

AHU

AMERICANHOLISTICUNIVERSITY

2018 Student Handbook

www.americanholisticuniversity.com

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I. Foreword and Contact Information

Welcome to AHU, the ideal University for individuals who have a genuine passion for holistic health and wellbeing. At AHU, we understand that time is a scarce resource and therefore, have created a study environment that allows students to complete various degrees at their own pace, in their own spaces of comfort.

AHU's mission is to provide an affordable and easy to use online learning platform accessible to students all over the world, where they can further their education and earn a degree while keeping up with the demands of everyday life including work and family.

AHU is proudly accredited by the American Alternative Medical Association (AAMA). Students should be informed that effective January 1, 2018 AHU is under new ownership and management. The new governing body of AHU has decided to increase their accreditation standards to becoming fully accredited by the Distance Education Accrediting Commission (DEAC) and the American Psychological Association (APA). Students will have access to these accreditations upon approval. These further accreditations will ensure student success, a factor that is paramount to the vision of AHU faculty.

o **Contact Information and Faculty:**

Should students need direct contact with the school or any of its faculty a list of key contact details is provided below:

Toll free number: 877-245-6970

General Information: Infoaboutahu@gmail.com

CEO, Chad Neighbors: Chad@americanholisticuniversity.com

Director of Learning, Rima Zabian: Rima@americanholisticuniversity.com

Director of Human Resources/Student Affairs, Yvanna Fragoulis:

Yvanna@americanholisticuniversity.com

II. Admission Requirements

All individuals are welcome to enroll; AHU has a strong equal opportunity policy, meaning that we do not discriminate on the basis of age, sex, race, religion or disability. Each course has its own specific prerequisites, these are listed under their respective course requirements. Credits from other holistic institutions may be transferred upon approval from faculty. Official transcripts from

the institution must be attached with a direct outline of which courses you believe should be credited in an email to the Director of Learning.

III. Financial Information

Although AHU has a standard for tuition fees, we understand that each individual comes from a different financial background. Because of this, each student will be issued their own tuition invoice depending on the course and subjects undertaken. To request a fee estimation please follow the link and fill out the form: <https://americanholisticuniversity.com/fees/>

IV. Policies and Procedures

○ **Withdrawal Policy:**

Students are free to withdraw at any point and should do so by emailing the Director of Human Resources. Due to tuition fees at times being heavily discounted, program fees will not be refunded unless for extreme circumstances. Each case will be reviewed individually and an outcome will be given from the CEO.

○ **Telecommunications:**

American Holistic University (AHU) is a self-paced, distance education, online-based university structured to offer the convenience of distance learning. Students may opt to use their own personal email address for university correspondence purposes. Upon enrolment, students will be linked to the course management system (CMS) website in order to access courses, texts, study guides and assessments.

○ **Student Policies**

Student policies and procedures are outlined in the student handbook which is made available to students on the AHU website. All currently enrolled students with the university are subject to changes in policy, however exemptions regarding curriculum may apply to current students. Major policy changes will be posted annually in the respective handbook of that calendar year, while minor changes will be communicated with students as they occur. The current student handbook will remain available and up to date on the AHU website for convenience and environmental sustainability purposes.

○ **Course Registration**

All courses available to the student will be listed under the student's program of courses in a personal, secure student portal. Access to courses will require a student enrolment key (password), which is issued upon admission. Core courses at the top of the list are required to be

taken prior to electives. If a course disappears from the list, it indicates that it is no longer available.

- **Textbooks**

Texts and other study materials are not included in tuition fees, and, therefore, are required as separate purchases. Course materials and assessments are structured around course material, thus to be successful in a course, textbook purchase is necessary. As it stands AHU is in the process of developing their own e-commerce and e-library for students to access textbooks. Students will be notified when this becomes available and the handbook will be updated accordingly.

- **Examinations**

Examinations are taken and submitted through the AHU student portal website, where immediate grading will occur and appear within the student's private account. All exams require an 80% minimum to be considered a pass. This will indicate a grade of B or above. Where a student does not pass an exam at 80%, there will be a chance for a re-sit to be undertaken, where the higher of the two scores will be accepted.

- **Student Code of Ethics**

AHU prides itself on its integrity and high degree of moral standards. We want our students to succeed and will do anything in our power to see this through. However, forms of academic dishonesty are grounds for immediate expulsion. These include presenting another's work as your own, cheating on examinations and quizzes or plagiarizing the work of others. Plagiarism occurs when an individual intentionally (or unintentionally) uses the work, words or ideas of others without citing its original source. Where academic dishonesty is present, students will remain responsible to pay any tuition due to AHU and/ or its financing affiliates until paid in full. In addition, students failing to meet financial responsibilities to AHU or financing affiliates, may result in suspension until accounts are brought current.

- **Student Responsibilities**

Students are required to regularly check their emails for faculty correspondence, as well as keep updated on their student portal notifications. Students may also be required to check local governing laws in regards to the professional use of AHU degrees, credentials and the practice of various holistic arts and sciences.

○ Grievances

The University views all students, both within in U.S. and abroad as responsible and integral members of the academic community. AHU's policies and practices are intended to provide fair and balanced access to services to every student and faculty member. The AHU Governing Body will make every effort to ensure this philosophy is implemented and followed.

As an online learning environment, we encounter fewer issues from students and faculty than the traditional brick and mortar schools. However, complaints and misunderstandings are bound to arise from time to time. The purpose of the Student Grievance Policy is to ensure that these concerns and disagreements are heard, investigated, and resolved promptly in confidence.

Grievances Applicable

The Student Grievance Policy shall apply to student grievances relating to the following:

Student Programs, Facilities, and Services: Allegations of violations of University policies and procedures with respect to fair and balanced access to and use of programs, services, activities or tools.

Student Relations: Allegations of unfair treatment from faculty, administration, staff or fellow students including person to person, by phone, video, in writing or by another electronic platform.

Student Academics: Matters and claims related to assignments, coursework, grading, discipline, and academic standing.

Discrimination: Matters involving discrimination including race, religion, ethnicity, gender, age, sexual orientation and other personal beliefs.

The following Student Grievance Policy does not apply to Sex-Based Misconduct (including sexual assault, sexual harassment, gender-based harassment, dating violence, domestic/intimate partner violence, sexual exploitation, and stalking, which is subject to the University's Sex-Based Misconduct Policy and Procedure found in the section immediately following the Grievance Policy of this handbook.

Scope of the Policy

Students enrolled in or taking courses at AHU are expected to demonstrate the highest standards of personal integrity and to conduct themselves as professionals. Similarly, students should expect faculty and staff members to be persons of integrity who apply the principles of honesty, fairness, respect, and trust that characterize professional academic community. Thus, when student

grievances arise, they are taken very seriously and are treated with sensitivity and urgency in the following manner.

Student Grievance Resolution Procedures

In many cases, academic disputes can be quickly and effectively resolved when addressed informally through conversations and counselling discussing the misunderstandings, miscommunications, and disagreements.

1. In many cases, the best way for a student to resolve a grievance is to approach the parties directly involved in the situation and attempt to reach a resolution informally.
2. If speaking with the parties directly involved does not resolve the conflict, the student may wish to meet with the Director of Human Resources. The student may also consult informally with the Director of Learning who can offer impartial advice and suggest steps to resolve the issue.
3. If informal discussion does not resolve the disagreement, the student may file a formal Student Grievance Resolution in writing and submit to the Director of Human Resources. The written grievance must include: 1. The individual(s) or department(s) against whom the grievance is directed. 2. A brief description of the grievance, including the date(s), time(s), and place(s). 3. Any efforts to resolve the matter during the initial resolution process. 4. Any corrective actions taken so far by any parties. 5. The corrective action the grievant is seeking.
4. The Director of HR will review the submittal for completeness and forward it to the Chief Executive Officer. If the CEO concludes that the student's claims are without merit, no further action will be taken.
5. If the CEO finds that the grounds for a review of the student's grievance have been established, s/he will notify relevant parties and assemble the Student Grievance Committee. At this point an official grievance has been filed. For further details on the committee, see the Student Grievance Committee section below.
6. A Student Grievance Resolution Meeting will be held within 30 university business days. For further details on the resolution meeting, see the Student Grievance Resolution Meeting section below.
7. A student may appeal the outcome of a Student Grievance Resolution Meeting under certain circumstances. For further details, see the Appeal Options sections below.

Student Grievance Committee

The CEO in accordance with the processes described in this policy, oversees the resolution of student grievances. The CEO is responsible for convening the Student Grievance Committee, which is a standing committee composed of faculty or staff members which may or may not draw advice

from professionals and/or clergy outside the university depending on the nature of the claim. When necessary, the Student Grievance Committee may seek advice from faculty members and other university offices with expertise on mediation and conflict resolution. The CEO will serve as a non-voting chair of the committee.

All committee members must be willing to be impartial and respect the confidentiality of discussions involved with the grievance. Members must disqualify themselves from the committee if they have a conflict of interest that may affect the outcome of a grievance review.

Student Grievance Resolution Meeting

Through the Student Grievance Resolution Meeting, the Student Grievance Committee seeks to help the parties involved reach a mutual understanding of the causes of the dispute and produce a solution guided by academic policies. The purpose of the Student Grievance Resolution Meeting is to allow parties to a dispute to present their viewpoints, to share information, to clarify concerns and issues, and to resolve misunderstandings or interpersonal difficulties that may contribute to an issue. The committee will work with the parties involved to evaluate options for resolving the problem and develop a resolution plan to which the parties consent. The committee will summarize the key points of the agreed resolution in a memo of understanding. The parties to the dispute will sign the memo of understanding, signaling their consent to the terms of the resolution. Copies of the memo will be shared with the Director of Human Resources and the Director of Learning.

If the parties are unable to reach a resolution through the conference process, they will be asked to submit a summary statement no more than two pages in length. Upon review of these statements, the Student Grievance Committee will determine a resolution outcome based on the information presented, and will communicate this to all parties as well as the Director of HR and the Director of Learning.

Appeal Options for Students

A student may ask the CEO to reconsider the dispute if he or she believes that the resolution process did not meet standards of fundamental fairness or if substantial relevant new evidence or information has become available after the resolution meeting. Only the Student Grievance Committee's procedures and the merits of their decisions will be reviewed by the Director of Human Resources. The appeal review will be conducted within 30 university business days. This

ends the reconsideration process. After review of the appeal, process and outcome of the SGC, the CEO's decision on rectifying the grievance is final.

Notes

1. Portions of this document were appropriated from dispute resolution and student grievance policies from other highly accredited universities.
2. The judgment of the quality of student performance is the responsibility of faculty members. The assignment of a grade does not fall into a grievance category unless it can be established that it was done in a way that was arbitrary, capricious, or discriminatory; or involved intimidation, harassment, or unprofessional treatment of students; or was in conflict with written or publicly stated grading procedures.
3. It should be recognized that the time limits and deadlines suggested in this policy are intended to promote the expeditious handling of each grievance review. Intentional delays should not be tolerated, but the time limits and deadlines should be imposed with reasonable flexibility depending on the circumstances of each situation. Deadlines may be extended when it is in the best interest of all parties to do so.
4. The current Director of Human Resources is Yvanna Fragoulis. She may be reached at Yvanna@americanholisticuniversity.com
5. The current Director of Learning is Rima Zabian. She may be reached at Rima@americanholisticuniversity.com
6. The current Chief Executive Officer is Chad Neighbors. He may be reached at Chad@americanholisticuniversity.com

○ **Sexual Misconduct Policy**

Acts of sexual harassment, assault or other sexual crimes or mistreatment by any teacher, faculty member, administrative personnel, or student are unethical, illegal and are not tolerated by American Holistic University. We condemn the physical, mental, emotional, financial, or spiritual abuse of any student, faculty, employee or staff member.

Sexual misconduct and other crimes against a student or person associated to AHU violates the University's Code of Conduct and can result in revocation of the titles, positions, memberships and enrollments. Because we must afford due process to all parties involved in a grievance allegation, American Holistic University will not automatically revoke any registrant's credentials or standings upon receipt of an allegation of sexual misconduct and harassment without first offering the

alleged offender notice of the complaint and an opportunity to respond. American Holistic University will also consider whether other evidence is available to support the allegation.

When AHU receives an allegation of sexual misconduct or harassment, we first urge victims not to maintain silent or to keep allegations of harassment or assault within the comfort and confidentiality of small groups. As American Holistic University does not have the same authority or resources to investigate or stop criminal activity that law enforcement does, we encourage individuals to use the criminal, legal, judicial and social support systems available in your jurisdiction.

We encourage any students, faculty, employee or staff member who feel they have been a victim of sexual misconduct and harassment to contact the Director of Human Resources/Student Affairs as soon as possible to report the occurrence. Upon receiving allegations of sexual misconduct or harassment, the Director of HR/Student Affairs will advise both the Chief Executive Officer and the Director of Learning of the claim in writing within 24 hours. The CEO and DL each have the responsibility and right to convene the Governing Body and/or assign a committee to investigate the claim and provide counseling and advisement to the parties in question as is deemed appropriate within the confines of the law. American Holistic University reserves the right to take actions as determined by the Governing Body including expulsion, termination of employment/contracts, revocation of credentials earned through AHU, and/or removal from memberships and associations.

In addition to law enforcement, we urge victims to consider the National Sexual Assault Hotline at 800.656.HOPE (4673) to be connected to a trained staff member from a local sexual assault service provider in your area. We also encourage victims to visit online.rainn.org to chat anonymously.

○ Receiving Degrees

In order for a student to receive their diploma, all scholastic requirements must be met. Students will be informed of their eligibility to graduate prior to completion of their last credits. Students may request their diploma be sent to a location of their choosing. The requests must be submitted by email to student services, in order for specific delivery arrangements to be made. Please be acknowledge that diplomas, certificates, transcripts and other student documents can be reproduced and provided to the student with an administrative fee.

V. Academic Programs

Pathway to Holistic Health

Course Description:

This one year Pathway course lays down the foundations of Holistic Health to students. It equips students with the basic knowledge needed to progress onto the Bachelor of Holistic Arts. The Pathway course is ideal for recent high school graduates with a low grade-point average, individuals who did not meet the requirements of other degrees and who have a passion for holistic wellbeing.

Course Requirements:

High School Diploma or GED. Students must complete an AHU application form with a 500-word statement of intent indicating why they believe they should be considered to be a part of this highly competitive program.

Course Structure:

Students are required to undertake six core subjects and may choose two elective subjects, one from each of the department of Psychology and department of Natural Health. A total of eight subjects amounting to 24 credit points will be completed in this one year course. Semester 1 subjects must be completed before eligibility to complete semester 2 subjects.

Subject Rules:

Semester 1	Semester 2
ENG299 – English & Writing	MAT201 – Further Mathematics and Statistics
PSY201 – Introduction to Human Behavior	NAT202 – Foundations of Natural Health
NAT201 – Introduction to Health and Wellness	NAT203 – Body Structures and Functions
Elective Subject	Elective Subject

Elective Subject Choices:

Psychology	Natural Health
PSY205 – Sociology	NAT204 – Mind-Body Communication
PSY206 – Cross-Cultural Psychology	NAT205 – Feeding and Cleansing the Body
PSY207 – Lifespan Development	NAT206 – Introduction to Eastern Practices

Bachelor of Holistic Arts (B.A)

Course Description:

The Bachelor of Holistic Arts focuses heavily on writing and assessment skills to prepare students for clinical and research environments. The course derives conceptual and theoretical knowledge to deepen understanding of the biopsychosocial forces of health, healing and wellbeing. Students have a wide variety of elective subjects where they may choose from specialties in Psychology, Hypnotherapy and Natural Health.

Course Requirements:

High School Diploma or equivalent with a 3.0 GPA, OR, Entrance via the Pathway to Holistic Health, OR, 2 Years minimum relevant work experience with a recommendation and a 500-word statement of intent.

Course Structure:

Students are required to undertake six core subjects and 24 elective subjects in a three-year period. A total of 30 subjects amounting to 90 credit points must be achieved to be awarded the B.A. degree.

Subject Rules:

Year 1

Semester 1	Semester 2
ENG301 – Writing English	PSY403 – The Psychology of Leadership
ENG302 – Assessment and Report Writing	PSY455 – Conjoint Relationships
EET301 – Professional Ethics	Elective Subject
HOL400 – The Seven Principles of Healing	Elective Subject
Elective Subject	Elective Subject

Year 2

Semester 1	Semester 2
Students May Choose Five Elective Subjects	Students May Choose Five Elective Subjects

Year 3

Semester 1	Semester 2
Students May Choose Five Elective Subjects	Students May Choose Five Elective Subjects

Elective Subject Choices:

Psychology	Natural Health	Hypnosis	Holistic Health
PSY453 – Anger Management	NAT425 – Ayurvedic Medicine	HYP466 – Fundamental theory and Research of Hypnosis	HOL323 – Introduction to Feng Shui
PSY454 – Transitions	NAT426 – Practical Chinese Medicine	HYP470 – The Art of Hypnosis	HOL401 – Reiki and Universal Energy
PSY468 – Dreams and Healing	NAT428 – Homeopathy	HYP471 – The Art of Hypnotherapy	HOL412 – Introduction to Reflexology
	NAT433 – Herbology I	HYP473 – Clinical and Transpersonal Uses for Self-Hypnosis	REL444 – Religious, Spiritual and Indigenous Healing
	NAT434 – Herbology II	HYP474 – Mastering Self Hypnosis	
	NAT442 – Nutrition	HYP476 – Professional Development	
	NAT467 – Alchemy in Healing	HYP477 – Self-Hypnosis and Mind Expansion	
		HYP478 – Self-Hypnosis as an Intervention for Healing	

Doctorate Level Programs

Program Description:

AHU offers Doctorate Level Programs in 3 areas of Holistic Wellness. The 3 subject areas are Clinical Hypnotherapy, Transpersonal Psychology, and Natural Health.

In each one of the subject areas, there are 2 levels of Doctorate study, PhD and Professional Doctorate. Choosing the right level of study is dependent on the student's intention for use of the degree in their professional and/or educational career.

Corporations and organizations often look for PhD level candidates to fill executive level management roles and some of the highest paying jobs are offered to individuals with Doctorate level degrees. However, there is more to consider when choosing which degree will best serve you and what it will mean for your career.

The Professional Doctorate Degree and the Doctorate of Philosophy Degree (PhD) require extensive course study as well as research and reports on the outcome of the research, but how this knowledge is used and applied in their careers are different.

Professional Doctorate students will be required to complete a Capstone Project at the completion of their course study. This Capstone Project will include a research project and report as described in the course descriptions and apply the knowledge to solve real world issues as a working professional. Therefore, the Professional Doctorate Degree program is designed more for students who wish to use the new knowledge learned in this course of study and apply it in their professional careers.

PhD students will also be required the same course study as the Professional Doctorate as well as complete a research Capstone Project at the completion of their course study, but there is an additional element of reporting required. PhD students will also be required to write a dissertation detailing the proper use of this new knowledge and how it can be applied by other professionals to solve real world issues within a particular community or profession. Therefore, students pursuing careers as educators, authors, speakers, and researchers would find the PhD more applicable. Students are encouraged to contact the Director of Learning to receive guidance as they make the decision on which degree is best suited for their goals.

Doctorate in Clinical Hypnotherapy (DCH)

Course Description:

The Doctorate in Clinical Hypnotherapy (DCH) Degree is clinical in nature and therefore certain standards of course study, research and writing are incorporated into this program so the student is sufficiently prepared to brand these credentials upon graduation. The program includes attaining a broad range of in depth skills applicable to private practitioners, educators, executive level managers and authoritative figures/speakers/authors who serve as pillars to their communities and beyond. Upon completing the Core Subjects and Electives Course Study through our easy to use online learning platform, students will be assigned a faculty mentor who will guide them through their Capstone Project. The student will have up to 1 year to complete this assignment. The intention of the Capstone Research Project is to answer a question of practical importance or develop, test and evaluate an intervention, curriculum or protocol for application within a particular community, group, population or setting and apply that knowledge in their professional careers. This course is designed to broaden the total spectrum of knowledge and opportunities for our DCH candidate students and open the doors to endless possibilities within their profession. This DCH may very well qualify graduates for some of the highest paying jobs available in today's market and it will certainly distinguish the graduates within their professional, social and community settings.

Doctorate in the Philosophy of Hypnotherapy (PhD)

Course Description:

This course of study will require all of same requirements of the DCH course noted above along with up to 1 additional year of study to complete a comprehensive Dissertation.

Following the Capstone Project, the student will begin their Dissertation Thesis (approximately 90-150 pages). This written paper will be intended to contribute new knowledge discovered from their Capstone Project research, and shall be generalizable and transferrable beyond a single setting thereby making the student an expert on the subject. The PhD Dissertation provides an opportunity for the student to demonstrate their problem-solving skills and share their learned knowledge with other professionals and educators so they may use and apply this knowledge within their profession, organization, community and beyond.

Course Requirements:

In order to be admitted into the Doctorate course a Bachelor's degree in a relevant major field of study with a GPA of 3.0 is necessary. Students are also required to write a 500-word statement of intent and highlight any relevant work experience.

Course Structure:

Students are required to undertake Six core subjects and 14 elective subjects in a two-year period. A total of 20 subjects amounting to 60 credit points must be achieved to be move onto the second stage of the Doctorate program. The second stage consists of completing a Capstone research project and **Dissertation for PhD candidates**. Both the Capstone and Dissertation are worth 10 credit points each, accruing a total of 70 credit points for the Professional Doctorate Degree and 80 credit points to be awarded the title of PhD. Students are given one year each on top of subject study time to complete their Capstone and Dissertation.

Subject Rules:

Year 1

Semester 1	Semester 2
HYP609 – Clinical and Experimental Research I	EET607 – Advanced Professional Ethics
HYP610 – Clinical and Experimental Research II	Elective Subject
PSY806 – Psychology and Western Religion	Elective Subject
PSY808 – Professional Counseling Skills	Elective Subject
PSY812 – Diagnostic Criteria	Elective Subject

Year 2

Semester 1	Semester 2
Students May Choose Five Elective Subjects	Students May Choose Five Elective Subjects

Year 3

CAP – Capstone Project (DCH)

Year 4

DT – Dissertation (PhD)

Elective Subject Choices:

Psychology	Hypnosis	Hypnosis
PSY467 – Alchemy and Healing	HYP471 – The Art of Hypnotherapy	HYP684 – Hypnosis and Hypnotherapy
PSY468 – Dreams and Healing	HYP473 – Clinical and Transpersonal Uses for Self-Hypnosis	HYP685 – Hypnosis and Mind-Body Interventions
PSY860 – Psychology of Cancer and Uses of Imagery	HYP474 – Mastering Self Hypnosis	HYP688 – Vision Improvement Methodology
PSY863 – Past Life Regression in Psychiatry and Psychotherapy	HYP476 – Professional Development	HYP692 – Hypnoanalysis and Hypnoanesthesia
PSY871 – Transpersonal Regression Therapies I: Past Life Therapies	HYP478 – Self-Hypnosis as an Intervention for Healing	HYP701 – Past Life Regression and Transpersonalism
PSY872 – Transpersonal Regression Therapies II: Altered State Work	HYP621 – The Power of the Subconscious Mind	HYP702 – Past Life Regression, Patterns, and Forgiveness
PSY874: Life Between Lives Methodology	HYP623 – Advanced Study in Hypnotic Inductions	HYP709 – Hypnotic Regression and Systematic Desensitization
PSY887: Therapeutic Metaphors	HYP631 – Forensic Hypnosis	HYP716 – Clinical Regression Therapy
	HYP663 – Transpersonal Hypnotherapy	HYP717 – Analytical Hypnotherapy
	HYP669 – Accelerated Learning	HYP731 – Basic Neuro Linguistic Programming
	HYP673 – Hypnosis in the Treatment of Pain	HYP733 – Hypnotic Patterns of Milton Erickson I
	HYP680 – Treating Depression with Hypnotherapy	HYP734 – Hypnotic Patterns of Milton Erickson II
	HYP682 – Hypnosis and Hypnotherapy with Children	HYP735 – Basic Ericksonian Methodology

Doctorate in Transpersonal Psychology (PsyD)

Doctorate in the Philosophy of Transpersonal Psychology (PhD)

Doctorate in Transpersonal Psychology (PsyD)

Course Description:

The Doctorate in Transpersonal Psychology (PsyD) Degree is clinical in nature and therefore certain standards of course study, research and writing are incorporated into this program so the student is sufficiently prepared to brand these credentials upon graduation. The program includes attaining a broad range of in depth skills applicable to private practitioners, educators, executive level managers and authoritative figures/speakers/authors who serve as pillars to their communities and beyond. Upon completing the Core Subjects and Electives Course Study through our easy to use online learning platform, students will be assigned a faculty mentor

who will guide them through their Capstone Project. The student will have up to 1 year to complete this assignment. The intention of the Capstone Research Project is to answer a question of practical importance or develop, test and evaluate an intervention, curriculum or protocol for application within a particular community, group, population or setting and apply that knowledge in their professional careers.

This course is designed to broaden the total spectrum of knowledge and opportunities for our PsyD candidate students and open the doors to endless possibilities within their profession. This PsyD may very well qualify graduates for some of the highest paying jobs available in today's market and it will certainly distinguish the graduates within their professional, social and community settings.

Doctorate in the Philosophy of Transpersonal Psychology (PhD)

Course Description:

This course of study will require all of same requirements of the PsyD course noted above along with up to 1 additional year of study to complete a comprehensive Dissertation.

Following the Capstone Project, the student will begin their Dissertation Thesis (approximately 90-150 pages). This written paper will be intended to contribute new knowledge discovered from their Capstone Project research, and shall be generalizable and transferrable beyond a single setting thereby making the student an expert on the subject. The PhD Dissertation provides an opportunity for the student to demonstrate their

problem-solving skills and share their learned knowledge with other professionals and educators so they may use and apply this knowledge within their profession, organization, community and beyond.

Course Requirements:

In order to be admitted into the Doctorate course a Bachelor's degree in a relevant major field of study with a GPA of 3.0 is necessary. Students are also required to write a 500-word statement of intent and highlight any relevant work experience.

Course Structure:

Students are required to undertake six core subjects and 14 elective subjects in a two-year period. A total of 20 subjects amounting to 60 credit points must be achieved to move onto the second stage of the Doctorate program. The second stage consists of completing a Capstone research project. The Capstone is worth 10 credit points, accruing a total of 70 credit points to be awarded the title of PsyD. In order to be awarded the title of PhD, a dissertation must be completed on top of the Capstone project. There is one year dedicated to the capstone project and one year dedicated to the dissertation. This totals the study time for the PsyD and PhD as three and four years until completion, respectively.

Subject Rules:

Year 1

Semester 1	Semester 2
PSY801 – Human Development I	EET607 – Advanced Professional Ethics
PSY802 – Human Development II	Elective Subject
PSY806 – Psychology and Western Religion	Elective Subject
PSY808 – Professional Counseling Skills	Elective Subject
PSY812 – Diagnostic Criteria	Elective Subject

Year 2

Semester 1	Semester 2
Students May Choose Five Elective Subjects	Students May Choose Five Elective Subjects

Year 3

CAP – Capstone Project (PsyD)

Year 4

DT – Dissertation (PhD)

Elective Subject Choices:

Psychology	Hypnotherapy
REL444 – Religious, spiritual and indigenous healing	HYP609 – Clinical and Experimental Research and Theory I
PSY468 – Dreams and Healing	HYP610 – Clinical and Experimental Research and Theory II
PSY814 – Invisible Determinants of Human Behavior	HYP623 – Advanced Study in Hypnotic Inductions
PSY835 – The Mind Behind Transpersonal Psychology	HYP663 – Transpersonal Hypnotherapy
PSY838 – Vibrational Synchronicity and Relationships	HYP669 – Accelerated Learning
PSY840 – Conjoint Family Therapy	HYP673 – Hypnosis in the Treatment of Pain
PSY845 – Science and Psychic Phenomena	HYP680 – Treating Depression with Hypnotherapy
PSY847 – Jungian Psychology	HYP682 – Hypnosis and Hypnotherapy with Children
PSY849 – Psychology and Spirituality	HYP684 – Hypnosis and Hypnotherapy
PSY855 – Logotherapy	HYP685 – Hypnosis and Mind-Body Interventions
PSY860 – Psychology of Cancer and the uses of Imagery	HYP688 – Vision Improvement Methodology
PSY863 – Past life Regression in Psychiatry and Psychotherapy	HYP692 – Hypnoanalysis and Hypnoanesthesia
PSY871 – Transpersonal Regression Therapies I: Past-Life Therapies	HYP701 – Past Life Regression and Transpersonalism
PSY872 – Transpersonal Regression Therapies II: Altered State Work	HYP702 – Past Life Regression, Patterns and Forgiveness
PSY874 – Life Between Lives Methodology	HYP709 – Hypnotic Regression and Systematic Desensitization
PSY887 – Therapeutic Metaphors	HYP716 – Clinical Regression Therapy
	HYP717 – Analytical Hypnotherapy
	HYP731 – Basic Neuro Linguistic Programming
	HYP733 – Hypnotic Patterns of Milton Erickson I
	HYP734 – Hypnotic Patters of Milton Erickson II
	HYP735 – Basic Erickson Methodology

Naturopathic Doctor (ND)

Doctorate in the Philosophy of Natural Health (PhD)

Course Description:

The Naturopathic Doctor (ND) Degree is clinical in nature and therefore certain standards of course study, research and writing are incorporated into this program so the student is sufficiently prepared to brand these credentials upon graduation. The program includes attaining a broad range of in depth skills applicable to private practitioners, educators, executive level managers and authoritative figures/speakers/authors who serve as pillars to their communities and beyond. Upon completing the Core Subjects and Electives Course Study through our easy to use online learning platform, students will be assigned a faculty mentor who will guide them through their Capstone Project. The student will have up to 1 year to complete this assignment. The intention of the Capstone Research Project is to answer a question of practical importance or develop, test and evaluate an intervention, curriculum or protocol for application within a particular community, group, population or setting and apply that knowledge in their professional careers.

This course is designed to broaden the total spectrum of knowledge and opportunities for our ND candidate students and open the doors to endless possibilities within their profession. This ND may very well qualify graduates for some of the highest paying jobs available in today's market and it will certainly distinguish the graduates within their professional, social and community settings.

Doctorate in the Philosophy of Natural Health (PhD)

Course Description:

This course of study will require all of same requirements of the ND course noted above along with up to 1 additional year of study to complete a comprehensive Dissertation.

Following the Capstone Project, the student will begin their Dissertation Thesis (approximately 90-150 pages). This written paper will be intended to contribute new knowledge discovered from their Capstone Project research, and shall be generalizable and transferrable beyond a single setting thereby making the student an expert on the subject. The PhD Dissertation provides an opportunity for the student to demonstrate their problem-solving skills and share their learned knowledge with other professionals and educators so they may use and apply this knowledge within their profession, organization, community and beyond.

Course Requirements:

In order to be admitted into the Doctorate course a Bachelor's degree in a relevant major field of study with a GPA of 3.0 is necessary. Students are also required to write a 500-word statement of intent and highlight any relevant work experience.

Course Structure:

Students are required to undertake six core subjects and 14 elective subjects in a two-year period. A total of 20 subjects amounting to 60 credit points must be achieved to be move onto the second stage of the Doctorate program. The second stage consists of completing a Capstone research project. The Capstone is worth 10 credit points, accruing a total of 70 credit points to be awarded the title of ND. In order to be awarded the title of PhD, a dissertation must be completed on top of the Capstone project. There is one year dedicated to the capstone project and one year dedicated to the dissertation. This totals the study time for the ND and PhD as three and four years until completion, respectively.

Subject Rules:

Year 1

Semester 1	Semester 2
NAT503 – Emergency Medical Systems	EET607 – Advanced Professional Ethics
NAT505 – Herbal Medicine Referencing	Elective Subject
NAT524 – Anatomy & Physiology	Elective Subject
NAT525 – Interactions I	Elective Subject
NAT526 – Interactions II	Elective Subject

Year 2

Semester 1	Semester 2
Students May Choose Five Elective Subjects	Students May Choose Five Elective Subjects

Year 3

CAP – Capstone Project (ND)

Year 4

DT – Dissertation (PhD)

Elective Subject Choices:

Natural Health

HER504 – Herbal Medicine, Botany and Production

HER514 – Herbal Sources

HER520 – Clinical Herbs

NAT521 – Healing Power of Herbs

NAT530 – Bach Flower Therapy

NAT535 – Nutritional Supplements

NAT537 – Clinical Nutrition

NAT540 – Nutritional Healing

NAT547 – Naturopathic Cancer Recovery

NAT562 – Vibrational Medicine

NAT563 – Energy Medicine

NAT565 - Immunology

NAT567 – Essential Oils

NAT575 – Iridology

NAT585 – Acupressure

NAT590 – Natural Detoxification

NAT591 – Alternative Medicine

NAT595 – Advanced Homeopathy

Description of Subjects

ENG301: Writing English I

This course provides basic rules, with examples and explanations, to guide you with standard English grammar and usage. Students will be given information regarding the writing process, document design and the research process. Written for the digital age, the course guides you to a companion website where students will find language discussion, writing exercises, links to library, papers and documentation.

Required Text: Rules for Writers, Diana Hacker, Bedford/ St Martin's. Boston and New York, 2004, pages 1-264

Companion Text: Developmental Exercises to Accompany Rules for Writers, Van Goor, Wanda & Diana Hacker. Pages 115-184 & 188-190

ENG302: Writing English II

This course provides information and practice in the use of standard English grammar, usage and other areas of writing skills. An additional website is provided for students to access further guidance. A companion book of developmental exercises is recommended for study and practice; however, this material will not be examinable.

Required Text: Rules for Writers, Diana Hacker, Bedford/ St Martin's. Boston and New York, 2004, pages 1-264

Companion Text: Developmental Exercises to Accompany Rules for Writers, Van Goor, Wanda & Diana Hacker. Pages 115-184 & 188-190

PSY403: The Psychology of Leadership

This course focuses on leadership from the inside out. It heightens the student's ability to use natural inner managing capabilities by way of personal growth. The focus is a meditative pilgrimage to nurture individual excitement, desired to amplify productiveness. A reflective interactive journey with real tools for personal transformation provides a "whole-person" approach to multi-dimensional, inter-related pathways to leadership.

Required Text: Leadership from the Inside Out, Kevin Cashman

PSY453: Anger Management

This course offers internal techniques for the management of anger. Relative health factors are overviewed, such as how the heart plays a role in a person's emotional well-being. An in depth look into how anger habits are experienced and have an effect on everyday life. Techniques for stopping emotional triggers, an overview of the power of compassion and truths about transforming anger are supplied.

Required Text: Transforming Anger, Doc Childre & Deborah Rozman

PSY454: Transitions

This course provides the tools for identifying a personal development timetable. Cutting through the particulars of specific forms of change, it provides ways for people to assist themselves in dealing productively with commonly experienced periods of transition.

Required Text: Transitions: Making Sense of Life's Changes, William Bridges

PSY455: Conjoint Relationships

This course teaches how to ascertain benefits from others who have opposite view-points. It explores the concept of the communication gap for a better understanding of the learning process and becoming more successful in both our personal and professional relationships.

Required Text: Learning in Relationships, Ronald R. Short,

PSY468: Dreams and Healing

This course offers a study of dreams as metaphoric messages from the subconscious mind. You will learn how subconscious information can often be understood and utilized in structuring therapy sessions and hypnotic suggestions.

Required Text: Dreams and Healing, John Sanford

PSY801: Human Development I

This course presents human development as the physical, mental and socioemotional growth of an individual as an unending influential procedure. It provides a process for students to think about personal growth, and to converge creatively in the world around them.

Required Text: Human Development, James W. Vander Zanden

PSY801: Human Development II

This course helps students build on their foundation knowledge of the physical, mental and socioemotional growth of an individual as an unending influential procedure. It allows the student to think about the concept of personal growth and creativity in reference to society. It also aids in sharpening analytical and observational skills.

Required Text: Human Development, James W. Vander Zanden

PSY806: Psychology and Western Religion

Hypnosis has played a part in religion since the dawn of man. Hypnosis is a powerful tool in accessing the higher self and exploring our spirituality. This course is designed to help students to understand the connection between hypnosis and our spiritual essence. It also presents a psychological approach to the Trinity.

Required Text: Psychology and Western Religion, CG Jung

PSY808: Professional Counselling Skills

Although hypnosis and hypnotherapy are different from cognitive or psychotherapy, it is important for a hypnotist or hypnotherapist to understand basic concepts of counselling. Since the way in which a hypnotist or hypnotherapist will structure a session is developed at the time of the pre-talk and intake, a basic knowledge of counselling procedures is especially important at that stage. This course is designed to help students better approach the pre-talk and intake phases of professional hypnosis work.

Required Text: On Becoming a Counsellor, Eugene Kennedy & Sara C. Charles

PSY812: Diagnostic Criteria

As a complementary wellness modality, it is important that professionals using hypnosis have an understanding of the diagnostic codes used by other professionals. Understanding these codes can be of great value when communicating and interfacing with those in the medical and mental health community. This adds to the hypnotherapy professional's understanding of those communications and to their credibility when involved in such communications. This course consists of a study of the codes of the DSM-IV-TR, which provides diagnostic criteria for professionals to make reliable judgments.

Required Text: Desk Reference to the Diagnostic Criteria from DSM-IV-TR

PSY814: Invisible Determinants of Human Behaviour

This course will teach the levels of human consciousness as well as the social distribution of these levels. Explore and understand kinesiology and how to identify truths using this tool. Understand the difference in how energy flows when using power rather than force. Identify the calibration levels of well-known psychiatrists and others who have impacted mankind throughout history. Learn how our language creates energy patterns with specific frequencies that remain in the universe for all time. Understand the unlimited self and the oneness of the Universe.

Required Text: Power vs Force, David Hawkins

PSY835: The Mind Behind Transpersonal Psychology

Learn how the life of Dr. Carl Jung unfolds into an understanding of the inner workings of the unconscious mind. Learn how his childhood and school years influenced his theories. Understand how his relationship with Sigmund Freud impacted his theory of the collective unconscious. Explore his thoughts on synchronicity and how it impacted his work. Learn how this international figure impacted psychiatry forever, and developed insights on illness and the trials and tribulations within life

Required Text: Memories, Dreams, Reflections, by Carl Gustav Jung

PSY838: Vibrational Synchronicity and Relationships

This course will teach participants a system called Vibrational Matching in which attendees will learn how to integrate thoughts, feelings and beliefs to create a dominant vibration that will magnetize desires of all kinds. The text chosen for this course focuses on attracting a desirable relationship, however, raising an individual's personal vibratory level can be applied toward any desire including health, career and parenting. This concept takes the power of positive thinking to a new level in which the Importance of emotions is emphasized. This new technique can be used in the therapeutic process in any behavioural health care setting. It will also enhance the life of the therapist. Course participants will learn how to help clients, as well as themselves, improve their level of happiness and attract more of what they desire in life.

Required Text: Tune into Love, Margaret McCraw

PSY840: Conjoint Family Therapy

This course is designed to teach students one method of effective family therapy. The emphasis of this approach is on interpersonal barriers that prevent growth and development. Case histories are used in an effort to explain self-worth, communication and family dynamics. It demonstrates how to move the family beyond stress to functioning at an effective and harmonious level.

Required Text: Conjoint Family Therapy 3rd Ed., Virginia Satir

PSY845: Science and Psychic Phenomena

Students will understand why the scientific establishment underestimates the power of psychic phenomena as they learn about credible studies that support the teaching of the mystics and the theories of quantum physics. Learn the social, economic and spiritual consequences of the realization that mind and matter influence each other without being in the same physical location. Explore how psychokinesis, remote viewing, prayer and other psychic phenomena have been scientifically proven.

Required Text: The Conscious Universe, Dean Radin

PSY847: Jungian Psychology

Students will learn how to bridge the gap between psychology, science, spirituality and the arts when they learn the theories of Dr. Carl Gustav Jung. One central idea in Jungian psychology is the existence of the collective unconscious, which is defined further through the process of individuation. This theme in Dr. Jung's work is extremely valuable in working with clients in a counseling capacity, as well as in self exploration, which is an essential part of becoming an enlightened therapist.

Required Text: Beginner's Guide to Jungian Psychology, Robin Robertson

PSY849: Psychology and Spirituality

Students will learn the secret doctrines of the ancient Hermetic teachings. These teachings were founded by Hermes Trimegistus, known as the "Scribe of the Gods", who lived in old Egypt. The esoteric teachings of every race, including the ancient teachings of India, can be traced back to Hermes. This course provides an in-depth look at the Hermetic Philosophy based upon seven principles of truth, that act as a master key, or guiding light for living a fulfilling life.

Required Text: The Kybalion: Hermetic Philosophy by Three Initiates

PSY855: Logotherapy

This course will teach participants logotherapy, which was developed by Dr. Viktor Frankl's most challenging experiences living in a concentration camp during World War II. Frankl has determined that failure of the individual to find meaning in his life, as well as a lack of responsibility for his existence, leads to apathy and mental illness. He explains that the one human freedom that we all share regardless of our life circumstances is the ability to choose one's attitude. He builds upon this concept in the development of logotherapy and provides us with an understanding of how we can awaken a sense of responsibility in ourselves, as well as our patients, to create a meaning in life.

Required Text: Man's Search for Meaning, Victor E. Frankl

PSY860: Psychology of Cancer and the Uses of Imagery

This course is based on the interrelationship between our physical health and the power of the mind. It teaches the negative impact of stress and depression on the immune system and how

positive imagery can have a beneficial effect on health. The course teaches the power of the cancer patient's belief system on treatment, meditation and guided imagery to achieve various types of healing.

Required Text: Love, Medicine, and Miracles, Bernie Siegel

PSY863: Past Life Regression in Psychiatry and Psychotherapy

This course shows how hypnotic regression therapy is used in order to discover the origin of a patient's panic attacks and phobias when she was regressed into a former life. Much of this course is devoted to the amazing case history of Dr. Weises' patient, Catherine. In one regression Catherine revealed specific personal information about the late son of Dr. Weiss. This information, along with other information she provided, forever changed the course of his life. Through his amazing journey with Catherine, important spiritual insights were revealed and presented.

Required Text: Many Lives, Many Masters, Brian Weiss

PSY871: Transpersonal Regression Therapies I: Past-Life Therapies

This course documents and describes superior and powerful regression components which, at first glance, appear to be directed, mainly, to clinical psychologists and psychiatrists; however, the professional experiences of the thirteen credentialed contributors provide a wide range of therapeutic situations which show evidence that the process can be used readily by other therapists. The variety of transformations suggests that regression therapy has extended our understanding of both physical and psychological healing.

Required Text: Regression Therapy: A Handbook for Professionals, Vol. I, Winifred Blake Lucas

PSY871: Transpersonal Regression Therapies I: Past-Life Therapies

This course documents and describes superior and powerful regression components which, at first glance, appear to be directed, mainly, to clinical psychologists and psychiatrists; however, the professional experiences of the thirteen credentialed contributors provide a wide range of therapeutic situations which show evidence that the process can be used readily by other therapists. The variety of transformations suggests that regression therapy has extended our understanding of both physical and psychological healing.

Required Text: Regression Therapy: A Handbook for Professionals, Vol. I, Winafred Blake Lucas

PSY872: Transpersonal Regression Therapies II: Altered State Work

The course presents a collection of documented, clinical case descriptions by credentialed therapists illustrating how altered-state regression therapy enables a person to gain insight into problems which seem to go beyond the scope of conventional psychotherapy. Providing empirical evidence that age regression can go back as far as is needed to locate the source of any issue, it shows how regression techniques can be used in accessing experiences beyond both ends of the life death continuum.

Required Text: Regression Therapy: A Handbook for Professionals, Vol. II, Winafred Blake Lucas

PSY874: Life Between Lives Methodology

This course teaches a streamlined overview of all of the memory stations that are encountered within this unique spiritual regression methodology, which is based on the work of Dr. Michael Newton, licensed counselor, clinical hypnotherapist. This controversial work has its merits in giving the student an idea of what occurs after the death scene of the last past life, including the death scene, crossing over, soul groups, next life selection, and more. It also takes into account the author's research and subjective opinions regarding the work. The exam is based entirely on the author's findings, which are documented in the text.

Required Text: Life Between Lives: Hypnotherapy for Spiritual Regression, Michael Newton

PSY887: Therapeutic Metaphors

This course provides an examination of therapeutic metaphors as communication skills, which will enable you to utilize traditional stories, fables, and anecdotes for change. It shows that verbal representations are filtered through individual differences and have certain patterns in expressing unique models of the world. Therapeutic metaphors allow the client to gain insight regarding a solution

Required Text: Therapeutic Metaphors, David Gordon

NAT425: Ayurvedic Medicine

This course provides study of India's ancient life science and system of holistic health care. It explains how the Indian Ayurvedic methods determine the body type, the quality of mind, seasonal foods, and the exercise which is appropriate for optimal health. Techniques for relaxation, recipes to restore, rebalance and revitalize the mind, body and spirit presented.

Required Text: Ayurveda, A Way of Life, Dr. Vinod Verma

NAT426: Practical Chinese Medicine

This course surveys the traditional principles and practice of Chinese medicine. It presents an overview of the theory behind the oriental diagnosis and the origin of its roots in today's health care. It presents principles behind the ying and yang theory and the major role "Qi" plays in oriental medicine and alternative medicine, past and present, opening the door to numerous areas of oriental medicine still used in the 21st century.

Required Text: Practical Chinese Medicine, Penelope Ody

NAT428: Homeopathy

This course presents a natural way for healing the mind, body and spirit. It focuses on applying herbs and oils which strengthen the body's energy. It explores the natural ancient process of optimal health.

Required Text: Complete Guide to Homeopathy, Dr. A. Lockie & Dr. Nicola Geddes

NAT433: Herbology I

This course offers complete easy to use information on simple remedies for natural healing techniques. It discusses the three functions of herbs, with detailed descriptions of how to use and prepare herbs, including how to purchase and grow your own herbal health chest.

Required Text: The Way of Herbs, Michael Tierra

NAT434: Herbology II

This course focuses on herbal remedies as medicines for acute and chronic conditions. It discusses of preparation and use, including contraindications relative to dosages patient weight, age and the types of illness being treated.

Required Text: The Way of Herbs, Michael Tierra

NAT442: Nutrition

This course explores the nutrition factors for optimal health. It teaches the fundamental process of food, minerals, vitamins, fats and proteins. It provides overviews of the process of digestion and how the body distributes its fuel intake. It also examines which foods help cancer, lupus, carpal tunnel, heartburn and more.

Required Text: Nutritional Almanac, Lavon J. Dunne

NAT467: Alchemy in Healing

This course combines the principles and philosophies of Holistic healing, Homeopathy, Alchemy, Chi Kung, Tai Chi Chuan and Hypnotherapy. It explains in simple terms, the difference between holistic systems and conventional western medicine.

Required Text: Energy Healing, Lawrence Galante

NAT503: Emergency Medical Systems

This course prepares the student with the necessary resources for emergency medical situations. The first response to accident or injury situations can often save lives. This course complies with the complete First Responder National Standard Curriculum. It includes CPR, AED coverage and Emergency Medical techniques.

Required Text: First Responder, David Bergerson, Gloria Bizjak, George Krause, Chris la Baudour

NAT505: Herbal Medicine Referencing

An advanced study in researching the medicinal uses of herbs. The text for the course is a detailed pharmacological reference text which includes information on the safety and efficacy of herbs,

adverse effects, available formulations, actions in pharmacology, indications, contraindications and dosages.

Required Text: PDR for Herbal Medicines, Second Edition, Samuel Thompson

NAT521: Healing Power of Herbs

This course assists in understanding the herbs recommended for specific health conditions. It includes a detailed history of medicinal herbs, their preparation, folk usage and dosages which assist in qualifying herbs for medicinal application.

Required Text: Healing Power of Herbs, Michael Murray

NAT524: Anatomy & Physiology

This course is designed to present the basics of anatomy and physiology in a simplified approach to learning the terminology and concepts to gain essential comprehension. Information is explained clearly and concisely, processes are presented in sequential detail, and structure is provided in an organized approach. The course presents anatomy and physiology material found in standard courses in health science curricula.

Required Text: E-Z Anatomy and Physiology, Edward Alcomo & Krumhardt

NAT525: Interactions I

This course teaches how to improve your health and avoid problems when using common medications and natural supplements together. It reviews more than 4,500 known major interactions between pharmaceutical drugs, foods, specific nutrients and herbs. It includes both technical and generic drug listings, including both positive and negative interactions.

Required Text: A-Z Guide to Drug-Herb-Vitamin Interactions, Schuyler Lininger

NAT526: Interactions II

This course provides a more extensive look at the negative and positive interactions and problems when using common medications and natural supplements together. It reviews more than 4,500 known major interactions between pharmaceutical drugs, foods, specific nutrients and herbs. It includes both technical and generic drug listings and their various interactions.

Required Text: A-Z Guide to Drug-Herb-Vitamin Interactions, Schuyler Lininger

NAT530: Bach Flower Therapy

The Bach Flower therapy has been around for over 60 years. This course will help you explore the 450 newly developed combinations and building blocks that aid in creating individualized Bach Flower mixtures.

Required Text: The Encyclopedia of Bach Flower Therapy, Mechthild Scheffer

NAT535: Nutritional Supplements

This course explores the emerging role of nutritional supplementation in natural medicine. It explains the science of nutrition as the path to a more balanced system of health and healing. Students will discover how a deficiency in the body will affect health in the long and short term. They will explore the process of nutritional healing and how the human body responds to being in balance with its natural flow toward health and balance.

Required Text: Encyclopedia of Nutritional Supplements, Michael Murray

NAT537: Clinical Nutrition

This course will assist you in understanding the meaning of food and how it interfaces with the diseases process in healing. You will learn about foods and disease, the body's basic nutritional needs, carbohydrates, vitamins, minerals and the connection between emotions and food.

Required Text: Healing nutrition, Lynn Keegan

NAT540: Nutritional Healing

This course entails the structured format for nutritional healing prescriptions. It includes a format for specific regiments of various nutritional requirements to improve health and to maintain daily nutritional needs. It also addresses various health concerns from a natural health perspective.

Required Text: Prescription for Nutritional Healing, Phyllis Balch & James Balch

NAT547: Naturopathic Cancer Recovery

Gain an understanding in naturopathic methods for cancer. Learn how acid-forming foods and alkaline-forming foods affect our health, which vitamin deficiencies are responsible for specific cancers, which herbs have helped put cancer in remission for hundreds of years and more. Much of the book is based on the work of Naturopathic physician, Harry Hoxsey and what is popularly known as “The Hoxsey System”.

Required Text: Killing your Cancer Without killing Yourself: Using Natural Cures, Allen Chips

NAT562: Vibrational Medicine

This course offers a combination of ancient wisdom and a new science which is the definitive introduction to health care for the 21st century. It explores the subtle energy fields that heal the mind and body. It uncovers the basis for the Newtonian versus the Einsteinian healing process.

Required Text: Vibrational Medicine, Richard Gerber

NAT563: Energy Medicine

This course explores the body’s innate ability to heal itself. It shows how you can talk with your energy body and clearly comprehend its response. It explores the wisdom of spiritual connections and discusses how you can free your mind, body and spirit using the healing energies within.

Required Text: Energy Medicine, Donna Eden & David Feinstein

NAT565: Immunology

This course teaches how your immune system works to keep the body healthy. There is an enormous amount of unseen hard work going on inside of the human body every second. It shows that an understanding of how the immune system responds to various internal and external stimuli helps in the prevention and treatment of illness

Required Text: How the Immune System Works, Lauren Sompayrac

NAT567: Essential Oils

This course will assist you in understanding what kinds of essential oils are available and how they can be used in treating various medical conditions.

Required Text: Essential Oil Desk Reference; Compiled by Essential Science Publishing

NAT569: Essential Oils & Aromatherapy

This course will assist you in understanding how use your basic care kit of essential oils in travel, work and on your body.

Required Text: The Complete book of Essential Oils and Aromatherapy, V. Worwood

NAT575: Iridology

Iridology has been around since 1000 B.C. and recorded since 1670/ The color and structure of the eyes are related to inherent weaknesses and possible illnesses of the body. Through iris signs and analysis this course will help the student know the significance of and give credence to eye signs.

Required Text: Visions of Health: Understanding Iridology, Dr. Bernard Jensen & Dr. Donald V. Bodeen

NAT585: Acupressure

The course enables anyone, from beginner to practicing therapist, to treat ailments from arthritis to asthma and other health issues. It presents the holistic approach to healing and shows how you can boost the immune system by creating a more positive flow of energy

Required Text: Acupressure, Chris Jarmey & John Tindall

NAT590: Natural Detoxification

This course discusses how toxins are absorbed and built up in our fat cells where they cause symptoms ranging from headaches to muscle pain and fatigue or neurological problems. It teaches the causes and effects of internal and external pollution, as well as how cleansing can assist in achieving a balanced lifestyle and better health.

Required Text: Natural Detoxification, Jacqueline Krohn & Frances Taylor

NAT591: Alternative Medicine

This course will assist you in understanding areas of alternative medicine, various treatment options and how to maintain good health. Learn the various alternative therapies available including: acupuncture, aromatherapy, kinesiology, ayurvedic medicine, biofeedback, chelation, chiropractic, craniosacral therapy and more.

Required Text: Alternative Medicine a Definitive Guide, Deepak Chopra

NAT595: Advanced Homeopathy

This course will assist you in understanding key remedies by assessing constitutional types, lifestyles and health. You will learn basic remedies for minor and long-term complaints, as well as how remedies are concocted.

Required Text: Complete Guide to Homeopathy, Andrew Lockie & Nicola Geddes

HOL323: Introduction to Feng Shui

This course covers Feng Shui and its contribution to design. It will help the student to appreciate and to understand the concepts of Feng Shui, its rules of sensibility and the awareness that we are affected by our environment. Feng Shui is traced back to ancient Chinese building and positioning techniques that create harmony within the surroundings.

Required Text: Feng Shui Design, Sarah Rossback & Master Lin Yun

HOL400: The Seven Principles of Healing

This course examines the healing power of faith in various cultures and how energy plays a part in the true healing process. It provides an understanding of the concept of faith in the human mind, body and soul. It explores the religious foundations that are a world apart and have amazing similarities (Hindu chakras, Christian Sacraments and Kabbalah's Tree of Life).

Required Text: Anatomy of the Spirit, Caroline Myss

HOL401: Reiki and Universal Energy

This course will introduce the art of the understanding of “Universal Life Force Energy”. It shows how the placement of the hands on certain locations of the body can enhance the flow of the healing energy.

Required Text: The Reiki Hand book, Larry Arnold & Sandy Nevius

Required Text: Reiki, Universal Life Energy, Bodo J. Baginski & Shalila

HOL412: Introduction to Reflexology

This is a very visual course, exploring movement of energy and relaxation techniques. It explores the meridians and nerve pathways throughout the body in reference to blockages which may exist. Once released through reflexology, may allow organs, glands and other parts of the body to function with better levels of health and wellness.

Required Text: Hand and Foot Reflexology, Kevin & Barbara Kunz

HER504: Herbal Medicine, Botany and Production

This course teaches techniques on how to prepare and to prescribe herbal remedies. It explores the opportunity to plant and to harvest your own herbal pharmacy. It also overviews complementary techniques and terms.

Required Text: The Herbal Medicine Makers Handbook, James Green

HER514: Herbal Sources

This course explores the age-old healing properties of herbs from Western, Chinese and Indian-Ayurvedic Traditions. It discusses subtle energies of herbal healing treatments and how Mother Nature works with us to heal the mind, body and spirit. It gives an overview of herbs from around the world.

Required Text: The One Earth Herbal Sourcebook, Alan Ketih Tillotson

HER520: Clinical Herbs

This course is very similar to a nationally accredited continuing education course for physicians, nurses, dietitians and other health care professionals. This course covers 29 of the most popular herbs sold in the United States and their many uses, contraindications and mechanisms of action.

Required Text: The ABC Clinical Guide to Herbs, Mark Blumethanl

HYP466: Fundamental Theory and Research of Hypnosis

This course encompasses the entire concept of hypnosis, from its grass roots historical value to its limitations and capacities for uses. Includes research into military studies, autohypnosis, heterohypnosis, clinical applications and more.

Required Text: Modern hypnosis: Theory and Practice, Masud Ansari

HYP470: The Art of Hypnosis

This course is based on the original basic hypnosis course taught by the late Charles Tebbetts. Roy Hunter has preserved this course in a format very similar to the one taught by the grand master teacher himself, although Hunter has provided important updates through the years. The primary objective is to master basic hypnotic techniques, which the author considers to be essential for any competent hypnotherapist. Students are urged to master a variety of trance management techniques, because there is no technique that will work with all the people all the time.

Required Text: The Art of Hypnosis: Mastering Basic Techniques, Roy Hunter

HYP471: The Art of Hypnotherapy

This course teaches client-centered hypnotherapy, which means fitting the technique to the client rather than vice versa. There is width and depth of training in a variety of techniques.

Required Text: The Art of Hypnotherapy, Roy Hunter

HYP473: Clinical and Transpersonal Uses for Self Hypnoses

Through individualized programs for change, this course offers you an opportunity to re-program your mind to eliminate unwanted habits and to develop latent abilities for cultivating a new way of

life. It shows that when congruent with your highest standard of excellence, the powerful discipline of self-hypnosis will help to dispel some of the mystery associated with it.

Required Text: Creating Your Own Destiny, Henry Leo Bolduc

HYP474: Mastering Self Hypnosis

This course offers numerous insights into the fundamentals of the mind's synergy with the process of hypnosis. The text for this course is a good resource for new clients to the hypnotherapy private practice. Numerous professionals have praised it for its clear reading style, comprehensiveness, and its client-centered approach.

Required Text: Master the Power of Self-Hypnosis, Roy Hunter

HYP476: Professional Development

This course takes a hypnotherapeutic view on preparing oneself for the challenge of speaking. It focuses on using self-hypnosis to access inner resources and talents in preparation for displaying these talents in a public setting, thereby getting one's message across effectively and clearly.

Required Text: Your Creative Voice: Reaching and Teaching from Your Experience, Henry Bolduc

HYP477: Self-Hypnosis and Mind Expression

The famous researcher/scholar Charles Tebbets wrote the text for this course in the late 1970's. It was written in easy to read language and to this day is considered one of the most outstanding books on self-hypnosis. This course provides numerous examples of self-hypnosis tools, techniques and exercises.

Required Text: Self-Hypnosis and Other Mind-Expanding Techniques, Charles Tebbets

HYP478: Self-Hypnosis as an Intervention for Healing

This course is designed to provide you with a detailed explanation of how to develop excellent skills in self-hypnosis.

Required Text: Healing Yourself with Self-Hypnosis, Frank Caprio & Joseph Berger

HYP609: Clinical and Experimental Research and Theory I

This course places hypnotherapy into the framework of the behavioral sciences. After reviewing the history of hypnosis, it discusses some theories and misconceptions. The laws governing suggestion, some suggestibility tests, and certain factors which influence suggestibility are presented. Both the authoritarian and the permissive techniques are included and the importance of deepening is emphasized. It includes discussion on the use of hypnosis, dehypnotizing difficult clients and more.

Required Text: Clinical & Experimental Hypnosis, William Kroger, MD

HYP610: Clinical and Experimental Research and Theory II

This course is designed to meet the needs of psychologists, physicians, dentists, researchers, and students in the mental health professions and the behavioral sciences. It reviews successful techniques which have been used in hypnotherapy in all departments of medicine with therapeutic applications in diagnostic categories.

Required Text: Clinical & Experimental Hypnosis, William Kroger

HYP621: The Power of the Subconscious Mind

An overview of all essential information necessary in understanding and utilizing hypnosis on a practical day-to-day basis. This course will provide a solid foundation of essentials such as: understanding hypnosis and trance state, the properties of the conscious and subconscious parts of the mind and methods to assure durable suggestion.

Required Text: Hypnosis and Hypnotherapy; The power of the Subconscious Mind, Phil Holder

HYP623: Advanced Study in Hypnotic Inductions

This course explores ways to induce hypnosis. Students will learn to better understand trance states in a variety of ways. It will broaden your knowledge of various hypnotic induction techniques.

Required Text: Handbook of Hypnotic Inductions, Gafner & Benson

HYP631: Forensic Hypnosis

The course designed to supplement the training given to law enforcement officers and special investigators in the use of hypnosis. Presented in condensed form by eliminating the related information of history and self-hypnosis, it provides practical instruction in the induction of the hypnotic state and how to use it effectively.

Required Text: Hypnosis and the Law, Dr. Bradley William Kuhns

HYP663: Transpersonal Hypnotherapy

The course teaches clinical hypnotherapy with the addition of transpersonal theories for practicing hypnotherapy, many of which have been derived from the work of Edgar Cayce and Carl Jung. Interventions from habits to regression are explored with a deep inner sense of insight into the altered state and its relationship to the divine.

Required Text: Clinical Hypnotherapy: A Transpersonal Approach, Dr. Allen Chips

HYP673: Hypnosis in the Treatment of Pain

The course examines hypnotherapy techniques for assisting the relief of pain in the human body. It examines the effects pain has on the physical body and the mental state. It also differentiates the various forms of pain.

Required Text: Hypnosis and Suggestion in the Treatment of Pain, Joseph Barber

HYP680: Treating Depression with Hypnotherapy

Designed for professionals, this course aims to teach the role of hypnosis intervention in the structuring and the delivering of concepts and techniques used in cognitive behaviour and strategic approaches to empower clients in their management of depression. Through the discussion of step-by-step outlines, a generic script, and transcripts with analysis and commentary, it shows how those approaches are performed through hypnosis. It emphasizes the effectiveness of hypnosis in recuing symptoms and relapses. Strategies for the prevention of clinical depression are recommended. Practical foundational principles for introducing hypnosis into therapeutic context are provided.

Required Text: Treating Depression with Hypnosis, Michael Yapko, Brunner & Routledge

HYP682: Hypnosis and Hypnotherapy with Children

This course explores methods of maximizing the success rates of hypnotherapy with children. Case studies and techniques are designed to help the student to gain practical knowledge about the use of hypnosis with children.

Required Text: Hypnosis and Altered States in Traditional Health Care

HYP684: Hypnosis and Hypnotherapy

Cal Banyan and Gerald Kein pooled their experience to create a smorgasbord of hypnotic techniques, both basic and advanced. In this course, students can learn over 180 techniques and procedures, so that they may choose those that will provide the best professional benefit to both therapists and clients.

Required Text: Hypnosis and Hypnotherapy; Basic and Advanced Techniques for the professional, Cal Banyan & Gerald Kein

HYP685: Hypnosis and Mind-Body Interventions

This course very effectively brings together the field of hypnotherapy and the latest psycho neurological breakthroughs and understanding. It contains some of the most practical information a hypnotherapist could as for. The course is loaded to the bursting point with one useful technique after another. If you know something about biochemistry, there is a wealth of information here on that as well.

Required Text: Mind-Body Therapy, Methods of Ideodynamic Healing in Hypnosis, Ernes Rossi & David Cheek

HYP688: Vision Improvement Methodology

This course is a self-help approach to understanding and influencing vision improvement by using natural methods. It is a condensation of many exercises used over the years by Dr. William Bates and adapted by Lisette Scholl, a vision improvement teacher and certified hypnotherapist.

Required Text: HypnoVision, Lisette Scholl

HYP692: Hypnoanalysis and Hypnoanesthesia

This course is based on the study of the cases and techniques developed and researched by hypnotherapy pioneer David Elman. It includes hypnoanalysis techniques which explore the unconscious mind in depth unmatched by other research. It also includes multiple methods for anesthetizing clients through hypnoanesthetics.

Required Text: Hypnotherapy, David Elman

HYP701: Past Life Regression and Transpersonalism

The course takes a scientific and humanistic approach to the uncharted areas of the unconscious mind and to the unraveling of its mysteries. It shows that regression work, a unique form of hypnotherapy, is an effective way of exploring the inner dimensions of the mind along the soul's journey.

Required Text: Journey Within: Past Life Regression & Channeling, Henry Leo Bolduc

HYP702: Past Life Regression, Patterns & Forgiveness

This course presents ways of approaching self-study by using such practical skills as journal writing, self-hypnosis, meditation and past life work. It provides opportunities for you to understand that soul lessons learned and hurts healed through forgiveness represent spiritual growth in the overall grand life pattern. The focus is to understand, experience and utilize forgiveness.

Required Text: Life Patterns: Soul Lessons & Forgiveness, Henry Leo Bolduc

HYP709: Hypnotic Regression and Systematic Desensitization

This course teaches both clinical and transpersonal hypnotherapy methodologies. Open-ended regression methods are explored for finding the source of the problem. The medical model for systematic desensitization is applied to the methods involving hypnotic regression therapies.

Required Text: Mind Probe Hypnosis, Irene Hickman

HYP716: Clinical Regression Therapy

This course covers Boyne's work with "Mind Programs". Learning to work with clients in this way gives new perspective to how the altered perception of the mind affects the client's ability to relate to the world in a fulfilling and meaningful way. The text contains exact transcripts from live therapies. It is presented in a practical way that is easily understood and useful.

Required Text: Transforming Therapy, Gil Boyne

HYP717: Analytical Hypnotherapy

The course in analytical hypnotherapy integrates old and new concepts regarding the nature of emotional illness and its response to hypnotherapy. Earlier, the term hypnoanalysis was coined to mean the process of uncovering the hidden roots of illness and the procedure was used as an adjunct to formal psychoanalysis. The analytic hypnotherapeutic approach mobilizes unconscious resources which become accessible through hypnosis and it deals with resistance. It shows how to recognize sources of resistance early in the therapeutic process and provides methods showing how resistance can be circumvented.

Required Text: Analytical Hypnotherapy; Principles and Practice, E. A. Barnett

HYP731: Basic Neuro Linguistic Programming

The course models of meta principles which form the basis of effective change-oriented communication. The principles encompass behavioral psychology, humanistic psychology, cognitive theory, traditional psychotherapy and information from various neurological studies. The major theme is the observation and utilization of specific communication behaviors. There is opportunity for the understanding of models and model-building for perceiving, predicting and influencing behavior. The emphasis is on understanding a wide range of complex experiences and it offers an organizational basis from which to explore differences between what people experience and how they make sense of their experiences.

Required Text: Magic NLP Demystified: A pragmatic Guide to Communication and Change, Byron Lewis & Frank Pucelik

HYP733: Hypnotic Patterns of Milton Erickson I

This course, in essence, consists of material which, for best results, should be utilized as a training manual. It identifies and maps complex patterns of behavior which provide an understanding of the process by which people create their own models of the world. The patterns of behavior are presented as an opportunity for Erickson's unusual skills to be made more available to therapists. Learn the nature and character of various states of consciousness.

Required Text: Patterns of the Hypnotic Techniques of Milton Erickson, VOL I, Richard Bandler, John Grinder, Grinder & Associates

HYP734: Hypnotic Patterns of Milton Erickson II

In this course, the concept of modeling skills is extended from the verbal patterning of the earlier course to a discussion of nonverbal communication. Erickson's multilevel skills in highly-refined patterning and his revolutionary modeling techniques are presented. The course consists of representational systems and various operators. The 4-tuple as a visual representation of experience, the relationship between the representation of language and the experiences which it represents various accessing techniques, the transderivational search for meaning, patterns of meaningful communication and transcripts illustrating three levels of patterns.

Required Text: Patterns of the Hypnotic Techniques of Milton Erickson, VOL II, Richard Bandler, John Grinder, Grinder & Associates

HYP735: Basic Ericksonian Methodology

This course presents a collection of the Teaching Tales of teacher-healer intuitive, Dr. Milton Erickson edited with commentaries by Dr. Sidney Rosen who was prominent in the group of psychotherapists who met with Erickson almost daily for four to five hour sessions during the last six years of his life.

Required Text: My Voice Will Go with You, Sidney Rosen

Official AHU Grading Key

Letter Grade	Grade Point	Percentage
A	4.0	94-100%
A-	3.7	90-93%
B+	3.3	87-89%
B	3.0	83-86%
B-	2.7	80-83%
C+	2.3	77-79%
C	2.0	73-76%
C-	1.7	70-72%
D+	1.3	67-69%
D	1.0	60-66%
F	0.0	0-59%