Imagine becoming a Naturopath in just two years
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**HLT60512 Advanced Diploma of Naturopathy**

This nationally recognised course has been designed to give students the required knowledge and skills to practice as naturopathic practitioners.

During this course students will learn the theory and practical aspects of naturopathy including nutrition, herbal medicine, and iridology.

Students can choose either homoeopathy or massage stream as their elective units in addition to other core and specialised units offered in the course. In addition to specialised Naturopathy subjects, biomedical sciences, basic counselling and communication, workplace health and safety, practice management, professional practice and development in relation to the practice of Naturopathy will also be covered.

A large selection of short courses are offered and highly recommended to complement this course and to enhance the knowledge of other available natural therapy modalities.

Advanced Diploma of Naturopathy holders are eligible to apply for membership with professional organisations that represents naturopaths. Industry associations may require additional information for eligibility of membership.

Graduates can choose to enrol and gain credits towards a Bachelor of Health Sciences degree in Complementary Medicine offered through Charles Sturt University.

**Course Objectives**

- Gain knowledge, skills and competency to qualify as a naturopathic practitioner.
- Use naturopathy to prevent and manage diseases and to improve the quality of health.
- Study and specialise in naturopathic treatments.
- Instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- Provide an opportunity for an alternative path to further university studies.
- Provide opportunities for self-improvement and personal development.
- An ability to live your passion.

**Course Structure**

The Advanced Diploma of Naturopathy course is designed for completion within two years with fast tracked full-time study mode. Part-time study may take up to four years (Domestic students only). It is a requirement to complete a minimum of 450 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Other designated clinical schools across Australia may be accessed by domestic students only upon approval.

Subjects delivered by AIHM are mapped against nationally recognised units of competency from the Health Training Package and students may be required to complete more than one AIHM subject to gain a complete unit of competency. Most of the competencies are assessed in the work place/clinic.

**Why You Should Study Naturopathy at AIHM:**

- Our facilities are located in a natural, serene bushland environment close to Perth CBD.
- Qualify in two years (fast tracked) with a nationally recognised industry acknowledged qualification.
- VET FEE HELP approved courses (only for eligible domestic students) so that you don’t have to pay your tuition until you start earning.
- Competitive fee structure.
- You get to see real clients in our clinic as part of your training.
- Innovative and new learning methods adopted like many medical schools.
- Unlimited access to recorded lectures in many units.
- Full time, part time and weekend study options. (Part time and weekend options are only available for domestic students)
- Austudy / Abstudy assistance. (Only for domestic students)
- Highly qualified and experienced lecturers.
- Free ‘Wi-Fi’ on campus.
- Live online real time classes. (Only for domestic students)
- Longest established Natural Therapies college in WA.
- You get all the support you need until you get it right!

It is our passion to help you realise your dream
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AIHM ELECTIVES

For the successful completion of this course it is required that you complete a minimum of two electives from the following:

100 Environmental and Nutritional Toxicology
105 Biochemistry of Nutrition
116 Homoeopathy
117 Flower Essences
121 Kinesiology
122 Reflexology
123 Aromatherapy
125 Meditation
126 Yoga
127 Energy Healing & Tai Chi
130 Ayurvedic principles
228 Intuition in Healing
307 Nutritional Recipes
330 Ayurvedic Nutrition
630A Ayurvedic Tactile Therapy Part A
630B Ayurvedic Tactile Therapy Part B
809 Principles of Acupressure
1009 Bowen Techniques
1030 Vedic Astrology

HLT60512 Advanced Diploma of Naturopathy

NATUROPATH/NATURAL MEDICINE PRACTITIONER/NATURAL THERAPIST/NATUROPATHIC PRACTITIONER

Post Graduate Studies MSc, PhD

Receive credit points for Charles Stuart University Units towards BHSc..Complementary Medicine

CSU BACHELOR OF HEALTH SCIENCE(Complementary Medicine) & Advance Diploma of Naturopathy HLT60512
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**AIHM Subject Description for Advanced Diploma of Naturopathy**

**AIDN 114 Senior First Aid**
This unit provides a training program to achieve the standard required for the nationally recognised HLTFA311A Apply First Aid certificate. Areas covered include cardiopulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, bandaging, burns, poisons, bites, stings, eye and ear injuries.

**BHSN 106 Communication Skills**
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. Basic counselling knowledge and skills required for a therapist will also be covered.

**BHSN 206 Communication Skills**
This unit takes the fundamentals of human behaviour discussed in unit BHSN106 and upgrades 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, counselling skills and situational analysis procedures. As in unit BHSN106, this unit is taught experientially with each lecture being a combination of theory and application exercises.

**BION 101A Introduction to Biomedical Sciences Part A**
This is a core unit for all courses offered. It includes a broad overview of the anatomy and physiology of the skin and musculoskeletal systems. Foundations of pathological principles will be discussed. Cellular and tissue structure and function will also be discussed in detail. Micro-organisms and their importance in disease processes will be elaborated. Basic chemistry and structure and function of macromolecules will also be discussed. Students are expected to complete multiple-choice questions, short answer questions and assignments related to the various concepts covered in this unit.

**BION 101B Introduction to Biomedical Sciences Part B**
BION101A is a prerequisite for this unit. It includes a broad overview of the anatomy and physiology of the remaining body systems not covered in BION101A. Foundations of pharmacological principles, function of enzymes, metabolism and the importance of vitamins and antioxidants will be covered. In addition an introduction to basic research methods will be provided. Physical examination techniques will also be covered. Students are expected to complete multiple choice questions, short answer questions and assignments related to the various concepts covered in this unit plus a comprehensive assessment of the content covered in BION101A and BION101B will be conducted.

**BION 201 Biomedical Sciences**
BION 101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, pharmacology and biochemistry related to integumentary, skeletal and muscular systems. In addition research methods, patient history taking, physical examinations, and differential diagnostic procedures relevant to these systems will be covered. Students are expected to complete multiple choice questions, short answers and six(6) case studies for this unit.

**BION 301 Biomedical Sciences**
BION 101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, and pharmacology related to the cardiovascular and digestive systems. In addition, patient history taking, physical examinations, and differential diagnosis procedures relevant to these systems will be covered. Students are expected to complete multiple choice questions, short answers and six(6) case studies for this unit.
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BION 401 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology, and pharmacology related to reproductive and endocrine systems. In addition, patient history taking, physical examinations, and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple choice questions, short answers, assignments and six (6) case studies for this unit.

BION 501 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology, and pharmacology related to the respiratory, immune and lymphatic systems. In addition, patient history taking, physical examinations, and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple choice questions, short answers, assignments and six (6) case studies for this unit.

BION 601 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology, pharmacology related to urinary and nervous systems. In addition, patient history taking, physical examinations, and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple choice questions, short answers, assignments and six (6) case studies for this unit.

BION 701 Biomedical Sciences
BION101A, BION101B and BION601 are prerequisites for this unit. Students will learn pathology, pharmacology, microbiology and differential diagnosis relevant to the nervous system. In addition, students will explore the mind-body connection, environmental toxins and their impact on our health, and the impact of trauma (penetrating, blunt), common environmental emergencies, overdose, poisoning and surgical insults. Students are expected to complete six (6) case studies and two assignments on environmental toxins and the mind-body connection.

CLIN 129 Clinical Procedures
This unit covers clinical policies and procedures, instrument handling and results, consultation protocol and workplace health and safety issues. Infection control procedures are also covered.

CLINNAT 229, 329, 429, 529, 629, 729 and 829 Naturopathy Clinic
CLIN 129 is a prerequisite for all the clinic units. Training at our on site student clinic dealing with members of the public, case studies and clinical applications. An outline for each unit can be found in the clinic log book. Skill assessment of most of the units will occur in the clinic.

HERN 119 Introduction to Herbal Medicine
This unit provides participants with an introduction to the history and philosophies of herbal medicine, and 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 an outline of the legal issues pertaining to Australian Herbalists is also covered.

HERN 219 Herbal Medicine
HERN 119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the musculo-skeletal system and integumentary system. Formulation of herbal preparations and management of integumentary and musculoskeletal disorders will also be discussed.

HERN 319 Herbal Medicine
HERN 119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the cardiovascular system and gastro-intestinal system. Formulation of herbal preparations and management of cardiovascular and gastro-intestinal disorders will also be discussed.
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HERN 419 Herbal Medicine
HERN 119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contraindications will be covered in depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the reproductive system, urinary system and endocrine system. Formulation of herbal preparations and management of reproductive, urinary and endocrine disorders will also be discussed.

HERN 519 Herbal Medicine
HERN 119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contraindications will be covered in depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the reproductive system, urinary system and endocrine system. Formulation of herbal preparations and management of reproductive, urinary and endocrine disorders will also be discussed.

HERN 619 Herbal Medicine Manufacturing
HERN 119 is a prerequisite for this unit. This unit covers techniques involved in the manufacture of herbal medicines including a wide range of preparations such as tinctures, teas, decoctions, creams, ointments and capsules. In addition students will also learn the process of growing, harvesting and drying of herbs. How the various forms of preparing and administering herbs affects pharmacokinetics and pharmacodynamics of the medicine will be explored.

HLTHER 608C Provide Specialised Western Herbal Medicine Treatment
This unit of competency describes the skills and knowledge required to provide specialised western herbal medicine care for less common conditions/disease states in accordance with the age, gender and mental health needs of the client. This unit requires high level knowledge of herbal medicine and a wide range of health conditions.

HLTREM 401D Work Within a Massage Framework,
This unit of competency describes the skills and knowledge required to work effectively within a massage framework. History and development of massage, and massage principles will be discussed. Exposure to various massage techniques such as passive joint movement, petrissage, effleurage, kneading, friction, longitudinal stroking, lymphatic drainage etc will be provided.

HLTREM 406C Provide massage treatment
This unit of competency describes the skills and knowledge required to administer basic massage treatment according to the philosophy and practices of a massage therapy framework. Techniques such as passive joint movement, petrissage, effleurage, kneading, friction, longitudinal stroking etc. will be covered.

HOMN 116 Homoeopathy
This is an introductory unit to homoeopathy. This course is divided into the study of the principle 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. In addition some common use remedies in clinical practice will be explored.

IRIN 111 Iridology
Iridology is the study of the iris, which reflects the health of the body and its organs. Although the exact mechanism of iridology is not well established as yet, 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 a human embryo. This is one of the most popular diagnostic tools in naturopathy. The unit provides necessary knowledge to analyse genetic and functional weaknesses, the fibre patterns, colour changes and abnormal mark in the iris.

IRIN 211 Iridology
Areas covered in this unit include; body systems, rayid 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, Jensen and Miller methods.

MANN 120 Business Management and Ethics
This unit is designed to develop the knowledge of the Act of Parliament and Regulations in relation to the practice of natural medicine, professional indemnity liability insurance, accounting and taxation requirements, advertising and promotions, business planning and other issues related to the establishment of your own practice. Students will be required to complete their own business plan by the completion of this unit.
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NATN 107 Foundation of Nutrition
This unit covers basic concepts of nutrition and its role in maintaining health. Major areas covered include carbohydrates, lipids, protein, energy metabolism, vitamins and minerals and their influence on health and diseases. Concepts of nutritional biochemistry will also be discussed.

NATN 207 Naturopathic Nutrition
NATN107 is the prerequisite for this unit. This unit will explore the foundational principles of naturopathic nutrition, nutritional management of allergies and intolerances, phyto-nutrients, zoo-nutrients, antioxidants, “smart “ nutrients, nutritional influences on inflammation, nutritional influences on methylation, heavy metal toxicity, pesticides and other environmental food contaminants and organic and genetically modified food. In addition food labeling and advertising, convenience and take-away foods, caffeine and water will be discussed. Nutritional intervention in relation to the disorders of the integumentary and musculo-skeletal systems will also be discussed in detail.

NATN 307 Naturopathic Nutrition
NATN 107 is the prerequisite for this unit. This unit will explore the diverse diets from the foundations established by those that form part of cultural and religious influences in the community and numerous contemporary diets. In addition interactions of food, nutrients and drug, naturopathic concept of body pH and its effect on health, food combination, super foods, cleansing, healing crisis, food as medicine and germ theory will also be covered. Nutritional intervention for the disorders of cardiovascular and digestive systems will be discussed in detail.

NATN 407 Naturopathic Nutrition
NATN107 is the prerequisite for this unit. This unit will explore specific nutritional needs which include pregnancy and lactation, postnatal, childhood, and adolescence, sports, geriatrics, palliative care and cancer management. In addition nutritional intervention for the disorders of all the body systems that are not covered in NATN207 and NATN307 will also be discussed.

NUTN 507 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®. Combinations of various minerals will also be discussed. Students are asked to identify various symptoms and signs based on mineral deficiencies. In addition nutritional intervention for the disorders of urinary, reproductive and nervous systems will be discussed in detail.

PHIN 102 History and Philosophy of Natural Therapies
This unit introduces the philosophies of healing and their relevance to clinical practice. In addition the latest theories and direction in science and the interactions between the two paradigms will be studied. Students will explore and apply the fundamentals of natural therapies during the course of this unit.

PRDN 101 Professional Development
This unit will cover issues like personality development, learning styles, enhancement of performance at the workplace, goal setting, agency guidelines in relation to professional development and working effectively with co-workers. It will also highlight the importance of professional associations and building professional networks to be current on the trends and developments in the industry.

RESN 120 Project Literature Review
This unit will provide students with the skills and techniques of reviewing the current literature and critically analysing the data presented in peer reviewed journals relevant to their field of expertise.
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TO APPLY OR FOR MORE DETAILS

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