INTERNATIONAL COLLEGE OF NATUROPATHIC SCIENCE

COURSE HANDBOOK



JULY 2026

WELCOME TO THE INTERNATIONAL COLLEGE OF NATUROPATHIC SCIENCE!

The International College of Naturopathic Science has developed a complete online delivery programme for natural medicine, that ensures a consistently high standard of education for its students. ICNS and its outstanding team of academic and administrative staff are delighted to have the opportunity to share with you a wealth of clinical knowledge, experience and support.

> "the fresh face of natural medicine, with career courses recognised in 38 countries, based in the United Kingdom"

Our course material is regularly updated to ensure that your learning is up to date, and we use adult learning principles to ensure that your learning outcomes are met. It is part of our mission to instil a thirst for lifelong learning in our students, and we take this very seriously. The more you enjoy learning with us, the more likely you are to want to continue!

Again, welcome to the International College of Naturopathic Science! We wish you every success in your chosen career in natural medicine.



Stephen Eddey

DEAN OF STUDIES

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THE ICNS DIFFERENCE

Who studies natural medicine?

Anyone! Whether just out of school or mature age, people from all walks of life decide to take the road to natural health. The International College of Naturopathic Science understands family and work commitments and we have designed course delivery and learning options, including online and interactive, with these in mind.

What are the contact hours?

The online delivery of the International College of Naturopathic Science's courses is designed to optimise your learning and minimise your travel time. Students also have options from which to choose for their clinical practice hours. Full time and part time and options are also available, as well as short courses for general interest. Self directed study means that most of your course will be undertaken and completed, as and when it best suits your life, and your availability.

How many students in a cohort?

Class sizes are limited so students have a greater degree of personalised care and attention; consult us for further details. Our friendly staff are always willing to help.

What is my passion?

If you are unsure and just want to start small, then a short course could be an option and could count towards your final qualification. Or if you want to jump straight in, then the best value for your time and money would be the Bachelor of Naturopathy. This course is widely accepted by professional associations, which helps you to achieve financial success. It covers nutrition, massage, herbal medicine, and homoeopathic first aid, giving you a broad range of knowledge and the flexibility to specialise later. All ICNS courses are designed with this in mind.

Do I have to do exams?

The International College of Naturopathic Science offers career courses at both bachelor and advanced diploma levels. The International College of Naturopathic Science is not a university, Assessments comprise of multiple choice questions, and interactive student participation, when assessing underpinning, and core knowledge. Skills are assessed by project work, practical demonstrations and completion of logbook hours, all of which are done online or remotely.

What about further qualifications?

Our qualifications provide opportunities for further study, both internally and externally. Our Advanced Diploma courses can be upgraded internally to our Bachelor level courses. Some universities also have post-graduate programmes for which ICNS Bachelor level graduates may apply.

Can I afford it?

YES! The current price of each qualification is clearly stated on our website and our tuition fees are very competitive. We also offer generous discounts for up-front payment, as well as long term payment plans. From time to time, we also offer scholarships, to partially offset student fees. Fees are accepted in either Great British Pounds (GBP), or your local currency, in one of the 38 countries[1], in which our career courses are recognised. The tuition fees and the exchange rate are fixed at the time the student applies for enrolment. Students can choose to pay their fees by debit card, MasterCard, and Visa.

We also accept certain bitcoin currencies. The delivery of our career courses is designed to support adult learning, and self-directed study, to enable students to work, and manage other personal responsibilities they may have.

> **"Men and women from all walks of life decide to take the road to natural health"**

[1] *Refer to our 'About Us' page on www.internationalcollegeofnaturopathicscience.com for the specific countries*

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WHAT IS NATUROPATHIC SCIENCE?

A clinical discipline at the intersection of traditional medicine and modern science — producing practitioners who are clinically confident and medically aligned.

Naturopathic science applies the rigour of evidence-based clinical methodology to the principles of natural medicine. It is not simply 'natural health' — it is a structured discipline grounded in physiology, clinical nutrition, and a working knowledge of the medical environment practitioners enter.

The discipline is built on principles that have endured for over a century: the healing power of nature (vis medicatrix naturae), treating the whole person, identifying and removing the cause of illness, and — above all — doing no harm. These are not simply values. They are the operating logic of every clinical assessment an ICNS graduate is trained to conduct.

The World Health Organisation has recognised the need 'to develop a cohesive and integrative approach to health care' that allows patients and practitioners to access traditional and complementary medicine 'in a safe, respectful, cost-efficient and effective manner.' ICNS exists to train practitioners who meet — and raise — that standard.

ICNS graduates enter practice as Integrative Health Practitioners — an umbrella designation that encompasses naturopaths, herbalists, nutritional therapists, and lifestyle medicine practitioners, reflecting the breadth of the discipline and the clinical context in which graduates are qualified to work. The term is deliberate: integrative practitioners operate within the healthcare ecosystem, not outside it.

Working alongside GPs, specialists, and allied health professionals, they offer something the wider system often cannot: the time and clinical framework to understand a patient's complete health picture — dietary, environmental, lifestyle, and biochemical — and develop evidence-informed support protocols in response.

ICNS is committed to the highest standard of naturopathic science education, ensuring every graduate is clinically competent, professionally accountable, and equipped to take their place in a healthcare landscape where whole-person, integrative care is an increasingly essential part of the picture.

MISSION STATEMENT

To educate clinically confident, medically aligned Integrative Health Practitioners — graduates who advance the standard of naturopathic science, and the credibility of the profession, through rigorous training, professional accountability, and a genuine commitment to collaborative care.

"Clinically confident. Medically aligned. Ready to make a difference."

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WELCOME TO OUR COLLEGE

The International College of Naturopathic Science is a provider of online education, which specialises in the study of natural health, which is a largely unregulated field of study. We offer select Bachelor level qualifications, as well as Advanced Diploma level qualifications, all of which we collectively refer to as Career Courses. These qualifications are professionally recognised both in the United Kingdom, and internationally.

Our team of online lecturers, trainers and assessors are all qualified professionals in their respective areas of expertise. This ensures that the International College of Naturopathic Science graduates will be able to apply their knowledge and skills confidently, within a practical environment.

We offer:

- An exciting and diverse range of the major natural health qualifications
- A user-friendly education model, for students with different commitments, and responsibilities
- A blend of online, interactive and remote study to optimise our students' learning outcomes and make best use of their time
- Dynamic, up to date, adult learning practices
- A professional environment where, from day one, you will be learning natural medicine and treated like an individual
- Ongoing assessments with results weighted over several activities
- A real commitment to continuous improvement to enhance your professional future. We value your input and encourage feedback from all participants
- Further education opportunities for students who wish to start with more modest targets
- Flexible payment plans, without price increases, payable in local currencies
- A highly competitive fee structure



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ACCREDITATION

Natural Health Accreditation

The International College of Naturopathic Science's Bachelor level courses are designed in accordance with the UK Regulated Qualifications Framework (RQF) Level 6, and the Australian Quality Framework (AQF) Level 7, specifically at undergraduate Bachelor level. The International College of Naturopathic Science is not a university. Once you have completed your Bachelor level course, you will receive a certificate of completion from the International College of Naturopathic Science.

The International College of Naturopathic Science's Advanced Diploma level courses are designed in accordance with the UK Regulated Qualifications Framework (RQF) Level 5, and the Australian Quality Framework (AQF) Level 6. Once you have completed your Advanced Diploma level course, you will receive a certificate of completion from the International College of Naturopathic Science.

Graduates of the International College of Naturopathic Science's Bachelor and Advanced Diploma level courses will be eligible to become professional members of the International Institute for Complementary Therapists, which is recognised in:

- Australia
- Canada
- Europe[2]
- New Zealand
- South Africa
- United Kingdom
- United States

Professional Recognition

Natural health therapies such as Naturopathy, Nutrition, Herbalism / Herbal Medicine, Mind Body Medicine and Homoeopathy[3] are voluntarily regulated in many countries, including the United Kingdom, where the International College of Naturopathic Science is based.

The International College of Naturopathic Science's Career Courses are recognised by the International Institute for Complementary Therapists (IICT) in 38 countries, including the UK, Europe, Oceania, North America and South Africa.

Within this non-regulated space, the International College of Naturopathic Science is committed to educating practitioner-ready clinicians, who can thrive and serve their local or remote community.

PROTECTED TITLES

The International College of Naturopathic Science's Career Courses include its Bachelor and Advanced Diploma level courses. These courses are approved by the International Institute for Complementary Therapists (IICT). Professional membership and insurance is available in 38 countries worldwide:

In certain countries, regions or even states, there are specific professional titles which are referred to as 'protected titles'. This means that only those practitioners who are registered, or endorsed, in a particular profession can use the titles associated with that profession. A medical doctor is a common example of a 'protected title'.

This may require the practitioner to obtain approval, Licensing and/or Registration(s) from a regulatory authority.

These professions may include, but are not limited to natural health practices such as:

Traditional Chinese Medicine, Acupuncture, Naturopathy, Kinesiology, Homeopathy, Herbal Medicine, Massage, Art Therapy, Dietician, Psychotherapy, and Counselling.

Please note, international modality recognition is subject to the approval of regional insurance partners, regulation of 'protected titles,' and regional/state training and licensure requirements. Such requirements may change from time to time. It is your responsibility to be self informed as to the suitability of your chosen course for your own career pathway, in your chosen location.

2&4 Refer to our 'About Us' page on for the specific countries www.internationalcollegeofnaturopathicscience.com for the specific countries

[3] Please note, the International College of Naturopathic Science's Career Courses in Homoeopathy are only available in countries which accept the practice of Homoeopathy, in either medical or veterinary practice.

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GETTING STARTED

‘Our lecturers lead the field and are committed to providing you with a first-class education’

College Campus

The International College of Naturopathic Science programme sets a high standard in natural medicine education in the United Kingdom. We are entirely online; you study is online, interactive and remote, which means all of our resources can be accessed at all times. As such, we do not have a campus, and the costs involved in the operation of a physical campus. These savings are passed on to our students.

Enrolment Process

As a prospective student, your first step towards enrolment is to complete and return an Application for Enrolment form. Students are requested to apply at least 7 days before an intake, so that we can process your application, and you can work through the online induction programme. There is a non-refundable fee for this application. Students may enrol directly online through our website, and complete this form. Once the International College of Naturopathic Science has received a student's application, we are committed to providing an outcome within five business days.If we need more information in order to make a decision, we will ask. Documents we may request may include a resume outlining your employment and academic history, or evidence of a recent IELTS or TOEFL score.

Student Induction

Upon acceptance into a course, you will receive confirmation of your enrolment. This email will contain details of your enrolment, payment plan, and any other relevant information. An Induction Programme will be available online, prior to commencement of your studies, upon receipt of your application; it is suggested that students take the time to work through the induction ‘short course’. Students should review their online profile, and familiarise themselves with the relevant policies and procedures which apply to their studies at the International College of Naturopathic Science; these are readily available online. Please ask, if you are having any difficulties logging in, and accessing your student profile page.

Student Admissions

The International College of Naturopathic Science offers courses at Bachelor level and Advanced Diploma level. Admission into our courses is based on a range of factors, including merit, academic performance, fulfilment of qualification prerequisites, andyour commitment to studying natural health. We are committed to ensuring our admissions policy is governed by principles of fairness, consistency, transparency, timeliness and merit.

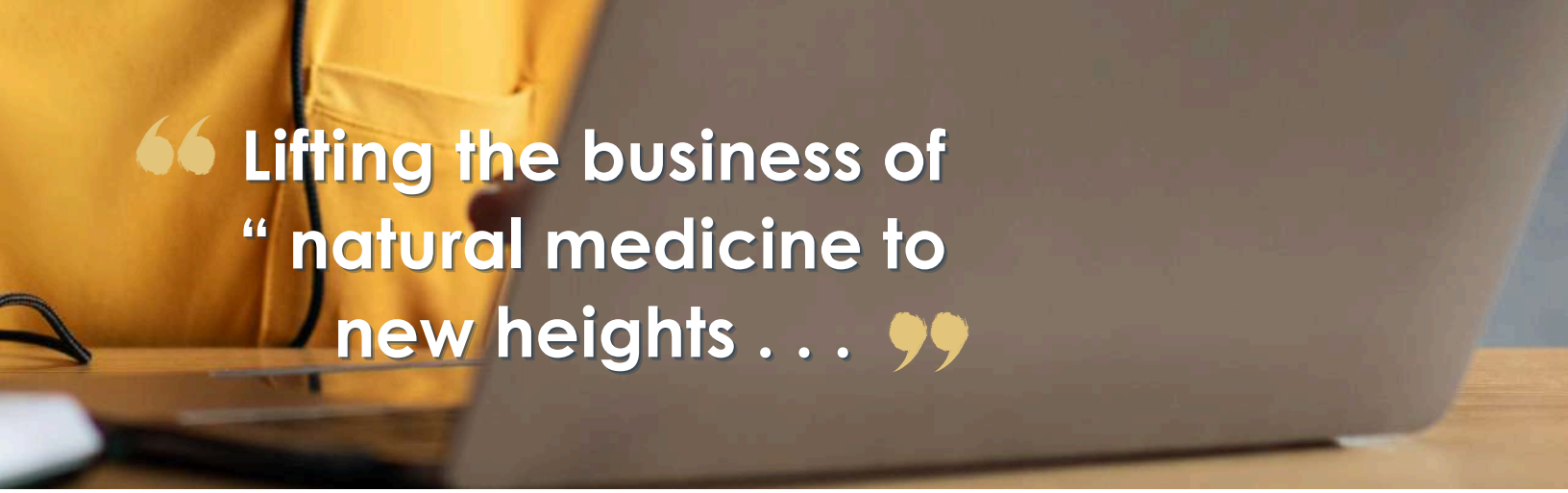
- ·To be accepted into a Bachelor level course, students need to have successfully completed secondary education, have been accepted into, or completed other recognised tertiary qualifications, or possess equivalent life experience. Life experience is assessed on an individual basis. Applicants with English as second language must have an IELTS score of 6, a TOEFL score of 60, or equivalent to ensure academic success. Applicants may be interviewed prior to admission. All Students will be required to complete two bridging modules, which introduce Health Sciences and Chemistry, to support their learning. To continue the course, all prerequisites and/or co-requisites must also be met; satisfactory completion of the International College of Naturopathic Science's delivery sequence ensures this condition is satisfied.

- To be accepted into an Advanced Diploma course, students need to have successfully completed their GCE O, in 4 subjects, or possess equivalent life experience. Life experience is assessed on an individual basis. To continue the course, all prerequisites and/or co-requisites must also be met; satisfactory completion of the International College of Naturopathic Science's delivery sequence ensures this condition is satisfied.

Applicants seeking admissions who are unable to meet the above admissions criteria but can demonstrate that they have a reasonable likelihood of success in their studies will be considered for provisional admission. Provisional admission may be offered, subject to the student meeting certain conditions, such as part-time study, and achievement of minimum grades.

We understand that some applicants may not have been in a learning environment for some time and we therefore assume no prior knowledge upon commencement of all of our courses. Your desire to help others gain good health through your interest, kindness, compassion and respect is a pre-requisite.

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Modes of Study and Availability of Qualifications

Bachelor Level Courses

To complete a Bachelor level course in the designated three years, you will need to satisfactorily complete the online modules in the sequence of delivery, (plus clinic when appropriate). You may study the course full-time, or part-time up to a maximum period of 6 years. Delivery of the courses will be determined by your chosen payment plan. Students who nominate to pay their tuition fees up front, or by a full-time payment plan, will have their modules delivered two at a time, on the 1st day of the month, on the date of the intake, and the 1st day of the following months, for a total of 18 months. Students who nominate to pay their tuition fees on a part-time payment plan, will have their modules delivered one at a time, on the 1st day of the month, on the date of the intake, and the 1st day of the following months, for a total of 36 months.

Our courses have been developed to be delivered online. Our units of study (referred herein as modules) may be studied interactively online. the International College of Naturopathic Science is committed to continuous improvement, and ongoing development of its online learning platforms and live web-based virtual ‘classrooms’. Student internship, or clinical practicum, is also achieved online, via webinars, assessment of student recordings, and completion of remote clinical practicums and logbooks.

The International College of Naturopathic Science’s course delivery is designed to be consistent throughout the duration of the student’s chosen course; this enables students to structure their self-directed study and extracurricular lives to accommodate part-time employment, child care, etc.

The International College of Naturopathic Science’s Bachelor level qualifications are issued by the International College of Naturopathic Science; please note the International College of Naturopathic Science is not a university.

Graduate Attributes

Studying a Bachelor level course at the International College of Naturopathic Science is designed to support and develop the following Graduate Attributes, which are appropriate to healthcare graduates at professional-entry level:

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GRADUATE ATTRIBUTES

Independent and Lifelong Learning

A commitment to continued and independent learning, intellectual development, academic autonomy, critical analysis and creativity.

An awareness of the dynamic nature of the body of knowledge and commitment to regular continual professional education in pursuit of professional excellence and ongoing safety in practice.

A commitment to evidence-based practice in one's professional environment and in interactions with clients, colleagues and the community at large.

A commitment to practise enquiry-based learning and self-directed agency of professional development and autonomy.

Ethics

An awareness of and sensitivity to ethics and ethical standards on interpersonal and social levels as responsible members of a professional community.

The development and maintenance of a professional, reflective and multidisciplinary perspective.

The embracing of one's role as an educator and counsellor in order to support the client to gain awareness of her/his responsibilities with the aim of developing health, autonomy and personal growth.

Global Perspective

An appreciation, respect and valuing of cultural and intellectual diversity.

The ability to identify as part of the wider global community and engage in socially and environmentally sustainable practices.

Appreciation of traditional practices and knowledge as well as evidence-based research, and the incorporation of these into professional life.

Appreciation of the whole wellbeing as consisting of physical, biological, energetic, spiritual, psychological, socio-cultural and environmental dimensions.

Communication

The ability to communicate effectively and appropriately in a range of contexts using literacy, numeracy and information technology skills.

The ability to foster verbal or written interaction as a tool for creating new understanding and communicating information from a variety of sources while maintaining the authenticity of all sources.

Readiness to engage in appropriate interdisciplinary communications to ensure optimal client care.

Information Literacy

The ability to assimilate and utilise information effectively in a range of contexts.

The ability to evaluate information and sources critically and effectively.

Appreciation of the ethical, legal and social dimensions of use of information.

Social Justice

An acknowledgement of and respect for equality of opportunity, individual and civic responsibility and other cultures and times.

The capacity to engage in appropriate professional, informed, biopsychosocial and culturally aware interactions with clients and peers to foster positive health and professional outcomes.

Discipline Knowledge and Skills

A command of a significant body of discipline knowledge and relevant professional skills.

A commitment towards keeping this body of knowledge expanding and updated.

Teamwork

A capacity for and an understanding of leadership and teamwork.

A commitment to appreciate contributions of all team members in light of individual experiences and across age, gender, sexual orientation, political or religious differences.

A commitment to practise empathy and reflection for team members and self.

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Advanced Diploma Level Courses

Advanced Diploma courses are available at the International College of Naturopathic Science, and have a valuable place in an unregulated space, such as natural health, to enable students who have an interest in the field, but who may lack to confidence to undertake a Bachelor level of study. The International College of Naturopathic Science's Advanced Diploma graduates are equipped to practice safely. The International College of Naturopathic Science's Advanced Diploma are also professionally recognised in 38 countries[5], to underpin a graduate's financial success.

To complete an Advanced Diploma level course in the designated three years, you will need to satisfactorily complete the online modules in the sequence of delivery, (including clinic and electives when appropriate). You may study the course full-time, or part-time up to a maximum period of 6 years. Delivery of the courses will be determined by your chosen payment plan. Students who nominate to pay their tuition fees up front, or by a full-time payment plan, will have their modules delivered two at a time, on the 1st day of the month, on the date of the intake, and the 1st day of the following months, for a total of 18 months. Students who nominate to pay their tuition fees on a part-time payment plan, will have their modules delivered one at a time, on the 1st day of the month, on the date of the intake, and the 1st day of the following months, for a total of 36 months.

Our courses have been developed to be delivered online. Our units of study (referred herein as modules) may be studied interactively online. The International College of Naturopathic Science is committed to continuous improvement, and ongoing development of its online learning platforms and live web-based virtual 'classrooms'. Student internship, or clinical practicum, is also achieved online, via webinars, assessment of student recordings, and completion of remote clinical practicums and logbooks.

The International College of Naturopathic Science's course delivery is designed to be consistent throughout the duration of the student's chosen course; this enables students to structure their self-directed study and extracurricular lives to accommodate part-time employment, child care, etc.

The International College of Naturopathic Science's Advanced Diploma level qualifications are issued by the International College of Naturopathic Science.

[5]*Refer to our 'About Us' page on www.internationalcollegeofnaturopathicscience.com for the specific countries*

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Career Courses Available

The International College of Naturopathic Science currently offers the following professionally recognised courses in natural medicine:

- Bachelor of Naturopathy (Page 15)
- Bachelor of Herbal Medicine (Page 21)
- Bachelor of Mind Body Medicine (Page 27)
- Bachelor of Nutritional Medicine (Page 33)
- Advanced Diploma of Nutritional Medicine) (Page 39)

Our range of career courses are all professionally recognised. As graduates, they will equip you to provide a range of natural therapy treatments on a sound basis of biological sciences, herbal medicine, homoeopathy, nutrition, massage and mind body medicine, according to your chosen studies.

Extended Qualification

All of our courses provide a strong basis for further studies, in accordance with our Qualifications Pathway Policy. This structure gives you flexibility in your career path, and ensures you do not waste your valuable time and money with studies that do not limit your future potential, both in terms of your career, and your academic options.

Pre-requisites/Co-requisites

Pre-requisite and co-requisite studies for each module or elective are available upon request from our support team. Completion of our courses in order of the delivery sequence is designed to meet pre-requisites, or co-requisites.

Bridging Courses

To assist our students to succeed in their studies, some bridging modules are included by the International College of Naturopathic Science. Health Sciences, Foundations (HSF) and Chemistry, Foundations (CF) are obligatory for Bachelor and Advanced Diploma level students. The bridging modules are designed to allow the students to become familiar with these subjects. For this reason, the assessment load for these modules is light. They are helpful for students who are returning to study, or who may not feel confident in undertaking science subjects. Both modules are integral to our Career Courses, as we assume no prior knowledge before you commence your studies.

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PATHWAYS FOR FURTHER EDUCATION

The International College of Naturopathic Science's Advanced Diploma graduates are eligible to apply for enrolment into the Bachelor level courses at the International College of Naturopathic Science.

Graduates from any of the the International College of Naturopathic Science Bachelor courses may be eligible to apply for the following post-graduate courses, which are available online. Eligibility for enrolment will be subject to the policies and prerequisites of the respective institutions.

- **Everglades University** (EU), Florida, United States
  - Master's Degree Public Health Administration (MPH)
    - Concentration in Complementary and Alternative Medicine (CAM) (MPHCAM)
    - Concentration in Functional Nutrition (MPHFN)
- **Saybrook University** (SU), California, United States
  - Certificate in Contemplative End-of-Life Care
  - Certificate in Integrative Wellness Coaching
  - Certificate in Integrative and Functional Nutrition
  - Certificate in Mind-Body Medicine
  - Certificate in Mindfulness Applications
  - M.S. Integrative & Functional Nutrition
  - M.S. Mind-Body Medicine
    - Minor in Integrative and Functional Nutrition
    - Minor in Integrative Wellness Coaching
  - Ph.D. Integrative & Functional Nutrition
  - Ph.D. in Mind-Body Medicine
  - Ph.D. in Mind-Body Medicine, Specialization in Contemplative End-of-Life Care
  - Ph.D. in Mind-Body Medicine, Specialization in Integrative and Functional Nutrition
  - Ph.D. in Mind-Body Medicine, Specialization in Integrative Wellness Coaching
  - Ph.D. in Mind-Body Medicine, Specialization in Mindful Leadership in Healthcare
- **University of Tasmania** (UTAS), Australia
  - Graduate Certificate in Advanced Practice (55A)
  - Graduate Diploma of Advanced Practice (Specialisation) (56A)
  - Master of Advanced Practice (Specialisation) (57A)

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BACHELOR OF NATUROPATHY





Course Overview

Naturopathy is a holistic system of health care that focuses on prevention of disease and the self-healing process using a variety of natural therapies, as well as dietary and lifestyle counselling. Contemporary naturopathic practice is underpinned by evidence-based science as well as traditional knowledge, philosophy and practice, to identify underlying causes of disease and implement holistic client management strategies.

The Bachelor of Naturopathy combines naturopathic therapies that are supported by traditional knowledge and research from a variety of disciplines, including naturopathic medicine, biomedical science, clinical nutrition, herbal medicine, homoeopathy, pharmacognosy, massage and counselling. Our programme is based on current evidence and naturopathic philosophical guidelines according to the World Naturopathic Federation, and is designed to educate safe and clinically competent practitioners who can synthesise and interpret complex and varied health conditions. This course is the most flexible qualification, and is widely recognised in many countries. The International College of Naturopathic Science considers this course to be its 'fllagship' Career Course. It ensures graduates demonstrate a broad range of knowledge and skills to be able to analyse a client's health status, including current medical treatments, and to formulate and negotiate compatible, highly individualised treatment protocols for health management.

Graduate Outcomes

Upon completion of this 3-year bachelor level course, graduates may practise autonomously in their own professional clinic or work with other health professionals in an integrative health clinic, with eligibility to apply for membership of the International Institute of Complementary Therapists. Graduates are then 'practitioner ready' to acquire professional insurances. This ensures their ongoing status within this profession.

Clinical Experience

Clinical training at the International College of Naturopathic Science is built around demonstrated competence, not accumulated hours. Through the Clinical Training Pathway, three sequenced modules covering Clinic Administration, Clinical Practice 1, and Clinical Practice 2; students develop and evidence the full range of skills required for safe, effective integrative health practice.

All clinical training is delivered virtually, through structured case simulations, supervised telehealth sessions, and in-depth consultations designed to reflect the full complexity of real clinical practice. Unlike a traditional student clinic, where case exposure is limited by the clients a campus clinic can attract, ICNS's virtual environment guarantees that every student encounters the breadth and depth of cases, presentations, and human behaviours required to practise with genuine confidence. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate) — the four-element clinical framework taught across all ICNS programmes and applied from the first session through to graduation.

Students progress through the Pathway by meeting competency-based milestones confirmed by supervisor sign-off. Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate — such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

For a full explanation of ICNS's clinical training model, including case design, the SAFE Consultation Method, and how competency is assessed and evidenced, see Student Clinic on page 45.

Fees

Please refer to the Admissions Team for Tuition Fees and payment plan options.

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Course Structure

All listed modules are required to be completed for a total of 144 credit points. The Course Structure by Semester shows the structure of the course, if it were delivered in a traditional university setting.

Generally speaking, the levels 100, 200, and 300, which pertain to the levels of the modules, are equivalent to the first (freshman/sophomore) year, the second (junior) year, and the third (senior) year, respectively, of a UK undergraduate degree.

BACHELOR OF NATUROPATHY				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 1	AP1	100	Anatomy & Physiology 1	4
	HSF	Bridg.	Health Sciences, Foundations	0
	MT	100	Medical Terminology	4
	NP	100	Natural Health Philosophy	4
	NU1	100	Nutrition 1	4
	PD	100	Professional Development	4
SEMESTER 2	AP2	100	Anatomy & Physiology 2	4
	BC	200	Biochemistry	4
	CF	Bridg.	Chemistry, Foundations	0
	CT1	200	Critical Thinking 1	4
	NU2	200	Nutrition 2	4
	PC	200	Practical Counselling	4
SEMESTER 3	CS	200	Clinical Studies	4
	HM1	100	Herbal Medicine 1	4
	HM2	200	Herbal Medicine 2	4
	HO1	100	Homoeopathy 1	4
	PA	200	Pathology	4
	TBM	100	Theory and Benefits of Massage	4

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BACHELOR OF NATUROPATHY				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 4	CA	200	Clinic Administration	4
	HM3	200	Herbal Medicine 3	4
	MP	200	Microbiology & Public Health	4
	NU3	300	Nutrition 3	4
	NU4	300	Nutrition 4	4
	PH	200	Pharmacology	4
SEMESTER 5	BCNAT	300	Biochemistry for Naturopaths	4
	CPNAT1	300	Clinical Practice 1 (Log Book)	8
	DD1	300	Differential Diagnosis 1	4
	HM4	300	Herbal Medicine 4	4
	HO2	200	Homoeopathy 2	4
	TPNAT1	300	Treatment Protocols (Naturopathy) 1	4
SEMESTER 6	CPNAT2	300	Clinical Practice 2 (Log Book)	8
	CSE	300	Clinical Safety and Exit Exam	4
	CT	300	Critical Thinking 2	4
	DD2	300	Differential Diagnosis 2	4
	PM	200	Practice Management	4
	TPNAT2	300	Treatment Protocols (Naturopathy) 2	4

As we are not a university, we are able to apply a more flexible delivery model, with two modes of delivery, being full time and part time. We can also offer more intakes, and flexible payment terms. Please refer below for these Rules of Progression.

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Rules of Progression (full time)

The full time course will be delivered online, two modules at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each pair of modules, before advancing to the next. Modules are delivered in the following pairs:

Health Sciences, Foundations	Natural Health Philosophy
Medical Terminology	Nutrition 1
Anatomy and Physiology 1	Professional Development
Chemistry, Foundations	Critical Thinking 1
Anatomy and Physiology 2	Practical Counselling
Biochemistry	Nutrition 2
Herbal Medicine 1	Pathology
Herbal Medicine 2	Clinical Studies
Homoeopathy 1	Theory and Benefits of Massage
Nutrition 3	Pharmacology
Herbal Medicine 3	Microbiology and Public Health
Clinic Administration	Clinical Practice (NAT) 1 (Log Book)
Biochemistry for Naturopaths	Homoeopathy 2
Differential Diagnosis 1	Treatment Protocols (NAT) 1
Herbal Medicine 4	Nutrition 4
Clinical Practice (NAT) 2 (Log Book)	Practice Management
Differential Diagnosis 2	Treatment Protocols (NAT) 2
Clinical Safety and Exit Exam	Critical Thinking 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Rules of Progression (part time)

The part time course will be delivered online, one module at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each module, before advancing to the next module. Modules are delivered in this order:

Natural Health Philosophy
Health Sciences, Foundations
Nutrition 1
Medical Terminology
Professional Development
Anatomy and Physiology 1
Critical Thinking 1
Chemistry, Foundations
Practical Counselling



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Rules of Progression (part time) cont'd

Anatomy and Physiology 2
Biochemistry
Nutrition 2
Pathology
Herbal Medicine 1
Clinical Studies
Herbal Medicine 2
Theory and Benefits of Massage
Homoeopathy 1
Pharmacology
Nutrition 3
Microbiology and Public Health
Herbal Medicine 3
Clinic Administration
Clinical Practice (NAT) 1 (Log Book)
Homoeopathy 2
Biochemistry for Naturopaths
Differential Diagnosis 1
Treatment Protocols (NAT) 1
Nutrition 4
Herbal Medicine 4
Practice Management
Clinical Practice (NAT) 2 (Log Book)
Differential Diagnosis 2
Treatment Protocols (NAT) 2
Critical Thinking 2
Clinical Safety and Exit Exam

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Module Descriptors

The Module Descriptors provide a brief description of all of the International College of Naturopathic Science's modules, which make up all of our Career Courses. They are listed in alphabetical order, and may be found on page 48.

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BACHELOR OF HERBAL MEDICINE





Course Overview

Herbal medicine is a traditional system of healthcare that focuses on prevention and the self-healing process through the use of botanical compounds and client education. The Bachelor of Herbal Medicine is designed to educate practitioners who are competent in the implementation of herbal medicine and holistic treatment strategies that are supported by traditional knowledge as well as research drawn from peer-reviewed journals from many disciplines, including biomedical science, phytotherapy, pharmacognosy, clinical nutrition and psychology. Holistic analysis of the presenting case uses traditional herbal medicine philosophies as well as science for identifying the underlying causes of imbalance and disease, and allows graduates to formulate and negotiate compatible, highly individualised treatment protocols for health management.

Graduate Outcomes

Upon completion of this 3-year bachelor level course, graduates may practise autonomously in their own professional clinic or work with other health professionals in an integrative health clinic, with eligibility to apply for membership of the International Institute of Complementary Therapists. Graduates are then 'practitioner ready' to acquire professional insurances. This ensures their ongoing status within this profession.

Clinical Experience

Clinical training at the International College of Naturopathic Science is built around demonstrated competence, not accumulated hours. Through the Clinical Training Pathway, three sequenced modules covering Clinic Administration, Clinical Practice 1, and Clinical Practice 2; students develop and evidence the full range of skills required for safe, effective integrative health practice.

All clinical training is delivered virtually, through structured case simulations, supervised telehealth sessions, and in-depth consultations designed to reflect the full complexity of real clinical practice. Unlike a traditional student clinic, where case exposure is limited by the clients a campus clinic can attract, ICNS's virtual environment guarantees that every student encounters the breadth and depth of cases, presentations, and human behaviours required to practise with genuine confidence. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate) — the four-element clinical framework taught across all ICNS programmes and applied from the first session through to graduation.

Students progress through the Pathway by meeting competency-based milestones confirmed by supervisor sign-off. Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate — such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

For a full explanation of ICNS's clinical training model, including case design, the SAFE Consultation Method, and how competency is assessed and evidenced, see Student Clinic on page 45.

Fees

Please refer to the Admissions Team for Tuition Fees and payment plan options.

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Course Structure

All listed modules are required to be completed for a total of 144 credit points. The Course Structure by Semester shows the structure of the course, if it were delivered in a traditional university setting.

Generally speaking, the levels 100, 200, and 300, which pertain to the levels of the modules, are equivalent to the first (freshman/sophomore) year, the second (junior) year, and the third (senior) year, respectively, of a UK undergraduate degree.

BACHELOR OF HERBAL MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 1	AP1	100	Anatomy & Physiology 1	4
	HSF	Bridg.	Health Sciences, Foundations	0
	MT	100	Medical Terminology	4
	NP	100	Natural Health Philosophy	4
	NU1	100	Nutrition 1	4
	PD	100	Professional Development	4
SEMESTER 2	AP2	100	Anatomy & Physiology 2	4
	BC	200	Biochemistry	4
	CF	Bridg.	Chemistry, Foundations	0
	CT1	200	Critical Thinking 1	4
	NU2	200	Nutrition 2	4
	PC	200	Practical Counselling	4
SEMESTER 3	BP	100	Botany and Pharmacognosy	4
	CS	200	Clinical Studies	4
	HC	200	Herbal Cultivation	4
	HM1	100	Herbal Medicine 1	4
	PA	200	Pathology	4
	TH	200	Theory and Practice of Herbal Medicine	4

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BACHELOR OF HERBAL MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 4	CA	200	Clinic Administration	4
	HM2	200	Herbal Medicine 2	4
	HM3	200	Herbal Medicine 3	4
	HM4	300	Herbal Medicine 4	4
	MP	200	Microbiology & Public Health	4
	PH	200	Pharmacology	4
SEMESTER 5	BCNAT	300	Biochemistry for Naturopaths	4
	CPHM1	300	Clinical Practice (HM) 1 (Log Book)	8
	DD1	300	Differential Diagnosis 1	4
	HM5	300	Herbal Medicine 5	4
	MH	300	Manufacturing of Herbs	4
	TPHM1	300	Treatment Protocols (HM) 1	4
SEMESTER 6	CPHM2	300	Clinical Practice (HM) 2 (Log Book)	8
	CSE	300	Clinical Safety and Exit Exam	4
	CT	300	Critical Thinking 2	4
	DD2	300	Differential Diagnosis 2	4
	PM	200	Practice Management	4
	TPHM2	300	Treatment Protocols (HM) 2	4

As we are not a university, we are able to apply a more flexible delivery model, with two modes of delivery, being full time and part time. We can also offer more intakes, and flexible payment terms. Please refer below for these Rules of Progression.

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Rules of Progression (full time)

The full time course will be delivered online, two modules at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each pair of modules, before advancing to the next. Modules are delivered in the following pairs:

Health Sciences, Foundations	Natural Health Philosophy
Medical Terminology	Nutrition 1
Anatomy and Physiology 1	Professional Development
Chemistry, Foundations	Critical Thinking 1
Anatomy and Physiology 2	Practical Counselling
Biochemistry	Nutrition 2
Herbal Medicine 1	Theory and Practice of Herbal Medicine
Botany & Pharmacognosy	Pathology
Clinical Studies	Herbal Cultivation
Herbal Medicine 2	Pharmacology
Herbal Medicine 3	Microbiology and Public Health
Clinic Administration	Clinical Practice (HM) 1 (Log Book)
Biochemistry for Naturopaths	Herbal Medicine 4
Differential Diagnosis 1	Treatment Protocols (HM) 1
Herbal Manufacturing	Herbal Medicine 5
Clinical Practice HM 2 (Log Book)	Practice Management
Differential Diagnosis 2	Treatment Protocols (HM) 2
Clinical Safety and Exit Exam	Critical Thinking 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Rules of Progression (part time)

The part time course will be delivered online, one module at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each module, before advancing to the next module. Modules are delivered in this order:

Natural Health Philosophy
Health Sciences, Foundations
Nutrition 1
Medical Terminology
Professional Development
Anatomy and Physiology 1
Critical Thinking 1
Chemistry, Foundations
Practical Counselling
Anatomy and Physiology 2

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Rules of Progression (part time) cont'd

Biochemistry
Nutrition 2
Theory & Practice of Herbal Medicine
Herbal Medicine 1
Pathology
Botany & Pharmacognosy
Clinical Studies
Herbal Cultivation
Pharmacology
Herbal Medicine 2
Microbiology & Public Health
Herbal Medicine 3
Clinic Administration
Clinical Practice (HM) 1 (Log Book)
Biochemistry for Naturopaths
Herbal Medicine 4
Differential Diagnosis 1
Treatment Protocols (HM) 1
Herbal Medicine 5
Herbal Manufacturing
Practice Management
Clinical Practice (HM) 2 (Log Book)
Differential Diagnosis 2
Treatment Protocols (HM) 2
Critical Thinking 2
Clinical Safety and Exit Exam

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

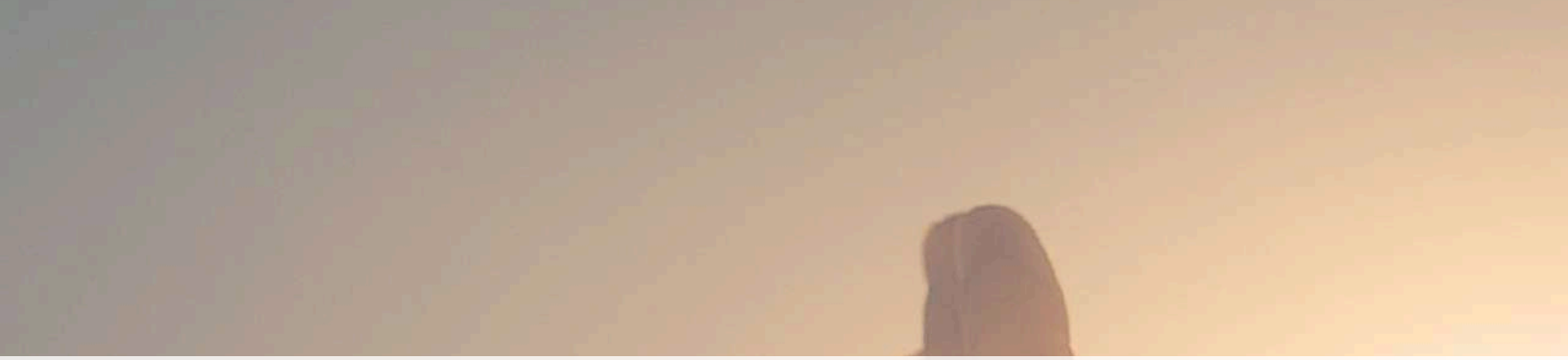
Module Descriptors

The Module Descriptors provide a brief description of all of the International College of Naturopathic Science's modules, which make up all of our Career Courses. They are listed in alphabetical order, and may be found on page 48.

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BACHELOR OF MIND BODY MEDICINE





Course Overview

Mind body medicine is an emerging system of healthcare that focuses on prevention and the self-healing process through the use of traditional and novel therapies, and client education. The Bachelor of Mind Body Medicine is designed to educate practitioners who are competent in the implementation of mind body medicine and holistic treatment strategies that are supported by emerging and traditional knowledge, as well as research drawn from peer-reviewed journals from many disciplines, including biomedical science, psychotherapy, neuroplasticity therapies, clinical nutrition and psychology. Holistic analysis of the presenting case uses traditional and novel philosophies, as well as science to identify the underlying causes of imbalance and disease, and allows graduates to formulate and negotiate compatible, highly individualised treatment protocols for health management.

Graduate Outcomes

Upon completion of this 3-year bachelor level course, graduates may practise autonomously in their own professional clinic or work with other health professionals in an integrative health clinic, with eligibility to apply for membership of the International Institute of Complementary Therapists. Graduates are then 'practitioner ready' to acquire professional insurances. This ensures their ongoing status within this profession.

Clinical Experience

Clinical training at the International College of Naturopathic Science is built around demonstrated competence, not accumulated hours. Through the Clinical Training Pathway, three sequenced modules covering Clinic Administration, Clinical Practice 1, and Clinical Practice 2; students develop and evidence the full range of skills required for safe, effective integrative health practice.

All clinical training is delivered virtually, through structured case simulations, supervised telehealth sessions, and in-depth consultations designed to reflect the full complexity of real clinical practice. Unlike a traditional student clinic, where case exposure is limited by the clients a campus clinic can attract, ICNS's virtual environment guarantees that every student encounters the breadth and depth of cases, presentations, and human behaviours required to practise with genuine confidence. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate) — the four-element clinical framework taught across all ICNS programmes and applied from the first session through to graduation.

Students progress through the Pathway by meeting competency-based milestones confirmed by supervisor sign-off. Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate — such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

For a full explanation of ICNS's clinical training model, including case design, the SAFE Consultation Method, and how competency is assessed and evidenced, see Student Clinic on page 45.

Fees

Please refer to the Admissions Team for Tuition Fees and payment plan options.

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Course Structure

All listed modules are required to be completed for a total of 144 credit points. The Course Structure by Semester shows the structure of the course, if it were delivered in a traditional university setting.

Generally speaking, the levels 100, 200, and 300, which pertain to the levels of the modules, are equivalent to the first (freshman/sophomore) year, the second (junior) year, and the third (senior) year, respectively, of a UK undergraduate degree. .

BACHELOR OF MIND BODY MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 1	AP1	100	Anatomy & Physiology 1	4
	HSF	Bridg.	Health Sciences, Foundations	0
	MT	100	Medical Terminology	4
	NP	100	Natural Health Philosophy	4
	NU1	100	Nutrition 1	4
	PD	100	Professional Development	4
SEMESTER 2	AP2	100	Anatomy & Physiology 2	4
	BC	200	Biochemistry	4
	CF	Bridg.	Chemistry, Foundations	0
	CT1	200	Critical Thinking 1	4
	NU2	200	Nutrition 2	4
	PC	200	Practical Counselling	4
SEMESTER 3	CS	200	Clinical Studies	4
	FE	100	Flower Essences	4
	FMB	100	Foundations of Mind Body Medicine	4
	FP	100	Food Philosophy	4
	PA	200	Pathology	4
	WM	200	Wellness Through Mindfulness	4

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BACHELOR OF MIND BODY MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 4	CA	200	Clinic Administration	4
	FW	100	Food For Wellness	4
	MP	200	Microbiology & Public Health	4
	NT	200	Neurotherapeutics	4
	PH	200	Pharmacology	4
	VM	200	Vibrational Medicine	4
SEMESTER 5	AN	300	Applied Neuroplasticity	4
	CPMBM1	300	Clinical Practice (MBM) 1 (Log Book)	8
	DD1	300	Differential Diagnosis 1	4
	EG	300	Emerging Genetics	4
	MG	200	Mind-Gut Health	4
	TPMBM1	300	Treatment Protocols (MBM) 1	4
SEMESTER 6	CPMBM2	300	Clinical Practice (MBM) 2 (Log Book)	8
	CSE	300	Clinical Safety and Exit Exam	4
	CT	300	Critical Thinking 2	4
	DD2	300	Differential Diagnosis 2	4
	PM	200	Practice Management	4
	TPMBM2	300	Treatment Protocols (MBM) 2	4

As we are not a university, we are able to apply a more flexible delivery model, with two modes of delivery, being full time and part time. We can also offer more intakes, and flexible payment terms. Please refer below for these Rules of Progression.

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Rules of Progression (full time)

The full time course will be delivered online, two modules at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each pair of modules, before advancing to the next.Modules are delivered in the following pairs:

Health Sciences, Foundations
Medical Terminology
Anatomy and Physiology 1
Chemistry, Foundations
Anatomy and Physiology 2
Biochemistry
Foundations of Mind Body Medicine
Clinical Studies
Flower Essences
Food for Wellness
Pharmacology
Clinic Administration
Mind-Gut Health
Differential Diagnosis 1
Applied Neuroplasticity
Clinical Practice (MBM) 2 (Log Book)
Differential Diagnosis 2
Clinical Safety and Exit Exam

Natural Health Philosophy
Nutrition 1
Professional Development
Critical Thinking 1
Practical Counselling
Nutrition 2
Pathology
Food Philosophy
Wellness through Mindfulness
Microbiology and Public Health
Vibrational Medicine
Clinical Practice (MBM) 1 (Log Book)
Neurotherapeutics
Treatment Protocols (MBM) 1
Emerging Genetics
Practice Management
Treatment Protocols (MBM) 2
Critical Thinking 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Rules of Progression (part time)

The part time course will be delivered online, one module at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success.You will be required to pass each module, before advancing to the next module. Modules are delivered in this order:

Natural Health Philosophy
Health Sciences, Foundations
Nutrition 1
Medical Terminology
Professional Development
Anatomy & Physiology 1
Critical Thinking 1
Chemistry, Foundations
Practical Counselling
Anatomy & Physiology 2

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Rules of Progression (part time) cont'd

Biochemistry
Nutrition 2
Pathology
Foundations of Mind Body Medicine
Clinical Studies
Food Philosophy
Flower Essences
Wellness through Mindfulness
Microbiology and Public Health
Food for Wellness
Pharmacology
Vibrational Medicine
Clinic Administration
Clinical Practice (MBM) 1 (Log Book)
Neurotherapeutics
Mind-Gut Health
Differential Diagnosis 1
Treatment Protocols (MBM) 1
Applied Neuroplasticity
Emerging Genetics
Practice Management
Clinical Practice (MBM) 2 (Log Book)
Differential Diagnosis 2
Treatment Protocols (MBM) 2
Critical Thinking 2
Clinical Safety & Exit Exam

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Module Descriptors

The Module Descriptors provide a brief description of all of the International College of Naturopathic Science's modules, which make up all of our Career Courses. They are listed in alphabetical order, and may be found on page 48.

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BACHELOR OF NUTRITIONAL MEDICINE



Course Overview

Holistic nutrition is an emerging system of health care that focuses on prevention and the self-healing process through the use of diet, food as medicine and nutritional compounds. The Bachelor of Nutritional Medicine is designed to educate practitioners who are competent in the implementation of holistic nutritional principles and apply nutritional strategies that are supported by traditional knowledge as well as research drawn from peer-reviewed journals from many disciplines, including biomedical science, clinical nutrition, food as medicine, pharmacognosy and psychology. Holistic nutritional analysis of the presenting case uses philosophy as well as principles and science for identifying the underlying causes of imbalance and disease and allows graduates to formulate and negotiate compatible, highly individualised treatment protocols for health management.

Graduate Outcomes

Upon completion of this 3-year bachelor level course, graduates may practise autonomously in their own professional clinic or work with other health professionals in an integrative health clinic, with eligibility to apply for membership of the International Institute of Complementary Therapists. Graduates are then 'practitioner ready' to acquire professional insurances. This ensures their ongoing status within this profession.

Clinical Experience

Clinical training at the International College of Naturopathic Science is built around demonstrated competence, not accumulated hours. Through the Clinical Training Pathway, three sequenced modules covering Clinic Administration, Clinical Practice 1, and Clinical Practice 2; students develop and evidence the full range of skills required for safe, effective integrative health practice.

All clinical training is delivered virtually, through structured case simulations, supervised telehealth sessions, and in-depth consultations designed to reflect the full complexity of real clinical practice. Unlike a traditional student clinic, where case exposure is limited by the clients a campus clinic can attract, ICNS's virtual environment guarantees that every student encounters the breadth and depth of cases, presentations, and human behaviours required to practise with genuine confidence. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate) — the four-element clinical framework taught across all ICNS programmes and applied from the first session through to graduation.

Students progress through the Pathway by meeting competency-based milestones confirmed by supervisor sign-off. Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate — such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

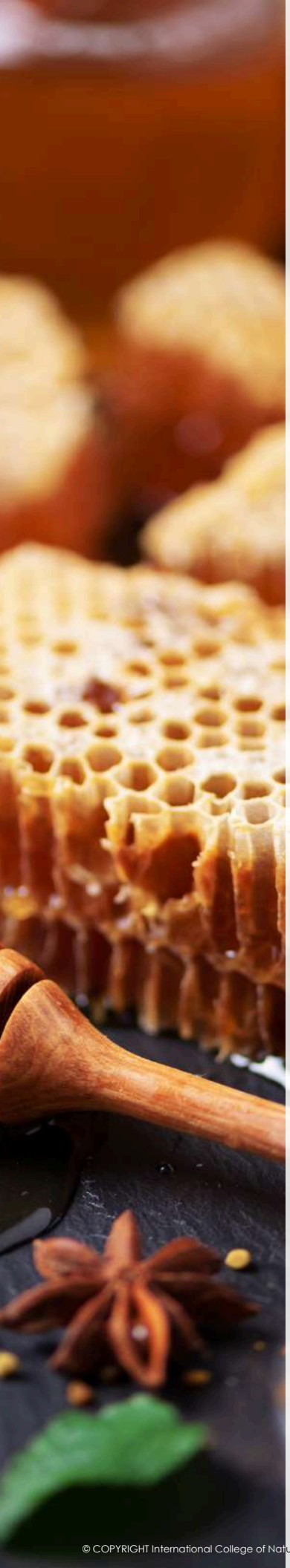
For a full explanation of ICNS's clinical training model, including case design, the SAFE Consultation Method, and how competency is assessed and evidenced, see Student Clinic on page 85.

Fees

Please refer to the Admissions Team for Tuition Fees and payment plan options.



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Course Structure

All listed modules are required to be completed for a total of 144 credit points. The Course Structure by Semester shows the structure of the course, if it were delivered in a traditional university setting.

Generally speaking, the levels 100, 200, and 300, which pertain to the levels of the modules, are equivalent to the first (freshman/sophomore) year, the second (junior) year, and the third (senior) year, respectively, of a UK undergraduate degree.

BACHELOR OF NUTRITIONAL MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 1	AP1	100	Anatomy & Physiology 1	4
	HSF	Bridg.	Health Sciences, Foundations	0
	MT	100	Medical Terminology	4
	NP	100	Natural Health Philosophy	4
	NU1	100	Nutrition 1	4
	PD	100	Professional Development	4
SEMESTER 2	AP2	100	Anatomy & Physiology 2	4
	BC	200	Biochemistry	4
	CF	Bridg.	Chemistry, Foundations	0
	CT1	200	Critical Thinking 1	4
	NU2	200	Nutrition 2	4
	PC	200	Practical Counselling	4
SEMESTER 3	AFM	200	Applied Food as Medicine	4
	CS	200	Clinical Studies	4
	FW	100	Food for Wellness	4
	PA	200	Pathology	4
	TFM	200	Traditional Food as Medicine	4
	TS	100	Tissue Salts	4

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BACHELOR OF NUTRITIONAL MEDICINE				
	Code	**Level**	**Module Name**	**Credit Points**
SEMESTER 4	CA	200	Clinic Administration	4
	FS	200	Food Health and Safety	4
	MP	200	Microbiology and Public Health	4
	NU3	300	Nutrition 3	4
	NU4	300	Nutrition 4	4
	PH	200	Pharmacology	4
SEMESTER 5	BA	200	Biodiversity and Sustainable Agriculture	4
	BCNUT	300	Biochemistry for Nutritionists	4
	CPNAT1	300	Clinical Practice (NUM) 1 (Log Book)	8
	DD1	300	Differential Diagnosis 1	4
	PP	300	Public Health Practice	4
	TPNUM	300	Treatment Protocols (NUM) 1	4
SEMESTER 6	CPNUM2	300	Clinical Practice (NUM) 2 (Log Book)	8
	CSE	300	Clinical Safety and Exit Exam	4
	CT	300	Critical Thinking 2	4
	DD2	300	Differential Diagnosis 2	4
	PM	200	Practice Management	4
	TPNAT2	300	Treatment Protocols (Naturopathy) 2	4

As we are not a university, we are able to apply a more flexible delivery model, with two modes of delivery, being full time and part time. We can also offer more intakes, and flexible payment terms. Please refer below for these Rules of Progression.



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Rules of Progression (full time)

The full time course will be delivered online, two modules at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each pair of modules, before advancing to the next. Modules are delivered in the following pairs:

Health Sciences, Foundations	Natural Health Philosophy
Medical Terminology	Nutrition 1
Anatomy and Physiology 1	Professional Development
Chemistry, Foundations	Critical Thinking 1
Anatomy and Physiology 2	Practical Counselling
Biochemistry	Nutrition 2
Food for Wellness	Pathology
Clinical Studies	Traditional Food as Medicine
Applied Food as Medicine	Tissue Salts
Nutrition 3	Microbiology and Public Health
Nutrition 4	Pharmacology
Clinic Administration	Clinical Practice (NUM) 1 (Log Book)
Biochemistry for Nutritionists	Food Health and Safety
Differential Diagnosis 1	Treatment Protocols (NUM) 1
Biodiversity & Sustainable Agriculture	Public Health Practice
Clinical Practice (NUM) 2 (Log Book)	Practice Management
Differential Diagnosis 2	Treatment Protocols (NUM) 2
Clinical Safety and Exit Exam	Critical Thinking 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Rules of Progression (part time)

The part time course will be delivered online, one module at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each module, before advancing to the next module. Modules are delivered in this order:

Natural Health Philosophy
Health Sciences, Foundations
Nutrition 1
Medical Terminology
Professional Development
Anatomy & Physiology 1
Critical Thinking 1
Chemistry, Foundations
Practical Counselling
Anatomy & Physiology 2
Biochemistry
Nutrition 2
Food for Wellness

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Rules of Progression (part time) cont'd

Pathology
Traditional Food as Medicine
Clinical Studies
Tissue Salts
Applied Food as Medicine
Microbiology and Public Health
Nutrition 3
Pharmacology
Nutrition 4
Clinic Administration
Clinical Practice (NUM) 1 (Log Book)
Biochemistry for Nutritionists
Food Health and Safety
Differential Diagnosis 1
Treatment Protocols (NUM) 1
Biodiversity and Sustainable Agriculture
Public Health Practice
Practice Management
Clinical Practice (NUM) 2 (Log Book)
Differential Diagnosis 2
Treatment Protocols (NUM) 2
Critical Thinking 2
Clinical Safety & Exit Exam

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Module Descriptors

The Module Descriptors provide a brief description of all of the International College of Naturopathic Science's modules, which make up all of our Career Courses. They are listed in alphabetical order, and may be found on page 48.

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ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE



Course Overview

The Advanced Diploma of Nutritional Medicine provides the graduate nutritional medicine practitioner with the necessary skills in a range of nutritional medicine treatments, based on biological sciences and clinical nutrition. Students will attain a thorough understanding of nutritional indications, the concept and application of the use of 'food as medicine', supplementation, and contra-indications to treatment. Students will learn how to assimilate nutritional treatment protocols that are relevant to each particular case. This course will equip our graduate nutritionists in the guidance of patients to an optimum state of health and wellbeing.

Graduate Outcomes

Upon completion of this 3-year advanced diploma level course, graduates may practise autonomously in their own professional clinic or work with other health professionals in an integrative health clinic, with eligibility to apply for membership of the International Institute of Complementary Therapists. Graduates are then 'practitioner ready' to acquire professional insurances. This ensures their ongoing status within this profession.

Clinical Experience

Clinical training at the International College of Naturopathic Science is built around demonstrated competence, not accumulated hours. Through the Clinical Training Pathway, three sequenced modules covering Clinic Administration, Clinical Practice 1, and Clinical Practice 2; students develop and evidence the full range of skills required for safe, effective integrative health practice.

All clinical training is delivered virtually, through structured case simulations, supervised telehealth sessions, and in-depth consultations designed to reflect the full complexity of real clinical practice. Unlike a traditional student clinic, where case exposure is limited by the clients a campus clinic can attract, ICNS's virtual environment guarantees that every student encounters the breadth and depth of cases, presentations, and human behaviours required to practise with genuine confidence. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate) — the four-element clinical framework taught across all ICNS programmes and applied from the first session through to graduation.

Students progress through the Pathway by meeting competency-based milestones confirmed by supervisor sign-off. Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate — such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

For a full explanation of ICNS's clinical training model, including case design, the SAFE Consultation Method, and how competency is assessed and evidenced, see Student Clinic on page 45.

Fees

Please refer to the Admissions Team for Tuition Fees and payment plan options.

Electives

No electives are required, for completion of this course.

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Course Structure

The Advanced Diploma of Nutritional Medicine is designed to be delivered over a three-year period. All listed modules are required to be completed. The Course Structure by Semester shows the structure of the course, if it were delivered in a traditional educational setting.

ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE		
	Module Code	**Module Name**
SEMESTER 1	AP1	Anatomy & Physiology 1
	HSF	Health Sciences, Foundations
	MT	Medical Terminology
	NP	Natural Health Philosophy
	NU1	Nutrition 1
SEMESTER 2	AP2	Anatomy & Physiology 2
	CF	Chemistry, Foundations
	NU2	Nutrition 2
	FP	Food Philosophy
	PD	Professional Development
SEMESTER 3	CS	Clinical Studies
	FW	Food for Wellness
	PA	Pathology
	TS	Tissue Salts

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ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE		
	Module Code	**Module Name**
SEMESTER 4	AFM	Applied Food as Medicine
	CA	Clinic Administration
	FS	Food Health & Safety
	PH	Pharmacology
SEMESTER 5	BA	Biodiversity & Sustainable Agriculture
	CPNUM1	Clinical Practice (NuM)1 (Log Book)
	DD1	Differential Diagnosis 1
	NW	Nutraceuticals for Wellness
	TPNUM1	Treatment Protocols (NuM) 1
SEMESTER 6	CPNUM2	Clinical Practice (NuM) 2 (Log Book)
	DD2	Differential Diagnosis 2
	PM	Practice Management
	RE	Research Evaluation
	TPNuM2	Treatment Protocols (NuM) 2

As we are not a traditional education setting, we are able to apply a more flexible delivery model, with two modes of delivery, being full time and part time. We can also offer more intakes, and flexible payment terms. Please refer below for these Rules of Progression.

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Rules of Progression (full time)

The full time course will be delivered online, two modules at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each pair of modules (and electives), before advancing to the next. Modules are delivered in the following pairs:

Health Sciences, Foundations	Natural Health Philosophy
Medical Terminology	Nutrition 1
Anatomy and Physiology 1	Professional Development
Chemistry, Foundations	Food Philosophy
Anatomy and Physiology 2	Nutrition 2
Clinical Studies	Tissue Salts
Food for Wellness	Pathology
Food Health and Safety	Pharmacology
Applied Food as Medicine	Clinic Administration
Clinical Practice (NuM) 1 (Log Book)	Practice Management
Biodiversity and Sustainable Agriculture	Nutraceuticals for Wellness
Differential Diagnosis 1	Treatment Protocols (NuM) 1
Clinical Practice (NuM) 2 (Log Book)	Research Evaluation
Differential Diagnosis 2	Treatment Protocols (NuM) 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Rules of Progression (part time)

The part time course will be delivered online, one module at a time. Two bridging courses are also included, Health Sciences, Foundations and Chemistry, Foundations, to set students up for success. You will be required to pass each module, before advancing to the next module. Modules are delivered in this order:

Natural Health Philosophy
Health Sciences, Foundations
Nutrition 1
Medical Terminology
Professional Development
Anatomy and Physiology 1
Food Philosophy
Chemistry, Foundations
Nutrition 2
Anatomy and Physiology 2
Tissue Salts
Clinical Studies
Food for Wellness
Pathology
Food Health & Safety
Pharmacology

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Rules of Progression (part time) cont'd

Applied Food as Medicine
Clinic Administration
Practice Management
Clinical Practice (NuM) 1 (Log Book)
Nutraceuticals for Wellness
Biodiversity & Sustainable Agriculture
Differential Diagnosis 1
Treatment Protocols (NuM) 1
Clinical Practice (NuM) 2 (Log Book)
Research Evaluation
Differential Diagnosis 2
Treatment Protocols (NuM) 2

NB: Prior to commencing Clinical Practice modules, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS.

Module Descriptors

The Module Descriptors provide a brief description of all of the International College of Naturopathic Science's modules, which make up all of our Career Courses. They are listed in alphabetical order, and may be found on page 48.

Historical Background

As a historical point of interest and reference, the International College of Naturopathic Science's Advanced Diploma of Nutritional Medicine course was developed to cover the following Australian units of competency[6]:

BSBFLM303C	Contribute to effective workplace relationships
HLTCOM502C	Develop professional expertise
HLTCOM503D	Manage a practice
HLTCOM404C	Communicate effectively with clients
HLTCOM406C	Make referrals to other health care professionals when appropriate
HLTFA311A	Apply first aid
HLTHIR501C	Maintain an effective health work environment
HLTIN301C	Comply with infection control policies and procedures
HLTIN504D	Manage the control of infection
HLTWHS300A	Contribute to WHS processes
HLTAP401B	Confirm physical health status
HLTAP501C	Analyse health information
CHCORG428A	Reflect on and improve own professional practice
HLTHIR403C	Work effectively with culturally diverse clients and co-workers
HLTHIR404D	Work effectively with Aboriginal and/or Torres Strait Islander people
HLTNUT601C	Apply literature research findings to clinical practice
HLTNUT603B	Apply a nutritional medicine diagnostic framework
HLTNUT604C	Manage work within a clinical nutritional framework
HLTNUT605B	Perform nutritional medicine health assessment
HLTNUT606B	Plan the nutritional treatment strategy
HLTNUT607C	Provide nutritional medicine treatment
HLTNUT608B	Provide specialised nutritional medicine treatment
HLTNUT609C	Prepare and dispense nutritional and dietary supplements
HLTNUT610B	Provide basic dietary advice

[6] *This information is provided for general interest only, and does not suggest that the International College of Naturopathic Science's course is formally accredited in Australia.*

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STUDENT CLINIC

Over the duration of your chosen course, you will be required to complete the Student Clinic experience. This is compulsory, delivered in sequence, and is an integral part of your training, designed to ensure that you graduate as a competent, confident, and practice--ready Integrative Health Practitioner.

The Student Clinic at ICNS is delivered entirely virtually, through the Clinical Training Pathway, typically three sequenced modules comprising Clinic Administration, Clinical Practice 1, and Clinical Practice 2. Rather than limiting your clinical exposure to the clients a campus clinic can attract, our virtual environment is designed to guarantee that you encounter the full range of case complexity, human behaviours, and clinical challenges that characterise real practice. Every consultation is structured using the SAFE Consultation Method (Safe · Analysis · Focus · Evaluate), the four-element clinical framework at the heart of all ICNS programmes.

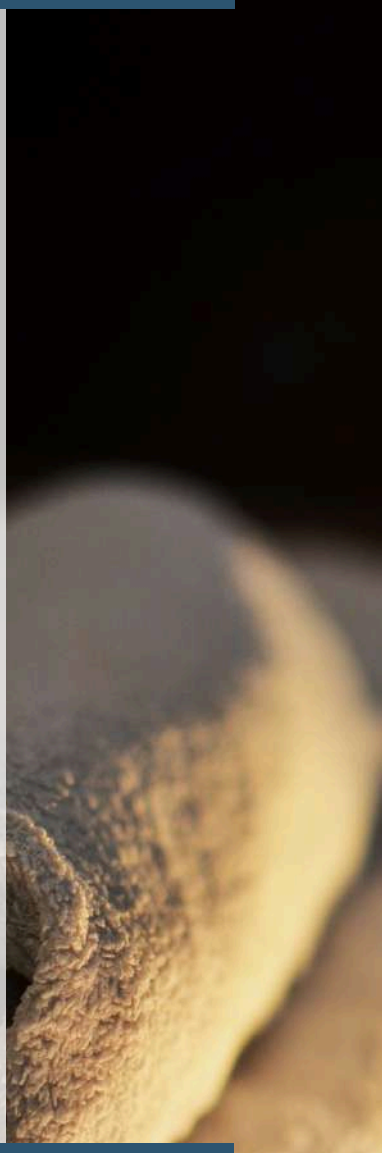
Throughout the Student Clinic, you will develop and demonstrate competence across the core areas of integrative health practice: taking and documenting comprehensive client histories, developing evidence-informed treatment protocols appropriate to your programme, tracking client outcomes across multiple consultations, and communicating professionally with clients across a range of presentations and circumstances.

Central to this is a clear and confident understanding of your scope of practice, knowing when to act, when to adapt, and when to refer. Assessment is competency-based - you progress by demonstrating clinical capability, not by accumulating hours.

All supervised sessions are overseen by suitably qualified natural health practitioners. Students progress through each stage of the Pathway upon receiving supervisor sign-off confirming that the required competencies have been met.

Prior to commencing supervised sessions, students must hold a current workplace first aid qualification of equivalent standard to the UK Level 3 First Aid at Work certificate, such as a Senior First Aid Certificate (Australia), CPR/AED and First Aid certification (US), or nationally recognised equivalent. This qualification is not provided by ICNS and must be obtained independently. Currency must be maintained through to graduation.

The Student Clinic does not need to be completed before progressing to your next module, but must be completed in full before graduation can take place.



TERMS & CONDITIONS

College Guidelines

Upon successful completion of the theoretical and practical components of a course, you will need to demonstrate to the International College of Naturopathic Science or their nominee that you are ready to accept graduation.

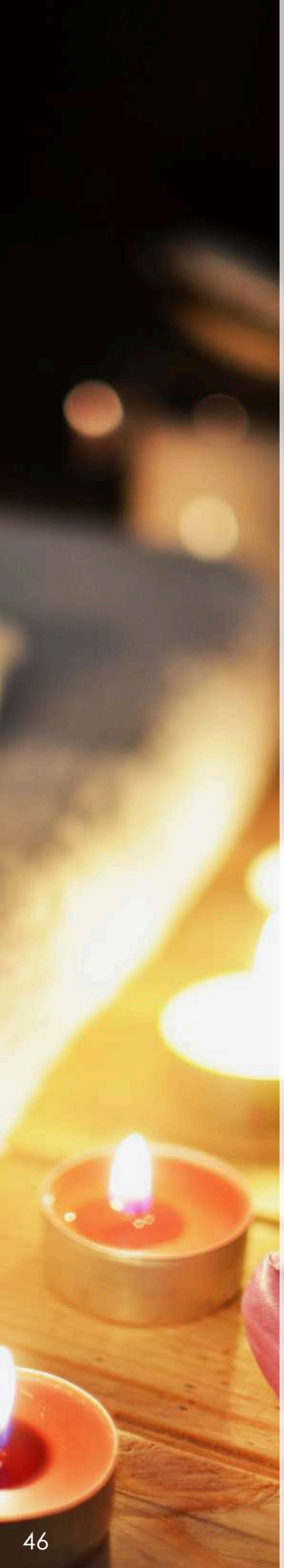
It is a student's responsibility to familiarise themselves with all relevant policies and procedures, as detailed below:

Access & Equity

The International College of Naturopathic Science has an Access, Equity and Fairness Policy. college facilities are available to all, irrespective of race, colour, creed, sex, national heritage, veteran status or disability. We are open to your input to help and improve our college; positive suggestions are appreciated.



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Assessment

Students are required to participate in assessments at the scheduled times; notification of assessments are given in writing at the commencement of each module. Should unforeseen circumstances prevent your participation at the appropriate time, deferred assessment may be arranged (additional costs may apply). Further information is available from the International College of Naturopathic Science. Academic records will be withheld until all outstanding fees have been paid.

Client Support & Guidance Services

The welfare of our students is of utmost importance to all staff at the International College of Naturopathic Science. Feel free to approach us to discuss your concerns. the International College of Naturopathic Science also undertake to support students who are having difficulty in completing their studies. A student counsellor is available by appointment.

Confidentiality

Upon enrolment, it is understood that a student's details remain confidential. Your details will not be disclosed to a third party unless authorised in writing by you, or compelled by law. In accordance with professional ethics, it is also expected that confidentiality concerning your student colleagues and clients within the clinic be maintained. Students have the right to request a copy of their personal file.

Cheating / Plagiarism

Cheating and/or plagiarism is not tolerated at the International College of Naturopathic Science. Should you not understand the nature of cheating and/or plagiarism, please refer to the Policies and Procedures which are available for you to download from our website or alternatively from the International College of Naturopathic Science's support team. Should you have any further doubt, do not hesitate to discuss this issue with the Dean of Studies.

Intellectual Property

All the International College of Naturopathic Science training material remains the intellectual property of the International College of Naturopathic Science, and is not to be reproduced in any way, other than for its intended use, to provide students who are enrolled at the International College of Naturopathic Science with their education in this exciting field; it is not for distribution or dissemination otherwise.

Disciplinary Action

A breach of any the International College of Naturopathic Science policies may result in disciplinary action. Severity of the action is determined by the severity of the breach. Instant expulsion shall be made in the case of serious misconduct, e.g. sexual harassment. Unlawful misconduct shall be reported to the authorities immediately.

Drugs & Alcohol

The International College of Naturopathic Science has a drug and alcohol free policy for all students and staff. Students and staff shall be free of the effects of drugs and alcohol while on college business. The use and possession of illegal drugs is unlawful and subject to immediate expulsion.

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Harassment

The International College of Naturopathic Science strives to maintain an environment where all are free from harassment, and will not tolerate any behaviour which may compromise this standard. Harassment means any offensive, unwelcome physical or verbal behaviour. It can include unsolicited comments or conduct related to a person's race, national origin, religion, sex or disability. In today's world, this can also be electronically communicated.

Private Practice

Students are ineligible for professional indemnity insurance cover, and therefore will be personally liable should any claim arise. Your Student Clinic experience provides the appropriate supervised environment in which students may develop their professional skills. This clause does not apply to students, who are current practitioners, and who are studying an the International College of Naturopathic Science upgrade programme.

Student Complaints, Grievances & Appeals

All students have the right to appeal an assessment result. Should you have a grievance, complaint or wish to make an appeal, please contact the support team who will assist you with such issues.

Fees and Charges

Please refer to the support team for the Tuition Fees and for payment options and methods. Academic Results will be withheld until all outstanding fees are received.

Refund Policy

Refund policies and procedures are designed to be fair to both parties; please refer to the published policies and procedures and/or the support team for details.

Deferments

The International College of Naturopathic Science does not offer deferment; students may withdraw from their studies without academic penalty; please refer to our Refund policies and procedures concerning financial considerations.

Skills Recognition

The International College of Naturopathic Science offers skill recognition and may provide exemptions to you based on your work experience and relevant previous studies. This includes Bachelor upgrade programmes, for applicants who are already practising. Please refer to our policies and procedures or contact the Dean of Studies for more information.

You must submit your application for Skills Recognition with your enrolment application prior to commencing your study. There is a fee associated with each request for skills recognition, based on the module/s concerned. If a student enrols in and has access to a module for which they later apply for Skills Recognition, full payment for the module will be required.



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MODULE DESCRIPTORS



Anatomy and Physiology 1

This module introduces students to the anatomical structure and physiological function of the human body, including the chemical, cellular and tissue levels of organisation. Students will also learn about the structure and specialised functions of the integumentary, musculoskeletal and gastrointestinal systems, as well as gaining a basic overview of human metabolism.

Anatomy and Physiology 2

This module follows AP1, providing information on the structure and specialised functions of the lymphatic, immune, nervous, endocrine, cardiovascular, respiratory, urinary and reproductive systems. Key concepts associated with fluid, electrolyte and acid-base homeostasis are also introduced.

Applied Food as Medicine

This module follows on from Food for Wellness, building on the therapeutic potential of food and providing students with a sound knowledge base necessary to implement healthy whole food into everyday life. It incorporates both theoretical and practical aspects of whole food cooking, including special diets, menu planning, and food safety and hygiene considerations.

Applied Neuroplasticity

This module integrates knowledge of various neuroplasticity techniques designed to effect change in the therapeutic encounter, with regard for ethics in practice and evidence-based medicine.

Biochemistry

This module teaches chemistry and organic chemistry principles, and relates biochemical structure to the function of substances within the body. It provides a basic understanding of biochemical processes and metabolic pathways of macronutrients and energy production.

Biochemistry for Naturopaths

Building on the Biochemistry module, students will gain a deeper understanding of the biochemistry and metabolism of various micronutrients and herbal constituents in order to predict the physiological effects of nutritional and herbal therapy.

Biochemistry for Nutritionists

Building on the Biochemistry module, students will gain a deeper understanding of the biochemistry and metabolism of various micronutrients, including vitamins, minerals, amino acids and other special nutrients, in order to predict the physiological effects of nutritional therapy.

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Biodiversity and Sustainable Agriculture

This module explores the environmental and health impacts of modern agricultural practices, as well as the benefits of biodiversity and sustainable agriculture to human health and society at large. Various sustainable farming designs, including organic and biodynamic practices, permaculture and aquaculture will be discussed.

Botany and Pharmacognosy

In this module, students will learn to identify morphological features of plants, as well as gain an understanding of the therapeutic constituents and pharmacological qualities of medicinal herbs. Plant-derived conventional drugs and the difference between pharmacodynamic and pharmacokinetic actions will also be covered.

Chemistry, Foundations

This module introduces basic chemistry and organic chemistry principles, and relates biochemical structure to the function of substances within the body. It will provide an introduction to biochemical processes and metabolic pathways of macronutrients and energy production.

Clinic Administration

This is the first in a series of modules designed to give students practical experience within an operational clinical practice setting. Students will be introduced to administrative systems, clinical practice guidelines, marketing strategies, and occupational and health safety requirements. Students will be taught how to interact with the public in a retail or clinic setting, including marketing duties, and professionalism with respect to attendance, punctuality, appearance, communication, time-management and working within a team.

Clinical Practice 1

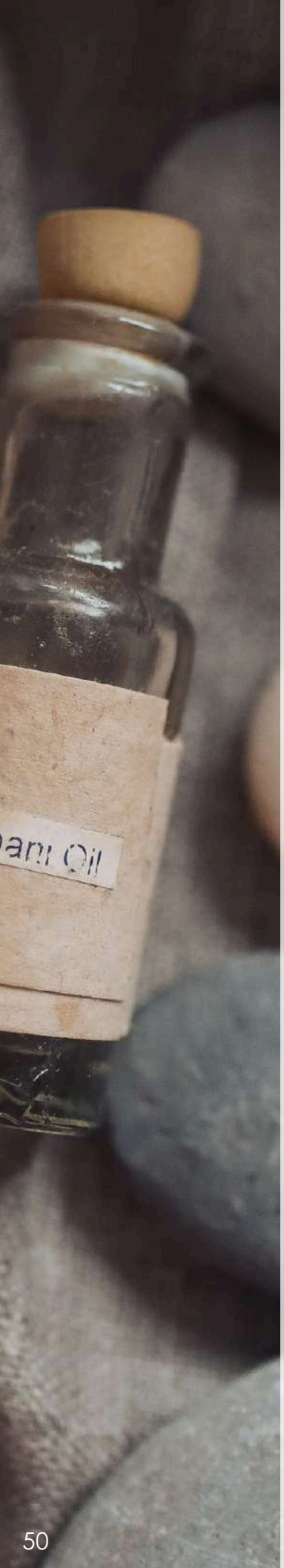
This is the first of two modules which are managed via a student log book, which includes checklists designed to give students practical experience within a real or simulated operational clinical practice setting. CP1 students will progress through reception duties, clinic dispensary duties. Students willobserve other consulting practitioners and/or students. They may also undertake mock consultations with peers. They will assist in developing treatment protocols to client needs with respect to current evidence. Students will also explore how to write effective referral letters, as well as critically analyse claims of therapeutic actions of natural therapies. By the end of this module, students will start to engage in health consultations with clients, to propose his/her own treatment protocols. Under direct supervision, students will prescribe appropriate therapies and educate their clients with regard to natural medicine philosophy and evidence-based practice. They will learn to recognise limits of competency and identify when referrals to other health practitioners are appropriate.

Clinical Practice 2

This is the second of two modules which are managed via a student log book, which includes checklists designed to give students practical experience within a real or simulated operational clinical practice setting. CP2 students may continue to undertake mock consultations with peers. They will assist in developing treatment protocols and applying knowledge of appropriate modalities to client needs with respect to current evidence. Under direct supervision, students will prescribe appropriate therapies and educate their clients with regard to natural medicine philosophy and evidence-based practice. They will learn to recognise limits of competency and identify when referrals to other health practitioners are appropriate.



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Clinical Safety and Exit Exam

This module focuses on safety in practice, including prioritisation and appropriate action with respect to red flag signs and symptoms, a review of CAM-drug interactions and restricted herbs in pregnancy, interpretation of pathology test results, and communication with medical practitioners. Students will expand and cultivate their clinical reasoning capabilities by working through real clinical cases. The exit exam is the final assessment for all degrees (non-accredited) awarded by the college, and can only be attempted when all other course work and assessments have been satisfactorily completed.

Clinical Studies

The Clinical Studies module will teach students case-taking and diagnostic skills in order to carry out a thorough health assessment. A range of diagnostic and examination techniques pertaining to all systems of the body will be discussed.

Critical Thinking 1

In this module, students will explore the theoretical assumptions underpinning quantitative and qualitative evidence and utilise an appraisal framework to evaluate the quality of research. They will learn to identify bias in research and to communicate their findings within a team setting. Academic writing sills, referencing styles and plagiarism will also be discussed.

Critical Thinking 2

This module follows on from CT1, further developing critical appraisal skills. Students will learn to search for studies based on a hierarchy of evidence and implement a systematic approach to the management of information. They will develop further skills in the review and assessment of scientific literature.

Differential Diagnosis 1

This module integrates the knowledge gained in the previous biological science modules to provide students with an understanding of the different signs and symptoms of common health conditions. Based on their clinical findings, students will learn to understand likely underlying pathology and prognoses, and decide on appropriate further investigations and referrals. This module will cover differential diagnosis of gastrointestinal, hepatic, metabolic, integumentary, immune, respiratory and urinary tract disorders.

Differential Diagnosis 2

This module follows DD1, to provide students with an understanding of the different signs and symptoms of common health conditions. This module will cover differential diagnosis of musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive disorders.

Emerging Genetics

Epigenetics refers to heritable changes in gene expression that do not require adjustment to the underlying DNA sequence. Epigenetic change is a regular and natural occurrence but can also be influenced by several factors including age, the environment, nutrition, lifestyle, and disease state. This module looks into studies that provide evidence of changes in gene expression associated with interventions.

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Energetic Medicine

This module explores the concept of the multi-faceted human organism and prompts student to critically evaluate the mechanism of action of energy medicines, including homoeopathy, sound healing, colour therapy and flower essences. The crossover of theories between biomedical and energetic models of healing from an evidence-based perspective is also investigated.

Flower Essences

From the evolution of flower essences to modern day manufacture and use, this module identifies and describes the properties of Bach Flower Essences and Australian Bush Flower Essences in relation to a variety of emotional states. Case studies are provided to assist students in recognising emotional imbalances and selecting appropriate remedies based on flower essence theory.

Food for Wellness

In this module, students will explore the evidence for the therapeutic benefits and health outcomes of a balanced whole food diet. Food culture is explored across various ethnic groups and religions, and topics including traditional dietary paradigms, modern food production and genetic modification will also be discussed. Most sessions include insights into specific beneficial foods.

Food Health and Safety

Exploring food regulation, labelling and transportation, this module also encompasses genetic modification, industrial food processing, food adulteration and the use of additives in the context of food health and safety.

Food Philosophy

Exploring the history of food and economic and environmental issues from a global perspective, this module looks at differences in food choices, preparation and sources across cultures, religions, families and individuals. We also explore food ethics; analyse the evidence for the impact of food choices on mind, body and spirit; and discuss how traditional diets can improve the health and wellbeing of individuals.

Foundations of Mind Body Medicine

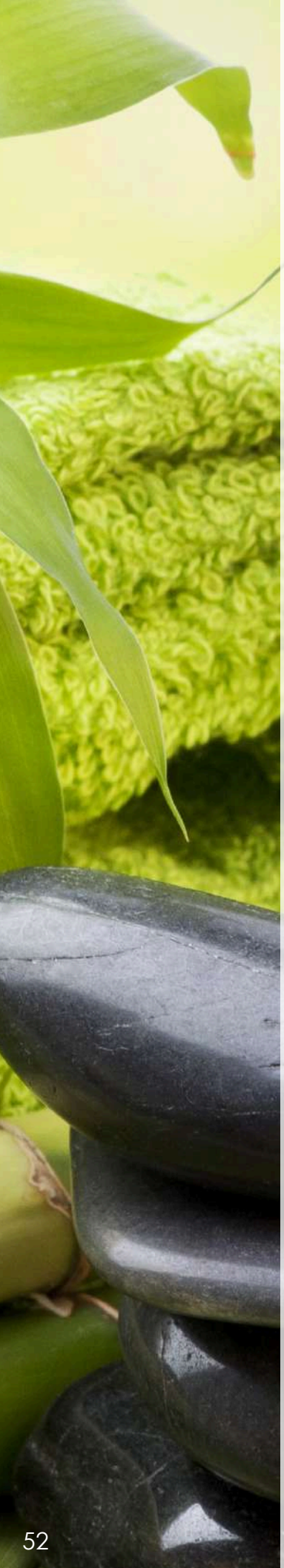
This module discusses historical and cultural aspects influencing the evolution of mind body medicine. Students will explore neurolinguistic repatterning, mindfulness, nutritional medicine and vibrational medicine, among other mind body medicine modalities, and understand the role of the therapist in the healing process. We will also analyse evidence for the benefits of prayer, faith, beliefs, attitudes and affirmations, and explore the impacts of both happiness and stress on health.

Health Sciences, Foundations

HSF is a self-paced learning module for students without prior human biology studies. It introduces the structure and function of the human body and the major body systems, together with an introduction to pathology, microbiology and pharmacology.



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Herbal Cultivation

In this module, students will learn how to build a successful herbal cultivation practice. The module will explore plant families, modern and organic growing methods, various garden designs and legal considerations, giving students an insight into the viability of being a herbal grower.

Herbal Medicine 1

This module provides an introduction to herbal medicine, including the history, philosophy and traditional uses of medicinal herbs; plant morphology, identification and classification; herbal constituents and actions; principles of prescribing; and restricted herbs. Students will also learn how to manufacture topical herbal applications.

Herbal Medicine 2

By the completion of this module, students will have gained an overview of more than a hundred medicinal herbs, including their common and botanical names, parts used, constituents, actions and indications. Herbal pharmacology, safety issues and contraindications are also discussed.

Herbal Medicine 3

This module builds on HM1 and HM2, teaching the student to create treatment plans and choose herbal remedies for selected conditions of the gastrointestinal, integumentary, immune, respiratory, and urinary tract systems. Dosages, cautions and contraindications are discussed, and herbs are analysed in context of their historical application as well as current evidence.

Herbal Medicine 4

This module continues the exploration of treatment plans and herbal preparations for selected conditions of the musculoskeletal, nervous, cardiovascular, endocrine and reproductive systems. Dosages, cautions and contraindications are discussed, and herbs are analysed in context of their historical application as well as current evidence.

Herbal Medicine 5

In Herbal Medicine 5, students will evaluate the principles, scope and legal framework of the herbal treatment of chronic, multifactorial conditions, including autoimmune disease, cancer, emerging infections and mental health disorders. Students will utilise the scientific literature to hypothesise about common causative factors of chronic disease and their potential effect on individual and public health.

Homoeopathic Demographics

A specialist homoeopathy module that builds on repertorisation skills and teaches students to adapt case-taking to societal demographics. Case studies are analysed with consideration of acute, constitutional and miasmatic levels of prescribing. Detailed treatment plans will include potency, frequency, duration and expected outcome of therapy.

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Homoeopathic Pharmacy

This module introduces students to homoeopathic remedy sources, including mineral, plant, animal and nosode remedies. Students will learn to predict the likely properties of remedies from different kingdoms and critically evaluate prescribing choices with respect to evidence-based medicine.

Homoeopathic Research

Students will learn to critique contemporary research in the evaluation of homoeopathic theory and explore future directions for homoeopathic public health research.

Homoeopathy 1

This module introduces students to the historical development and the fundamental philosophy of homoeopathy. Students will gain an understanding of disease from the homoeopathic viewpoint; learn how remedies are made, stored and administered; cover case-taking techniques and the basic principles of treatment; as well as gain an overview of the major polycrest remedies. Current critique of homeopathy is evaluated based on evidence.

Homoeopathy 2

This module develops homoeopathic case-taking skills, including the categorisation of mental, emotional, physical and general symptoms, and focuses on the acute therapeutic uses of homoeopathy, including major and minor remedies relating to specific conditions. Potency selection and ethico-legal considerations are among the topics included.

Homoeopathy 3

This module explores the concepts of vital force, disease and the miasmatic approach in homoeopathy. Students will learn to differentiate between homoeopathic prescribing methodologies and their relationship to potencies, and develop skills in case-taking and constitutional prescribing.

Manufacturing of Herbs

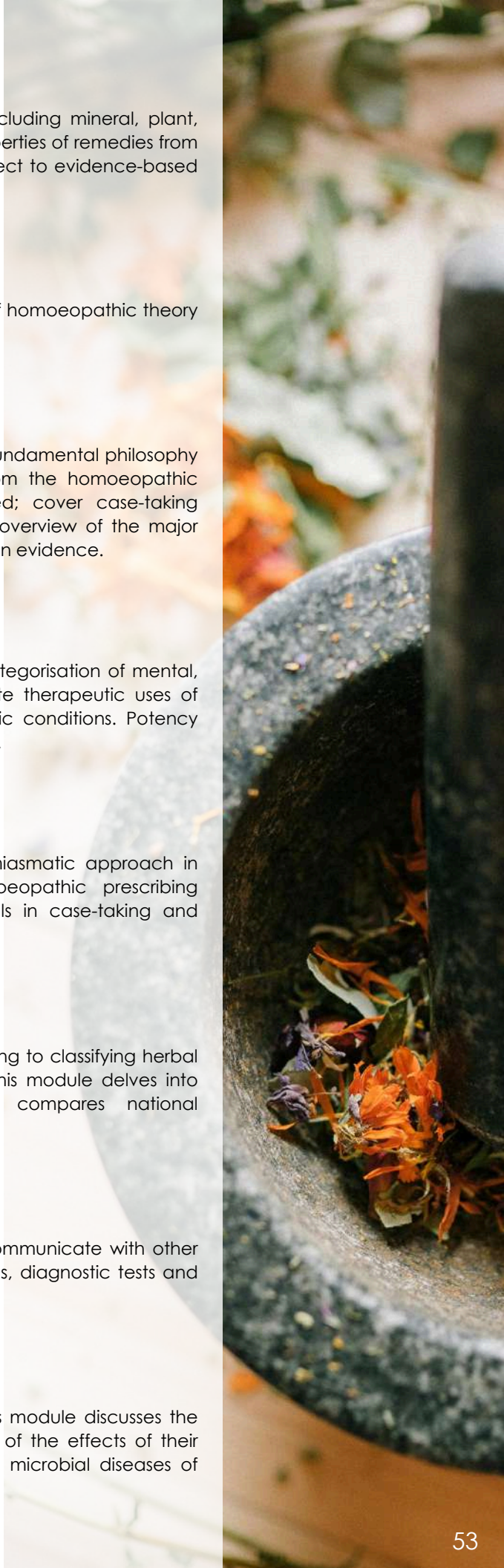
From modern extraction and processing methods of herbal manufacturing to classifying herbal extracts in relation to pharmaceutical medicines and raw materials, this module delves into biochemistry, examines government regulatory guidelines, and compares national manufacturers of herbal products.

Medical Terminology

Specifically designed to teach students to effectively and efficiently communicate with other health professionals, this module analyses the structure of medical terms, diagnostic tests and referrals.

Microbiology and Public Health

Beginning with the history and chemical principles of microbiology, this module discusses the classification and nomenclature of microorganisms, with consideration of the effects of their lifecycles and pathogenicity. Food- and water-borne pathogens, and microbial diseases of specific body systems, will also be covered.



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Mind-Gut Health

This module explores the emerging understanding of the biological link between the mind and the digestive system, based on recent developments in neuroscience, and latest discoveries concerning the human microbiome. Upon conclusively demonstrating the link, we then explore how this may be applied to benefit mental and physical health.

Natural Health Philosophy

Exploring the cultural origins, philosophies and historical development of modern day natural therapies, this module will outline the philosophical foundations of natural medicine and provide an overview of various modalities. Theories and applications of specific natural therapies are compared with each other and biomedical practice.

Neurotherapeutics

This module explores the underlying concepts of neurolinguistic programming (NLP) and discusses ethics, limitations and scientific evidence. Students will apply understanding of the concepts of timestreams, preferred representational systems and underlying beliefs to analysis of interactions, and modify communication methods with reference to verbal communication, hypnotic language, abstract and specific communication, negotiation and conflict resolution.

Nutraceuticals for Wellness

This module is designed to teach you the basis of nutritional supplementation for wellness. You will learn about a wide range of nutritional supplements, including vitamins, minerals, amino acids, essential fatty acids, enzymes, probiotics and antioxidants. We will cover food sources, deficiency symptoms, therapeutic uses, and cautions and contraindications. By the end of this course, you will have an in-depth knowledge of when and how to safely recommend nutritional supplements.

Nutrition 1

This module provides a broad overview of nutrition, including an introduction to macro- and micro-nutrients, energy requirements, exogenous factors affecting nutrition, and dietary guidelines. The student will learn how to perform a basic nutritional assessment, and to plan and implement dietary modifications based on healthy eating guidelines. We will also look at nutrition in respect to different life stages, weight management and food reactions.

Nutrition 2

Expanding on NU1, Nutrition 2 provides students with an in-depth look into specific micro- and macro-nutrients, including their food sources, physiological function, metabolism, and deficiency and excess symptoms. Students will explore therapeutic applications of nutrients and rationales for supplementation, as well as gaining an understanding of current TGA regulations.

Nutrition 3

In this module, students will design and evaluate individualised nutritional treatment plans in the clinical management of obesity, eating disorders, sports nutrition and selected disorders of the gastrointestinal, hepatic, integumentary and immune systems with respect to current evidence. Popular diets and drug-food-nutrient interactions are also examined.

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Nutrition 4

In Nutrition 4, students will design and evaluate individualised nutritional treatment plans for pre-conception, infertility and pregnancy, wellness and longevity, and selected disorders of the respiratory, musculoskeletal, cardiovascular, nervous, endocrine, reproductive and urinary systems. Socioeconomic factors and cultural diversity are taken into consideration, and likely outcomes of treatment predicted.

Pathology

Integrating knowledge of anatomy and physiology, students will learn to apply knowledge of pathological processes to clinical outcomes. Diseases states are identified and discussed in terms of their effects on cell structure and function, as well as their underlying risk factors. Appropriate pathological tests and the interpretation of their results are also discussed.

Pharmacology

Pharmacological principles of pharmacokinetics, pharmacodynamics and pharmacogenetics are applied to define drug actions and interactions. Students will learn to classify drugs according to mechanisms of action and reflect upon the legal and ethical responsibilities of practitioners and the media.

Practical Counselling

In this practical module, various counselling theories will be explored and applied to different situations and personality types. Students will discuss the impact of judgement and compassion in the therapeutic encounter, as well as analyse case studies, in which they will learn to recommend therapies and identify warning signs that may indicate the need for referral.

Practice Management

This module will develop awareness of the necessary factors involved in operating a complementary medicine practice, including financial considerations, taxation requirements, record keeping, legal issues, implementation of systems, policies and procedures, and statutory and regulatory requirements. Students will create a business plan, formulate marketing strategies and materials for use in practice, and learn the basics of managing human resources.

Professional Development

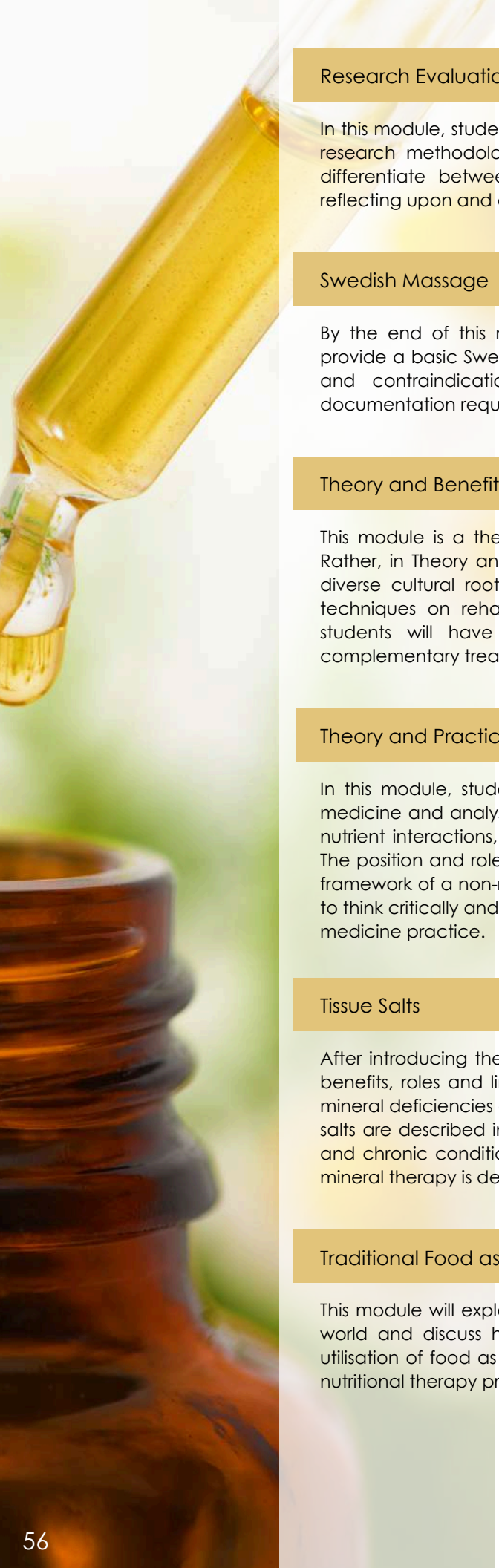
In this module, we will explore techniques for effective communication, including the use of micro-skills, to enable students to develop oral and written communication skills to enhance the therapeutic encounter. We will also discuss self-esteem, self-concept, self-presentation and social psychology, as well as professional boundaries and legal and ethical considerations.

Public Health Practice

In this module, students will explore the determinants of health and illness among different population groups and critically evaluate common public health practices. They will also establish a framework for public health practices and health promotion.



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Research Evaluation

In this module, students will learn to develop their academic writing skills and apply knowledge of research methodology to the critique of research papers. This module will help students to differentiate between treatment options with a strong evidence base and those without, reflecting upon and critically evaluating their own work.

Swedish Massage

By the end of this module, students will have acquired the skills and knowledge required to provide a basic Swedish relaxation massage, and will be able to explain the benefits, indications and contraindications for use. Infection control, occupational health and safety and documentation requirements will also be discussed.

Theory and Benefits of Massage

This module is a theoretical module, and does not teach the student to perform a massage. Rather, in Theory and Benefits of Massage, students will discover the history of massage and its diverse cultural roots. Students will understand, apply and analyse the influence of massage techniques on rehabilitation, stress management and more. On completion of this module students will have increased scope of referring clinic clients to physical therapists for complementary treatment.

Theory and Practice of Herbal Medicine

In this module, students will look at the incorporation of both tradition and science in herbal medicine and analyse the available evidence on herbal medicine, be introduced to herb-drug-nutrient interactions, and explore the safety of herbs in various life stages, including pregnancy. The position and role of herbalists and naturopaths in the health care system, and the regulatory framework of a non-registered profession will also be explored. This module will develop the ability to think critically and independently and assess available evidence with respect to modern herbal medicine practice.

Tissue Salts

After introducing the historical development of tissue salts and mineral therapy, we discuss their benefits, roles and limitations within the field of nutritional healing. Students will learn to identify mineral deficiencies and needs, and the main actions and indications of each of the twelve tissue salts are described in depth.Using case studies, the principles and methods for managing acute and chronic conditions in patients of differing age and physiological states using tissue salt and mineral therapy is determined with respect to current evidence.

Traditional Food as Medicine

This module will explore the food selection and eating practices of selected cultures around the world and discuss how factors such as geographical location influence these practices. The utilisation of food as medicine by different cultures will be analysed and integrated into modern nutritional therapy practice.

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Treatment Protocols (HM) 1

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based herbal and nutritional medicine treatment protocols for gastro-intestinal, hepatic, integumentary, immune, respiratory, urinary tract and metabolic conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (HM) 2

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based herbal and nutritional medicine treatment protocols for musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (HOM) 1

This module integrates the knowledge gained in previous modules to enable students to analyse clinical cases from a holistic perspective, and develop evidence-based homeopathic treatment protocols for gastro-intestinal, hepatic, integumentary, immune, respiratory, urinary tract and metabolic conditions. Treatment protocols will be evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (HOM) 2

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based homoeopathic treatment protocols for musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (MBM) 1

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based mind body medicine treatment protocols for gastro-intestinal, hepatic, integumentary, immune, respiratory, urinary tract and metabolic conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (MBM) 2

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based mind body medicine treatment protocols for musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.



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Treatment Protocols (NAT) 1

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based herbal, homoeopathic, nutritional medicine and massage treatment protocols for gastro-intestinal, hepatic, integumentary, immune, respiratory, urinary tract and metabolic conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (NAT) 2

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based herbal, homoeopathic, nutritional medicine and massage treatment protocols for musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (NuM) 1

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based nutritional medicine treatment protocols for gastro-intestinal, hepatic, integumentary, immune, respiratory, urinary tract and metabolic conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Treatment Protocols (NuM) 2

This module integrates the knowledge gained in previous modules to enable students to critically analyse clinical cases from a holistic perspective, and develop evidence-based nutritional medicine treatment protocols for musculoskeletal, nervous, mental health, cardiovascular, endocrine and reproductive conditions. Treatment protocols will be critically evaluated and management plans adapted for follow up cases. Students will also learn to recognise red flags and decide on appropriate referrals.

Vibrational Medicine

This unit discusses historical and modern day use of vibrational medicine and explores the current evidence. Students will analyse case studies to identify emotional imbalances and select appropriate vibrational medicine modalities, and will learn to recognise appropriateness, limitations, scope of practice and safety of vibrational medicine, and decide when referral is necessary.

Wellness through Mindfulness

After defining mindfulness-based therapies, students will explore their appropriateness and contraindications for use in clinical practice. Aiming to establish or reinforce personal health strategies, students will undertake a personal exploration of mindfulness meditation practices. The module will analyse personal attributes that contribute to and impede one's sense of wellness, and will develop an ability to engage with the reflective cycle in relation to one's own professional identity. Current evidence-based research supporting the use of mindfulness based therapies in wellness is discussed.

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