

Nurse Energy Healer Syllabus

Certificate Program Name: Nurse Energy Healer

Contact Hours: 270 hours

Course Duration: Each module corresponds to 3 semester college hours. 6 modules comprise the program. The program is self-paced without a time limit. It usually takes 3.78-7.2 months to complete, so each course or module takes from 0.63-1.2 months to complete.

Prerequisites: Applicants must have an active US RN/LPN/LVN license. A copy of the license must be on file with the college before your certificate/s will be issued. Please snail mail to: GIFAM 3822 Lake Ave, Wilmette, IL 60091 or fax to 888.201.4186

Program Description: This program covers topics in the areas of energy work and mind-body medicine. Students are trained to become experts in energy healing. Emphasis is placed on recognizing that the whole person needs to be treated and therefore, students become able to assess a client's emotional state, while helping to establish a positive balance between body, mind, and spirit. The program instills in students the understanding that the body has an innate healing ability and the practitioner's job lies in helping to establish the right environment for self-healing to take place. This program can be applied to the Certified Holistic Nurse diploma.

Accreditation: GIFAM is accredited by the American Association of Drugless Practitioners(AADP aadp.net) and you may apply for AADP board certification upon completion of this program.

Goals:

Module 1

1. Analyze paradigm shift by relating 3 trends or facts about Western and Alternative Medicine
2. Describe 6 principles and practice of alternative medicine
3. Define "acupressure"
4. Define "acupuncture"
5. Define "aromatherapy"
6. Define "Ayurvedic medicine"
7. Define "Bach flower remedies"
8. Define "bioenergetics"
9. Define "biofeedback"
10. Define "body psychotherapy"
11. Define "bodywork"
12. Define "breathwork"
13. Define "chelation therapy"
14. Define "chiropractic therapy"
15. Define "colon therapy"
16. Define "craniosacral therapy"
17. Define "holistic dentistry"
18. Define "detoxification" and "fasting"
19. Define "Eye Movement Desensitization and Reprocessing (EMDR)"
20. Define "energy work"
21. Define "environmental medicine"
22. Define "Feldenkrais"
23. Define "guided imagery"

24. Define "healing touch"
25. Define "herbal medicine"
26. Define "holistic medicine therapy"
27. Define "homeopathy"
28. Define "hydrotherapy"
29. Define "hyperthermia"
30. Define "hypnotherapy" and "hypnosis"
31. Define "iridology"
32. Define "Jin Shin Jyutsu"
33. Define "kinesiology"
34. Define "LaStone therapy"
35. Define "Light Therapy"
36. Define "lymph drainage"
37. Define "massage therapy"
38. Define "meditation"
39. Define "mind/body medicine"
40. Define "Mitzah Technique"
41. Define "psychology," "psychotherapy," and "psychiatry"
42. Define "rebirthing"
43. Define "reflexology"
44. Define "Reiki"
45. Define "Rolfing"
46. Define "Shiatsu"
47. Define "Polarity therapy"
48. Define "Sound therapy" and "Toning"
49. Define "stress reduction therapy"
50. Define "tai-chi"
51. Define "therapeutic touch"
52. Define "Thought-Field Therapy"
53. Define "TCM"
54. Define "Yoga"

Module 2

1. Describe tongue diagnosis via principles of Traditional Chinese Medicine (TCM) and Ayurvedic medicine
2. Describe nail analysis via principles of orthomolecular nutrition and TCM
3. List TCM theoretical approaches
4. Describe hair analysis via principles of nutrition therapy and orthomolecular nutrition
5. List factors that interfere with accurate hair analysis testing
6. Describe live blood cell analysis via principles of nutritional therapy and/or orthomolecular nutrition
7. Describe iridology
8. Name the father of iridology
9. Describe biofeedback
10. List the common conditions managed by biofeedback
11. State a common concomitant learned exercise
12. Describe subtle energy reading via intuition and/or energy reading
13. Define "medical intuitive"
14. List famous medical intuitives
15. State Carolyn Myss' essential ingredient in healing as she described it

Module 3

1. Name the oldest surviving health care system in the world
2. Name the 4 goals of human life, according to Ayurveda
3. Describe the 3 doshas
4. Name the 3 diagnostic techniques
5. Describe the 4 main methods of obtaining and maintaining health

6. Name the 6 tastes of Ayurvedic diet therapy
7. Describe the yin-yang theory base of TCM
8. Define "qi," "jing," "blood," and "body fluids"
9. Define "meridians" in the context of TCM
10. Describe 5 phases of TCM
11. List the TCM diagnostic methods
12. List 2 TCM therapies
13. List the categories of TCM care
14. List 2 forms of Qi-gong
15. List 2 modalities that are offshoots of TCM

Module 4

1. Define "body/mind medicine"
2. Name the percentage (%) of diseases that are thought to have psychosomatic cause
3. Describe the provider's goal with the mind/body approach
4. Name the category of traditional Western medicine in which body/mind medicine is most often placed
5. Describe neurolinguistic programming (NLP)
6. List 3 presuppositions of NLP
7. Explain the concepts of "representational systems," "submodalities," "Meta model," "sensory acuity," and "Milton model"
8. Describe guided imagery
9. Describe breathwork and its role in guided imagery
10. List 2 conditions aided by breathwork
11. List 2 physical effects of meditation
12. List 3 physical benefits of meditation
13. List 3 psychological benefits of meditation
14. List 3 conditions that improve with meditation
15. Describe the spiritual meditation process

Module 5

1. Describe esoteric anatomy
2. Describe esoteric anatomy and physiology through the model of the chakras
3. Describe the effects and uses of Reiki
4. Describe the effects and uses of pranic healing
5. Describe the effects and uses of Healing Touch
6. Describe the effects and uses of Therapeutic Touch
7. Describe the effects and uses of pranayama/breathing as a modality
8. Describe the effects and uses of Qi-gong
9. Describe the effects and uses of Tai chi
10. Describe the effects and uses of reflexology
11. Describe the effects and uses of acupressure
12. Describe the effects and uses of shiatsu
13. Describe the effects and uses of Polarity Therapy
14. Describe the effects and uses of crystal healing
15. Describe the effects and uses of color therapy

Module 6

1. List 3 major categories of energy healing
2. List 2 synonyms for "energy"
3. Describe 3 aspects of energy physiology
4. Name 3 problems of energy flow
5. Name 4 important aspects of an energy healing session
6. Name 5 conditions that can be managed by energy healing
7. List possible side effects of energy healing sessions
8. Describe the physiology of possible side effects
9. Demonstrate ability to assess subtle energy
10. Demonstrate ability to describe client's energy problem

11. Demonstrate ability to improve client's energy flow
12. Demonstrate ability to involve client in the healing process during a session
13. Demonstrate ability to have client report involvement in healing outside of sessions
14. Demonstrate ability to clear self of energy changes which occur during a healing session
15. Demonstrate ability to perceive balanced energy

Suggested materials

Bradford, M. (1993). *The healing energy of your hands*. Berkeley: Ten Speed Press, Inc.
 Gerber, R. (2001). *Vibrational medicine the number one handbook of subtle-energy therapies*. (3rd ed.). Rochester, VT: Bear & Company.
 Myss, C. (1996). *Energy anatomy the science of personal power, spirituality, and health*. Boulder, CO: Sounds True.
 Oschman, J. (2003). *Energy medicine the scientific basis*. Edinburgh: Churchill Livingstone.
 Trivieri, L. & Anderson, J. (eds). (2002). *Alternative Medicine The Definite Guide*. Berkeley: Celestial Arts.

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Syllabus: 2 segments, 6 Modules, 1 final examination, one journal

Segment I

NEH11 Alternative Healing Methods: Alternative versus conventional medicine will be discussed. The students will learn about different natural therapies that can be utilized in place of, or in conjunction with allopathic medicine.

NEH12 Alternative Diagnostic Methods: Different alternative diagnostic tools will be introduced such as; tongue analysis, muscle testing, hair analysis, live blood cell analysis, intuitive healing, iridology, etc.

NEH13 Eastern Medicine: The study of Chinese and Ayurvedic medicine. Traditional Chinese Medicine is the second-largest medical system in the world after Western Medicine. Ayurvedic Medicine, the traditional medical system of India is the third largest medical system in the world.

Segment II

NEH21 Body-Mind Medicine: The study of the connection between body and mind and what is needed to restore balance and harmony between the two in order for emotional and physical healing to take place both.

NEH22 Energy Work: The study of healing modalities that involve the body's energy systems, such as Healing Touch, Reiki, Therapeutic Touch, Qi Gong,

NEH23 Practical Energy Work Applications: The study and practice of energy system manipulation.

Evaluation process:

Self-Review Quizzes: Each lesson contains a quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book, and have no point value. They are for your own information only. There is a pre-course quiz on anatomy for your quick review.

Final Examination: Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit. 25 points.

Practicum and Journal: 20 client visits of at least one hour duration. These sessions are to be recorded in the Journal booklet provided. 25 points.

Book Report: Students must select and read a book on energy healing. The report should be at least 500 words and the format should be APA format. 15 points.

Thesis/major paper: Write a 2500 word paper on an area of energy healing. Use APA format. 35 points.

Grading: Students will be graded on a percentage scale and given a letter grade at the completion of the course. To pass the program, a student must receive at least a "B" grade (80% of possible points) in each of these 4 major projects. Point breakdown is as follows:

Final exam -25 points

Book report-15 points

Thesis-35 points

Journal- 25 points

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 60%

F = 0 – 59%

Additional resource: GCNM-GIFAM Online forum. All you need is your student ID and an email address to register. The link to the login is available at gifam.org