional Usui Reiki. Learn symbols and healing positions for self-healing and healing others.

**HHP 49 – Usui Reiki Master Teacher** - Learn to teach and pass Attunements on to others.

**HHP 50 - Additional Reiki Techniques** – Learn additional Reiki Methods to enhance your abilities.

## MODULE 21 - Eastern Healing

**D 59 – Oriental Medicine** - Chinese Medicine is based on the principle that each person has a unique blueprint. Western medicine usually emphasizes specific purpose and function of each part of the human anatomy, whereas the Chinese physician looks at health as an interconnected system. You will learn the fundamentals of Oriental medicine and how you can apply what you learn for yourself and your clients.

**D 60 - Face and Tongue Analysis** – Learn how to read the face for analysis. When learning to do a tongue analysis there are five primary aspects must be considered. These are the tongue spirit, tongue body color, tongue body shape, tongue coating, and tongue moisture. Learn how to complete assessment for yourself and clients.

**D 61 – Ayurveda Therapy** – Learn the secrets to healing, prevention and longevity through using this modality. Ayurveda, the “science of life,” or longevity, is the holistic alternative science from India. It is more than 5,000 years old. It is believed to be the oldest healing science in existence, forming the foundation of all others. Learn to help yourself and clients with this ancient healing modality.

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## MODULE 22

**D 62 - Naturopathy** - You will get an overview and definition of what naturopathy is. Naturopathy is a drugless, non-invasive, non-surgical, non-medical discipline that uses natural interventions to correct bodily and mental imbalances.

**D 66 - Iridology** - The iris provides a unique window into our bodies, offering clues to health. Iridology allows us to assess our wellbeing. You will learn how to use Iridology as a diagnostic tool. In this course, we will also cover the following: Constitution of the Iris, How to avoid potential health problems, what colors and markings reveal, Dietary routines for different iris types, and a Visual glossary of the different iris signs. (Includes magnifying lens with light)

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## MODULE 23

**D 67 - Hair Analysis** – Learn about health, disease, and nutrition through Hair Analysis. Hair is ideal tissue for sampling and testing. First, it can be cut easily sent to the lab without special handling requirements. Second, clinical results have shown that a properly obtained sample can give an indication of mineral status and toxic metal accumulation subsequent long term or even acute exposure. In this course, we will also cover the following: Understanding hair tissue mineral analysis (TMA), Role in preventing disease, Maintaining optimal energy and health.

**D 64 - Detoxification** - Detoxification promotes wellness by ridding the body of poisons that can lead to a host of health problems. Learn about body chemistry, and how detoxification works. Learn how to rid the body of fatigue, depression, cancer and other diseases.

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## College of Holistic Health ®

### **Association for Drugless Practitioners (AADP)**

2200 Market Street, Suite 209, Galveston, Texas 77550-1530

Tel: 409-621-2600 Fax: 775-703-5334

[www.aadp.net](http://www.aadp.net)

### **Associated Massage and Bodywork Professionals (ABMP)**

25188 Genesee Trail Road, Golden, CO 80401

Toll Free 800-458-2267 Fax 800-667-8260

[www.abmp.com](http://www.abmp.com)

### **American Fellowship Church**

225 Crossroads Blvd., #345

Carmel, CA 93923 USA

[www.amfellow.org](http://www.amfellow.org)

### **American Holistic Health Association (AHHA)**

PO Box 17400, Anaheim, CA 92817-7400 USA

Phone (714) 779-6152 Email - mail@ahha.org

[www.ahha.org](http://www.ahha.org)

### **American Naturopathic Medical Certification Board (ANMCB)**

Phone: 702 914-5770 Email: information@anmcb.org

<http://www.anmcb.org>

## College of Holistic Health ®

### **College of Holistic Health ® (CHH)**

Nancy Barnes – Director

Email: [nancybarneshp@yahoo.com](mailto:nancybarneshp@yahoo.com)

[www.CollegeofHolisticHealth.com](http://www.CollegeofHolisticHealth.com)

### **International Association of Professional Life Coaches**

Email: [jeannetekoczela@iaplifecoaches.org](mailto:jeannetekoczela@iaplifecoaches.org)

[www.iaplifecoaches.org](http://www.iaplifecoaches.org)

### **International National Healers Association (INHA)**

425 North Highland Ave, Los Angeles, CA 90036, USA

[www.internationalhealers.com](http://www.internationalhealers.com)

### **Universal Life Church (ULC)**

Phone: (916) 265-2468 Fax only: (916) 244-0498

ULC Online, PO Box 1034, Folsom, CA 95763-1034

<https://www.ulc.org>

### **World Metaphysical Association (WMA)**

[www.worldmeta.org](http://www.worldmeta.org)

# College of Holistic Health ®

## Student Registration

Please complete the following application carefully and thoroughly by printing clearly or typing.  
Use more space as needed.

Name

Address

Home Phone Number

Mobile Number

Email Address

Education

Work Experience

Present Occupation

Volunteer Experience

Memberships/Associations

Have you been convicted of a crime and if so, please explain. Are you on probation?

Please include the reasons for wanting to become a Holistic Health Practitioner.

## College of Holistic Health ®

What are your expectations from our programs?

What is your vision for your future?

Is there any other information that is pertinent to applying for the program?

**What program are you registering for? (Please check which applies)**

Module # \_\_\_\_\_

\_\_\_\_\_ Holistic Health Practitioner (HHP) - Module 1 then select 9 additional Modules

\_\_\_\_\_ Holistic Health Specialist - Complete at least 20 Modules

**See Tuition prices on-line**

Payment options (Please check and fill in which applies)

\_\_\_\_\_ Pay in full for Module # \_\_\_\_\_.

\_\_\_\_\_ Pay in full \$ \_\_\_\_\_ for Modules # \_\_\_\_\_.

\_\_\_\_\_ Holistic Health Practitioner - Pay in full.

\_\_\_\_\_ Holistic Health Specialist - Pay in full.

\_\_\_\_\_ Down payment to start the Monthly payment plan \$ \_\_\_\_\_

And Monthly payment of \$ \_\_\_\_\_ per month.

When would you like to start the program?

Any questions or concerns?

Email registration to [nancybarneshp@yahoo.com](mailto:nancybarneshp@yahoo.com)

Respectfully, Nancy Barnes – Director – College of Holistic Health