



COLLEGE OF  
NATURAL HEALTH  
& HOMEOPATHY



# FOUNDATION COURSE IN COMPLEMENTARY MEDICINE

FULLY ONLINE UNDERGRADUATE PROGRAM



**STEP INTO THE  
WELLNESS SPACE**

**AUCKLAND • TAURANGA • CHRISTCHURCH**

**cnhh.ac.nz**

**Complementary Medicine (CM) refers to a broad set of healthcare practices that have generally not yet been integrated into the healthcare system but are increasing in demand. CM encompasses modalities, practices and underpinning theories and beliefs used in the maintenance of health as well as prevention, diagnosis, improvement or treatment of physical and mental illness. The focus within these modalities is on the use of natural methods which ensure a gentle approach. An understanding of these is beneficial for health applications in the wider community.**

### **What is the Foundation Course in Complementary Medicine?**

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.

### **Why study a non-practitioner qualification in this field?**

The Foundation Course in Complementary Medicine is designed for students as the first step who are interested in the field as a whole and not necessarily in becoming a practitioner. While practitioner qualifications are generally health science diplomas or degrees, this is a more general qualification. For this reason, it requires less contact time (as it does not include clinical training or more in-depth bioscience training). It is suited to those who wish to gain a familiarity with the field, while learning some useful approaches they may implement in their own lives, and to gain knowledge that will be useful in employment in the broader health environment.

Additionally, by completing this foundation course, students have the opportunity to develop attributes expected of further study and sought by employers who want to know that a prospective employee is capable of completing complex long-term tasks.

### **Who should study this course?**

Potential students for this course will come from a range of backgrounds and could include (but are not limited to):

- School leavers interested in CM but not sure in which area to specialise
- People seeking a career change without a clear area of where they would like to specialise
- Staff currently working in conventional (Western orthodox) medicine (medical staff and receptionists) looking for further education in CM in order to appropriately refer patients to CM practitioners or to work effectively in a multidisciplinary clinic
- People interested in health management, policy, public or population health and looking for careers in these areas and/or to go on to degree-level study
- People interested in CM for general knowledge and not looking for career outcomes, rather to broaden their knowledge of how to apply CM in their lives

### **What are the opportunities for further study?**

This course will prepare students for further study in a variety of fields including health science, public health, public administration, health administration and social work or specific CM practitioner training. Further study options for graduates of this foundation course could include:

- Certificate of Complementary Medicine
- Bachelor of Complementary Medicine (Endeavour College of Natural Health, Australia)
- Graduate Diploma in Health Science (at AUT, MIT or WIT)

- Bachelor of Health Science (conventional at various polytechnics or CM at smaller providers)
- Bachelor of Nursing
- Bachelor of Midwifery

### **What is the basic structure of the course?**

- The course introduces a small range of CM disciplines as well as providing basic and fundamental theory underpinnings that define the practice of CM
- The foundation course is fully online with 12 weeks of substantial self directed learning

### **What will I learn?**

Students undertaking this course will develop:

- A comprehensive understanding of the history and philosophy of natural medicine
- An understanding of the provision of healthcare systems in a culturally diverse society
- The ability to use information technology appropriately as an essential resource
- The ability to articulate and apply an understanding of how the history, structure, social, cultural, ethical, technological and economic forces, as well as media focus impact upon modern day healthcare systems
- The ability to understand the practical and philosophical differences between CM modalities and conventional medicine.

### Course Duration

1 Trimester, 12 weeks.

### Study Mode

Fully online.

### Entry requirements

CNHH is a direct entry institution.

- School leavers should have completed NCEA Level 2 or equivalent
- Mature students may have relevant work or educational experience

### Recognition of Prior Learning (RPL)

This will be evaluated based on prior relevant educational or work experience with appropriate evidence.

### Payment Options

Upfront fee or payment options to be confirmed at enrolment.

### PTE Provider Code

8479

### Mode of Delivery

The course is delivered from the CNHH Learning Management System and is made up of expert video, workbook, recorded interviews with experts and reflection.

The entire course is taken online. CNHH uses the latest cutting edge online learning technologies.

### Online with Human Contact!

You are assigned an online academic who guides you through the course, answers academic questions you may have about the content or assessments.

In addition, there are stimulating online discussion forums with your classmates and these form the basis of your learning community.

IT help is always available for assistance with devices, accessing work books and video content.

Your lectures are recorded by experts in the field who are able to bring their specialist knowledge and experience to the conversation.

### Assessments

A wide range of assessment tools are used to cater for differing learner styles. Personal diaries, reflections, log books, discussion, essays, quizzes and worksheets are some of the assessment styles utilised. Assessments are continuous throughout the course.

### Outcomes and Career Opportunities

Graduates of this course will leave equipped to integrate concepts of holism and complementary medicine in health associated jobs, community groups, health promotion services or further study in a variety of fields.

A greater awareness of the scope of complementary medicine will enable resources to be appropriately suggested within the scope of their current or future work.

Depending on previous skills and qualifications, job outcomes could also include:

- Integrative health advisor within a conventional medicine setting
- Complementary health nurse in specialist settings (e.g., oncology, aged care)
- Health and lifestyle journalist
- Natural health product marketing consultant
- Clinic assistant/facilitator in behavioural change support programmes (e.g., cardiac wellness)
- Receptionist/assistant at any level of government (health and lifestyle areas)
- Health store owner/operator/staff
- Complementary medicine programme assistant in aged care
- Health and lifestyle advisor in fitness centres
- Retail and pharmacy assistant (particularly in natural health stores)
- Health coaches and bloggers.



# Foundation Course in Complementary Medicine

## COURSE OUTLINE

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### TRIMESTER 1

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**Developing knowledge, understanding and application of Complementary Medicine modalities**

This subject provides the student with an understanding of the history underpinning traditional medicine and whole medical systems from early human existence to the present day in diverse cultures worldwide. Social and cultural developments are considered in the evolution of healing and medicine, as well as the parallel developments in anatomy, physiology and other sciences. The study of health philosophy across a range of disciplines is fundamental to the students understanding of the role of the modern healthcare practitioner within the wider healthcare system.

We explore the nature and scope of public health activity and the challenges facing public health in the 21st century. It provides conceptual basis for students to understand the inter-relationship between community education, social, economic, cultural and belief systems, lifestyle, health and public health and ethics. Students develop an understanding of the potential role of traditional medicine in primary healthcare, bringing an international context to their studies. Students will develop an awareness of epidemiology and the health effects of exposure to environmental contaminants and their fundamental importance in public health practice.

Students are introduced to a range of the most prevalent and accessible complementary therapies found in New Zealand communities. It introduces the key concepts of the known healing mechanism for each modality and provides students with information including the unique benefits of each for a range of illnesses. Understanding gained of these will enable the ability to suggest referrals to qualified practitioners when working in a healthcare setting or facilitate relevant choices for personal self healthcare.

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**Completion of ‘Developing knowledge, understanding and application of Complementary Medicine modalities’, plus completion of the 4 hour e-Learning intensive course called ‘Ancient to Modern Perspectives of Health and Disease’ gives you credit for the entire Trimester One of the Certificate of Complementary Medicine.**