



COLLEGE OF NATURAL HEALTH AND HOMEOPATHY CAREERS BOOK

**FEATURING OUR GRADUATES
SHARE THEIR STORIES**



COLLEGE OF
NATURAL HEALTH
& HOMEOPATHY

THE FUTURE OF THE HEALTH AND WELLNESS SECTOR IN NEW ZEALAND HAS UNLIMITED POTENTIAL...





At CNHH we have a single focus and that is to educate first rate professionals who are perfectly positioned to service the thriving health and wellness sector, both in New Zealand and globally.

From a careers perspective we believe more than half of the job types available to health and wellness professionals of the future are yet to be invented. They will evolve as the industry continues to grow, and be forged by changing market demands in the coming years. This means your wellness career could take exciting turns you could never have predicted.

Our graduates at CNHH, and even some of our entrepreneurially minded students, are dedicating their careers to honing their skills at preventing ill health and increasing the quality of life of others, or applying their knowledge to a completely different field through business collaborations and creative ventures.

In these pages you'll read a mix of short career stories from our amazing graduates who are doing what they love. We hope this Careers Book provides you with the inspiration to pursue a career in health and wellness, and that you consider CNHH as your study destination.

Yours in health,

Alastair Gray

Associate Director New Zealand Operations
College of Natural Health and Homeopathy



Kristy Logan

DipHom, Massage Cert

Practitioner, Communications, Marketing and Social Media Coordinator

It's often been said that the job you'll have in 3 years hasn't been invented yet. Natural medicine is one of the fastest growing industries with opportunities in clinical practice, research, education and business. These days, rather than a direct path, careers are more like a mosaic. Kristy has always had a keen interest in natural health and fitness.

"As well as working in the wellness space in marketing and social media, I have a private practice where I offer massage and homeopathy. Prior to my natural health studies, I started off doing an arts and commerce degree before realising this was not the path I wanted to take. I have also worked in accounts for large companies and as an account manager for a medium sized business. These business skills have always been helpful to understand and run my practice."

"Studying at College of Natural Health & Homeopathy has taught me how to listen and really hear what someone is saying. It's so important in this busy world to actually have someone really hear who you are, where you can let down your façade and just be you without judgement. I found the tutors to be very experienced and professional with a lot of wisdom to impart and so much PASSION!!!"

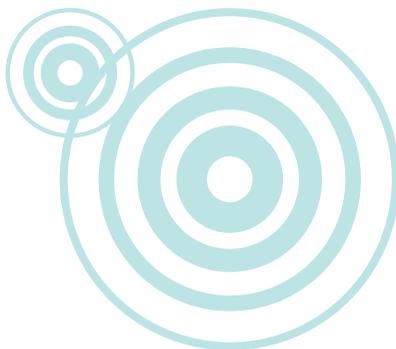
"I chose to enrol in this College to complete my study on moving back from Australia because, after looking at my options, I saw it to be the best

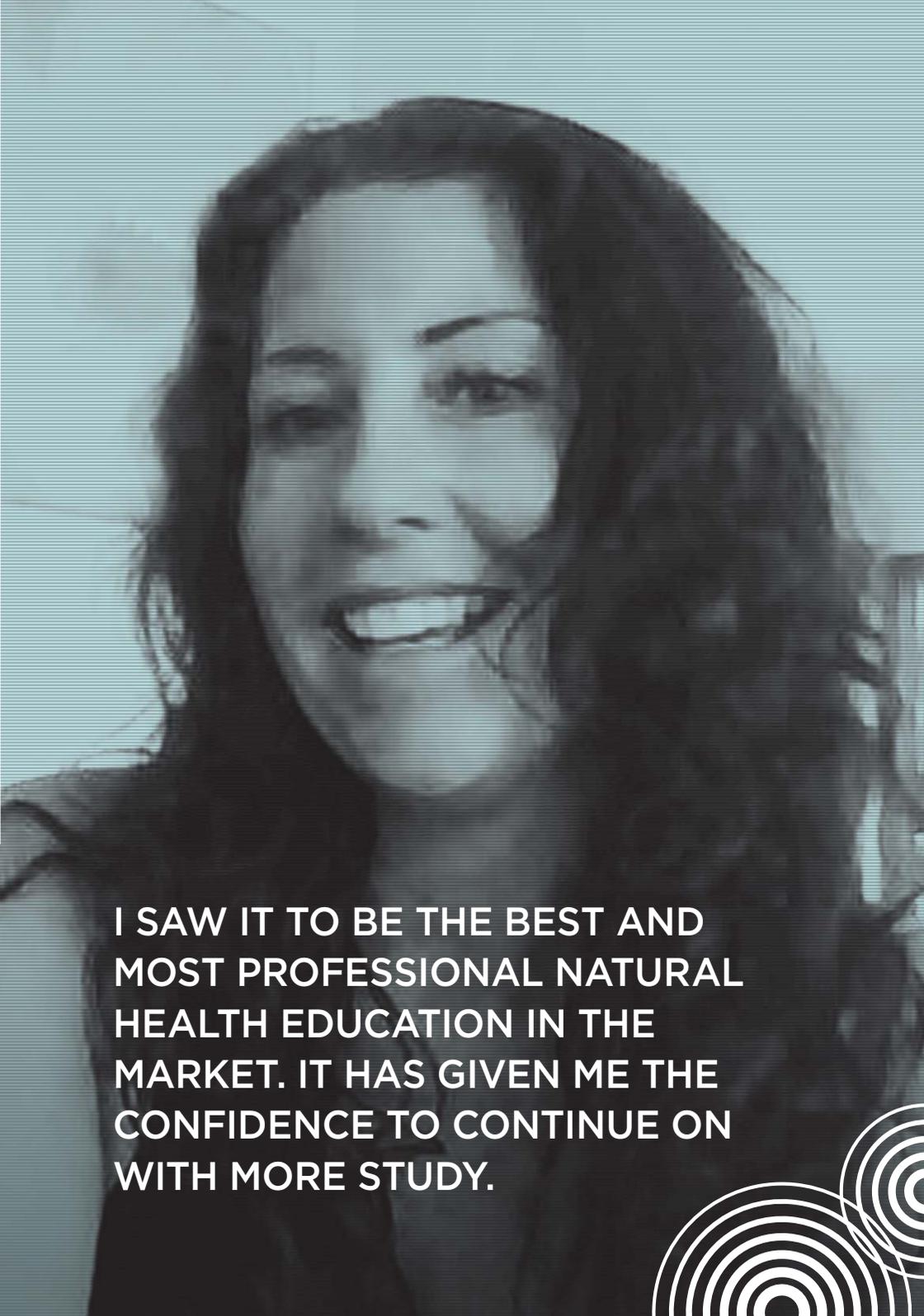
and most professional natural health education in the market. It has given me the confidence to continue on with more study. I am currently studying yoga and am looking into studying nutrition as well. This has also taken me into the world of social media and health promotion."

"I enjoy being in the natural health industry, imparting my knowledge from what I've learned to help others experience the best quality life possible. Leading a healthy, balanced lifestyle brings happiness... and isn't that what we all want?"

The physical body is a great indicator of what is going on for us, so listening to it and being aware of its dis-ease can lead us to make different choices lifting us to a higher state of wellbeing. After all, if you don't have your health, you don't have anything."

"I have enjoyed seeing the subtle, gentle changes homeopathy can bring about in people's lives... rippling out and having an effect on many, not just the immediate family."





**I SAW IT TO BE THE BEST AND
MOST PROFESSIONAL NATURAL
HEALTH EDUCATION IN THE
MARKET. IT HAS GIVEN ME THE
CONFIDENCE TO CONTINUE ON
WITH MORE STUDY.**

A woman with short, layered blonde hair is smiling warmly at the camera. She is wearing a dark, textured cardigan over a light-colored top. Her accessories include large hoop earrings and a necklace. The background shows a cafe or restaurant interior with tables, chairs, and a menu board. The entire image has a green tint.

**THE IDEA IS TO PUSH SOME
HOMEOPATHIC ASSISTANTS
OUT INTO THE COMMUNITIES
WHO CAN DO THE BASICS.**



Rebecca Stirrup

BA(Hons) English literature, RCHom

Practitioner, Volunteer and Educator

Rebecca works as a practitioner in homeopathy and she has clinics in South Auckland. She has also worked over the past two years as a volunteer homeopath in Africa. Rebecca has a long history of travelling in Africa and recently joined a project in Tanzania with Jeremy and Camilla Sherr, treating the full range of acute, chronic and infectious epidemic diseases. She has also taught homeopathy in Kenya.

“In a day, I would see 15-20 patients through the clinic. Sometimes, at some of the clinics, you might have a queue of up to 24 people and you’ve just got to get through them. Consultations are shorter but many are patients who are doing well and only need a repeat of their remedy. You have to be quick and prescribe on the spot.”

More recently, Rebecca spent time in Malawi working in remote areas with a Swiss organisation. “They wanted a homeopath who could teach homeopathy but who could also cope with Africa because the clinic in Malawi is very remote; no running water, no electricity, a long drop loo and isolation. I can do that, so I did. They ran a 6 month full time course and I taught for one of these months. It is a great model that trains local people to become

homeopathic assistants and provide health care in their villages.”

“It’s so remote in Malawi and everyone walks, only a few people have bikes. So people walk to this clinic that’s been going for 15 years. They walk maybe 10 or 20kms carrying their sick relative or child. The idea is to push some homeopathic assistants out into the communities who can do the basics.”

“What has changed in my practice since Africa is that I’m working with a team. We often have two homeopaths in the consultation. It is much more fun and we can collaborate. The patient comes to ‘us.’ It’s not about owning the case. It’s really nice working in a team and that’s the way I like to work rather than working in isolation.”



Shashi Reddy

MSc, AdvDipHom, AROH regn, Member AHA, NZCH

Practitioner, Educator, Senior Trainer and Assessor

Prior to studying homeopathy, Shashi completed a masters degree in science and was teaching pre med. She is now currently living and working in Australia.

“When I was living in NZ, I suddenly couldn’t move, my legs spasmed up. I went to the GP and he said, ‘You can’t do anything, just have some rest, there’s no medication for it.’ So I rang up my dad (who was a homeopath) and he said, ‘Just go and take Rhus tox,’ which every first year student would probably know. Pretty quickly I was up on my feet. At that time, I was pregnant with my second child. I said, ‘OK, I’m going to have a career change.’ I looked around at my options and thought the College was the best course on offer. I enrolled and started on my journey.”

“These days I have quite a few hats. I am the Senior Trainer and Assessor in the homeopathy department at Endeavour College in Sydney, Australia and I also have a busy homeopathic clinic.

When I came to Australia, I started off my own clinic building up my practice. My clinic is run like a GP practice, a family practice. I would see 3 or 4 generations of patients so the husband comes in, the child comes in, the parents come in and it just goes like that.”

“There is nothing better than a patient who has been to all the specialists, paid so much money and been told ‘Sorry you’ve got to live with it for the rest of your life.’ Then they come to you and, in one prescription, regardless of their severe condition, homeopathy has an amazing effect... that’s a real high. That comes about because of the way we approach the case, the holistic nature of the individualization and all the principles that we apply in homeopathy.”

“I am also involved on the board of the Australian Register of Homeopaths (AROH) and on the national council of the Australian Homeopathic Association (AHA). I am also on the steering committee of the Degree Educational Standards Committee and I have a husband and two kids.”

“What I’m trying to do is take my experience and what I’ve felt could be changed or improved upon so that the next cohort of homeopaths would benefit.





HOMEOPATHY HAS AN AMAZING EFFECT... THAT'S A REAL HIGH. THAT COMES ABOUT BECAUSE OF THE WAY WE APPROACH THE CASE, THE HOLISTIC NATURE OF THE INDIVIDUALIZATION AND ALL THE PRINCIPLES THAT WE APPLY IN HOMEOPATHY.





**I'VE LOVED EVERY
MINUTE OF HOMEOPATHY
ESPECIALLY WHEN YOU GET
THOSE CASES WHICH YOU
THINK ARE JUST MIRACLES.**



Lyn Borich

DipHom
Educator

Lyn graduated in 2000 and had a busy practice from the get-go.

“I realised I was only seeing a certain type of person and I wanted to get the message out about homeopathy because the reason I chose to study homeopathy was that it worked so well for my children and family.”

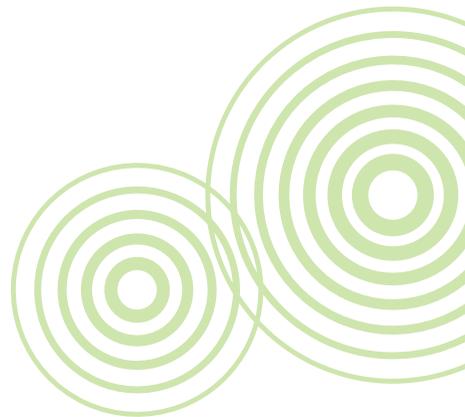
“Natuuro Pharm asked if I'd consider being a rep for them. I love what I do because I get paid for talking about something I'm passionate about. Homeopathy works, it's effective and it's available to everyone. I still talk about the principles such as the law of minimum dose, so I'm training at every opportunity and people don't even realise they're getting a training session when I turn up, but they do.”

“I work at health shops and every single pharmacy. My belief is that if they start with something simple like Arnica, when it works so well, they are going to look at other

remedies and when they have a chronic problem they are going to see a professional and that's what I believe happens.”

“I've loved every minute of homeopathy especially when you get those cases which you think are just miracles.”

“There wouldn't be a day go by that I wouldn't be talking about homeopathy. I remember so many of my wonderful teachers, the classes and discussions. So my career is based on going into pharmacies/health stores and educating. I often do huge trainings, sometimes before a place opens, before their work starts. I do ask how much knowledge they have and work to their level. About 90% of the time, I have a good response to the training. I've even had pharmacists come out and thank me for the training especially if they've done a lot of questioning to see how much knowledge I have.”



Lee-Anne McCall

DipHom

Business woman, Practitioner and Educator

Lee-Anne runs her own business. She works in her clinic seeing clients, managing their cases and educating the public about homeopathy and how to use it in the home.

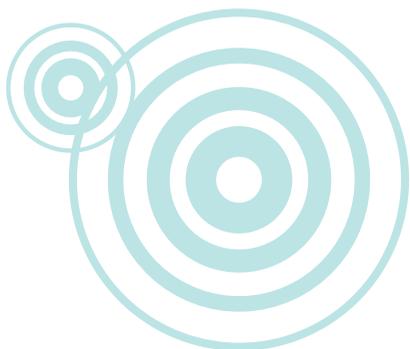
"I educate people through my social media channels, through email marketing, in the clinic through managing the client cases and through email and phone contact."

While her clinic has been going for 6 years Lee-Anne also teaches. "I love the teaching and I thoroughly enjoy it. I like being able to teach the students and I think what I offer best is the fact that I'm so new myself as a practitioner and I'm only one step ahead of them. All the insights that I gain each month from my clinic, I can pass on and give students that real world kind of - 'this is what it's like in a busy clinic, these are my new understandings of a remedy... etc.' I think that's really useful."

Prior to building her business, Lee-Anne was managing retail, studied law and bachelor of arts.

"From the College, I got a really good grounding in theory, philosophy, case management, case taking and all the good cornerstones of basic homeopathy. As long as you know the theory behind how people respond to remedies, how to case manage, what steps they're at depending on their response to a remedy and you know how to manage it and how to go about finding a remedy, you can't really go wrong as a homeopath.

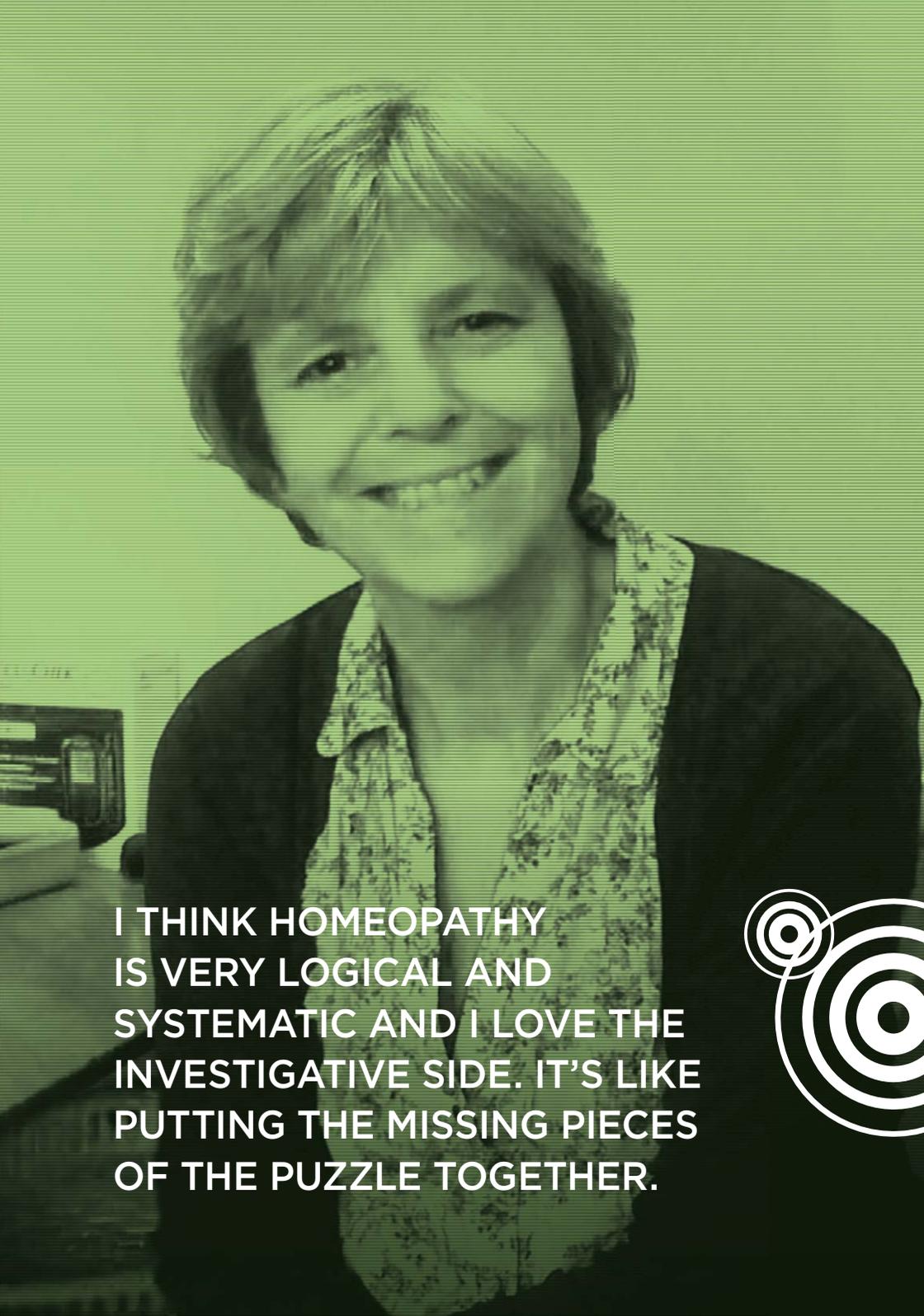
"I've shown it's completely possible to support my daughter as a single mum with no other support, put food on the table, a roof over her head and send her to a good school, just through practising homeopathy. I don't have a day job, a plan B or a back door but that's also why I'm successful, because I have to make this work. I don't have any other choice. So what you want out of homeopathy and this industry is exactly what you can achieve but you have to be prepared to put the work in and don't listen to anyone who tells you that you can't."





I LIKE BEING ABLE TO TEACH
THE STUDENTS AND SHARE THE
INSIGHTS THAT I GAIN EACH
MONTH FROM MY CLINIC.





**I THINK HOMEOPATHY
IS VERY LOGICAL AND
SYSTEMATIC AND I LOVE THE
INVESTIGATIVE SIDE. IT'S LIKE
PUTTING THE MISSING PIECES
OF THE PUZZLE TOGETHER.**



Debbie Betts

DipHom

Clinician, Volunteer

One of the core ingredients of happiness is giving back. Debbie got into natural medicine when she had young children and has since carved out her career through a combination of clinical practice and volunteer work.

Debbie has found herself in places such as the Himalayas, working with Tibetan monks and integrating local knowledge, nutrition and organics in addition to her area of specialty, homeopathic medicine.

“The homeopathic community of people are amazing. Really nice people. I am proud. It’s nice being part of that group. When I was volunteering overseas, I noticed the

homeopaths from other countries have the same perspective on life, health and the wellbeing of others. The homeopathic philosophy runs pretty deep.”

“Before becoming a homeopath, I was a banker in the financial world. I think homeopathy is very logical and systematic and I love the investigative side. It’s like putting the missing pieces of the puzzle together. I love plants and the garden and I have bees. I love nature and homeopathy is probably the closest modality to nature there is. I like that aspect of it.”



Helen Kennedy

BHSc, DipHom

Practitioner

Helen's journey to homeopathy involved a transformative, healing experience of her own post natal depression.

Helen runs her own homeopathic practice and also teaches homeopathy.

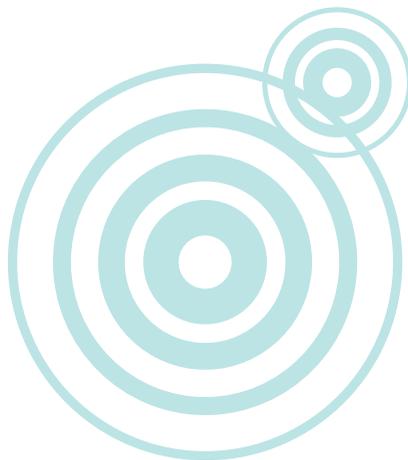
"One homeopathic remedy and literally my life changed overnight. So my motivation then was to become a homeopath one day. When my children were older, I completed a degree in homeopathy. I had realised that what I was doing working in an office environment, although second nature, was not my passion. I was not making any difference there."

"In my clinical practice, I decided there had to be something unique about the way I run my business and, because I'm very mindful of mums who get into a post natal state having been there myself, I offer home visits."

"I found my training at the College to be of a very high standard. Our lecturers were very professional which indicated to me that, if you as a homeopath set out that way and get that essential grounding when you're training, along with a total belief that what you're doing is adding value, all these qualities stay with you."

"I guess what I love most is seeing the subtle but powerful changes that homeopathy can bring and knowing there's a way people can get through."

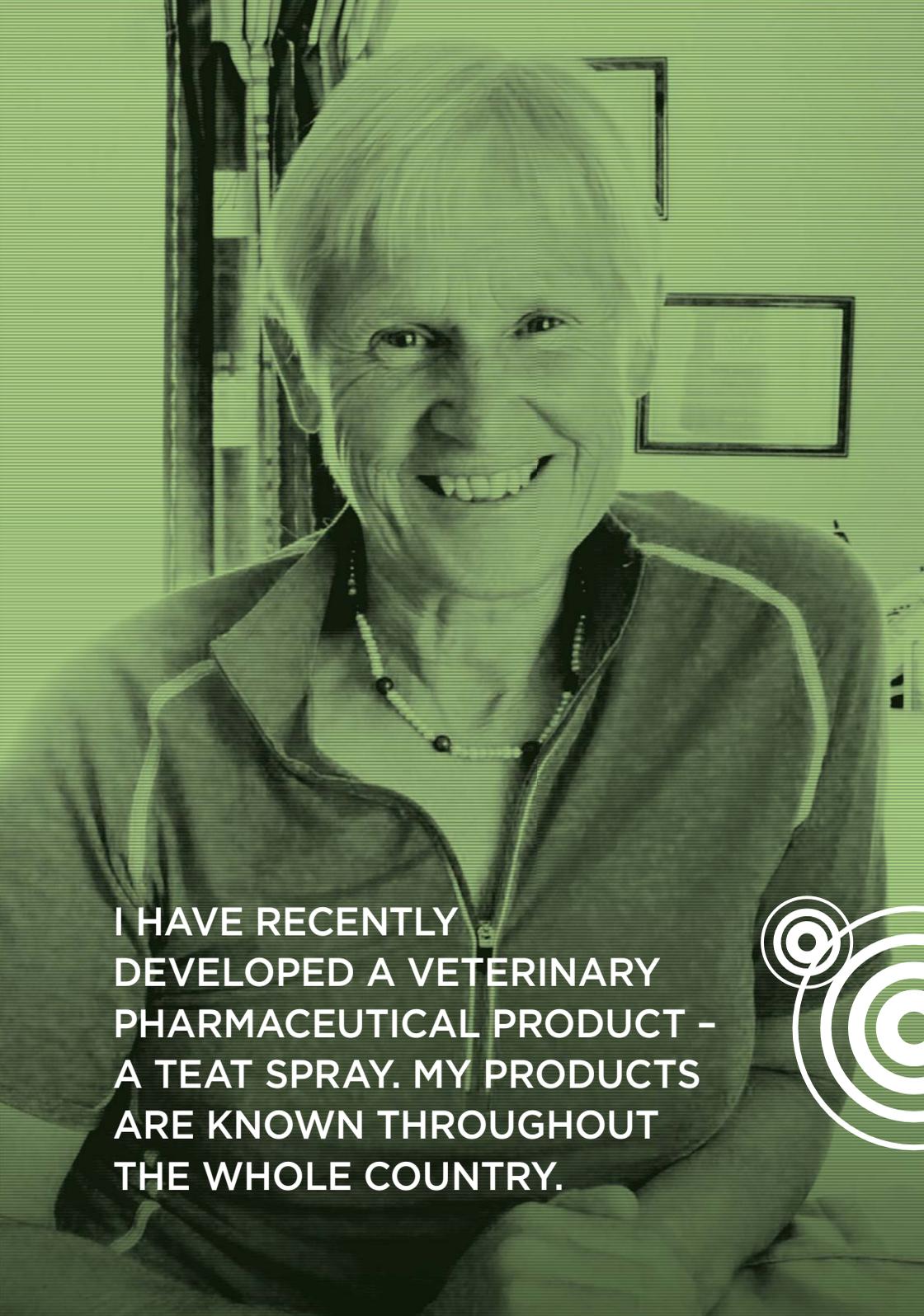
"I gained empathy, learned how to be a good listener and how to see the big picture. That came from our observations of clinical case taking and our exposure to it. We had 2 years of clinical case taking, so when we graduated, I felt ready to practice on my own because of the confidence I had gained."





**WHEN WE GRADUATED,
I FELT READY TO PRACTICE
ON MY OWN BECAUSE OF THE
CONFIDENCE I HAD GAINED.**





**I HAVE RECENTLY
DEVELOPED A VETERINARY
PHARMACEUTICAL PRODUCT -
A TEAT SPRAY. MY PRODUCTS
ARE KNOWN THROUGHOUT
THE WHOLE COUNTRY.**



Tineke Verkade

RN, DipNat, DipHerb, DipHom (Animal Health), ADH, RCHom, BHSc (Complementary Medicine)

Entrepreneur, Author, Practitioner, Animal Homeopath

Many people come to natural medicine from the medical and allied health professions. Tineke came to New Zealand from Holland with her young family and worked as a senior staff nurse at Waikato Hospital for 16 years. She has always had an interest in complementary medicine and in the late 1980's completed diplomas in naturopathy, herbal medicine and homeopathy. She then later completed an Advanced Diploma of Homeopathy and a Diploma of Homeopathy (Animal Health).

Tineke works in her business, Homeopathic Farm Support (HFS), as a naturopath and homeopath full time. She has also written several homeopathic books.

"My practice advanced and I had a lot of referrals from GP's - patients asking the GP's for a natural solution and they referred on to me. I gave lots of talks and went around the health shops in Hamilton."

"In 1994/1995 living in the Waikato, a lot of farmers came with their children to see me. They were very happy with the outcome and then asked me to do something for their sick animals."

"HFS soon developed. It was initially to help dairy farmers with the use of homeopathy in a safe and effective way and from then on, things have just grown. We now have our own trademark."

"As a homeopath, I am talking to farmers on the phone all day long in my business. I treat dairy, cattle, sheep, drystock, horses, alpaca and studs. HFS has a helpdesk and we

manufacture quality homeopathic products and herbal formulas which are biogro certified with class determination from MPI (Ministry of Primary Industries)."

"Because farmers work hard and need support, I developed a herbal formula - Herbal 'AB' for animals and farmers. I have made laminated sheets for the cowshed with instructions on how to use and what to do. I have recently developed a veterinary pharmaceutical product - a teat spray. My products are known throughout the whole country.

Tineke and HFS have won several prestigious awards including 'The Enterprising Rural Women's Supreme Winner' and 'The Organics Aotearoa New Zealand Organic Enterprise Award.' Tineke's genuine concern for the overall health of the land, animals and people is the driving force behind her commitment to natural health methods.



Vicki Mathison

BPsych, Dip Teach, DipHom (Animal health)

Author, Animal Homeopathy Practitioner and Homeopath

Vicki is a full time animal homeopath in private practice in New Zealand. She graduated in 2007 and has been practising ever since.

Vicki was 'blown away' after her homeopathic experience with 3 horses. She was fascinated and wanted to learn more about homeopathy. Her practice today consists mainly of treating horses, dogs and some humans.

Vicki has also written a number of books and has been asked to illustrate and write articles for *Interhomeopathy*.

"It was fun illustrating and writing the articles and then I suddenly got an invitation from Narayana Publishers to write a book on homeopathy for animals to be translated into French, German and English. I did one book on animals with 500 illustrations and then they asked for one on humans." Vicki's background was in visual arts, sculpture, journalism, vet nursing and psychology.

"My training with College of Natural Health & Homeopathy was superb. 4 years of vet science alongside homeopathy was brilliant. I wouldn't be without that vet knowledge out in the real world."

"What I love about working in the natural health industry is seeing people's individuality. You see, people never act the same as anyone else. There is a variance in the reactions, emotional responses.

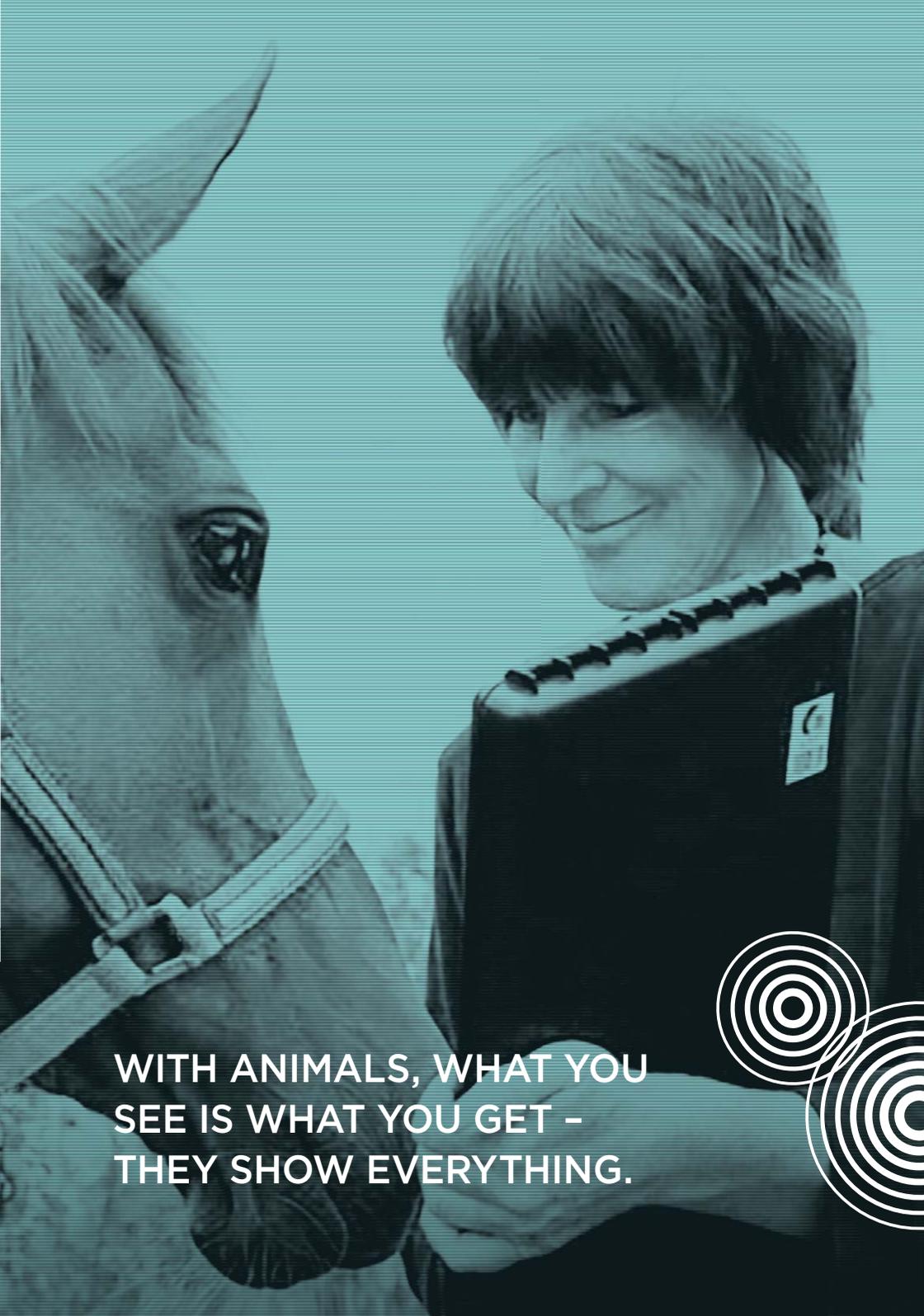
What works for one doesn't work for another. I love seeing the huge differences in people and then finding a way of treating that."

"With animals, what you see is what you get - they show everything. You learn to decipher what part of their behaviour is learned from humans. We're not only dealing with the animal, but also the owner."

"I had a passion for horses since I was young. I have found a way to treat them that is not damaging. I also enjoy bringing the art work in as well which was another of my passions."

I plan to write more books and I always see myself working as a homeopath forever. There is always so much new information coming out."



A woman with short, dark hair is smiling warmly at a horse. She is holding a dark, spiral-bound notebook. The horse's head is on the left side of the frame, looking towards the woman. The entire image has a teal color overlay. In the bottom right corner, there are two sets of white concentric circles, resembling bullseyes or target patterns.

WITH ANIMALS, WHAT YOU
SEE IS WHAT YOU GET -
THEY SHOW EVERYTHING.



BE THE FUTURE OF WELLNESS CAREER IN NATURAL HEALTH INDUSTRY

Introductory Courses

Our introductory courses generally cover the basics of some philosophy, theory and instruction in simple use of each modality. These short courses are an ideal way to try a modality and see if you want to make it a career or simply enjoy the health benefits in your life with family and friends. Check our website on cnhh.ac.nz for the upcoming schedules.

Homeopathy Foundation Course

The One Year Foundation Course is designed to give students a sound grasp of acute homeopathic prescribing, a good knowledge of homeopathic philosophy and theory and some in-depth study of major homeopathic remedies. Anatomy and physiology are also included and integrated with homeopathic therapeutics.

Diploma of Homeopathy

The Four Year Diploma Course aims to educate the student to a practitioner standard. It is a diploma course based on current national and international standards. It demands commitment and application on the part of the student.

The course offers training in all aspects of homeopathy - from philosophy and theory to practical clinical application. Medical Science is included in the course to national accreditation standards.

Animal Health Foundation Course

The One Year Animal Foundation Course is designed to give students a sound grasp of acute homeopathic prescribing, a good knowledge of homeopathic philosophy and theory and some in-depth study of major homeopathic remedies; along with the homeopathic therapeutics of common acute animal conditions.

Animal anatomy and physiology is an integral part of the course. The course aims to establish student competence in first aid and minor acute prescribing.

Diploma of Homeopathy (Animal Health)

The Four Year Diploma of Homeopathy (Animal Health) Course aims to educate the student to practitioner standard. It is a diploma course based on current national and international standards. It demands commitment and application on the part of the student.

The course offers training in all aspects of homeopathy - from philosophy and theory to practical clinical application. Animal Medical Science is included in the course to national accreditation standards.

Complementary Medicine Foundation Course

The Foundation Course in Complementary Medicine provides students with an introductory perspective to the scope of CM in the overall context of today's healthcare environment, including public health, health promotion and health behaviour.

With exposure to a wide variety of natural medicine disciplines, students will be able to develop an appreciation of their interrelationships and potential contribution in multidisciplinary and integrative health settings. A wide variety of topics allows students to build knowledge in a range of areas and may lead to interest in further study to become a practitioner.

Certificate of Complementary Medicine

The Certificate of Complementary Medicine (CertCompMed) course provides students with a broad perspective on the scope of CAM in the overall context of today's healthcare environment, including public health, ethics, research, health promotion and health behaviour.

With exposure to a wide variety of natural medicine disciplines, students will be able to develop a sophisticated appreciation of their interrelationships and potential contribution in multidisciplinary and integrative health settings. A wide variety of topics allows students to build knowledge in a range of areas and may lead to interest in further study to become a practitioner.

Bachelor of Complementary Medicine

Public interest in Complementary Medicine (CM) is strong, driving ever increasing investment in the field, and pushing for its integration into the rapidly evolving healthcare landscape that will be increasingly dominated by multidisciplinary and integrative teams.

The Bachelor of Complementary Medicine provides students with a broad perspective on the scope of CM in the overall context of today's healthcare environment, including public health, ethics, research, health promotion and health behaviour.

With exposure to a wide variety of natural medicine disciplines, students will be able to develop a sophisticated appreciation of their interrelationships and potential contribution in multidisciplinary and integrative health settings. A wide range of electives allows students to build knowledge in specific areas of their choosing and may lead to interest in further study to become a practitioner.





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