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Introduction to natural medicine

Fundamental principles

There is one important, underlying element in natural medicine and that is the belief that the human body has the innate ability to heal itself and it has the mechanisms to maintain good health, providing the body is given the right ingredients and circumstances. Any procedures carried out by a natural therapist will only improve and enhance that innate ability. The key principles applied in the practise of natural therapies include respect, balance and detoxification.

It is essential that you respect yourself. When you respect your body and mind, without abusing it, the mind and the body will respond accordingly. Abuse of your body is disrespectful, therefore drug, alcohol, food and any other forms of abuse to your physical and/or mental faculties will cause imbalance and ill health. The elimination of such abuses is one of the primary principles and goals of natural therapies.

As living organisms we are exposed to various types of toxicities, they can be physical, chemical or emotional toxins. Elimination of those toxins from our bodies is another important principle of natural therapies. That includes not only in the physical sense, but also in the emotional and the spiritual aspects of our lives. The body and the mind need to be clean for us to have a healthy system. Therefore regular body cleansing (detoxification) is strongly recommended in all fields of natural therapy.

In order to trigger the body’s innate ability to heal itself and to maintain good health, natural therapy practitioners may apply physiological and psychological stimuli, such as homoeopathy, herbal medicine, ayurveda, acupuncture, aromatherapy, massage, reflexology, kinesiology, yoga, meditation, tai chi and iridology, all of which are available at the Australian Institute of Holistic Medicine.

Recognition of natural therapies

Natural medicine and its associated modalities and therapies are widely regarded around the world as being an “alternative” medical discipline for human ailments. Medical reports and surveys now indicate that a growing number of medical practitioners and health professionals throughout the world practise or recommend some form of natural remedy for the benefit of their patients. Therefore rather than being an “alternative” medical discipline it is now more widely accepted as being a “complementary” medical discipline to treat people’s various ailments.

Universities and health institutions offer accredited diploma courses in natural medicine, which provide opportunities for professional career development in this field. In the USA and Canada government-funded clinics are run to provide natural therapies to the general public.

In Australia widespread public awareness and recognition has led to a higher demand for natural medicine professional health practices. According to published statistics more than 60 per cent of Australians use some form of natural therapy to maintain optimum health and there is a similar trend in most developed countries. The services rendered by natural therapists are recognised and covered by more than 30 private health funds and expenditure on alternative medicine is reported to be twice as much as that spent on conventional drugs. In recognition of the services provided by natural therapists, the Australian Government has made some natural therapy services GST free for a period of time, with the intention of registering or regulating the profession.

In line with the growing recognition of natural medicine and the increased demand for professional training, the Australian Institute of Holistic Medicine has been, and will continue to be, a pioneering and dynamic health institution in Western Australia, offering courses in natural medicine and related topics that meet national competency standards, where such standards have been introduced.

All the advanced diploma, diploma and certificate courses offered by the Australian Institute of Holistic Medicine have been designed in accordance with the Australian National Training Authority’s Health Competency Packages and all those courses are accredited. Students enrolled in any of those courses can apply to Centrelink for Austudy or Abstudy assistance.

Introductory seminars

The Institute regularly holds free information seminars at the campus, usually on the last Friday of each month starting at 5.30pm. The seminars are designed to be interactive, with information given about the Institute, the courses offered and natural therapies in Australia today and to address any questions regarding your possible future studies. Also discussed are some of the fundamental principles and philosophies of natural medicine – simple yet profound principles that you learn during the seminars will change your life in a very short time. Qualified practitioners, current students and the Dean of Studies deliver the seminars. Please contact the Institute on 08 9417 3553 to reserve your place at the next seminar.
Message from the Dean of Studies

Having practiced as a medical practitioner for more than 10 years, I realize how little I then knew about the power of natural medicine and its principles. I am thankful to my professors, teachers, colleagues and mentors who made me aware of the full potential and power of natural medicine and who helped me to acquire the required knowledge and skills, then empowered me to share that knowledge with many hundreds of others in my new career as an educator during the past 16 years.

The more I applied the fundamentals of natural medicine, the more convinced I was about natural medicine’s power and effectiveness. The more I see evidence in the clinic, it gives me courage and enthusiasm to offer this service to others who want to learn and practise. I can honestly talk about the benefits of these principles from my heart.

The fundamentals of natural medicine are not new; they have been in existence for thousands of years. Those fundamentals, when applied, will improve your health as well as improving all other areas in your life, such as wealth and happiness.

It is amazing to see how your body responds (functions) when it is given the right ingredients and messages such as love, respect and due care. The body’s response depends on what you put into it.

I am truly passionate about the fundamentals and I have seen that they work miracles in people’s lives. With more than 30 qualified and dedicated teaching staff I am excited and eager to share the knowledge and skills that will trigger your innate ability to heal, maintain good health and bring you everything you want in your life, particularly good health, which every one of us truly deserves.

We believe in a well-rounded approach to health and we emphasise western medical sciences and the art of natural healing in our curriculum.

If you, like us, have a passion for healing and want to embark on a rewarding life journey, to help yourself and others, I personally invite you to come and join us.

I sincerely wish you great health and happiness. May you get everything you truly deserve in your life.

Dr S. Jayawardana
D.MS, D.Ac, M.Ac.F(Cey), Grad.Dip.Ed, KT.M, Post Grad Dip (Nutrition), PhD

Message from the Clinical Director

In the healing arts health care is rapidly complementing orthodox medicine and gaining greater acceptance – not only with the layperson, but also with western medical doctors and the scientific world. This is largely attributed to natural therapies being at the exciting crossroads of seeking and becoming more evidence based. The world of medicine too, has come full circle and it is now evident that healing takes time and requires the human touch and emotional contact from the physician and healer alike.

The Australian Institute of Holistic Medicine recognises the importance of treating the whole person, not just the disease and therefore espouses a holistic approach towards the management of illness and the person.

The holistic health industry continues to define, standardise and promote research into the causes and mechanisms of disease, healing and the maintenance of health. AIHM encourages its students and practitioners to empower the patient to create and direct the process of change by becoming more creative and motivated to help themselves and take more responsibility for their own health.

By becoming more open, inquisitive, assertive and constructively critical, patients become better informed and demand competence, excellence and results from practitioners.

To this end more and more doctors and natural therapists are participating in a healing partnership with their patients, to the benefit of all, in creating a more healthy population.

Good health is a natural state of being for every person. That philosophy engenders the aims, objectives and goals of the Australian Institute of Holistic Medicine. Practitioners, students and patients are constantly encouraged not only to prescribe but also to subscribe to these principles to their fullest.

Confucius said: “When the student is ready, a teacher will appear.” I trust that you are ready. May I take this opportunity to wish you the very best in health and learning.

Health, happiness and peace of mind.

Dr Andrew E Ong
MBBS, FRACGP, BA (Psychol), F.A.M.A.S, KT.G
A 16-year journey – some AIHM major milestones

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<td>AIHM was established in a doctor’s surgery with just seven students.</td>
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<td>1993</td>
<td>Accreditation of the Institute and its courses by the WA Department of Training through the Training and Accreditation Council of WA.</td>
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<td>1994</td>
<td>Set up the new campus on a beautiful two-and-a-half acre bush setting that is conducive to learning and teaching natural therapies.</td>
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<td>1995</td>
<td>Recognition of the Natural Medicine Diploma by three state universities for credit transfers.</td>
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<td>1997</td>
<td>Received approval from Department of Education Services to offer courses to overseas students.</td>
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<td>1999</td>
<td>Accreditation of the Graduate Diploma in Clinical Acupuncture course by the RACGP for continuing medical education credit points for general practitioners.</td>
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<td>2000</td>
<td>Winner of the Telstra Regional Small Business Award and the City of Melville-Cockburn Small Business Award.</td>
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<td>2002</td>
<td>AIHM became a Quality Endorsed Training Organisation through the Department of Training.</td>
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<td>2004</td>
<td>Major sponsor of Charlie’s Angel/Development of Browne’s Dairy support centre for cancer and leukaemia patients through the Foundation for Advanced Medical Research at Sir Charles Gairdner hospital.</td>
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<td>2005</td>
<td>Established a residential health retreat where students get opportunities to practise the natural therapies they have learned in a residential retreat environment.</td>
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<td>2007</td>
<td>International accreditation and affiliations established with the British Complementary Medicine Association American Association of Drugless Practitioners Association of Massage Therapists &amp; Holistic Practitioners (Canada).</td>
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Testimonials from AIHM students and graduates

Embarking on a new career in natural medicine for me at 45 years of age proved to be the most rewarding challenge of my life. I have not only been part of a growing college community at the Institute but also had the satisfaction of completing the Diploma of Natural Medicine in three years, which has enabled me to start a new career based on sound fact and knowledge as well as doing something I thoroughly love and believe in — what a wonderful way to commence the next chapter of my life!

Trudy Lyons

Well, the last three years have been a very exciting time for me personally and also for the Institute. I feel very privileged to have been a part of our college during past three years to watch it grow in student numbers as well as in facilities. The only thing that has been constant is the excellent education and lecturers.

Suellen Pens

I think my decision to study natural medicine was one of the best decisions I’ve made in my life. It has benefited my family, my friends, all the people around me and me. I completed my Diploma in Herbal Medicine and have established my practice and already I am receiving referrals from medical specialists so that we can work together in the best interest to get the best results for our clients.

Sharon De Pledge

I graduated with a Diploma in Natural Medicine and a Graduate Diploma in Clinical Acupuncture. I found my time at the Institute not only a time of professional development and learning but also of personal development and learning and a forging of great friendships and the forging of a whole new way of life for me.

Peter Harrod

My decision to study at the Australian Institute of Holistic Medicine was only made after careful consideration of every option available within Australia. Correspondence courses were quickly discounted, because regular classroom interaction is essential in this field of study. The Institute’s weekend course enabled me to undertake my studies on a full-time load basis, while maintaining a part-time job. I am pleased with the education provided and the lecturers were always very helpful and supportive. Studying the Diploma of Natural Medicine, Diploma of Herbal Medicine and Graduate Diploma of Clinical Acupuncture has given me a sound base from which to practise natural medicine. Since graduating in 1999 I have also completed a Bachelor of Health Science (Complementary Medicine). This would not have been possible without the great foundation that the Institute gave me over my three-and-a-half years of study.

Andrew Cathles, Thornlie Naturopathic Centre, WA
When I commenced my Diploma of Natural Medicine I had certain goals and ambitions. Since that time my personal circumstances have changed and I now study natural medicine for the enjoyment, rather than as an alternative vocation. Recently I have commenced using what I have learnt at AIHM to treat my colleagues for stress related conditions and indeed any other ailments they present with. Having gained my Diploma of Homoeopathy, I am pleased by the completion of another milestone towards my Bachelor of Naturopathy. It is these milestones that add up to a well grounded, useful and most importantly, enjoyable educational experience.


I chose this Institute as I had heard of its holistic approach to its staff, students and curriculum and I have certainly found this to be the case. I believe that natural therapies encompass a healthy way of life and the AIHM reinforces this belief.

Stephanie Back

The education that I have received from the Australian Institute of Holistic Medicine has provided me with an excellent grounding and knowledge of natural medicine. In addition I have obtained the confidence and appropriate ability to practise what I have learnt. The structure of the education and the learning environment combined with supportive lecturers, college staff and fellow students has ensured my experience at the Institute to be highly enjoyable and rewarding.

Tracey Traynor

Prior to coming to AIHM I studied at uni and I found the quality of lecturers and the course content is on a par with uni. One of the main differences being the interaction between lecturers and students – due to the relatively small class numbers at AIHM. There is more of a personal feel, almost like one-on-one tuition. I am grateful to the AIHM for creating a higher awareness and improving the credibility of naturopathy within the wider community and making natural medicine a more accepted form of treatment.

Frank Morellini

My time at the Australian Institute of Holistic Medicine (AIHM) has been life changing. Not only did I learn the skills to springboard myself into a career of natural medicine, I befriended some of the most inspiring individuals one could hope to meet. The teachers were very approachable and had vast amounts of knowledge to impart on the enthusiastic mind. My fellow students came from all corners of society, all working positively towards learning the holistic principles needed to enrich one’s life. The administration staff was excellent, always bending over backwards to provide the services required to become a successful naturopath. Enrolling at AIHM has been one of the best decisions I have made. I remember one lecturer saying “Knowledge is power” and I feel empowered by coming to the college. I look forward to continuing my association with AIHM and thoroughly recommend the college for anyone who is interested in field of natural medicine.

Barnaby Grubelich

Studying at the Institute was more than an education. In my time at the college I have been exposed to much more than I knew was available in health care. The elective units of study, the on-site clinic and the attitude of lecturers and staff has made studying at the Institute a pleasure that has put me on solid ground for my future career.

Dianne Dawkins

I decided to pursue a career in Natural Medicine and did this at the Australian Institute of Holistic Medicine. After finishing the courses in natural medicine and acupuncture I opened a practice in Fremantle which has gone very well.

Diana Oliver, Fremantle Natural Therapy Clinic

Through my studies I have learnt many, many things that have helped me to better my life and health. It is through the understanding of how we function as humans and what factors influence this functioning that we can begin to understand how illness manifests. The lecturers and the staff at AIHM are very supportive and will always try to assist where they can. Most of the lecturers are not only lecturers but professionals and experienced in their field. They have had their own life experiences and this enables them to be understanding and non-judgmental when dealing with students. My time at AIHM has certainly changed my life and the knowledge I have gained will help me to help others who are interested in a healthier, happier life.

Maria Page

I have just graduated as a naturopath and I am excited at the prospect of practising and putting into use the information I have accumulated over the past three years. When I started to study I knew so little about health and natural therapies. I know there is still so much more to learn, but at least I feel confident with starting my new career. I am really happy I chose the Australian Institute of Holistic Medicine to study. Throughout my studies I felt welcome, supported, encouraged and inspired by the lecturers, the clinic supervisors and the administration staff. I have also made lasting friendships which are very special to me. Lastly, with the native trees and large lawn, the campus is a beautiful place to study. I deeply recommend it.

Beatrice Descamps

I first decided to study natural medicine after emergency brain surgery to correct a burst aneurism in my brain. I enrolled in the bridging course at the Institute and haven’t looked back since. On starting studying here (at the Institute) I was actively encouraged to attend the student clinic and with the help of students and practitioners I have lost 23 kilos and although I have been a chronic asthmatic all my life, I haven’t had any symptoms for quite some time. Best of all, I haven’t had a headache for six months.

Kevin Fergusson

The learning environment at AIHM, the student clinic and associations with other colleges and universities have contributed significantly towards my education in natural therapies. I look forward to my continuing studies at AIHM and feel secure in the knowledge that I am receiving quality of education in this rapidly growing profession.”


I don’t think there would be a day that you don’t access the thinking that you learn during your training at the Institute of Holistic Medicine. So I would certainly commend the Australian Institute of Holistic Medicine to anyone who is interested in a career in natural medicine.

Tony Morrell, Natural Therapy Clinic, Victoria Park, WA
I am proud to be a graduate of the AIHM. My training has enabled me to successfully take up a career in naturopathy. My time as a student at the Institute was both challenging and rewarding, in an environment conducive to excellent achievement. Along the way I have made some good friends who are also professional colleagues. AIHM is a great place to study, offering a wide range of career opportunities to students.

**Madelaine Bishop, AIHM Graduate 1995, currently senior AIHM Clinic Supervisor and Lecturer**

I basically enrolled in the course at the AIHM with the intention of helping others but I realised that I would help myself and then through that I can help others. AIHM has given me a great learning experience. It is not an environment where you are hand-fed with everything, you have to do a lot of work yourself. I found the staff at the Institute very friendly and helpful. Now I have a great awareness about the body and mind and appreciate the humbleness of humanity. Over a period of time I have developed compassion and empathy towards mankind.

**Katie Angel**

The AIHM has provided me with very relaxing grounds and a friendly, warm environment for my studies. The lecturers were very accommodating and it has been a great and fulfilling journey for me. I am grateful for the opportunity given to me by the Institute. I feel certainly confident with my knowledge and have learnt more about myself, my people skills and have opened my eyes to so many different facets in life.

**Katherine Snejzana Tribbick**

I had two choices before I joined the AIHM. One was martial arts and the other was healing and I chose healing. The course offered by the AIHM greatly changed my life. I am grateful to you for giving me this opportunity, it has taught me not only subject matter but a different perspective on life. It was a very big journey. It was very challenging but I feel I have definitely changed on every level.

**Curis Alexander Simon-Menasse**

The study I did at the AIHM has definitely changed my life. I know I am surrounded by like-minded people who are health conscious. This is the best thing I have ever done, other than having my little girl. Personal touch, openness, bonds, growing together, support, beautiful and tranquil bush setting, the clinic and the supervisors are the best I have seen. I had a call before I commenced the course to live a more wholesome life and to help others to live that life and I am happy to say I feel I have achieved that and I know there is much more to achieve.

**Deni-Sue Huxtable**

My purpose for doing a natural medicine course at the AIHM was not for a new career, but to improve my health and help my family. I am glad to say that I have achieved my goal. I am now sharing knowledge that I have gained from the Institute. I see AIHM is a peaceful and passionate place to learn. Even though it was a challenge for me, learning at the AIHM became easy because of the friendliness of the staff and the beautiful environment it creates.

**Janine Rova**

I found the staff at the AIHM very friendly and approachable, they are very open and easy to deal with. It was very different experience for me, particularly coming from a university background. I definitely recommend the Institute to any prospective students.

**Julia Dean**

It has been an amazing journey for me, I feel a different person. I didn’t realise how difficult it would be but it was a great course. I am now a much happier and confident person. I made amazing friends at the Institute and I am healthier and calmer today. I can confidently say I have achieved my goals, more than I expected. My learning experience at the Institute has been wonderful and transformative with sound knowledge.

**Katie Hickey**

The course I have done at the AIHM has given me enough knowledge and practical experience to practise in my chosen career as a natural therapist. I have made very good friends during my training and it was a great personal growth. I remember the college as a friendly and supportive environment.

**Shelly Karlsen**

I am happy with my decision to learn natural therapies at the AIHM. I must say it is not the outcome I expected. At AIHM not only did I get the learning outcomes but it has been a huge journey of growth for me personally. The courses at the AIHM have given me satisfaction, direction in my life and the knowledge and confidence. I came to the AIHM after studying at another natural therapy college and I felt that, despite the continuous growth that has taken place at the Institute, the intimate relationship it offers for the students remains as a big family.

**Edwina Maslen**

After completing two years of uni studies I decided to have a break from studying to become a mother. Seventeen years later I made a promise with myself to resume my studies and achieve my goals. In 2003 I enrolled at AIHM and commenced my Advanced Diploma of Naturopathy. A year later I joined the AIHM and decided to also complete the acupuncture course. Although the journey seemed challenging and long, the benefits were highly rewarding. Without the support of the staff at the college, I wouldn’t have achieved my goals. They were kind, supportive and inspiring.

**Ferial Majrouh**

I thought of AIHM as a large family and its setting is beautiful. The college incorporated everything that we learn. The staff members are awesome.

**Nicky Bridge**

I love the ambience of the Institute. I like that the staff are approachable and amenable to my needs. I really like the fellowship of others who share similar philosophies that made my study experience a pleasurable one.

**Kerry Deakin**

It has been a really challenging and hard working experience, but it is a very rewarding experience and I am very glad that I did it.

**Andrea Godson**

I did the homoeopathy course at the Institute for personal growth and self empowerment so that I can help others. I am extremely happy with the accomplishment of my goal. The experience at the institute was wonderful, with great teachers who are very helpful. Because I was so happy with the Institute I encouraged my daughter to enrol in a course too. I like the atmosphere, which is academic without being stuffy. Opportunities were given to provide feedback all the time.

**Nola Criddle**

I enjoyed every minute spent at the AIHM. My decision to do a natural medicine course was based on two factors. One being that medicine was one of my true passions. The option of studying medicine on a part-time basis was not offered and as a mother with small children I needed that. Natural medicine was my second choice. Secondly I had a number of personal health challenges and I was seeking answers for those. I am very happy I studied natural medicine and I found answers for my health challenges, which empowered me to help my family and my friends. I enjoyed everything at the Institute, I got every help I needed, the AIHM staff understood my needs and circumstances and provided all I needed. I felt like AIHM is like my own family. Commitment, dedication, honesty and integrity really inspired me to join the Institute. It has given me confidence, knowledge and skills that I need to help in my healing journey.

**Randa Majrouh**
General entry requirements

It is preferred that applicants to the Institute have a minimum of a Year 12 high school certificate, or the equivalent, or any higher educational or vocational qualification in health or the medical sciences for the Vocational Graduate Diploma in Clinical Acupuncture course. Knowledge of chemistry and human biology is a definite advantage and literacy skills are essential.

However applicants are not assessed on their academic qualifications alone. Preference will be given to applicants who are genuinely interested and committed to natural therapies and have a lifestyle free of drug, alcohol and food abuses. Some of the desired personal traits of suitable applicants include a willingness to practise naturopathic principles in their own life, a readiness to help others, kindness, compassion, empathy, respect for themselves and others and a willingness to take responsibility for their actions.

The Dean of Studies will make the final decision of acceptance of any applicant after an interview. In the process of evaluation the applicant’s previous learning and experience may also be considered and exemptions will be granted where appropriate.

Applicants who have not completed Year 12 with human biology and chemistry as subjects, or the equivalent, or do not have a strong chemistry and human biology background may be required to complete a bridging course before they enrol in their chosen course.

Bridging course

The bridging course is designed to provide prospective students with sufficient knowledge of core subjects such as anatomy/physiology and chemistry to ensure the best start for the successful completion of a course in natural medicine.

All prospective students are encouraged to attend a bridging course and it is highly recommended for those applicants who:

- Have not completed Year 12 education, or the equivalent.
- Have not studied chemistry and human biology in Year 12.
- Have not been involved with formal studies for more than five years.
- Wish to revise these areas prior to commencing their course.

Major areas covered in the course are an introduction to natural medicine, basic chemistry, introduction to anatomy & physiology, self esteem and motivation, stress management, assignment writing, study skills and examination techniques. Bridging courses are offered prior to each intake and are conducted over 30 hours. They are usually offered over two evenings per week for five weeks.

Recognition of prior learning (RPL)

Based on work experiences, studies undertaken in the same subject with another accredited institution and/or your own life experience may qualify you for RPL. If, after looking at the content of any of the units in your chosen course, you can show that you already possess the skills and knowledge required in that unit you can apply for RPL. You must be able to show all the required competencies. Applications must be made, following acceptance to the Institute, on the official RPL forms that are available from AHHM administration. The $50 initial processing fee that accompanies the application is not refundable. The total cost for application of RPL will vary from case to case depending on the time, complexity and amount of information to be evaluated. An estimate can be provided upon receipt of your application.

Flexible learning options

All our accredited courses are offered on full-time or part-time basis for Australian students. International students are limited to full time studies. The difference being only in the number of units you are enrolled in at any one time rather than how many days per week you attend the campus. Courses are offered during weekdays or weekends for full-time and part-time students and evening classes are also offered, but only on a part-time basis.

Weekday class option: Students can enrol in weekday classes as a full-time or part-time student (local students only), which means core academic units will usually be timetabled over two days, usually Tuesdays and Thursdays. Following completion of the second term a full-time student will have completed the requirements needed to attend the student clinic and start completing their practical supervised training. Clinic opening hours are outside the times when weekday academic classes are delivered and it will be necessary to attend campus for only four hours on a separate day or days to attend clinic. Various clinic shifts are available, including mornings, afternoons, evenings and weekends. **New intake for weekday classes is in May each year.

Weekend class option: Australian students can enrol in weekend classes as a full-time or part-time student which means core academic units will be timetabled on a Saturday. That means students may have less contact hours in some units and the independent learning component is higher than for weekday class students. Following completion of the second term a full-time student will have completed the requirements needed to attend the student clinic and start completing their practical supervised training. Clinic hours for weekend students will need to be completed outside those times when the weekend academic classes are delivered and it will be necessary to attend campus for only four hours on a separate day or days during the week to attend clinic. Various clinic shifts are available, including mornings, afternoons and evenings. **New intake for weekend classes is in January each year.

Online delivery option: Some units may be available online, but where there is a practical component students will be required to attend campus.

Many options

It is possible to change study options between weekends and weekdays and between full-time or part-time study (local students only) at the beginning of each term. Students complete an enrolment form at the beginning of each term and they can decide which classes to attend to suit their circumstances, making it possible to complete courses at your own pace.

By attending classes on weekends and weekdays it may be possible to fast track your studies and complete the courses in less than the prescribed time.

Many of the courses have the same core units and by electing to take a few specialised additional units it is possible to graduate with multiple qualifications.

*Overseas students should refer to the International Student section of this prospectus, because some restrictions apply.
Flexible fees, payment options and financial support

The Institute offers a competitive and very affordable fee structure for its courses. This provides a greater opportunity for more students to follow their passion and study courses in natural therapies to enter a career path as a health professional. Discounts are available to students who pay fees in full when they enrol.

Students are required to pay the full unit fee prior to the commencement of the unit. A special fortnightly payment plan can be arranged through administration for students who may have financial difficulty. Fee structures for courses are supplied upon request. Course fees do not ordinarily include cost of textbooks, audiotapes and other materials that may be required.

Because all advanced diploma and diploma courses are accredited, students enrolled in any of those courses are eligible to apply for Austudy or Abstudy assistance. As a private education provider the courses offered by the Institute cannot be claimed under the HECS. From 2008 Australian students may be eligible to apply for Fee Help. For details on Fee Help please contact the AIHM or check the Fee Help website at www.goingtouni.gov.au.

*Overseas students should refer to the International Student section of this prospectus, because some restrictions apply.

Scholarships

The AIHM awards a part scholarship each year that covers 50 per cent of the tuition fees for the course chosen by the applicant. All applications are welcome and the selection criteria to be addressed can be found on our website by following the link to scholarships.

The AIHM awards bursaries and clinical scholarships to students who demonstrate and apply the fundamentals of natural medicine and show a dedication and passion to their studies and chosen field of natural therapy. Those scholarships will not be based on academic performance alone and nominations may be accepted from lecturers, colleagues, students and Institute staff members.

Lifestyle on campus at AIHM

The tranquil setting of the campus provides a peaceful environment for effective application and to experience the fundamental aspects of natural medicine in everyday life.

Students are required to participate in tai chi, yoga and meditation prior to the commencement of lectures and to apply natural medicine treatments to any of their own health problems.

Residential health retreats

The Institute conducts regular residential health retreats for students and members of the general public. Procedures carried out at the retreats are based on ayurvedic principles.

Before attending retreats participants are required to have a consultation with a qualified ayurvedic practitioner, who will assess their individual needs at the retreats and design a follow-up program.

Procedures carried out at the retreats include dietary programs, detoxification (panchakarma), meditation, yoga and therapeutic ayurvedic massages based on individual constitution. For details call the Institute on 08 9417 3553.
International students
CRICOS provider number 01762E

All advanced diploma and diploma courses offered by the Australian Institute of Holistic Medicine are registered with the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS) and the Institute is able to accept international students.

Overseas applicants should be aware that some of the information provided in the rest of this AIHM Prospectus is relevant only to local students. If you need further information please contact the Institute by phone during working hours on 61 8 9417 3553 between 9am and 5pm Western Australian time, Monday to Friday or send an email to info@ahim.wa.edu.au or a fax to 61 8 9417 1881.

Detailed information regarding visa applications and regulations governing overseas students should be directed to the relevant immigration authorities and departments – please follow the links on our website from the international students menu. Information provided here is intended as a guide only.

About Perth, Western Australia

Perth is a major university city with five major universities and more than 70,000 university students. The capital of Western Australia, Perth has a population of more than 1,400,000, which makes up two-thirds of the population of the state.

The people of Perth enjoy a warm, sunny climate with an average rainfall of 880mm. On average there are 7.9 hours of sunshine daily, with daytime temperatures ranging from a maximum of 40 degrees in the summer months – December, January and February – down to 19 degrees in the winter months – June, July and August.

Perth is a multicultural society with people from many ethnic backgrounds including Chinese, Greek, Italian, Sri Lankan, Vietnamese and Indian, together with those of European decent.

Situated on the banks of the Swan River, Perth is well linked to the rest of the world via excellent communication and transport systems. Most major businesses and government offices are situated in the inner city, while most residents live in the suburbs and commute by car, train or bus to the city or to other suburbs for work.

The Institute’s campus is approximately 30 minutes south of Perth’s CBD and is accessible by public transport.
How to apply for overseas students
To apply for one of our courses, complete and return the
copy the following documents:

a. Two recent passport-size photographs.
b. A copy of your birth certificate or first few pages of
your passport containing your personal information.
c. Copies of your educational certificates.
d. Two character references obtained from a head of
school, teacher, police officer, medical practitioner or
your health professional, lawyer, responsible officer
of a recognised voluntary organisation, head of a
government or private establishment.
e. A non-refundable application fee of AU$100.00
bank draft, payable to: Australian Institute of Holistic
Medicine.

Once we receive your application form, supporting
documentation and application fee, we will contact you
for a phone interview. If you are successful at the interview,
you will be sent a Letter of Offer and a Letter of Acceptance
for you to sign and return, AIHM Rules and Regulations
document for you to sign and return, an invoice for the
first year’s course fees and details of the private overseas
student health cover premium. Overseas student health
cover is compulsory for all applicants.

Upon receipt of your signed Letter of Acceptance, your
signed Rules and Regulation document and payment of
the required course fees, your course fees will be placed
in a trust account. We will then electronically issue a
Confirmation of Enrolment to the appropriate authority
and a copy will be sent to you. You will then need to apply
for your student visa at your country’s Australian High
Commission Office.

Attendance and academic performance
for overseas students
Once an overseas student has been accepted into a course
they are required to maintain full time student status.
Attendance registers are maintained for each subject the
student is enrolled in and attendance recorded at each
lecture.

Students are required to attend a minimum of 20 hours
per week and maintain an above 80 per cent attendance
during the course.

Students will be contacted by administration where a
potential breach of visa conditions may occur, particularly
in the areas of attendance and academic performance.
If necessary a written warning may be issued. It may also
be required for the student to be counselled by the Dean
of Studies if no improvement is seen following the initial
contact. In the event of an absence due to illness/sickness
DIMIA regulations require you to provide a medical
certificate from a registered medical practitioner.
Information provided by the student may be made
available to Commonwealth and State agencies and the
Institute is required to advise the Commonwealth (DIMIA
and DEST) about enrolment changes and any breach of
visa conditions by the student.

English proficiency for overseas students
All courses at the AIHM are delivered in English and
students are required to have a high level of proficiency
in written and oral English. Students whose native or first
language is not English will need to provide the results of
a TOEFL or IELTS (or the equivalent) examination prior to
enrolment at AIHM. The minimum requirement is a TOEFL
score of 550 or an IELTS score of six. The final decision on
acceptance of any applicant will be based on an interview
with the Dean of Studies.

If, once the course has commenced, difficulties arise with
the level of English proficiency, the student is encouraged
to speak initially to the registrar, who can direct them for
external assistance. There are several educational facilities
in Perth offering intensive English language programs.

Fee refund policy for overseas students

- If a student is refused a visa, all course fees received will
  be refunded, less an administration fee of AU$150.00.
- If a student who has been granted a visa withdraws
  from the course more than 10 weeks prior to the
  commencement of the course, all course fees received
  will be refunded, minus an administration fee of
  AU$150.00.
- If a student who has been granted a visa withdraws
  from the course more than four weeks but less than 10
  weeks prior to the commencement of the course, the
  refund will be 70 per cent of the course fees received
  for the current term and a full refund of all course fees
  received for subsequent terms.
- If a student who has been granted a visa withdraws
  from the course within four weeks prior to the
  commencement of the course, the refund will be 40
  per cent of the course fees received for the current
  term and a full refund of all course fees received for
  subsequent terms. The Institute reserves the right to
  retain an administration fee of AU$150.
- If a student who has been granted a visa withdraws
  from a course within the first four weeks of
  commencement of that course the refund will be 30
  per cent of the course fees received for the current
  term and a full refund of all course fees received for
  subsequent terms. The Institute also reserves the right
  to retain an administration fee of AU$150.
- If a student who has been granted a visa withdraws
  from the course after the fourth teaching week they
  shall not be eligible for a refund under this refund
  policy, however please refer to the following section
  “Grounds for a Refund” for additional information.
- If the offer of a place is withdrawn, prior to
  commencement of the course, due to incorrect
  or incomplete information being provided by the
  applicant, the Institute will refund all of course fees
  received. The Institute also reserves the right to retain
  AU$600 of the course fee paid as an administration fee.
- If the offer of a place is withdrawn prior to
  commencement of the course, due to the course
  being withdrawn or no longer offered, the Institute
  will refund all of course fees received. The Institute
  reserves the right to retain AU$150 of the course fee as
  an administration fee.
- If the offer of a place is withdrawn following the
  commencement of the course, due to incorrect
  or incomplete information being provided by the
  student, the Institute will refund all course fees received.
  The Institute also reserves the right to retain
  AU$150 of the course fee as an administration fee.
- If the offer of a place is withdrawn at any time prior to
  commencement or during the course, due to a breach
  of international student visa conditions or Institute
  rules and regulations by the applicant, the Institute will
  retain all the course fees received for the current term
  together with 50 per cent of the course fees for the
  subsequent term. The remaining course fees received
  will be refunded in full.

Grounds for a refund for an overseas student

a) Inability to obtain a student visa.
b) Illness or disability.
c) Death of a close family member.

Refunds will be considered for students who are forced to
withdraw for reasons of a compassionate nature, or where
the reasons are deemed to be reasonable and genuine.

All requests for a refund should be directed in writing to
the Administrator of the Australian Institute of Holistic
Medicine.

This agreement does not remove the right to take further
action under Australia’s consumer protection laws.
Courses offered by AIHM

The Institute offers a wide range of courses in natural therapies and related fields. Some courses satisfy minimum entry requirements for Western Australian universities. Students are also entitled to advanced standing in various degree programs. More details are given with the individual course descriptions on the following pages. Some courses can be further advanced to a degree level with the completion of additional units through a partnership agreement with the Charles Sturt University, NSW. The Western Australian Training Accreditation Council accredits the courses listed here and students enrolling in those courses are eligible to apply for Austudy/Abstudy assistance.

Accredited Courses currently offered by the Australian Institute of Holistic Medicine

Advanced Diploma of Naturopathy HLT60507 Advanced Diploma of Ayurveda HLT60707
Advanced Diploma of Western Herbal Medicine HLT60107 Certificate IV in Ayurvedic Lifestyle Consultation HLT41207
Advanced Diploma of Nutritional Medicine HLT61007 Diploma of Remedial Massage HLT50307
Advanced Diploma of Homoeopathy HLT60607 Certificate IV in Massage HLT40307
Certificate IV in Training & Assessment TAA40104

The course descriptions and outlines are shown on the following pages together with full descriptions of each unit.

Bachelor of Health Science (Complementary Medicine) CSU/AIHM partnership program

Students enrolled in advanced diploma courses with the AIHM who wish to undertake concurrent studies with the Charles Sturt University must have completed a minimum of two years full-time study with the AIHM before they can enrol with CSU.

To be eligible for the award of Bachelor of Health Science (Complementary Medicine) from the Charles Sturt University it is necessary for students enrolled in an advanced diploma course with the AIHM to complete all the required AIHM units (exemption can be claimed for RES 220 – Research Methodology) together with one CSU core unit (BMS334 Evidence Based Practise & Complementary Medicine) and three CSU elective units.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>UNIT NUMBER</th>
<th>UNIT DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1, Semester 1</td>
<td>BMS203 BMS334</td>
<td>Pathophysiology 1 Evidence Based Practise &amp; Complementary Medicine</td>
</tr>
<tr>
<td>Year 1, Semester 2</td>
<td>BMS303</td>
<td>Pathophysiology 2 Restricted Elective</td>
</tr>
<tr>
<td>Year 2, Semester 1</td>
<td>NUT201</td>
<td>Food &amp; Health Restricted Elective</td>
</tr>
<tr>
<td>Year 2, Semester 2</td>
<td>[ ]</td>
<td>Restricted Elective</td>
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<td></td>
<td>[ ]</td>
<td>Restricted Elective</td>
</tr>
</tbody>
</table>

Restricted electives

Students will enrol in a number of restricted electives relevant to their complementary medicine modality.

<table>
<thead>
<tr>
<th>NRS235</th>
<th>RSC301</th>
<th>NRS325</th>
<th>BMS233</th>
<th>BMS323</th>
<th>BMS322</th>
<th>GER401</th>
<th>BMS208</th>
<th>BMS319</th>
<th>BMS406</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain Management</td>
<td>Asthma Management</td>
<td>Child Health Care &amp; Promotion</td>
<td>Nutritional Physiology</td>
<td>Microbiology and Infectious Immunology</td>
<td>Nutritional Biochemistry</td>
<td>Choices and Options in Later Life</td>
<td>Human Nutrition</td>
<td>Behavioural Neuroscience</td>
<td>Human Reproductive Biology</td>
</tr>
</tbody>
</table>

Students are not required to attend residential schools as part of the Bachelor of Health Science (Complementary Medicine).

Students can enrol in the Bachelor of Health Science (Complementary Medicine) with the CSU upon completion of their AIHM course. That will not allow for any exemptions from the AIHM units.

Students should contact the Charles Sturt University direct on 61 2 69334019 to discuss eligibility, course requirements and fee structure applicable for them to undertake this qualification.

The Bachelor of Health Science (Complementary Medicine) is a degree program administered and offered by the Charles Sturt University and all queries regarding CSU components should be referred direct to the university.
What are some of the natural therapies available to you?

Naturopathy
Naturopathy is based on the belief that the body has the ability to heal itself. Although the fundamentals of naturopathy were well known to human beings it was only established in the late 1890s by German physician Benedict Lust. The fundamentals of naturopathy include an appreciation of the body’s innate ability to heal itself given the right circumstances, treating the whole person, treating the cause of the problem, doing no harm, allowing the patients to take responsibility, allowing the practitioner to become the teacher, incorporating lifestyle changes and practising the belief that prevention is better than the cure.

Homoeopathy
Homoeopathy is based on a natural law called the Law of Similars. That means a disease can be treated with a substance which when given to a healthy person will elicit the same symptoms as the disease. The substances do not cause the disease, but trigger a response from the body, which can mimic the symptoms. That is opposite to western medicine approach. The principle is somewhat similar to vaccinations, where minute quantities of pathogens are used to trigger the body’s defence mechanisms. The Law of Similars was known by Hippocrates, the father of medicine, in 500BC and the principles were rediscovered and applied by the German physician Hahnemann. Homoeopathy treats the whole person, not only the physical aspects, but also the psychological or emotional aspects as well.

Herbal medicine
Herbal Medicine is considered to be the oldest medicine on our planet and is still used to promote healing and to maintain good health by more than 75 per cent of the world’s population. Unlike pharmaceutically synthesised drugs, herbalists use the whole plant, which has the synergistic effects of many ingredients that are found on the plant. The aim of herbal medicine is to restore the body’s ability to heal itself and maintain good health. Herbal or botanical products can be prepared as tinctures, capsules, liquid or solid extracts, tablets, lozenges, teas, decoctions, poultices, vapour treatments, compresses, bark products or local topical applications.

Nutritional medicine
What we eat and how we eat has an enormous impact on our health and well being. About 70 per cent of diseases leading to ill health and premature death are nutritionally oriented. Hippocrates, the father of medicine, said we should ‘consider food as medicine’. Nutritional medicine explores contemporary and traditional nutritional principles and practices that will lead to a healthy and vibrant life. While many nutritional practices focus on biochemical actions of nutrients, traditional nutritional medicine contemplates the quantum energetic aspects and food qualities that will suit individual constitutions.

Massage
Healing touch is one of the oldest and most instinctual and powerful methods of caring available for human beings. The fundamentals of massage include manual manipulation of soft tissues, deep tissue stimulation, stretching and exercises. The most common massages include effleurage (stroking), pettrisage (kneading), taportement (percussion). Massage has been used for physical well being and for emotional benefits.

Acupuncture
The primary concept of acupuncture is to maintain good health via the correction of imbalances of internal energy flow. To achieve that the acupuncturist introduces fine needles into specific points of the body. Modern science has established that the insertion of the needles elicits the production of various chemicals which in turn contribute to a healing process. Acupuncture points are mostly located along pathways of energy channels (energy qi), which are called meridians. Acupuncture is one of the most ancient arts of healing and is more than 5000 years old. Acupuncture is a widely accepted form of treatment by orthodox and non-orthodox health practitioners.

Ayurveda
This is an ancient traditional vedic system of medicine that is more than 5000 years old. The word ayurveda means the science of life. Ayurveda is considered to be a complete system of medicine, which focuses treatment and prevents illnesses by incorporating basic life principles. Ayurveda recognises that the human body is a combination of tridoshas – vata, pitta and kapha – which are also known as biological humours and each individual has tridoshas in unique combinations within them. Imbalances of tridoshas can lead to diseases. Some main treatment modalities of ayurveda include lifestyle changes like balanced diet, exercise, detoxification (panchakarma), herbal medicine, aromatherapy, massage, counselling, yoga and meditation.
Pastoral and counselling services, provided by suitably qualified and trained staff, are also available to students.

The Australian Institute of Holistic Medicine is a highly respected learning facility which is at the forefront of education and training in the field of natural medicine. Students come from all over the world to study with us and this brings a unique mix to the Institute.

The teaching staff at the Institute is made up of university professors, medical practitioners, leading natural therapists and other professional experts in their respective fields. All staff members are committed to providing an effective and friendly environment that is conducive to learning and understanding the fundamentals of natural therapies. Most of our lecturers possess appropriate training/assessment qualifications. Where that is not the case, they are under the direct supervision of a qualified trainer/assessor.

Facilities at AIHM

An extensive clinic is provided on campus to enable students to obtain clinical experience in their various modalities, putting into practice the knowledge they have gained in the classroom. Students are under the guidance of fully qualified practitioners. The clinic is open to members of the general public who, for a nominal fee, can receive natural therapy treatments. Bookings can be made by contacting 08 9417 3553.

We have developed a residential health retreat program, offering students and members of the general public the opportunity to immerse themselves in a weekend filled with natural therapies and the opportunity to learn a range of strategies to incorporate into their daily lives that will assist them in living a more balanced and healthy lifestyle.

Our library has a comprehensive range of books, journals and audiovisual materials on natural therapies and related science and business subjects to assist students in research and studies. There is also access to computers, with free Internet access provided. Our students can join the Murdoch University library for a nominal fee to further extend the resources available.

AIHM is a unique training institution

The Australian Institute of Holistic Medicine is a privately operated registered training organisation and we strive to achieve and maintain an extremely high level of education. We support and encourage all our students to embrace the fundamental principles of natural therapies and incorporate them into their lives. Individuals are encouraged to take responsibility for their health and well being rather than having total dependence on health care professionals. Students are required to participate in scheduled tai chi, yoga or meditation prior to the commencement of their classes in order to assist them in focusing for the day, as well as providing the opportunity to practise some of the fundamentals of natural therapies.

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Pastoral and counselling services, provided by suitably qualified and trained staff, are also available to students.

Why should you choose AIHM?

- Located in a tranquil, idyllic bush setting, conducive to learning and practising natural therapies.
- Highly qualified, dedicated and experienced lecturers and supervisors.
- University degree pathways.
- On-site clinical training provided by hands on practical clinical work experience.
- Government accredited and Austudy and Abstudy approved courses.
- You may be eligible to apply for Fee Help, so you don’t have to worry about studying and earning at the same time to pay for your studies.
- Courses recognised by major industry bodies and professional associations.
- Strong links with local, national and international universities.
- Flexible delivery modes, allowing you to study weekends, weekdays and/or evenings.
- You may be able to do some units via online/distance education, so you can have greater flexibility.
- Flexible and easy payment options. You can choose to pay fees in instalments or in full to receive greater discounts.
- Competitive fee structure.
- Directors of the Institute are medical practitioners, dedicated to the fundamentals and the practise of natural therapies.
- We accept only students who are totally dedicated, committed and serious about applying the fundamentals of natural therapies to their lives and who are willing to reap the rewards.
- Plenty of opportunity provided to practise natural therapies and skills learned.
- Scholarships for deserving students.
- Strong business records since being established more than 16 years ago.
- Winner of the Telstra Regional Small Business Award and Melville-Cockburn Small Business Award.
- Modern assessment methods, including providing online continuous assessments.
- Free Internet access and library facilities.
- Wide range of accredited courses available to choose from and specialise in.
- We offer free tuition. If you do not meet the required competency standard after attending all the scheduled lectures and seminars and completing all assessments, we will continue to teach you free of charge until you reach the required competency level.
- Friendly and caring staff, we are a transformational institution and we will assist you in your transformation during your training with us.
- We care about you. Here at the Institute of Holistic Medicine we take you very seriously and recognise the trust you place in us, with your investment of time and money. We will not betray your trust. We will assist you in every way possible to enable you to reach your goal.
- Totally committed to excellent, innovative training of quality natural therapists, who will practise what they preach.
Career guides

The following pages show recommended study paths for various careers. After looking at your chosen career path, please refer to the individual unit descriptions in later pages.

Naturopathy study path

Advanced Diploma of Naturopathy – HLT60507
ANP101, PHI102, NAT107, HER119, ANP201, CLI129, HER219, SWE109, ANP301, NAT207, HER319, HOM116, ANP401, HER419, BIO105, IRI111, MED110, HER519, PAT104, NAT307, MED210, HER619, PAT204, IRI211, NAT407, BHS106, MIC108, RET217, PHA112, MAN120, BHS206, RES220, SEM007 + 500 supervised clinical hours + 4 AIHM Elective units

4 Charles Sturt University units
(1 core unit + 3 electives)

CSU Bachelor of Health Science
(Complementary Medicine)
& Advanced Diploma of Naturopathy
HLT60507

NATUROPATH/NATURAL MEDICINE PRACTITIONER/ NATURAL THERAPIST/ NATUROPATHIC PRACTITIONER

Post Graduate Studies MSc, PhD

Herbal medicine study path

Advanced Diploma of Western Herbal Medicine – HLT60107
ANP101, PHI102, NAT107, HER119, ANP201, CLI129, HER219, ANP301, HER319, ANP401, HER419, BIO105, MED110, HER519, PAT104, NAT307, MED210, HER619, PAT204, NAT407, BHS106, MIC108, PHA112, MAN120, BHS206, RES220, SEM007 + 300 supervised clinical hours + 3 AIHM Elective units

4 Charles Sturt University units
(1 core unit + 3 electives)

CSU Bachelor of Health Science
(Complementary Medicine)
& Advanced Diploma of Western Herbal Medicine
HLT60107

WESTERN HERBAL MEDICINE PRACTITIONER/ HERBALIST/ BOTANICAL MEDICINE PRACTITIONER/ PHYTOTHERAPIST

Post Graduate Studies MSc, PhD
Nutritional medicine study path

**Advanced Diploma of Nutritional Medicine – HLT61007**

ANP101, PHI102, NAT107, ANP201, CLI129, HER219, NAT207, ANP301, NUT105, NAT207, HER319, ANP401, NUT205, HER419, IRI111, MED110, HER519, PAT104, NAT307, MED210, HER619, PAT204, NUT307, NAT407, BHS106, NUT407, MIC108, PTA112, MAN120, BHS206, NUT507, RES220, RET217, NUT607, SEM007 + 300 supervised clinical hours + 3 AIHM Elective units

**NUTRITIONAL THERAPIST/ NUTRITIONAL MEDICINE PRACTITIONER**

Post Graduate Studies MSc, PhD

**AYURVEDIC PRACTITIONER**

Post Graduate Studies MSc, PhD

Ayurveda study path

**Certificate IV in Ayurvedic Lifestyle Consultation – HLT41207**

ANP101, PHI102, NAT107, PAT104, CLI129, BHS106, BHS206, PTA112, MAN120, AYV130, AYV230, AYV330, AYV430, AYV630 + 150 supervised clinical training hours + 2 elective units

**AYURVEDIC LIFESTYLE CONSULTANT/ AYURVEDIC ASSISTANT**

Post Graduate Studies MSc, PhD

**Advanced Diploma of Ayurveda – HLT60707**

ANP101, PHI102, NAT107, AYV130, ANP201, CLI129, SWE109, AYV230, AYV330, ANP301, AYV430, AYV530, AYV630, ANP401, AYV730, BHS105, AYV830, AYV930, MED110, AYV1130, PAT104, AYV1230, MED210, AYV1330, PAT204, AYV1430, BHS106, MIC108, RET217, PTA112, MAN120, BHS206, AYV1530, RES220, SEM007 + 400 supervised clinical hours + 3 AIHM Elective units

**AYURVEDIC PRACTITIONER**

Post Graduate Studies MSc, PhD

**CSU Bachelor of Health Science (Complementary Medicine) & Advanced Diploma of Ayurveda HLT60707**
Massage study path

Certificate IV in Massage Therapy Practice – HLT40307
ANP101, SWE109, CLI129, DTM209, REF122, PAT104, POS309, BHS106, MAN120 + 100 supervised clinical hours + 2 AIHM Elective units

Diploma of Remedial Massage – HLT50307
ANP101, PSC509, PHI102, SWE109, CLI129, DTM209, REF122, PAT104, ACP809, POS309, TRI709, BHS106, MAN120, AMT609, SRR909. RES220 + 200 supervised clinical hours + 3 AIHM Elective units

REMEDIAL MASSAGE PRACTITIONER / REMEDIAL THERAPIST / REMEDIAL MASSAGE THERAPIST

Post Graduate Studies MSc, PhD

8 Charles Sturt University units
(4 core unit + 4 electives)

CSU Bachelor of Health Science (Complementary Medicine) & Diploma of Remedial Massage HLT50307

MASSAGE THERAPIST / MASSAGE THERAPY PRACTITIONER
Advanced Diploma of Naturopathy – HLT60507

This course has been designed to give students the required knowledge and skills to practise as naturopaths. Provision is available for specialisation in any chosen field of natural therapy and the course satisfies the minimum university entry requirements with advance standing status for selected degree programs and meets Australian national competency standards. Students are eligible to apply for Austudy/Abstudy assistance.

During this course students will learn the theory and practising skills in at least five major core areas of natural medicine – homeopathy, herbal medicine, nutrition, massage and iridology. The course also covers management skills. There is also a requirement to complete at least four elective units, which will give an introduction to other areas appropriate for natural medicine practitioners. A large selection of elective units is offered, with flower essences, acupuncture, meditation and ayurveda highly recommended to complement this course.

The Advanced Diploma of Naturopathy meets the requirements stipulated by the Australian Natural Therapists Association and other professional membership organisations that represent naturopaths. Advanced Diploma of Naturopathy holders are eligible to apply for membership of such organisations. Advanced diplomas can be upgraded to a Bachelor of Health Science degree by completing only four further units with the CSU. (See page 11)

Course objectives

- To provide the knowledge and competency to use natural methods of healing to prevent and manage disorders and diseases and to improve the quality of health.
- To provide a sound understanding of popular modalities of complementary healing methods widely practised both in Australia and around the world.
- To provide the skills and knowledge necessary to practise natural therapies on a scientific basis.
- To provide an opportunity to study and to specialise in a particular field of natural medicine.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide an alternative path to university studies.
- To meet the requirements of national competency training packages.
- To provide opportunities for self improvement and personal development.
- To provide the opportunity to live your passion.

Course structure

The Advanced Diploma of Naturopathy course is designed for completion within three years with full-time study. Part-time study may take up to six years (local students only). It is a requirement to complete a minimum of 500 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Members of the general public may attend the clinic for a nominal fee. Students are required to attend the clinic from the third term of their full-time studies.

Units required for the Advanced Diploma of Naturopathy

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<td>NAT407 Nutrition for specific needs</td>
<td>ANP401 Anatomy &amp; Physiology</td>
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<td>HERS519 Herbal Medicine Therapeutics</td>
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<td>HER201 Swedish Massage</td>
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Please refer to Centrelink regarding claiming Austudy/Abstudy benefits

All unit descriptions can be found on later pages of this prospectus.
Advanced Diploma of Nutritional Medicine – HLT61007

This course has been designed to give students the required knowledge and skills to practise as nutritional therapists. The course satisfies the minimum university entry requirements with advance standing status for selected degree programs and meets Australian national competency standards. Students are eligible to apply for Austudy/Abstudy assistance.

During this course students will learn modern and traditional nutritional theories and principles. Areas covered in this course include principles of foods groups, specific dietary requirements, management and prevention of health problems with nutritional intervention, biochemical pathways, food recipes, food as medicine and traditional nutritional principles mainly based on traditional Chinese medicine and ayurveda. This is in addition to other units covering areas of anatomy and physiology, medical science, pathology, biochemistry, behavioural science, microbiology and management skills. There is also a requirement to complete at least three elective units, which will give an introduction to other areas appropriate for nutritional therapists. A large selection of elective units is offered, with Kinesiology & Ayurvedic Nutrition I highly recommended to complement this course.

Advanced Diploma of Nutritional Medicine holders are eligible to apply for the membership of professional organisations that represent natural therapy practitioners, such as ANTA. Advanced diploma can be upgraded to a Bachelor of Health Science degree by completing only four further units with the CSU. (See page 11)

Course objectives

- To provide the knowledge and competency to use nutritional medicine principles to prevent and manage disorders and diseases and to improve the quality of health.
- To provide the skills and knowledge necessary to practise nutritional therapies.
- To provide an opportunity to study and to specialise in nutritional medicine.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide an alternative path to university studies.
- To meet the requirements of national competency training packages.
- To provide opportunities for self improvement and personal development.

To provide the opportunity to live your passion.

Course structure

The Advanced Diploma of Nutritional Medicine course is designed for completion within three years with full time study. Part-time study may take up to six years (local students only). It is a requirement to complete a minimum of 300 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Members of the general public may attend the clinic for a nominal fee. Students are required to attend the clinic from the third term of their full-time studies.

Units required for the Advanced Diploma of Nutritional Medicine

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Please refer to Centrelink regarding claiming Austudy/Abstudy benefits

AIHM ELECTIVES

For the successful completion of this course it is required that you complete a minimum of three electives from the list below:

117 Flower Essences
118 Acupuncture
121 Kinesiology
122 Reflexology
123 Aromatherapy
125 Meditation
126 Yoga
127 Energy Healing & Tai Chi
130 Ayurveda
218 Acupuncture & Introduction to TCM
228 Intuition in Healing
330 Ayurvedic Nutrition I
709 Trigger Point Therapy
809 Principles of Acupressure
1009 Bowen Techniques
1030 Vedic Astrology

All unit descriptions can be found on later pages of this prospectus.
Advanced Diploma of Western Herbal Medicine – HLT60107

This course has been designed to give students the required knowledge and skills to practise as a western herbalist. The course satisfies the minimum university entry requirements with advance standing status for selected degree programs and meets Australian national competency standards. Students are eligible to apply for Austudy/Abstudy assistance. During this course students will learn the history and philosophy of herbal medicine, plant identification, nomenclature, pharmacognosy and pharmacology of herbs, materia medica, formulations, dosage, therapeutic applications and the actions uses of herbs on the various body systems. This is in addition to the other units covering areas of anatomy and physiology, nutrition, medical science, pathology, biochemistry, behavioural science, microbiology and management skills. There is also a requirement to complete at least three elective units, which will give an introduction to other areas appropriate for herbal medicine practitioners. A large selection of elective units is offered, with acupuncture, ayurveda and aromatherapy recommended to complement this course. The Advanced Diploma of Western Herbal Medicine meets the requirements stipulated by the National Herbalist Association of Australia. Advanced Diploma of Western Herbal Medicine holders are eligible to apply for the membership of professional herbalist organisations such as the NHAA. Advanced diplomas can be upgraded to a Bachelor of Health Science degree by completing only four further units with the CSU. (See page 11)

Course objectives

- To provide the knowledge and competency to use western herbal medicine to prevent and manage disorders and diseases and to improve the quality of health.
- To provide the skills and knowledge necessary to practise western herbal medicine on a scientific basis.
- To provide an opportunity to study and to specialise in western herbal medicine.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide an alternative path to university studies.
- To meet the requirements of national competency training packages.
- To provide opportunities for self improvement and personal development.
- To provide the opportunity to live your passion.

Course structure

The Advanced Diploma of Western Herbal Medicine course is designed for completion within three years with full time study. Part-time study may take up to six years (local students only). It is a requirement to complete a minimum of 300 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Members of the general public may attend the clinic for a nominal fee. Students are required to attend the clinic from the third term of their full-time studies

Units required for the Advanced Diploma of Western Herbal Medicine

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</table>

AIHM ELECTIVES

For the successful completion of this course it is required that you complete a minimum of three electives from the list below:

- 116 Homeopathy
- 117 Flower Essences
- 118 Acupuncture
- 121 Kinesiology
- 122 Reflexology
- 123 Aromatherapy
- 125 Meditation
- 126 Yoga
- 127 Energy Healing & Tai Chi
- 130 Ayurveda
- 218 Acupuncture & Introduction to TCM
- 228 Intuition in Healing
- 330 Ayurvedic Nutrition I
- 709 Trigger Point Therapy
- 809 Principles of Acupressure
- 1009 Bowen Techniques
- 1030 Vedic Astrology

All unit descriptions can be found on later pages of this prospectus.
Advanced Diploma of Homoeopathy – HLT60607

This course has been designed to give students the required knowledge and skills to practise as homoeopaths. The course satisfies the minimum university entry requirements with advanced standing status for selected degree programs and meets Australian national competency standards. Students are eligible to apply for Austudy/Abstudy assistance.

During this course students will learn the history and philosophies of homoeopathy, fundamental doctrines of homoeopathy, pharmacy, homoeopathic first aid, repertory, materia medica, tissue salts, case histories, prescribing, miasmatic remedies and case taking. This is in addition to other units covering areas of anatomy and physiology, nutrition, medical science, pathology, biochemistry, behavioural science, microbiology and management skills. There is also a requirement to complete at least three elective units, which will give an introduction to other areas appropriate for homoeopathic practitioners. A large selection of elective units is offered, with flower essences, kinesiology, meditation, yoga, energy healing, tai chi and intuition in healing highly recommended to complement this course.

Advanced Diploma of Homoeopathy holders are eligible to apply for the membership of professional organisations that represent homoeopathic practitioners, such as AHA. Advanced diplomas can be upgraded to a Bachelor of Health Science degree by completing only four further units with the CSU. (See page 11)

Course objectives

- To provide the knowledge and competency to use homoeopathic principles to prevent and manage disorders and diseases and to improve the quality of health.
- To provide the skills and knowledge necessary to practise homoeopathy.
- To provide an opportunity to study and to specialise in homoeopathy.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide an alternative path to university studies.
- To meet the requirements of national competency training packages.
- To provide opportunities for self improvement and personal development.
- To provide the opportunity to live your passion.

Course structure

The Advanced Diploma of Homoeopathy course is designed for completion within three years with full-time study. Part-time study may take up to six years (local students only). It is a requirement to complete a minimum of 300 hours of supervised clinical training.

Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Members of the general public may attend the clinic at a nominal fee for consultations. Students are required to attend the clinic from the third term of their full-time studies.

Units required for the Advanced Diploma of Homoeopathy

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<td>PAT104</td>
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<td>BHS206</td>
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<td>Pathology I</td>
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<td>NAT307</td>
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<tr>
<td>Clinical Nutrition I</td>
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Please refer to Centrelink regarding claiming Austudy/Abstudy benefits

AIHM ELECTIVES

For the successful completion of this course it is required that you complete a minimum of three electives from the list below:

- Flower Essences
- Acupuncture
- Kinesiology
- Reflexology
- Aromatherapy
- Meditation
- Yoga
- Energy Healing & Tai Chi
- Ayurveda
- Acupuncture & Introduction to TCM
- Intuition in Healing
- Ayurvedic Nutrition i
- Trigger Point Therapy
- Principles of Acupressure
- Bowen Techniques
- Vedic Astrology

All unit descriptions can be found on later pages of this prospectus.
Advanced Diploma of Ayurveda – HLT60707

This course has been designed to give students the required knowledge and skills to practise as an ayurvedic practitioner. The course satisfies the minimum university entry requirements with advance standing status for selected degree programs and meets Australian national competency standards. Students are eligible to apply for Austudy/Abstudy assistance.

During this course students will learn the theory and practical aspects of ayurveda including constitutions, doshas, detoxification (panchakarmas), ayurvedic herbs, ayurvedic nutrition, ayurvedic massage, counselling, yoga and meditation. This is in addition to covering areas of anatomy and physiology, medical science, pathology, biochemistry, behavioural science, microbiology and management skills. There is also a requirement to complete at least three elective units, which will give an introduction to other areas appropriate for Ayurvedic practitioners.

A large selection of elective units is offered, with acupuncture, meditation, yoga and vedic astrology highly recommended to complement this course.

Advanced Diploma of Ayurveda holders are eligible to apply for the membership of professional organisations that represent ayurvedic practitioners. Advanced diplomas can be upgraded to a Bachelor of Health Science degree by completing only four further units with the CSU.

(See page 11)

Course objectives

- To provide the knowledge and competency to use ayurveda to prevent and manage disorders and diseases and to improve the quality of health.
- To provide the skills and knowledge necessary to practise ayurveda.
- To provide an opportunity to study and to specialise in ayurvedic Therapies and treatments.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide an alternative path to University studies.
- To meet the requirements of national competency training packages.
- To provide opportunities for self improvement and personal development.
- To provide the opportunity to live your passion.

Course structure

The Advanced Diploma of Ayurveda course is designed for completion within three years with full-time study. Part-time study may take up to six years (local students only). It is a requirement to complete a minimum of 400 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Members of the general public may attend the clinic for a nominal fee.

Units required for the Advanced Diploma of Ayurveda

**TERM 1**

- *ANP101 Anatomy & Physiology
- *PHI102 Naturopathic Philosophy
- *NAT107 Foundations of Nutrition
- *AYV130 History & Philosophies of Ayurveda

**TERM 2**

- ANP201 Anatomy & Physiology
- *CLI129 Clinical Procedures & First Aid
- SWE109 Swedish Massage
- *AYV230 Principles of Ayurveda
- *AYV330 Ayurvedic Nutrition 1

**TERM 3**

- ANP301 Anatomy & Physiology
- *AYV430 Ayurvedic Nutrition II
- AYV530 Body Systems & Pregnancy in Ayurveda
- *AYV630 Intro to Ayurvedic Tactile Therapies

**TERM 4**

- ANP401 Anatomy & Physiology
- AYV730 Ayurvedic Tactile Therapies
- BIO105 Biochemistry
- AYV830 Ayurvedic Herbal Medicine
- AYV930 Ayurvedic Perspective of Disease

Please refer to Centrelink regarding claiming Austudy/Abstudy benefits

*Indicates units required to complete Certificate IV in Ayurvedic Lifestyle Consultation

**TERM 5**

- MED110 Medical Science I
- AYV1130 Manufacturing Ayurvedic Remedies
- *PAT104 Pathology I
- AYV1230 Panchakarmas Clinical Practice

**TERM 6**

- MED210 Medical Science
- AYV1330 Ayurvedic Therapies & Chakras
- PAT204 Pathology II Clinical Practice

**TERM 7**

- AYV1430 Ayurvedic Medical Science & Treatments I
- *BHS106 Behavioural Science
- MIC108 Microbiology
- RET217 Health Retreat Clinical Practice

**TERM 8**

- *PHA112 Pharmacology
- *MAN120 Practice Management & Ethics
- *BHS206 Behavioural Science
- AYV1530 Ayurvedic Medical Science & Treatments II Clinical Practice

**TERM 9**

- RES220 Research Methodology
- SEM007 Seminar Series Clinical Practice

All unit descriptions can be found on later pages of this prospectus

**AIHM ELECTIVES**

For the successful completion of this course it is required that you complete a minimum of three electives from the list below:

- 117 Flower Essences
- 118 Acupuncture
- 121 Kinesiology
- 122 Reflexology
- 123 Aromatherapy
- 125 Meditation
- 126 Yoga
- 127 Energy Healing & Tai Chi
- 218 Acupuncture & Introduction to TCM
- 228 Intuition in Healing
- 709 Trigger Point Therapy
- 809 Principles of Acupressure
- 1009 Bowen Techniques
- 1030 Vedic Astrology
**Certificate IV in Ayurvedic Lifestyle Consultation – HLT41207**

This course is offered on a part-time basis (local students only) and it provides students with the required knowledge and skills to practise as an ayurvedic lifestyle consultant or ayurvedic assistant. Students are required to complete 150 hours of supervised training at the Institute’s clinic.

Certificate IV in Ayurvedic Lifestyle Consultation is recommended for primary health practitioners who would like to apply ayurvedic lifestyle principles and philosophies in their existing practices, anyone who would like to learn ayurveda for their personal benefit, or for those people who may wish to pursue a career in this field by continuing to complete the Advanced Diploma of Ayurveda. As this course is only offered part-time, students may qualify for the Pensioner Education Scheme, but may not qualify for Austudy/Abstudy or Youth Allowance. Please contact Centrelink directly for more information.

**Units required for the Certificate IV in Ayurvedic Lifestyle Consultation**

Units listed on previous page noted with an * + two elective subjects

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**Diploma of Remedial Massage – HLT50307**

This course has been designed to give students the required knowledge and skills to practise as remedial massage therapists. It covers the major subject areas of Swedish massage, deep tissue massage, postural massage techniques, principles of self care in massage, trigger point therapy and massage for joints, reflexology, principles of acupressure and sports recreation and rehabilitation massage techniques.

These specialised massage units are in addition to the core units of anatomy and physiology, naturopathic philosophy, behavioural science, pathology, first aid and management skills. There is also a requirement to complete at least three elective units, which will give an introduction to other areas appropriate for massage therapists. A large selection of elective units is offered, with kinesiology, Bowen therapy, flower essences and aromatherapy highly recommended to complement this course.

Diploma of Remedial Massage holders are eligible to apply for memberships of professional organisations that represent massage therapists, such as the Association of Remedial Masseurs. This course also meets the Australian National Competency Standards and students are eligible to apply for Austudy/Abstudy assistance.

This diploma can be upgraded to a Bachelor of Health Science degree by completing only eight further units (four core and four elective units) with the Charles Sturt University. (Please refer to page 11 for more information)

**Course objectives**

- To provide the knowledge and competency to use remedial massage.
- To provide the skills and knowledge necessary to practise as a remedial massage therapist.
- To provide an opportunity to study and to specialise in tactile therapies and treatments.
- To instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- To provide opportunities for self improvement and personal development.
- To provide the opportunity to live your passion.

**Course structure**

The Diploma of Remedial Massage course is designed for delivery over 1.5 years full-time or up to three years part-time (local students only). In addition to learning the fundamentals, a minimum of 200 hours of supervised clinical training are required to be completed at the student’s clinic on campus to be eligible for the diploma. Students are required to maintain a logbook during the course of their clinical training.

**Units required for the Diploma of Remedial Massage**

All the units listed below plus three elective subjects

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>TERM 2</th>
<th>TERM 3</th>
<th>TERM 4</th>
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</thead>
<tbody>
<tr>
<td>*ANP101 Anatomy &amp; Physiology</td>
<td>*DTM209 Deep Tissue Massage</td>
<td>*POS309 Postural Massage Techniques</td>
<td>AMT609 Advanced Massage Techniques</td>
</tr>
<tr>
<td>PCS509 Principles of Self Care in Massage</td>
<td>*REF122 Reflexology</td>
<td>TRI709 Trigger Point Therapy</td>
<td>SRR909 Sports, Recreation &amp; Rehabilitation Massage</td>
</tr>
<tr>
<td>PHI102 Naturopathic Philosophy</td>
<td>*PAT104 Pathology I</td>
<td>*BHS106 Behavioural Science</td>
<td>RES220 Research Methodology</td>
</tr>
<tr>
<td>*SWE109 Swedish Massage</td>
<td>ACP809 Principles of Acupressure</td>
<td>*MAN120 Practice Management &amp; Ethics</td>
<td>Clinical Practice</td>
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<tr>
<td>*CLI129 Clinical Procedures &amp; First Aid</td>
<td>Clinical Practice</td>
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</table>

Please refer to Centrelink regarding claiming Austudy/Abstudy benefits

**Indicates units required to complete Certificate IV in Massage Therapy Practice**
Certificate IV in Massage Therapy Practice – HLT40307

This course is offered on a part-time basis only (local students only) and it provides students with the required knowledge and skills to practise massage in a clinical setting. Students are required to complete 100 hours of supervised training at the Institute’s clinic.

Certificate IV in Massage Therapy Practice is recommended for primary health practitioners who would like to apply massage techniques in their existing practices, anyone who would like to learn massage skills for their personal benefit, or for those people who may wish to pursue a career in this field. Certificate IV holders are eligible to apply for memberships of professional organisations that represent massage therapists, such as the Association of Remedial Masseurs. As this course is only offered part-time, students may qualify for the Pensioner Education Scheme, but may not qualify for Austudy/Abstudy or Youth Allowance. Please contact Centrelink for more information.

Units required for the Certificate IV in Massage Therapy Practice

Units listed on previous page noted with an * plus two elective subjects

Certificate IV in Training & Assessment – TAA40104

This course is offered as a complete training package, in the order of units published by the Australian National Training Authority. The course and the subsequent qualification is a requirement for anyone wishing to work in the vocational education and training sector as a trainer or assessor. The course will provide participants with the 12 core competencies required to deliver training in the industry area and conduct the assessments. This will be required to conduct competency based assessments in a range of contexts.

Upon completion of the course the learners will be competent in working in vocational education and training in Australia, fostering and promoting inclusive learning, ensuring a healthy and safe learning environment, using training packages to meet client needs, designing and developing learning programs, planning and organising group-based delivery, facilitate work-based and individual learning, plan and organise assessments, assess competence, develop assessment tools, participate in assessment validation.

Course structure

This course is offered on a part-time basis and uses contact and non-contact study methods.

Core Units required for the Certificate IV in Training & Assessment plus two elective units

<table>
<thead>
<tr>
<th>FIELD</th>
<th>UNIT CODE</th>
<th>UNIT TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Environment</td>
<td>TAAENV401A</td>
<td>Work effectively in vocational education and training.</td>
</tr>
<tr>
<td></td>
<td>TAAENV402A</td>
<td>Foster and promote an inclusive learning culture.</td>
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<tr>
<td></td>
<td>TAAENV403A</td>
<td>Ensure a healthy and safe learning environment.</td>
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<tr>
<td>Learning Design</td>
<td>TAADES401A</td>
<td>Use training packages to meet client’s needs.</td>
</tr>
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<td></td>
<td>TAADES402A</td>
<td>Design and develop learning programs.</td>
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<tr>
<td>Delivery and Facilitation</td>
<td>TAADEL401A</td>
<td>Plan and organise group-based delivery.</td>
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<td></td>
<td>TAADEL403A</td>
<td>Facilitate individual learning.</td>
</tr>
<tr>
<td></td>
<td>TAADEL404A</td>
<td>Facilitate work-based learning.</td>
</tr>
<tr>
<td>Assessment</td>
<td>TAAASS401A</td>
<td>Plan and organise assessment.</td>
</tr>
<tr>
<td></td>
<td>TAAASS402A</td>
<td>Assess competence.</td>
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<tr>
<td></td>
<td>TAAASS403A</td>
<td>Develop assessment tools.</td>
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<tr>
<td></td>
<td>TAAASS404A</td>
<td>Participate in assessment validation.</td>
</tr>
</tbody>
</table>

In addition to the core units two elective units need to be completed. They can be selected from the list of elective units below. Alternatively one of the two required elective units can be selected from the TAA50104 Diploma of Training & Assessment or from any other accredited Diploma or Certificate IV course, or from the AIHM electives listed on the following pages.
Suggested Electives for Certificate IV in Training and Assessment - TAA40104

<table>
<thead>
<tr>
<th>FIELD</th>
<th>UNIT CODE</th>
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<tbody>
<tr>
<td><strong>Delivery and Facilitation</strong></td>
<td>TAADEL301A</td>
<td>Provide training through instruction and demonstration of work skills.</td>
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<td>TAADEL402A</td>
<td>Facilitate group-based learning.</td>
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<td></td>
<td>TAADEL405A</td>
<td>Coordinate and facilitate distance-based learning.</td>
</tr>
<tr>
<td><strong>Learning Environment</strong></td>
<td>TAAENV404A</td>
<td>Develop innovative ideas at work.</td>
</tr>
<tr>
<td><strong>Training Advisory Services</strong></td>
<td>TAATAS401A</td>
<td>Maintain information requirements of training and/or assessment organisations.</td>
</tr>
<tr>
<td><strong>Language, Literacy and Numeracy Practice</strong></td>
<td>TAALLN401A</td>
<td>Address language, literacy and numeracy issues within learning and assessment practice.</td>
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<td></td>
<td>BSBMKG406A</td>
<td>Building client relationships.</td>
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<td></td>
<td>BSBCMN404A</td>
<td>Develop teams and individuals.</td>
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<tr>
<td></td>
<td>BSBCMN405A</td>
<td>Analyse and present research information.</td>
</tr>
<tr>
<td></td>
<td>BSBCMN409A</td>
<td>Promote products and services.</td>
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<tr>
<td></td>
<td>BSBAUD402A</td>
<td>Participate in quality audit.</td>
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</table>

**Imported units**

- BSBMKG406A Building client relationships.
- BSBCMN404A Develop teams and individuals.
- BSBCMN405A Analyse and present research information.
- BSBCMN409A Promote products and services.
- BSBAUD402A Participate in quality audit.

**Vocational Graduate Diploma in Clinical Acupuncture**

This course is available to people who are practising or qualified health professionals such as medical practitioners, dentists, chiropractors, physiotherapists, osteopaths, registered nurses, podiatrists, occupational therapists, pharmacists, accredited natural therapists and other qualified health professionals.

The course is offered over a 2.5-year period, with study undertaken on a part-time basis, usually in the evening once a week. The graduate diploma course comprises seven units (ACU118 – ACU718) of study, with students required to complete a total of 400 hours of supervised clinical training. Full unit descriptions are available by contacting the Australian Institute of Holistic Medicine.

Supervised clinical training is offered at the Institute’s student naturopathic clinic and also at the Institute’s dedicated TCM acupuncture clinic. Candidates are able to attend the naturopathic clinic to observe basic acupuncture consultations following completion of their first acupuncture unit (118) and start to take basic acupuncture consultations following completion of their second acupuncture unit (218). Once candidates have completed their third acupuncture unit (318) they are able to attend the dedicated TCM acupuncture clinic and commence their TCM acupuncture training. Supervised clinical training can also be arranged at the Open University of Complementary Medicine Clinic, Colombo, Sri Lanka or Nanjing University Teaching Hospitals, China.

Completion of the first two acupuncture units (118 & 218), together with the completion of 100 supervised clinical acupuncture hours, leads to the Certificate in Fundamentals of Clinical Acupuncture. Upon completion of the course the learners will be competent in working in vocational education and training in Australia, fostering and promoting inclusive learning, ensuring a healthy and safe learning environment, using training packages to meet client needs, designing and developing learning programs, planning and organising group-based delivery, facilitate work-based and individual learning, plan and organise assessments, assess competence, develop assessment tools, participate in assessment validation.

I found the standards of the Acupuncture Graduates at the Australian Institute of Holistic Medicine to be very high. They were such that I had to change the original course structure I had planned to deliver in Perth at the Institute's advanced intensive course.

*Professor Li Zhongren, Lecturer of the Nanjing University of TCM – June 2000*

**Natural medicine for general interest**

If you are interested in learning how your body functions, what happens in a particular disease process, how to apply natural therapies to maintain your health and how it works, but don't want to sit examinations or submit assignments, this course is for you.

You will sit in with other students and study at a professional level, with two major differences, firstly you are not assessed so don't have to complete assignments or assessments and secondly this will mean you will not receive any certificates at the end of your completed units, however your course fees are reduced accordingly.

This is an ideal opportunity to learn about natural medicine, get to know people and also improve your own health. Many people who start off in this course choose to enrol in the fully assessed courses once they get a feel for natural medicine and see how it can benefit them. Places on this course are very limited and are allocated strictly on a first come, first served basis, so be quick.
AIHM unit descriptions

Following are brief descriptions of the units offered at the Australian Institute of Holistic Medicine.

** Indicates that no pre-requisites are required for this unit and it can be completed at any time the unit is offered.

**ACU118 Acupuncture**

This unit provides the understanding and knowledge of acupuncture as a treatment system, which has been widely practised in China for more than 2500 years. Areas covered include philosophy, terminology, modern and traditional theories, points and channel location, needle insertion and therapeutic principles.

**ACU218 Acupuncture & Introduction to TCM**

This unit covers the knowledge and skills required to apply the principles and theories learnt in Acupuncture 118. It also covers the theory and practical techniques pertaining to the therapeutic stimulation of the body using moxa and cupping techniques. It includes an examination of the origins and development of the moxibustion theory and discussion of the mechanisms by which moxibustion works according to the traditional Chinese perspective, as well as theoretical basis for the use of cups. The focus of this area of study is on the theories of point selection and the theory and practical techniques for the safe, effective application of moxibustion and cupping. The unit also describes micro systems of acupuncture and non-needling methods of point stimulation.

**ACU318 Acupuncture**

Areas covered in this unit include the five elements theory and its applications in clinical practice, the theory of yin and yang, the physiology of internal organs and channels, vital substance, Qi, essence, body fluid, blood, TCM classic relevant to acupuncture and tui na massage.

**ACU418 Acupuncture**

This unit focuses on pulse and tongue diagnosis. This is integrated into the diagnosis of many common illnesses. Diagnostic procedures and differentiation of syndromes will be reinforced.

**ACU518 Acupuncture**

This unit focuses on the diagnosis, identification of disease pattern and treatment of various ailments. The unit includes selection of specific acupuncture points using TCM theory.

**ACU618 Acupuncture**

This unit focuses on gynaecological disorders. It includes diagnosis, differentiation of syndromes and treatment of various gynaecological disorders, including selection of acupuncture points and contra-indications.

**ACU718 Acupuncture**

This unit covers the theory and practice of Chinese medicine paediatrics. It includes the physiology of children including growth, development and care needs as well as the pathology of childhood disorders. It also includes paediatric diagnosis and TCM differentiation of the main paediatric disorders. For each paediatric disorder, the aetiology, differentiation of syndromes, appropriate treatment principles and strategies are examined. Treatments include Chinese herbal medicine, acupuncture/moxibustion, tui na, dietary management and nursing care.

This unit covers the theory and practice of TCM traumatology (shang ke). The structure of the skeleton, muscles and tendons and normal functioning angles of body joints are examined. It includes the aetiology, pathogenesis and differentiation of syndromes for common conditions. For each condition appropriate treatment principles and strategies using acupuncture, massage and exercise methods, lifestyle advice and dietary measures are included.

**ACU809 Principles of Acupressure**

Areas covered include principles of traditional Chinese medicine, acupuncture channels and points location and point selection appropriate to clinical conditions.

**AMT609 Advanced Massage Techniques**

Areas covered include myofascial release and counter strain techniques.

**ANP101 Anatomy & Physiology**

This is a core unit for all the courses offered and the areas covered include an introduction to the human body and its various systems. Other areas covered in more depth include cells, the skeletal system, joints, muscle systems and muscle tissues.

**ANP201 Anatomy & Physiology**

In this unit students will learn about tissues of the body, functions of the lymphatic and immunity systems as well as the digestive system, the integumentary system, the endocrine system and the cardiovascular system.

**ANP301 Anatomy & Physiology**

In this unit students will learn about the respiratory system, the reproductive system and the urinary system as well as learning more details on the heart, blood vessels and hemodynamics.
AYV130 History and Philosophies of Ayurveda**
This unit covers the meaning, origin, history and branches of ayurveda with detailed explanation of panchamahabhootas (five great elements) and tridoshas (vata, pitta and kapha). Knowledge of ayurvedic assessment techniques and philosophies including recognition of prakruthi (body constitutions), vikruthi (imbalance) in greater depth with practical work. Introduction to other topics including manasa gunas, jataragni, tastes, prana, tejas and ojas concepts, etc. together with a general description of doshic diet, with emphasis on how to apply to daily cooking. An introduction to daily and seasonal routine with emphasis on how to apply this knowledge in practical daily life is also addressed.

AYV230 Principles of Ayurveda
Areas covered in this unit include basic knowledge of five forms of vata, pitta and kapha; anatomy and physiology in ayurveda; recognition of atma; basic knowledge of ayurvedic counselling, psychology and spirituality; basic examination techniques of darshana (observation), prashna (questioning), sparshana (touch) and nadi vignana (pulse examination techniques of darshana (observation), prashna (questioning), sparshana (touch) and nadi vignana (pulse diagnosis).

AYV330 Ayurvedic Nutrition I
This unit covers areas such as the knowledge of role of nutrition in health; factors of diet and dietetics; knowledge of agni (digestion) and diet according to prakruthi and vikruthi; basic knowledge of process of digestion, absorption and metabolism; dietary factors includes rasa, guna, virya, vipaka, prabhava, etc of food and herbs; concept of the six tastes of ayurveda and its actions on body, food and mind; aattvic diet and the energetics of food and cultural restrictions on diet and nutritional supplementation.

AYV430 Ayurvedic Nutrition II
This unit includes basic knowledge of food classifications; composition, qualities and actions including vegetables, fruits, grains, nuts and seeds, oils, meat, lentils and legumes, dairy products, sweeteners, spices and herbs, dietary recommendations for the tridoshas, trigunas (relationship of mind and food), knowledge of types of diet including dual types, diet according to seasons, zonal diet, omnivore, vegetarian, vegan, etc, knowledge of ama, its causes, signs and symptoms, ayurvedic cooking recipes and practical demonstrations including culinary herbs and spices, ayurvedic herbal teas, churnas, etc, basic knowledge of disease specific dietary recommendations.

AYV530 Body systems & Pregnancy according to Ayurveda
Areas covered in this unit include detailed explanations of 16 srotas (with normal, increased and decreased functions, etc, natural urges of the body – suppressible, non-suppressible, upadhatu vijnana, ama explanation in ayurveda – sama and nirama conditions, brahmacharya (celibacy), garbhavakranthi (ante natal, post natal care of the pregnant woman and related topics) and taking care of the child.

AYV630 Introduction Ayurvedic Tactile Therapies
This unit includes practical and theoretical experiences and covers detailed explanation and practical sessions of abhyanga (ayurvedic massage); abhyanga techniques including strokes, effleurage, cross over, longitudinal, gliding, kneading, friction, compressive, passive movements, etc; abhyanga of different (individual) parts of the body (partial massage) including ayurvedic head massage, face massage, neck and shoulders massage, upper/lower limb massage, back massage, chest and abdomen massage; ailment specific massage techniques in specific areas of the body; full body massage relaxation technique (anti-stress); basic knowledge of reduction and tonification therapies; the selection of various ayurvedic massage oils and powders; shiro dhara therapy, ayurvedic sauna therapy, full body sauna and partial body steam techniques and knowledge of reactions and contra-indications to treatments and their management.

AYV730 Ayurvedic Tactile Therapies
This unit covers other varieties of abhyanga, marma massages, sarvanga dhara, ekanga dhara, pizhichil, pinda sweda, lepas, shiro, kati & uro bastis, udgharshana, padabhyanga, etc, netra basti (akshi tarpana), shiro pichu and different varieties of sudation therapies (avagaha sweda, jentaka sweda, kati sweda, etc).

AYV830 Ayurvedic Herbal Medicine
Includes ayurvedic pharmacology, identification and study of herbs (90+), their nomenclatures, properties, classifications, actions on doshas, systems, diseases, etc. Includes herb tasting and a herbal tour is conducted.

AYV930 Ayurvedic Perspective of Disease
This unit addresses the causes of disease, diagnosis of disease, according to different authors (five types, three types, etc), kriyakala (staging of disease) and examination of the individual and disease, threefold, eightfold and tenfold examinations.

AYV1130 Manufacturing Ayurvedic Remedies
This unit covers the manufacture of ayurvedic medicines, different forms of medicinal preparations in ayurveda like churnas, tailam, asavas, etc are covered. The principles of formulation, methods of preparation, dosage, benefits, drug toxicity etc of major medicines are also addressed. Students are required to attend the practical sessions and perform and learn the preparation of medicines.
AYV1230 Panchakarmas
This is a continuation of ayurvedic therapies. Panchakarma therapies, major organ detoxification procedures and detoxification therapies according to seasons are all discussed and addressed.

AYV1330 Ayurvedic Therapies & Chakras
Various other therapies related with the ayurvedic practice are covered in this unit, including marma therapy, gem therapies, colour, sound (including mantras) therapies. Introduction to vastu shastra and the knowledge of chakras is covered in detail.

AYV1430 Ayurvedic Medical Science & Treatments I
Areas covered in this unit include the principles of treatment, selection and contraindications of treatment; dosage, prognosis of the disease etc. are dealt in detail; aavruttha lakshanas, aggravated doshic movement in the body, doshas moving through dhatus, etc are explained, major diseases (pathology and treatment) of the srotas are looked into. For example annavaha srotas, anorexia, vomiting, diarrhoea/dysentery, digestive and abdominal disorders, jaundice, gallstones, dispesia, indigestion, gastroenteritis, colic, hyperacidity, gastritis, malabsorption, parasites, constipation, haemorrhoids, obesity, candida, ulcers, etc.

AYV1530 Ayurvedic Medical Science & Treatments II
Further studies of diseases including diseases of sense organs, psychiatry in ayurveda, immune system related disorders, for instance AIDS, etc. All diseases are dealt with in detail, with treatment and dietary advice.

BHS106 Behavioural Science**
This unit is an introduction to understanding human behaviour and the relationship between basic behavioural influences and ill health, both physiologically and psychologically. Nature, nurture and need factor influences are studied through a combination of theory and practical applications.

BHS206 Behavioural Science
This unit takes the fundamentals of human behaviour discussed in Unit BHS106 and moves the student’s knowledge and application skills to the next level by adding lateral thinking skills, non-verbal and verbal communication techniques, dealing with difficult behaviours, basic counselling skills and situational analysis procedures. As in Unit BHS106, this unit is taught experientially, with each lecture a combination of theory and application exercises.

BIO105 Biochemistry
Areas covered include the atomic structure of principal elements of the human body, the structure and function of protein, carbohydrates, lipid, nucleic acid, biochemistry of vitamins, oxidants and antioxidants and the process of metabolism.

CLI129 Clinical Procedures & First Aid
Areas covered in this unit include clinical procedures, client history taking, general examination, instrument handling, use of computer software associated with natural medicine, clinical products, naturopathic laboratory tests and results, consultation demonstrations and treatment protocols and occupational health and safety issues. This unit provides a training program to achieve the standard required for the nationally recognised Senior First Aid Certificate. Areas covered include cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, burns, poisons, bites, stings, eye and ear injuries.

DTM209 Deep Tissue Massage
By the completion of this unit the student will recognise muscle tension, perform active and passive stretching techniques and deep tissue massage. A logbook will be maintained to demonstrate a minimum of 30 hours of practical experience. In addition students will also complete a minimum of 50 hours of supervised massage in the clinic.

HER119 History, Philosophy & Botany of Herbal Medicine
The purpose of this unit is to provide participants with an introduction to the history and philosophies of herbal medicine, incorporating an introduction to herbal botany. Areas covered in this unit include the history and philosophies of Chinese, ayurvedic, Roman, Greek, native American and Aboriginal herbal medicine. Plant identification, taxonomy and nomenclature, learning how to communicate knowledge of herbal medicine principles and practice, an introduction to dispensing medicine and methods of application and outlining the legal issues pertaining to Australian herbalists are also covered.

HER219 & HER319 Herbal Medicine
These two units continue the study of herbal botany, incorporating the harvesting and drying of herbs. They are designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants and to give a better understanding of herbal medicine by teaching the actions, indications, contra-indications and differential materia medica. Areas covered include principles of phytotherapy, active constituents and chemistry of herbs, pharmacology and pharmacognosy of herbs, dispensing procedures and requirements, creating treatment strategies and an introduction to herb dosages, an in-depth study of 109 core herbs as recommended by the National Herbalists Association of Australia, taking a comprehensive assessment of the client, managing specialised herbal treatments and discussing contra-indications of herbs and herbal treatments.
HER419 Herbal Medicine Therapeutics I
This unit will provide the participant with the knowledge and skills to apply learnt theories in clinical practice and applications giving participants knowledge and skills to prescribe various herbs in disorders of the liver and gallbladder, urinary, respiratory, nervous, immune and digestive systems. Other areas covered include determining treatment strategies, treatment and management of disease, therapeutics, clinical practice and applications and drug interactions.

HER519 Herbal Medicine Therapeutics II
This unit will provide the participant with the knowledge and skills to apply learnt theories in clinical practice and applications, giving participants knowledge and skills to prescribe various herbs in disorders of the eyes, ears, nose and throat and the reproductive, lymphatic, cardiovascular, integumentary, musculoskeletal and endocrine systems. Other areas covered include treatment and management of disease, client assessment and record keeping, therapeutics and treatment strategies, clinical practice, taking case histories and identifying dietary needs.

HER619 Herbal Medicine Manufacturing
To provide instruction in the techniques and principles involved in the manufacture of herbal medicines. Assessment of commercial products, manufacture a wide range of preparations, preparing plants for medicinal use, methods of application, working out herbal formulations, growing and harvesting herbs, drying herbs and looking in more depth at Chinese and ayurvedic herbs.

HOM116 Homoeopathy
This is an introductory unit to homoeopathy. This course is divided into the study of the principles and philosophy of homoeopathy and clinical first aid application of homoeopathic materia medica. It is also an introduction to the materia medica of certain polycrests.

HOM216 Homoeopathy
Areas covered in this unit include materia medica, polycrests, homoeopharmaceutics, a basic introduction to homoeopathic pharmacy and good manufacturing practice will be covered, as well as clinical homoeopathy, case taking and repertory techniques.

HOM316 Homoeopathy
Areas covered in this unit include materia medica. Learn about commonly used remedies (key notes), principles and philosophy, to revise and build on the understanding of the theory of homoeopathy. Homoeopharmaceutics, to learn how to dispense and manufacture homoeopathic remedies.

HOM416 Homoeopathy
In this unit miasms will be studied in great detail, together with the nosode. Miasms are an integral part of homoeopathy and Dr S Hahnemann devoted many years studying and analysing miasms and disease processes. Commonly used remedies as well as the application of tissue salts, organotherapies, tautopathy and drainage remedies will be addressed.

HOM516 Homoeopathy
This unit covers an extensive element of clinical homoeopathy. Indicated remedies are discussed for various clinical conditions. The use of homoeopathy within paediatrics is explored and discussed. Commonly used remedies will be studied.

HOM616 Homoeopathy
This unit covers an extensive element of clinical homoeopathy. Indicated remedies are discussed for various clinical conditions. Homoeopathic scope of practise, practice management, legal and ethical issues as well as homoeopathic societies will be discussed as a preparation for a homoeopathic career. The research assignment will encourage critical analysis of research within homoeopathy and the necessary skills required to conduct research.

IRI111 Iridology
Iridology is the study of signs of the iris, which reflects the health of the body and its organs. Although the exact mechanism of iridology is not well established, it is believed that thousands of nerve fibres that connect organs to the brain convey and register their status on the iris as early as the development stage of an human embryo. This is one of the most popular diagnostic tools in naturopathy. The unit provides necessary knowledge to analyse genetic and functional weaknesses, fibre patterns, colour changes and abnormal marking in the iris.

IRI211 Iridology
Areas covered in this unit include body systems, study of signs, colours and pigments, contraction rings, the state of health and constitution, and the comparison of various methods of iris analysis such as Angeres and Jensen methods.

MAN120 Practice Management & Ethics
This unit is designed to develop knowledge of the relevant Act of Parliament and regulations in relation to the practise of natural medicine, professional indemnity and liability insurance, business computer packages, accounting and taxation requirements, advertising and promotion, business planning and other issues related to the establishment of your practice. Students will be required to complete their own business plan by the completion of this unit.
MED110 Medical Science
A comprehensive discussion is provided on medical history, analysis and identification of common symptoms and signs. This unit is presented on a problem-solving basis. Areas covered include case taking, general examination, physical signs, headaches, tiredness, loss of weight, insomnia, difficulty in breathing, abdominal pain, chest pain, back pain, oedema, vomiting and joint problems.

MED210 Medical Science
Areas covered in this unit include patient history taking in relation to gynaecological and obstetric problems, ENT problems and paediatric problems. Also included are aetiology, signs and symptoms, differential diagnosis of normal pregnancy, labour, pre-eclampsia toxaemia (PET), fibroids, breast cancer, hypertension, H-mole, endometriosis, abortion, ectopic pregnancy, menopause, antepartum haemorrhage, PPH, vaginal discharge, milestones and growth, immunisation, childhood asthma and allergies, congenital disorders, breast feeding and weaning, glaucoma, cataract and the prevention of some of the above disorders and conditions will also be discussed.

MIC108 Microbiology
Areas covered include bacteria, parasites and viruses and their distribution, characteristics and common disorders caused by bacteria, viruses and parasites along with favourable conditions for micro-organisms, controlling methods for growth of bacteria and viruses, indigenous micro-flora, communicable and contagious diseases and methods of disease transmission.

NAT107 Foundations of Nutrition
Areas covered include carbohydrates, lipids, protein, water soluble vitamins, lipid soluble vitamins and their sources, availability, interaction signs and symptoms of deficiency, toxicity, food allergies, exclusion diet and food and drug interaction.

NAT207 Naturopathic Nutrition
In this unit students will learn to manage complex health problems by using naturopathic principles, diet and nutrition in particular. Areas covered include acid/alkaline diet, vegetarian diet, Pritikien diet, specific foods and their contents, nutritional supplements and food exchange systems.

NAT307 Clinical Nutrition I
Students learn about problems associated with obesity and weight management, with a number of common health problems discussed, with management via nutritional intervention. Other areas covered include familiarisation with various nutritional formulas and supplements that are available for prescribing, knowledge of issues such as IV (parenteral) administration of vitamins and minerals and knowledge of chelation therapy.

NAT407 Nutrition for Specific Needs
Areas covered in this unit include food additives, micro organisms and food, ecology and diet, fast food, alcohol, coffee, food labelling and knowledge of dietary requirements for different cultural and religious groups. Nutritional requirements in paediatrics, geriatrics, infants, children, adolescents, peri and post menopausal women, lactating mothers and athletes will be discussed. Clients with mental health issues and palliative care needs will also be discussed.

NUT105 Biochemistry of Nutrition
This unit provides students with the knowledge and skills to use nutritional biochemistry in clinical application for the prevention and treatment of various disorders. Various bio clinical concepts, such as the role of biochemistry in nutritional assessment, cations and anions, clinical assessments of nutrient deficiencies and blockade, membrane channelopathies, understanding the role of minerals, endocrine disruptors, biochemical individuality and the cholesterol myth will be discussed.

NUT205 Biochemistry of Nutrition
This unit will provide further knowledge and understanding of the information given in NUT105. Specific conditions in relation to biochemical pathways will be discussed. These areas include clinical assessment of nutritional deficiencies, scientific research, immunology, toxicology, nervous system, endocrine system, mental illnesses, acid base balance, water and oxygen in human health and detoxification.

NUT207 Food as Medicine
This unit will provide understanding and knowledge about the therapeutic properties of whole foods and their relevance to health and well being. Properties of various foods based on a variety of natural medicine modalities, such as ayurveda and Chinese medicine will also be discussed.

NUT307 Nutritional Recipes
This unit covers the principles of nutrition and the culinary arts with menus and food technologies in the prevention and management of various disorders. The unit will discuss various cultivation methods and the impact of these methods on the nutrient’s availability in the plants. Various cooking methods will be discussed.
NUT407 Clinical Nutrition II
This unit will explore the management of health conditions by using various nutritional supplements. Students will advance the knowledge gained in NAT307 and further conditions will be introduced and discussed.

NUT507 Mineral Therapy
This unit covers various minerals and their use in the prevention and management of various pathological conditions. The lectures and presentations are based on celloids and combinations of various minerals will be discussed. Students are exposed to identifying various symptoms and signs based on mineral deficiencies.

NUT607 Integrated Nutritional Medicine
Students will be exposed to a number of "real" clinical situations where an integrated approach can be used in their management. The cases will be reviewed and total management based on holistic principles will be discussed.

PHA112 Pharmacology
Areas covered include terminology used in pharmacology, methods of administration, absorption, metabolism, excretion, formulations, drugs used in cardio-vascular problems, NSAID, opiates, anti microbial, hypoglycaemic agents, anti-depressants, hypnotics and anxiolitic drugs, poisoning and antidotes, sympathomimetics, antihistamines, anti-parkinsonians, drugs used with GI tract disorders, chemotherapy, preparation of ointments, creams and mixtures, WA Drug and Poison Act, labelling, writing and understanding prescriptions.

PHI102 Naturopathic Philosophy**
The history and philosophy of several areas of natural therapies are studied, including acupuncture, homoeopathy, herbal medicine, iridology, kinesiology, reflexology, massage, meditation, cleansing, ayurveda, mind body connection, tai chi, flower essences. Life purpose and fulfilment are explored.

POS309 Postural Massage Techniques
Areas covered include identifying an ideal posture and problems associated with posture, use of appropriate massage strokes for various postural conditions and stretching techniques.

PSC509 Principles of Self-care in Massage
Areas covered include basic Alexander technique as a strategy for self care for masseurs and the principles of trager, principles of human movement and biomechanics.

REF122 Reflexology**
Reflexology is a specific bodywork technique where stroking or applying pressure on one part of the body causes a relaxing effect on another part of the body therefore stimulating the natural healing process. Practitioners consult a map of the body on the soles of the feet and on the palms of the hands, then massage those areas to stimulate reflexes and automatic nervous impulses connected to specific areas of the body. Areas covered include history, philosophy, location of reflex points and performance of reflexology massage on clients.

RES220 Research Methodology
This unit includes research strategies, research techniques, communication of research findings with others, analysis of research data, presentation skills, statistical analysis and undertaking research projects.

RET217 Health Retreat
This unit provides the opportunity for students to apply the fundamentals of natural therapies they learn in themselves. Students are required to live in at a weekend retreat where they will use the retreat for their own healing and improvement as healers. That will include detoxification, vegetable and fruit juices, various cleansing programs, hydrotherapy, massages, meditation, yoga, tai chi, exercises and motivational and life purposes speeches.

SRR909 Sports, Recreation & Rehabilitation Massage
Areas covered in this unit include theory and practise of biomechanics, palpation for identification of muscles related to each joint, principles and applications of PNF techniques, principles and application of strain and counter-strain techniques and exercises for rehabilitation.
SWE109 Swedish Massage
This unit provides the knowledge required to perform a full body massage (soft tissue) using the correct strokes. Topics covered include history, physiological and emotional effects, indications and contraindications, appropriate behaviour for treating clients, suitable properties of various massage media, basic stokes of massage. A logbook is required to be maintained by students.

TRI709 Trigger Point Therapy and Massage for Joints
Trigger points are small, discrete, sensitive spots in a muscle, which exhibit marked tenderness and pain when stimulated with focal pressure. These points are believed to develop due to muscular imbalances from prolonged repetitive tasks. Application of pressure on these points releases the tension and relieves the pain and discomfort caused by these muscular imbalances. Areas also covered include ischaemic compression/myotherapy, stretch and spray technique, exercise programming, trigger point therapy in muscular and soft tissue injuries, whiplash, repetitive strain injuries, lower back pain, sporting injuries, headaches, migraine and sciatica.

AIHM Elective Unit Descriptions

117 Flower Essences**
This is a type of vibrational medicine, with the vibration power of the flowers being used to identify and treat physical and emotional problems. Areas covered include history, philosophy and principles of use of flowers or flower essences in the management of emotional and physical problems, properties of different colours of flowers and diagnostic methods.

121 Applied Kinesiology**
Applied kinesiology is a synthesis of orthodox western medical disciplines blended with the Chinese medical system. In the 1960s the discovery of the connection between muscle weakness and energy imbalance opened a new direction in treating musculo-skeletal problems. The realisation of this dynamic relationship between muscle weakness, energy imbalance and mental and emotional disturbances has led to the range of new modalities of applied kinesiology. Kinesiology can be applied as a tool in allergy testing, nutritional imbalance detection, learning difficulties, visual problems, chronic pain, stress and psychosomatic diseases. Muscle testing is used to uncover the deep-rooted causes of a large range of health problems. The remedial methods differ greatly. This unit offers an introductory course in muscle testing and corrections, which provides a solid practical and theoretical basis for further studies in applied kinesiology.

123 Aromatherapy**
Aromatherapy is a form of therapy by which aromatic essences are extracted from plants and administered by massage, in baths and through inhalation. It is believed that fragrances from aromas are received by the olfactory receptors connected with the limbic system, which regulates the sensory motor activities and changes the behavioural mechanisms of various organ functions. Areas covered include principles, philosophy, history, blending, storage and handling of commonly used oils and performing aromatherapy treatments.

125 Meditation**
Meditation is one of the world’s oldest relaxation techniques that can relax both the mind and the body. Many studies done around the world indicate the beneficial effects of meditation for many emotional and physical problems. There are many anecdotal stories where people have cured cancers using various meditation techniques. Meditation is one of the greatest tools that can also be used to manage stress, which is one of the most common causes of many health problems in modern society. Areas covered include history, philosophy, physiological effects and different types of meditation techniques. Students practise meditation as a routine at the Institute to experience the benefits for themselves.

126 Yoga**
Yoga focuses on a series of stretching and breathing exercises, meditation and moral philosophy to reach a state of peace and harmony. Yoga practices include various body movements and stretches, breathing exercises, diet and meditation disciplines to stimulate the mind, body and spirit. It has been observed that certain yoga positions have an important impact on human physiological aspects. Areas covered include philosophy, breathing exercises and basic yoga poses.

127 Energy Healing & Tai Chi**
Tai chi is a recreational fitness system of flowing movements designed to exercise and develop the body and mind in unison. The movements are performed at a slow ‘dream-like’ pace, with deep concentration and diaphragmatic breathing to transport a person into a state of tranquil relaxation. Tai chi is regarded as the highest health exercise regime ever developed and is the psychological and physio-therapeutical part of Chinese medicine. In traditional Chinese treatment procedures tai chi is commonly recommended for ailing and convalescing patients. Areas covered include history, philosophy and physiological effects of tai chi, tai chi movements, brocades and breathing. Students practise meditation as a routine at the Institute to experience the benefits for themselves.

128 Intuition in Healing**
This unit will give the student the necessary training to provide the tools and techniques that are required to apply this powerful technique. The unit offers a theoretical and practical expedition of the role of intuition in healing and participants will develop an appreciation of the profound contribution intuition can make to diagnosis and treatment stages of healing.

1009 Bowen Technique
Areas covered in this unit include the history and philosophy of the Bowen technique, basic relaxation moves, lower back procedure, upper back procedure, neck and shoulder procedure, knee procedure, knee exercises, detoxification considerations, working through clothing, kidney procedure, hamstring procedure, pelvic procedure, sacral procedure, respiratory procedure and carpal tunnel procedure. This unit is taught according to the curriculum of the Bowen Therapy Academy of Australia.

1030 Vedic Astrology**
During this unit you will learn the basics of vedic astrology and the link between ayurveda, the classical medical tradition of India, and vedic astrology. You will get the opportunity to study your own horoscope and the horoscopes of famous and prominent people will also be discussed. Once you have completed the unit you will be able to interpret a vedic horoscope in a simple way. You will learn the basics of vedic astrology and will also receive sufficient knowledge of vedic astrology to be able to use it to add to the richness of your life and the lives of those around you. This knowledge will also be useful in assisting in the analysis of the health, disease and conditions of clients and others in your life.
AIHM Code of Practice

- To provide an opportunity for all persons to make application to undertake educational courses and clinical training in the field of natural therapies.
- To provide a student natural therapies clinic to enable the on-campus completion by students of course requirements for supervised clinical training.
- To ensure maintenance of the highest professional standards in its training and assessment services to its students.
- To deploy in all areas of operation the highest ethical standards as a Registered Training Organisation (RTO).
- To employ qualified and suitably experienced teaching staff in accordance with Australian Quality Training Framework (AQTF) standards.
- To provide equality of opportunity and access to all persons in accordance with equity principles and without discrimination on the grounds of gender, race, ethnic origin, age, religion, sexual preference, disability, marital status or family status.
- To provide a Grievance and Appeals Policy and an Equity Policy based on the principles of equity and natural justice.
- To develop and maintain effective administrative, records management and financial management procedures.
- To identify, negotiate and implement appropriate learning and assessment strategies to meet the needs of all students.
- To issue Qualifications and Statements of Attainment in accordance with the Australian Qualifications Framework (AQF).
- To recognise, in accordance with mutual recognition obligations, the AQF Qualifications and Statements of Attainment issued by other RTOs.
- To ensure compliance with all relevant Commonwealth, State and Territory legislative and regulatory requirements, and to integrate statutory/ regulatory provisions into policies and procedures.

Method of award

Certificates will be awarded at a graduation ceremony held in June following the successful completion of each course and fulfilment of all other requirements as stipulated. The Bachelor of Health Science (Complementary Medicine) qualification is administered, assessed and awarded by the Charles Sturt University. Students are required to meet all academic requirements, including attendance and payment of fees to be eligible for graduation.

While the contents of this prospectus are correct at the time of printing, the Institute reserves the right to change any of the units to improve the quality of the course or to meet the requirements of any new training package that may be introduced.
AIHM rules and regulations

- Use of tobacco products, ingestion of alcohol and the taking of illegal drugs are not permitted on campus.
- Students must attend the campus for a minimum of 80 per cent of lecture contact hours, except as otherwise approved by the Dean of Studies where studies are offered by distance education method.
- Course fees are fully refundable where withdrawal occurs within three weeks of enrolment and three weeks prior to course commencement. Where withdrawal occurs after that period, fees may be credited on a pro-rata basis towards another course to be undertaken within the following 12-month period.
- The Institute reserves the right to make any changes or alternations to the subjects, terms or methods of awarding certificates, diplomas and other qualifications should the need to do so arise. Such changes will be effected with the best interests of students in mind.
- The Institute reserves the right to impose limitations or expel any student for unethical or improper conduct.
- It is compulsory for all students to participate in annual medicine Awareness Day and other health promotion activities.
- Student participation in meditation/yoga/tai chi sessions at the Institute, which have been introduced with the intention of assisting students to apply the fundamentals of natural medicine in their own lives, is compulsory.

AIHM policies

Refund policy

The application fee is non-refundable and non-transferable. The unit fees paid to AIHM are fully refundable if a student advises the AIHM, in writing, of their withdrawal from the units paid for within 3 weeks of enrolling and 3 weeks prior to the unit commencement date.

Students who withdraw outside this period will not have their fees refunded; however the unused portion of the fees paid will be calculated on a pro-rata basis and held in credit for a maximum of 12 months for use by the student towards any other unit they wish to enrol in. After 12 months any credit held by the AIHM will expire.

All refunds and credit calculations will only be done with effect from the date written notification of withdrawal was received by the AIHM.

Withdrawal policy

Students who wish to withdraw from a course or unit should send written notice of their intention to the registrar within two weeks of the commencement of the course or unit. Fees paid on a pro-rata basis will be credited to any future studies undertaken at AIHM during the following 12 months. No credit will be given after that period.

Equity policy

The Australian Institute of Holistic Medicine is committed to the principles of equity and natural justice. The Institute’s grievance policy incorporates the following steps:

- The complainant is to take up the matter with the person who is the subject of their grievance, with a view to resolution.
- If that action is unsuccessful, the complainant is to submit their complaint in writing to the Dean of Studies.
- The Dean of Studies will then hear from both parties before making a determination.
- If the complainant is still unhappy they can appeal the Dean’s decision by writing to the Grievance Appeals Committee.
- The Grievance Appeals Committee shall comprise the Dean of Studies, a member from the Student Council and a teaching staff member (to be agreed upon by both parties). The decision of the Grievance Appeals Committee is final. Where it is felt appropriate, complainants may be referred to external agencies for assistance, which includes the Department of Education Services Independent Conciliator for overseas students.

Privacy policy

The AIHM uses student’s personal information, which has been voluntarily provided to us, for the purposes of administration, Institute communications, statistics and other direct functions of the AIHM. The Institute does not sell or provide student information to any commercial or third party entities. However the Institute may be required to provide such information to Government agencies as required by law. This includes, but is not limited to, Centrelink, Department of Immigration, DEST or private health funds (in the case of overseas students).

Personal information will not be released to any other third party without written authorisation from the individual concerned.
<table>
<thead>
<tr>
<th>Name</th>
<th>Qualification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Sarath Jayawardana</td>
<td>D.MS, D.Ac, M.Ac.F(Cey), PhD, D.Sc, Grad Dip Ed, Dip. Nutrition, Cert IV Assessment &amp; Workplace Training, Dean of Studies, Director, Co Founder of AIHM, Visiting Professor OIUCM</td>
</tr>
<tr>
<td>Dr Avinash Shrivastava</td>
<td>PhD, Patron, Consultant Pain Management</td>
</tr>
<tr>
<td>Dr Peter Dingle</td>
<td>B.Ed(Science), B.EnvSc, PhD</td>
</tr>
<tr>
<td>Paul Alexander</td>
<td>N.D, Dip.Horn, D.Ac</td>
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<tr>
<td>Gian Wong</td>
<td>B.Sc, Grad Dip Clinical Acup, Dip Ed, Adv Cert Acup. (Aus/China), JP</td>
</tr>
<tr>
<td>Hai Yun Li</td>
<td>Masters (Physio), B.Med, Cert III in Comm. Services</td>
</tr>
<tr>
<td>Roopa Rao</td>
<td>B.A.M.S (India), Cert IV Assessment and Workplace Training</td>
</tr>
<tr>
<td>Louise Plant – Herbal Medicine course co-ordinator</td>
<td>B.Sc.(Naturopathy), Hon Dip BM, ND, RT, Cert Herb Hort., Accredited by NHAA, Cert IV Assessment &amp; Workplace Training, WA Chairperson for National Herbalists Association</td>
</tr>
<tr>
<td>Samantha Warner</td>
<td>Dip Applied Science (Naturopathy), Cert IV Massage, Cert IV Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Rachel Beadell</td>
<td>B.Sc (Hons), Post Grad.Cert.Edu (Science)</td>
</tr>
<tr>
<td>Monica Dunne – Homoeopathy course co-ordinator and Clinic supervisor</td>
<td>Masters Degree (Homoeopathy), Reiki Master</td>
</tr>
<tr>
<td>Adil Vakil</td>
<td>B.Sc, MSc, LGHM, Cert IV in Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Dr Andrew Ong</td>
<td>MBBS, FRACGP, BA (Psychol), PhD, F.A.M.A.S Director of Clinical Studies, Co founder of AIHM, Visiting Professor OIUCM</td>
</tr>
<tr>
<td>Kathleen Caulfield</td>
<td>Dip. Remedial Therapies, Dip Reflexology, Kinesiology Instructor Cert., Cert IV in Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Dr Kadambii Barnao</td>
<td>PhD</td>
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<tr>
<td>Dr Robert Buist</td>
<td>B.Sc, PhD</td>
</tr>
<tr>
<td>Dr Igor Tabrizian</td>
<td>MBBS</td>
</tr>
<tr>
<td>Yan Li</td>
<td>B.Med, M.Sc, Post Grad Dip (Health Science), Post Grad Dip (Primary Health Care)</td>
</tr>
<tr>
<td>Elspeth Taimre</td>
<td>B.Sc, N.D, Dip HM, Dip Ind, Cert. Reflexology, Cert IV Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Julie Berrisford</td>
<td>M.HSc (Human Nutrition), B.App Sc (Biology), Grad Dip Ed, Cert Natural Therapies</td>
</tr>
<tr>
<td>Leanne Casserly</td>
<td>BA (Curtin), Adv.Dip.Nat, Cert IV Assessment &amp; Workplace Training</td>
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<tr>
<td>Leona Lenyk</td>
<td>ND, M.Ed</td>
</tr>
<tr>
<td>Susanne Wilder</td>
<td>BSc(HomeEc), CFE (level 2), Cert IV Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Elena Clark</td>
<td>Dip Aromatherapy, Ass. Dip Health Science (Massage), Cert Massage, Cert IV in Assessment &amp; Workplace Training</td>
</tr>
<tr>
<td>Ann Marie Flatman – Massage clinic supervisor</td>
<td>Dip. Remedial Massage</td>
</tr>
</tbody>
</table>
Jill Harrison
Cert IV Assessment & Workplace Training, Cert. Swed. Mass,
Cert IV Health & Fitness, Dip. Reflex

Elena Cabrera
Member AUSTAT (Australian Society of Teachers of the
Alexander Technique)

Subhadro Luhn – Trager Technique

Madelaine Bishop - Senior AIHM Clinic Supervisor
Herbal Medicine, Natural Fertility Management Counsellor,
Cert IV Assessment & Workplace Training

Sharon De Pledge – Naturopathy clinic supervisor

Dr Veronica Miller
BSc, PhD

Natalie Elliott – Naturopathy clinic supervisor

Delys Edwards
BSc Microbiology & Pharmacology (UWA), Dip Ed (UWA),
Cert IV Assessment and Workplace Training

Stepanka Dumas – Naturopathy clinic supervisor
Adv.Dip.Nat, Cert IV in Massage

Manal Oz
B.Pharm

Paul Smalley – Naturopathic clinic supervisor

Damon Kendrick
Cert IV Assessment & Workplace Training, BSc(Med) (Hons),
Grad.Dip.Edu

Christopher Gray
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Business Management, Cert IV Fin.Services (Accounting),
Graduate Curtin University Small Business Growth Program

Lesley Pearn
MA Hons (Psychology), Cert. Education (Oxford, UK), Dip.
Flower Essences, Cert IV Assessment & Workplace Training

Kevin De Mamiel

Tina Gratton
Masters in Psychology (Counselling), Grad. Dip Psychology
(Organisational), B.Sc.(Psych)

Dr Bennie Smit
PhD, Grad Dip HM, Dip Acup

Shelly Hart
Dip in Flower essences, Cert IV Assessment & Workplace
Training

Joanne Lang
Dip.Aromatherapy, Dip.Massage, Cert IV in Assessment &
Workplace Training, Member IFA

Bavali Hill
B.Soc.Wk (UNSW), Cert IV Assessment & Workplace Training

Dr Theja Hetterachi
PhD, Life Member of the Indian Council of Astrological
Sciences (ICAS), Member of the Australian Council of Vedic
Astrology (ACVA), Member of the International Institute of
Predictive Astrology, (IIPA, USA), Member of the Planetary
Gemologists Association Global

Lynette Sellwood
Dip.Remedial Massage, Cert IV in Bowen Therapy, Cert IV in
Training & Workplace Assessment

Kim Ng – Senior Administration Secretary

Deborah Duffey – Registrar

Luckmalie Jayawardana – Clinic Manager
Structure of the Institute

AUSTRALIAN INSTITUTE OF HOLISTIC MEDICINE PTY LTD

Perth Acupuncture Supplies

Australian Institute of Holistic Medicine

Jandakot Natural Therapy Clinic/Centre for Natural Therapies

Board of Directors

Dean of Studies/Administrator

Director of Clinical Studies

Clinic Manager

Clinic Supervisors

Clinic Students/Clients

Senior Admin Secretary

Administration Staff

TAC/Dept EDU/Industry

Students

Higher Education Establishments

Lecturers/Supervisors

Registrar