INSTITUTE OF HEALTH SCIENCES

Prospectus 2013

Tel: 076 603 0746

Email: info@instituteofhealthsciences.com

Website: www.instituteofhealthsciences.com

13 Upper Baggot St
2nd Floor
Dublin 4

IHS

TABLE OF CONTENTS **Page**

Welcome from the Institute of Health Sciences 3
The IHS Philosophy 3
The IHS Approach 3
What is Nutritional Therapy? 4
What is Dietary Counselling? 4
What is Health and Wellness Coaching? 4
What is Functional Medicine? 4
Career Opportunities 5
What IHS Graduates are doing now… 5
The Directors of the Institute of Health Sciences 6
Academic and Institute Structure 7
Course Venue 7
The IHS Team 8
Guest Lecturers 10
Why choose the Institute of Health Sciences? 11
Student Testimonials 14
IHS Courses 16
Diploma Programmes **16**
Diploma in Nutritional Therapy 16
Diploma in Diet, Health and Wellness Coaching 18
Certificate Programmes **19**
Certificate in Health and Wellness Coaching 20
Advanced Certificate in Health and Wellness Coaching 20
Certificate in Dietary Counselling: Nutrition and Health 21
Certificate in Dietary Counselling: Functional Sports Nutrition 21
Foundation Certificate in Health Sciences 23
Certificate in Anatomy, Physiology and Pathophysiology 24
Continual Professional Development Courses **25**
Certificate in Health and Wellness Coaching 25
Practitioner Certificate in NLP for Healthcare Professionals 25
Certificate in Functional Nutrition for Healthcare Professionals 26
Course Fees 28
How to Get Started 29
Frequently Asked Questions 29
Equal Opportunities Statement 30
The Future 30

©Institute of Health Sciences 2013

Welcome from the Institute of Health Sciences

Thank you for your interest in our courses. We hope that this prospectus will provide you with the information that you are looking for.

At IHS we understand that training is an investment in your future. As with any investment it is important to identify exactly what you hope to achieve and therefore which course will be most suitable for your current and future needs. With over 200 students currently enrolled in our various courses, we understand better than most what our students' requirements are. Our staff will spend time discussing which of our courses best meets your requirements and interests to ensure you have all the information to make the decision that is right for you. We also recommend you attend one of our regular open events to find out more about the course structure, content and career opportunities and can also offer you the opportunity to experience our lectures first hand to give you a taste of IHS student life.

We look forward to helping you take your first steps towards a new and exciting future!

The IHS Philosophy

We believe that a healthy, nutritious diet and lifestyle is the key to long-lasting health and vitality, and that every individual should aim for optimum, not average, health. Unfortunately, the standard Western diet and lifestyle, combined with genetic predisposition, mean that many of us suffer substandard health for much of our lifetimes. Some individuals may never have felt well! We believe that each individual is biochemically different - therefore the same symptoms suffered by one person are unlikely to have the same root cause as those symptoms in someone else, and that different diseases may manifest as different symptoms from one individual to another.

Modern medicine is designed to help manage the symptoms of disease rather than to treat health issues at the root cause. It often seeks to apply the same treatment for common symptoms, which is why it can be unsuccessful, often resulting in long term reliance on pharmaceutical drugs. In Ireland, the average person will take 11,000 pills in a lifetime. All of our courses are based upon the principles of functional medicine and/or health and wellness coaching, which we firmly believe are the models of healthcare most relevant and effective for managing 21st century disease states.

At IHS we believe that there is a distinct and very real need for nutritional and health experts who have been trained using the functional medicine and health and wellness coaching models in Ireland and the West. We are committed to training our students to the highest standard so that they are equipped to enter the healthcare arena and work with individuals to maximise their health potential.

The IHS Approach

Our goal is to be a centre of excellence for education and training in nutrition, diet and health. We are committed to furthering the standards of practice and training for nutrition, diet and health in Ireland and worldwide.

Suzanne Laurie, IHS Director, is a qualified Nutritional Therapist and Health & Wellness Coach, writer and accomplished academic so is uniquely positioned to understand what it takes to design and deliver meaningful training in the broad field of health sciences.

To achieve our goal we have developed comprehensive course material based on the very latest scientific research and have established a passionate lecturing team of experts in the fields of anatomy, physiology and pathophysiology, Nutritional Therapy, functional medicine, nutritional science, research and development, NLP, wellness coaching and clinical practice. IHS courses combine scientific theory and evidence-based research with a strong focus on practical therapeutic application in a supportive learning environment. This has helped us develop a reputation within the industry for providing high quality, innovative and relevant courses.

©Institute of Health Sciences 2013

What is Nutritional Therapy?

Nutritional Therapy practically applies the latest theories and research in nutrition and health sciences to individuals seeking to manage chronic disease or promote optimum health. The aim is to identify and rectify physiological imbalances in all systems of the body. Nutritional Therapists work with a variety of clients with chronic health problems and provide advice on disease prevention and control. They recognise that each person is an individual with a unique physiological make-up and unique nutritional requirements. They will therefore take a comprehensive case history from each client including current and past health concerns, current and past diet and lifestyle and familial health. They may also use biochemical laboratory testing to help assess nutritional status, functional capacity and inherited strengths and weaknesses. The Nutritional Therapist will then produce individualised recommendations on diet, specific nutrients and lifestyle, very often providing meal ideas, recipes and practical tips for moving towards a healthier lifestyle. The therapist may also recommend referral to other healthcare professionals. A Nutritional Therapist may work with a client for a number of months, however the long-term aim is to give clients the knowledge and skills required to manage their own health.

What is Dietary Counselling?

A dietary counsellor will analyse the nutrient content of an client's diet using the latest available computer software and then formulate healthy eating programmes designed to address nutrient deficiencies, generally improve health and wellbeing and minimise the impact of environmental influences e.g. stress, pollution and lifestyle. The goal of the counsellor is to offer the client strategies for personal change and to work towards a sustainable healthier future. Therefore, a good Dietary Counsellor will take into account the food preferences, cooking skills and available time of the individual. Dietary Counsellors may also offer advise on basic over the counter nutritional supplements (but may not use more specialised practitioner only supplements). They will work with clients over a number of consultations to ensure clients have the support and motivation required to sustain dietary changes. Dietary counsellors may also work with groups of individuals towards common goals e.g. weight loss, maintaining a healthy heart etc.

What is Health and Wellness Coaching?

Most individuals know what they should be doing to ensure they are in the best of health, have been told what to do by numerous healthcare professionals but still can't change their habits. Enter the health coach! Health and Wellness coaching is an emerging and vibrant area of healthcare developed over the past 30 years in the USA, utilising the latest evidenced based behaviour change strategies. Using carefully formulated questions, motivational interviewing and planning, health coaches guide and empower individuals towards taking responsibility for their own health and for adopting long term and effective healthy lifestyle choices. Clients are encouraged to set their own goals and develop their own strategies to change. Health and Wellness Coaching can dramatically improve patient compliance and practitioner success rates and is an excellent adjunct to any healthcare discipline.

What is Functional Medicine?

Functional medicine is a model of healthcare developed by a group of researchers and GPs in the USA in the 1990s. It is based on not only the principles of naturopathy but also solid scientific research and is focused on preventing and managing chronic diseases by treating the whole person, not just an isolated set of symptoms. Functional medicine moves beyond the modern Western 'disease-centred' focus of medical practice back to a more traditional Eastern 'patient-centred' approach and is the model of healthcare that IHS believe best addresses the needs of the 21st century. Functional medicine acknowledges that chronic disease is usually preceded by a long period of declining function in one or more bodily system resulting from lifelong interactions between our environment, lifestyle and genetic predispositions. Each patient is viewed as unique due to their individual mix of interactions and the affects they will have on their individual biochemical make-up. It maintains that to return a patient to health requires reversing, or substantially improving, the specific dysfunctions that have contributed to the disease state.

©Institute of Health Sciences 2013

Career Opportunities

Our graduates are often self employed and work in private practice, either independently or as part of a complementary or integrated healthcare clinic. However, many graduates also incorporate other skills obtained from earlier careers or studies into their new career.

Current opportunities in Ireland include:

- Private employment in clinics.
- Education of the public, media, students and other health professionals.
- Employment with supplement companies as nutrition advisors, product developers or sales advisors.
- Employment in retail outlets (pharmacies, health stores etc.) as product advisors and technical sales.
- Contributing articles to industry, academic or general interest publications, radio and TV programmes.
- Training health food traders and other groups in industry.
- Cooking demonstrations and classes.
- Working for human resource departments within organisations to improve employee health.

What IHS Graduates are doing now...

Lynda McFarland has set up her own Nutritional Therapy practice.
"Since graduation, I have been excitedly setting up my business as a Nutritional Therapist and wholefoods cookery instructor. I find healthy cookery is a fantastic way to teach people about the therapeutic benefits of whole foods as well as steer them away from tasteless processed foods! The consultations are going great – I'm operating from a medical centre, a sports centre and a room above a health store – all great locations for referrals.
I have tried to be as proactive as possible in the community by giving talks to triathlon groups, parents of children with learning difficulties, as well as writing articles for the local newspapers on a regular basis.
What has really amazed me since graduation is the amount of scope in the field of nutrition; there really are endless opportunities. I found the course with IHS really fantastic, the tutors were first class and the material covered gives you great courage to practice confidently. I couldn't recommend it highly enough. Thank you to all the staff and lecturers for all your help and guidance."

Contact Lynda at T: 087 7927471
E: info@lyndamcfarland.com **Website: www.lyndamcfarland.com**

Catherine Kenneally has her own practice in Waterford and Cork.
"Running my own Nutritional Therapy practice, NutritionWorks, in Waterford and Cork has been both exciting and rewarding. Despite the recession, I've been steadily building a client base and getting lots of referrals from previous patients. I work part of the week from my home office in Waterford and the rest in a clinic in Cork. I've also been running nutrition workshops with the public and this has lead to other speaking engagements, which is bringing me a lot of publicity.
I really like this mix of one to one consultations and public speaking events. Due to the economic times that we are in, you definitely have to work harder to get clients, but, as I've always felt, there is a huge demand out there for Nutritional Therapy. It's just about letting people know that it exists."

Contact Catherine at T: 086 0846815
E: info@nutritionworksireland.com **Website: www.nutritionworksireland.com**

©Institute of Health Sciences 2013

The Directors

Both directors of the Institute of Health Sciences, Suzanne Laurie and her husband, Laurence Dann, are passionate about improving educational training standards in health sciences with the long term goal of enhancing employment opportunities for IHS graduates.

They are focused on providing a supportive, challenging, innovative and dynamic learning experience for all students whilst also continuing to support and educate graduates once they qualify. Suzanne and Laurence are committed to providing students with the best possible team of educators and mentors and strive to provide the best possible environment in which for you to learn and develop both knowledge and skills.

Suzanne Laurie BSc (Hons) Health Sciences: Nutritional Therapy

IHS Director, Module Leader and Lecturer

Suzanne Laurie graduated from the University of Westminster with a BSc in Health Sciences: Nutritional Therapy in 2002. Since then, she has worked as a therapist and lecturer in Nutritional Therapy at a number of institutes and universities in the UK and Ireland and has been the Academic Director of IHS since it was founded, developing the Nutritional Therapy diploma and the IHS E-learning courses over this time. Suzanne lectures extensively on the Nutritional Therapy Diploma as well as acting as a module leader and personal tutor. Suzanne has contributed articles to magazines, including Natural Health and Wellbeing, My Weekly, Positive Health and Fushi.co.uk. She has been quoted in Cosmopolitan, The Irish Times and The Daily Mail. Suzanne has been involved in producing a range of nutritional supplements for an international health products retailer, currently on sale in throughout Europe.

Laurence Dann

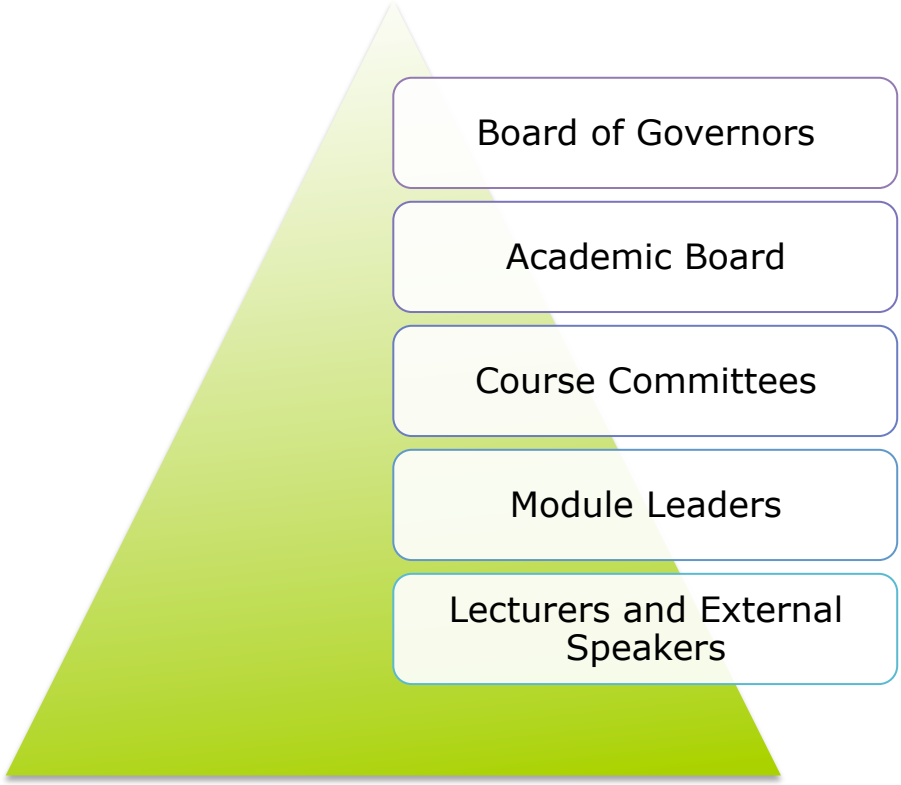
IHS Director

Laurence has always loved food and has always loved cooking. He has visited many countries, and immersed himself in their cuisine, learning local secrets from a diverse range of cookery experts in Morocco, Thailand and Spain. After spending many years in business, Laurence formalised his cooking training at the renowned Ashburton Cookery School, but continues to indulge his love of international cuisine by attending many short courses in different venues around the globe. Since meeting Suzanne, Laurence has also become interested in the effects of food on health, attending courses and seminars on cooking for health. He is currently creating an extensive vegetable and herb garden, alongside his existing mature fruit orchard at home, in order to be as self sufficient as possible.

©Institute of Health Sciences 2013

Academic and Institute Structure

The Institute of Health Sciences has a robust academic organisational structure to ensure that we maintain and improve upon our high educational standards.



Working for IHS there are:

6 Full and part time staff
8 Module leaders
13 Lecturers

Course Venue

IHS lectures take place in the modern, purpose-built Education and Research Centre situated in the beautiful and peaceful grounds of Our Lady's Hospice, Harold's Cross, Dublin. The centre is only minutes from Dublin city centre and is also very accessible from the motorway. There is ample free parking and the area is well serviced by buses.

There are free tea and coffee facilities onsite as well as a microwave and fridge for those wishing to bring their own food during lecture weekends. The hospice canteen sells soup and sandwiches and there are a number of cafés a short walk away.

©Institute of Health Sciences 2013

The IHS Team

At IHS we pride ourselves on the quality and experience of our teaching staff. All of the IHS team are experts in their fields and ALL those teaching subjects related to the practical applications of our courses have a number of years of current experience.

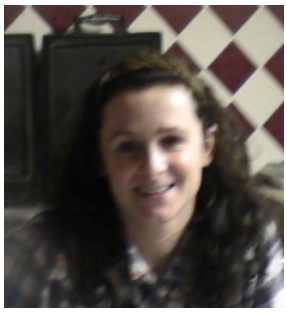
Moira Browne MA (Hons) Chemistry, Dip NT ION, mBANT, mNTOI - Academic Manager and Lecturer

Moira graduated with a Masters degree in Chemistry from Trinity College Dublin before going on to study Nutritional Therapy at the Institute of Optimum Nutrition in London. Whilst studying there she was the manager of a complementary therapy clinic with over 50 therapists. She also has a private practice in Dublin, where her special interest is mental health. Moira also lectures on the Diploma in Nutritional Therapy and acts as a module leader and personal tutor on both the Nutritional Therapy Diploma course and blended learning certificate courses.

Caroline Noonan Dip NT IHS, mNTOI – Certificate Programme Manager and Lecturer

Before embarking on a career in Nutritional Therapy, Caroline graduated with a diploma in complementary therapies from Cork College of Commerce. Caroline has spent 10 years in the health food industry and is a senior advisor in one of Corks leading health shops. For the past 6 years, Caroline has been involved with inner city community groups promoting health and wellbeing. For 5 years Caroline co-ordinated and lectured in complementary therapies in two esteemed colleges in Cork city. Caroline has graduated from IHS with a diploma in Nutritional Therapy (distinction) and runs a busy practice in Cork city centre. She holds the position of E-learning Manager and Module Leader for Health and Wellness Coaching as well as lecturing.

Louise Mullaney Dip NT IHS, mNTOI – Course Administrator



Louise completed a diploma in Electronics and Telecommunications before embarking upon a career in Nutritional Therapy. She graduated from the Institute of Health Sciences in 2011 with a distinction in Nutritional Therapy. Louise has worked as an educator speaking to different adult learning groups promoting health and the many benefits of good nutrition and is currently beginning to take clients for nutritional therapy consultations. Louise is responsible for co-ordinating the course venues, student clinics, lecturer travel and accommodation, as well as the management of the general administration office. Louise is focused on student care and is responsible for monitoring student attendance and updating the student records with attendance, assignment marks and exam results.

Melissa Turner, BMusEd (Hons), MA (Hons), Dip NT IHS, mNTOI - Course Administrator

Melissa's background is in education. She has worked for the last 10 years as a primary and secondary school teacher and now teaches music part-time. She graduated from IHS with a distinction in Nutritional Therapy. Melissa is passionate about fresh, raw food, having seen the improvements to her own health and energy levels by improving her diet. She is experienced in cooking for food intolerances and enjoys experimenting in the kitchen with alternatives to common allergens.

©Institute of Health Sciences 2013

The IHS Lecturing Team

Stephanie Choularton. BSc ND MRN

Stephanie completed a degree in Biology before embarking upon a career in Natural Medicine. She graduated from Perth Academy of Natural Therapies, Australia, and is qualified in the fields of Nutrition, Herbal Medicine and Homoeopathy. Her continued desire for knowledge has led to postgraduate training including Sports Nutrition & Homoeopathic Clinical Training. Stephanie has now realised her ambition to combine naturopathy with orthodox medicine and is studying for her medical degree.

Joan Hanrahan. BSc (Hons) NT, mBANT, DipHM, mNIMH, mNTOI

Joan graduated from University of Westminster with a BSc in Nutritional Therapy and Post-graduate Diploma in Herbal Medicine. She is a member of the British Association of Nutritional Therapists, Nutritional Therapists of Ireland, National Institute of Medical Herbalists and Irish Medical Herbalists Organisation. Joan now runs a busy Natural Health Practice in Dalkey, Co. Dublin and has a particular interest in the areas of stress and adrenal fatigue and other chronic health problems. Joan, a keen gardener, is interested in growing her own food and using foods from the wild and enjoys sharing this interest with students.

Helen Corrigan. BA (Hons) Psych. MA (Hons) Health Promotion. Dip ION Nutr. Therapy, mNTOI

Helen holds a Diploma in Nutritional Therapy from the Institute of Optimum Nutrition, an honours psychology degree from Trinity College Dublin, and a first class Masters in health promotion from the National University of Ireland, Galway. Helen has a busy Nutritional Therapy practice in Dublin city centre, as well as working as a lecturer and researcher. Helen has an extensive academic background, having previously worked as a health researcher and lecturer in a number of universities, as well as a number of years in health promotion practice.

Grace Kinirons. BSc (Hons) NT, PG Cert Nut Med, mBANT, mNTOI

Grace graduated from the University of Westminster, London with a BSc (Hons) in Nutritional Therapy and is now established as one of the most successful Nutritional Therapists in Ireland with a busy private practice in Bray Co. Wicklow. Grace lectures and gives talks on Nutritional Therapy to members of the medical profession, businesses and charitable organisations. Grace also contributes to health articles for the RTE Guide, Image magazine and TV 3. Grace is a founder member of the Nutritional Therapists of Ireland (NTOI)

Sally Milne. BSc (Hons) Physiology, Dip. NT, mBANT, mNTOI

Sally has a BSC (Hons) in Physiology and has since qualified as a Nutritional Therapist. Greatly experienced, she works with Marilyn Glenville with a practice in Dublin, Positive Nutrition. Sally lectures in a number of colleges in physiology, biochemistry and Nutritional Therapy. Sally has always had a keen interest in the life-enhancing benefits of healthy eating and continues to explore new recipes and cooking techniques to share with clients and students alike.

©Institute of Health Sciences 2013

Lin Ducker. BSc (Hons) NT, mBANT

Lin obtained her BSc (Hons) in Nutritional Therapy from Westminster University in 2002. She also won the Nutri-Clinical Practice award in the same year. Lin then went into private practice, also working as a part-time clinical Supervisor in Nutritional Therapy at the Westminster University Poly Clinic. Lin's special interests are gut ecology and the preparing of nutrient dense foods to optimise health. She also has a degree in radiography and became a Clinical Tutor in Radiography at Hong Kong University before returning to the UK to study Nutritional Therapy.

Guest Lecturers

IHS is privileged to have a number of guests that lecture to our students throughout their studies. They are industry-renowned experts at the forefront of their specific disciplines.

Dr Michael Arloski PhD, PCC – Dean of The Wellness Coach Training Institute, based in Colorado, USA

Dr Arloski is the founder of Real Balance Global Wellness Services. A founding father of wellness coaching, he is a licensed psychologist and professional certified coach with over thirty years of contribution to the field of wellness. His company has trained thousands of wellness and health coaches. He is the author of Wellness Coaching For Lasting Lifestyle Change - the seminal book of wellness coaching, used by many universities and training schools. Dr Arloski keynotes, consults and trains on lifestyle improvement and wellness coaching, taking his message of wellness worldwide. He is also an Adjunct Professor in the Integrative Health Studies Program at The California Institute for Integral Studies.

Dr Nigel Abraham BSc., MSc., FIBMS - Scientific Director of Genova Diagnostics UK

Dr Abraham has more than 20 years experience as an assay development scientist, involved in extensive research in the field of chemical mediators of allergic disease and salivary hormone diagnostics. He is a graduate in haematology from St. Georges Medical School London and went on to study immunology at the University of Surrey. He is a Fellow of the Institute of Biomedical Science and a chartered scientist. As co-founder of IWDL, Nigel has been a pioneer of functional laboratory testing in the UK. He is responsible for the provision of Genova health education programme for the UK and Europe. He is a lecturer for many of the major education centres for nutritionists and complementary therapies and regularly holds seminars and presentations as part of CPD for practitioners. Nigel has been involved many research projects, published many scientific papers and is actively involved in the promotion of functional medicine.

Dr Gill Hart BSc (Hons), PhD, Cert Mgmt (Open), MIBMS - Scientific Director of YorkTest Laboratories Ltd.

A biochemist with over twenty years experience in the development and validation of diagnostic tests, she started her career as a Senior Biochemist at the Hammersmith Hospital and has since worked for different companies and clients within the diagnostics industry and the related regulatory environment. Gill joined YorkTest in 2005 and has applied her knowledge to all their services including putting in measures of 'self-regulation' in the under-regulated 'diagnostic testing services' industry. She also provides guidance for those choosing diagnostic tests with her 'What Makes a Good Diagnostic Test' checklist and has written many articles.

©Institute of Health Sciences 2013

Why Choose the Institute of Health Sciences?

Choosing a course is the first step to a new career or a new way of life so it is important that you choose the college that provides you with the best training to suit your needs and will support you throughout your studies. At IHS we pride ourselves on the support that we offer our students throughout their time with us and after they graduate.

When researching different training providers it can be difficult to ascertain who will best meet your education requirements. We have therefore put together a series of questions that will help you to determine which college and course is the best for you. Any training provider should be prepared to offer you as much information as possible regarding their courses, costs, course material, lecturing team and course recognition. At IHS we aim to offer total transparency to all potential students so that you can make an informed decision on the courses we offer:

Course material: What is provided to assist me in my studies? *It is important that you receive comprehensive and structured course material and supporting documents. Examples should be available to you from any prospective training provider.* IHS provides student handbooks, study skills guides, lecture notes, home study notes, module information (including all learning outcomes students are expected to meet), class forums and webinars/recorded lectures. Where relevant, free web access is given to scientific journals American Journal of Clinical Nutrition, the Journal of Nutrition, Advances in Nutrition, Journal of Medicinal Food, Journal of Complementary and Alternative Medicine and Alternative and Complementary Therapies. Our lecture and home study notes are referenced so that it is easy to complete extended reading without having to search these resources yourself. We also provide all clinical practice paperwork and handbooks required for each year where applicable. We make student research projects e.g. literature reviews, sample exam papers and assessments and collate assignments such as client fact sheets on different foods, supplements etc. so that all members of a class can benefit from each other's efforts. We also have an extensive library including books and industry journals and magazines onsite at the Education and Research Centre.

"I really liked the presentation of the material. It reads clearly & logically, piece of information building on piece of information beautifully. I get the impression from your prospectus, that you have put thought into making the subject learnable, and that comes across in the home study and the 'test your knowledge questions'. The questions really open up the subject and make you curious about the reasons for things – it makes you engage. There are no gaps in the information."

Naturopathic Nutrition Student (Homeopath) – Cork

Standard of Course: Has the course material been externally validated? *It is important that you are confident of the quality of the course, course material and training provider when making a decision to study. External validation by a respected and independent body of experts can help ensure you make the right decision. Accreditation and validation should only be undertaken by* ***independent*** *bodies with expertise in education and the nutrition industry. Your prospective training provider and their accreditation/validation partners should be transparent with the procedures used and any affiliations, which may compromise their impartiality, clearly stated.* In our drive to have the diploma in Nutritional Therapy accredited as a degree programme, we have had this course validated by an independent team of top UK and Irish academics in conjunction with the Institute of Technology Carlow. We are still working towards final accreditation with HETAC or alternatively a UK university and are committed to gaining a formal degree accreditation

©Institute of Health Sciences 2013

for the Nutritional Therapy diploma course. Our certificate courses in Dietary Counselling and Anatomy and Physiology have been reviewed and accredited by ITEC. All Dietary Counselling graduates may join the Federation of Nutritional Therapy Practitioners (FNTP), ensuring that they have all the support and benefits provided by belonging to a professional body. Graduates of our Health and Wellness Coaching courses can use our training towards 37 hours of that required to join the International Coaching Federation (ICF). Graduates of our Certificate in NLP for Healthcare Professionals can join the Association of NLP (ANLP).

Lecturing team: Who will be teaching me? *There should be a good variety of lecturers, with whom you will have **regular** contact throughout your chosen course, each expert in their own areas with extensive lecturing experience.* At IHS we have a passionate and committed team of educators, each highly qualified and respected in their fields. We ensure that students have contact with the whole IHS team from the outset as each member has their own style of practice and teaching to help broaden our students' skills and knowledge. Before studying with us we are happy for you to speak to any member of our lecturing team so you can verify their experience and their regular and continued involvement with the college. At IHS we have a policy of only using lecturers and supervisors with several years of clinical experience to teach subjects related to the practice of nutrition, diet and health. This ensures that ALL our teaching and clinical supervising team have valuable clinical experience, which can then be passed to our students.

Student Support: How will I be supported in my studies? *As a student you need to know that you will receive ongoing academic support and mentoring during your studies. Prospective training providers should outline specific details of the support you will receive.* IHS provides group tutorials at every lecture weekend, monthly online tutorials and forums for all students. E-Learners are assigned an experienced Nutritional Therapist personal tutor to help them through the course. Both directors - Suzanne and Laurence - are directly involved in the day to day running of the college and in supporting students throughout their time with IHS. Either Suzanne or Moira (or both) attend each lecture weekend so as to be available to students for queries, concerns etc. Louise Mullaney and Melissa Turner, IHS Administrators, are also graduates from the Diploma in Nutritional Therapy and give exceptionally valuable support to students. IHS has a Facebook page and blog that update our students on latest developments in the arena of nutrition, diet and health.

Nutritional Therapy Clinical Practice: How many clinics hours are provided? *Clinical practice should be an integral part of any practitioner training course you choose. Ask for details of the number of clinical hours included on any course you choose and the scope of clinical practice i.e. how exactly would they prepare you for practice?* IHS believe that clinical practice is the most important element of training to become a Nutritional Therapist as we believe that the hands-on application of theory provides the best learning experience. We require our students to have 250 clinic hours by the end of their studies. These hours are reached by attending relevant lectures and clinical practice observation weekends, through in-class role-plays, case study based assignments, video linked live cases and then through supervised clinical practice in Year 3 and 4. Students also have access to videoed cases through our e-Learning website. We begin our clinical practice for students in Year 1, which ensures that they are very familiar with the process by the time they take patients in Year 4. Our dietary counselling and health and wellness coaching courses also require students to conduct consultations with clients, which are submitted as case studies to the college for marking and feedback.

Student satisfaction: How do I know that you really are the best? *The most direct way to learn about student satisfaction with a college is to talk to current students to determine how satisfied they are with the quality of service.* We offer all prospective students the opportunity to come to a lecture and meet with our students. With over 200 students enrolled with us, we constantly monitor their satisfaction by conducting surveys, ensuring we maintain and constantly improve upon our high standards. Many of our graduates will also speak with prospective students to help advise them on courses and discuss opportunities after graduation.

©Institute of Health Sciences 2013

Built-in Awards: Can I start to practice while I am studying? *A good course will have appropriate awards built into the course throughout*. The IHS diploma in Nutritional Therapy offers a number of built in awards. After Year 1 you will receive the IHS Certificate in Dietary Counselling and may complete an ITEC exam and case studies to receive an ITEC diploma in Nutrition for Complementary Therapists. During Year 2, you can complete an ITEC exam to gain an ITEC diploma in Anatomy & Physiology.

It is, however, worth noting that if your ultimate goal is to become a Nutritional Therapist then you should keep this in mind when choosing your Nutritional Therapy course. Any interim awards offered should not detract from the standard of education you will receive. At IHS we do not exclusively teach Dietary Counselling modules as year 1 of our diploma programme as our experience has demonstrated that, to understand the effects of nutritional elements on the body it is vital to study anatomy and physiology alongside the nutritional science. Therefore, our course structure is based on the UK model where all institutes teach the basic human sciences from year 1.

Our Diploma in Diet, Health and Wellness Coaching offers the interim award of the IHS Certificate in Dietary Counselling. Students can therefore begin to work with clients and offer dietary advice whilst they continue on with their health and wellness coaching studies.

Course Recognition: Are your courses industry recognised? *Where possible all courses should be recognised by independent and well recognised industry bodies.* It is important that your qualification allows you to register with a body that is not directly affiliated with any training provider, as this ensures impartiality when setting standards within the industry. The IHS Diploma in Nutritional Therapy is recognised by NTOI and, on graduation, you can become a full member and gain your professional insurance to start practicing. Contact NTOI directly for their input on the different nutrition courses available in Ireland.

Our diploma in Nutritional Therapy and certificates in Dietary Counselling are also recognised by the Federation of Nutritional Therapy Practitioners (FNTP) and ITEC. The IHS diploma is written to the standards outlined in the Nutritional Therapy Council (UK) core curriculum. Our coaching courses are recognised by the International Coaching Federation (ICF) and our NLP course by the Association for NLP – the ANLP.

What support does the college offer graduates after graduation? *As many graduates will become either partially or solely self-employed it is important to know that you still have a support system helping you achieve your career goals.* The IHS mentoring scheme is a collection of services uniquely aimed at supporting Nutritional Therapy graduates in Ireland (we will be expanding this to include Dietary Counsellors very shortly). Most Nutritional Therapists will become either fully or partially self-employed and may involve a number of different activities. Therefore, for graduates to develop a successful and long term career, they need to keep up-to-date with the latest research, and also take guidance and support from those who have experience in the field and have already carved out a successful career.

Individuals signed up to the IHS mentoring scheme can benefit from:

- 1-2-1 personal mentoring from experts in many fields of nutritional therapy, healthcare and communication skills. Sessions may involve discussion on complex cases, specific elements of a case, client communication and how to move their business forward.
- Information on postgraduate education opportunities.
- Discounts and special offers on all IHS postgraduate courses and seminars.
- Access to top industry scientific journals.

Costs of study: What do the course fees cover? *You should understand all costs associated with a course prior to enrolment. Be sure to ask all prospective training providers about hidden costs associated with their courses so you do not get any nasty surprises once*

©Institute of Health Sciences 2013

you commence your studies! IHS course fees are listed later in this prospectus. Our fees include the cost of course materials, tutorials, assignment corrections, clinical practice, exam fees (excluding repeats and optional ITEC exams), personal tutor support, forum access, webinars and cooking days* (*Nutritional Therapy and in-class Dietary Counselling students only). There are no hidden costs. The only other cost to you will be your course books & access to dietary analysis software but these have chosen that will be useful to you throughout your studies and later when you are practicing. We also have an extensive library so that you can borrow books throughout the year.

Nutritional Therapy Study progression: *What options are there for further study after this course?* As degree level programmes in Nutritional Therapy are not currently available in Ireland it is important to know your options in terms of upgrading your qualification should you wish to. It should be made clear to you by prospective training providers whether options available are exclusive to their students or available to graduates of all Nutritional Therapy diplomas. Any claims can be verified by contacting the relevant education providers. Nutritional Therapy graduates from all Irish colleges, including IHS, can currently upgrade their qualifications to BSc and MSc level via E-learning modules from UK and other international training providers. This process currently involves students independently providing evidence of prior learning which exempts them from modules of their chosen degree programme. Graduates of the IHS Diploma in Nutritional Therapy are eligible to apply for direct entry onto the MSc/PG Dip/PG Cert in Personalised Nutrition taught at CNELM in the UK. This course is validated by Middlesex University for attendance, part attendance or 100% distance learning. (Eligibility is subject to grades and a letter of reference from IHS).

Student Testimonials

"My time spent studying with IHS was both a very challenging and rewarding experience for me. Studying part-time while juggling work/life can be difficult at times and if it were not for the support and flexibility of the IHS directors and staff if may not have been possible. The strength of the NT diploma course lies in the quality of the lectures, relevant assignments clinical practice, and experience of the lecturers. I would recommend IHS to anyone serious about a career in nutrition."
IHS Nutritional Therapy Diploma Graduate

"I truly loved my time studying with IHS. I looked forward to every weekend with enthusiasm as I knew I would be discovering new and interesting information about health. I found the lecturers to be very informative and they all brought a different perspective on Nutritional Therapy and great insight into how they practise effectively. I loved meeting new people at college with a similar passion for helping people in a natural way. We also learnt so much from each other, which was great. The support from the whole IHS team was outstanding and it was never trouble to ring the office and always received an excellent service. I am so delighted I studied with IHS and am now working as a Nutritional Therapist. I feel very confident with such a great platform behind me."
Alison Kingston, Nutritional Therapy Diploma Graduate

"The quality of the lectures from day one were of a very high standard which gave me great confidence in the course and that it would prepare me to practice as a Nutritional Therapist. The lecturers and course material challenge you to draw your own conclusions rather than just learning material verbatim. The focus was always on how to apply this knowledge on a practical level and giving up to date referenced scientific studies to back everything up."
Aoife Cronin, Nutritional Therapy Diploma Graduate

"I have enjoyed the Dietary Coaching programme very much. The curriculum has exceeded my expectations; it was interesting, challenging and rich in its content. The modules were well structured and scientifically detailed, which allowed me to gain a grater knowledge and understanding in nutrition. I have received a fantastic support from the IHS staff throughout the course, and they've been there for me until the last minute of my graduation."
Svetlana Sarantseva, Certificate in Dietary Counselling Graduate

©Institute of Health Sciences 2013

"I wanted to thank you for the support your college has given me over the last while doing this course. Any staff I encountered along the way have been extremely helpful and professional in all ways. I would also like to mention that my tutor Caroline was extremely helpful and supportive throughout my course. The course itself was excellent and I felt like it was made for me. All course material was very well presented and easy to follow. Perfect for me, a first timer in e-learning."
Michelle Alston, Certificate in Dietary Counselling Graduate

"This course is the "missing link" in treatment plans - it is possible to have all the knowledge and skills in the world, but if you don't know how to support your client to make the changes, it is difficult to achieve the results. I believe that the coaching skills will help to transform my practice as a herbalist. Thanks for an excellent training!" "I am so impressed by how well organised the college is, and also how well you really do listen to your students"
Certificate in Health and Wellness Coaching Graduate, Naturopath and Herbalist

"The Health & Wellness Coaching Course is one of the best courses I have ever attended. The structure and format of the course was excellent. The course content and delivery was both inspiring and challenging. I believe this course has application at a personal level when seeking an improved quality of life for oneself and at a group level whereby the coach can facilitate and support improved health and wellness for the general population both in communities and organisations Thank you for bringing this course to Ireland it is very exciting to be part of a paradigm shift in how we view health and wellness"
Anne Marie Frizzell, Certificate in Health and Wellness Coaching Graduate

"I have recently completed the Certificate in Dietary Counselling and have found it a very worthwhile and insightful experience. The information and course notes were easy to follow and use. A special word of thanks to the tutors especially Caroline who made themselves available to give advice and direction. It was invaluable"
Fiona Joyce, IHS Certificate in Dietary Counselling Graduate, e-Learning

©Institute of Health Sciences 2013

IHS Courses

IHS offers a range of diploma and certificate courses in health sciences relevant to the modern healthcare environment and suitable for both medical and complementary healthcare professionals or those with minimal or no medical background. We believe a true health practitioner is on a continuous journey of learning, and therefore aim to provide the highest quality, up-to-date, practical training for all those with an interest in nutrition, diet and health.

Diploma Programmes

Student Support

Monthly in-class and online tutorials are provided, as well as forums and recorded webinars. Each year group nominates a class representative who can communicate questions, problems or suggestions to the directors or lecturers (Nutritional Therapy Diploma only). At IHS we pride ourselves on the level of support offered to students.

Commitment

Embarking on any higher education training requires commitment. It is important to understand - prior to committing to this programme - that these are practitioner training courses and students will therefore need to demonstrate a minimum level of academic and practical knowledge in order to be graduated and thereby deemed to be safe to practice. To get the best out of the programme it is important to give time and energy to your studies. Please speak to us prior to enrolling if you are concerned about time commitments in any way.

Diploma in Nutritional Therapy

The industry leading IHS Diploma in Nutritional Therapy is a 3½ year, part time practitioner training course designed to produce confident, safe and effective practitioners. The course includes practical and interactive lectures alongside structured home study, tutorial and online support and clinical practice in order to build students' academic and therapeutic skills. Our syllabus is written to cover the UK Nutritional Therapy Council's core curriculum for Nutritional Therapy and aims to uphold the UK's National Occupational Standards for the industry. There is a strong emphasis on clinical practice throughout the programme, with clinical practice from year 1 and intensive clinical practice in the final 6 months, allowing students adequate time to practice their skills in a supportive environment to help build confidence.

Industry Recognition

Students and graduates may register with The Nutritional Therapists of Ireland (NTOI), Ireland's independent registering body for Nutritional Therapists and the Federation of Nutritional Therapy Practitioners in the UK (FNTP).

Progression onto other Courses

Graduates of the IHS Nutritional Therapy Diploma are eligible to apply for direct entry onto the MSc/PG Dip/PG Cert in Personalised Nutrition taught at CNELM (The Centre for Nutrition Education and Lifestyle Management) in the UK - subject to grades and a letter of reference from IHS.

©Institute of Health Sciences 2013

Course Content

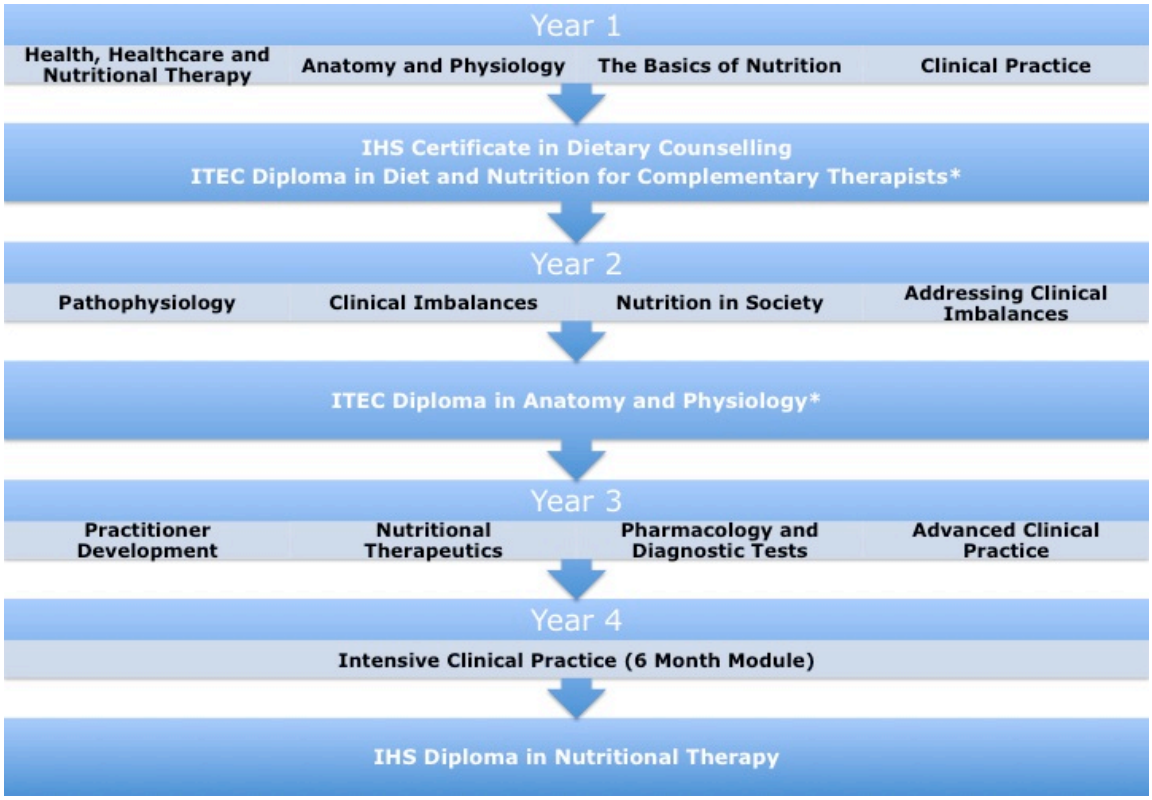
This diploma includes study of the health sciences (anatomy, physiology and pathology), human nutrition, Nutritional Therapy, functional medicine, practitioner development and research methods.

The programme content has been specifically designed and structured to enable participants to become professional, reflective practitioners with an integrated approach to the nutritional management of chronic disease. The overall aim is to provide an academic and professional qualification in Nutritional Therapy that will equip students with the knowledge, understanding and competencies required to provide comprehensive nutritional advice to individuals and groups in a range of healthcare settings either individually or together with other healthcare professionals.

"I have spent many years studying and have been a student in many schools and colleges and not just in Ireland. IHS has one of the best student support services that I have experienced, and to a student who is studying something totally new and quite complex this is very reassuring. The level of knowledge of the lecturers is excellent, but just as important the lecturers are all first class teachers and can pass on their knowledge. The course material is extremely well laid out and everything on the syllabus was covered in detail. I can highly recommend IHS to anyone wishing to begin, or further a career in the health care industry."

IHS Student (TCM Practitioner & Lecturer) – Dublin

IHS Diploma in Nutritional Therapy Module Outline and Awards



*Requires the taking of ITEC exam / submission of case studies, not included in diploma fees

For full diploma course outline please follow this link
http://www.instituteofhealthsciences.com/wp-content/uploads/2012/02/IHS-Diploma-Lectures-Plan-Years-1-3-2012-2013.pdf

©Institute of Health Sciences 2013

Length of Course

The IHS Diploma in Nutritional Therapy is a 3½ year programme. Whilst longer than other similar qualifications currently available in Ireland, we feel that this is the minimum length of time required on a part time course to really cover the NTC core curriculum to the depth needed to produce truly confident and effective practitioners.

Assessments

Students are assessed throughout the course to ensure their knowledge and skills are at an appropriate level. Ungraded assessments are built into each module so that students can monitor their own progress, receive feedback and develop skills to help them complete graded modular assessments. Graded assessments include practical and relevant activities such as case studies, production of client fact sheets, presentations and role plays, as well as exams, essays and reports. Comprehensive feedback is given on all student work to help ensure you gain the maximum benefit from all work completed whilst studying at IHS.

Lecture Weekends and Attendance

Our academic year runs from late September until June every year. The diploma involves an average of 10 attendance weekends per academic year (approximately one per month). IHS also recommend students timetable in approximately 15+ study hours per week to cover their formal home study.

Entry Requirements

This is a lifelong learning course and students are accepted onto this course through a combination of academic qualifications and relevant life experience.

(i) Normal minimum entry requirements:

The minimum entry standard that an applicant should obtain in the Leaving Certificate is a Grade C3, or better in two higher level papers, together with a Grade D3 at ordinary level or better in four other subjects. A pass in either Irish or English must be included. A pass in at least one science subject is advantageous. Overseas equivalents are also considered.

(ii) Prior learning and prior experiential learning:

Students with a prior science (anatomy and physiology) or nutrition background may be eligible to fast track into year 2 of the diploma programme, or may be exempt from individual modules. Evidence of prior learning will be required for this. IHS may require students to sit our anatomy, physiology and pathology examinations to demonstrate their knowledge prior to exemptions being granted.

Students who have obtained an unaccredited qualification in Nutritional Therapy or have partially completed a Nutritional Therapy programme with another institution will also be eligible for entry onto the diploma programme. These students will be assessed in terms of modules completed in prior studies and will be required to complete all outstanding modules in the diploma programme.

All applicants will be interviewed to determine their suitability for the course.

Diploma in Diet, Health and Wellness Coaching

This two year blended learning practitioner training course combines our extremely popular Certificate in Dietary Counselling with our Advanced Certificate in Health and Wellness Coaching in order to give graduates a highly effective and unique set of skills ideally suited to the modern healthcare professional. Graduates will not only be qualified to give comprehensive advice on diet and lifestyle to their clients but will also have the skills required to effectively help them to facilitate these changes, overcome barriers to change and improve heath in the long term.

Starting with the Certificate in Dietary Counselling, we examine food from farm to fork and discuss exactly how food is grown, processed and nutritionally depleted and the cumulative

©Institute of Health Sciences 2013

effect this has on health. Students are then instructed on how food, nutrients, supplements and lifestyle changes can be used to counteract modern lifestyles and promote optimum health. All students will learn how to use the very latest dietary analysis tools to help identify nutrient imbalances and deficiencies and also health coaching skills in order to maximise client compliance and success in clinic. For further information on the Certificate in Dietary Counselling, please see the information on page 21 of this prospectus.

Graduates from the Certificate in Dietary Counselling can then move onto our Advanced Certificate in Health and Wellness Coaching, which includes the latest evidence based behavioural change techniques and coaching skills including NLP, motivational interviewing, building an alliance with clients, understanding 'readiness to change', goal setting and planning, coaching in different healthcare settings and clinical practice. As part of this qualification we include two further modules in stress management and entrepreneurship to ensure graduates are uniquely positioned to help clients prevent and manage the vast array of chronic illnesses associated with the Western diet and lifestyle, whilst having the knowledge and skills required to ensure success within this exciting healthcare arena. For further information on the Advanced Certificate in Health and Wellness Coaching, please see the details on page 20.

- **Join a new generation of healthcare professionals and open up to limitless opportunities in the healthcare arena**
- **Gain 3 professional qualifications during your studies -** Dietary Counselling, NLP and Health and Wellness Coaching
- **Register with the FNTP (Federation of Nutritional Therapy Practitioners) after year 1 and start practicing as a Dietary Counsellor immediately -** avail of the option to take an ITEC exam to receive the ITEC Diploma in Diet and Nutrition for Complementary Healthcare Practitioners
- **Register with the ANLP (Association of NLP Practitioners) on graduation**
- **Become one of Ireland's first health and wellness coaches** - be recognised for 37 approved coach specific training hours. (Recognised for CPD points with the Irish College of General Practitioners and An Bord Altranais, the Irish Nursing Board)
- **Start seeing clients and earning immediately -** all consultation paperwork for each discipline provided to graduates
- **Practice with confidence -** Practitioner insurance options available on successful graduation
- **Suitable for current healthcare professionals or those looking for an exciting career in this area**
- **Get listed on the IHS website as a Health and Wellness Coach, NLP practitioner and stress management expert**

Certificate Programmes

IHS offers a variety of innovative, academically accredited and industry recognised certificate courses in the field of nutrition, diet and health. Our range of courses is designed to offer something for anyone with an enthusiasm for nutrition, health and wellness, from those simply wishing to explore a personal interest to those pursuing a new career in these industries. All courses are written by a team of healthcare experts, committed to improving standards of nutrition, health and wellbeing education in Ireland.

At IHS we provide the highest quality course material to all students ensuring that they can fully immerse themselves in our interactive learning material. Comprehensive student support and practical, relevant assessments ensure that you will enjoy a comprehensive learning experience whilst ensuring you are gaining the knowledge you require. There are options in many courses to attend in-class modules that involve practical workshops and cooking demonstrations to ensure that students leave with useful skills as well as a wealth of new knowledge.

©Institute of Health Sciences 2013

Course Material

Comprehensive course material is supplied. This includes all course notes, details of assessments and recommendations for additional reading. At the beginning of each course students also receive supporting documents to help enhance their study experience including the IHS E-learning handbook, course handbook and study skills guide.

Assessments

All courses contain assessments attached to each module. These are both graded and ungraded and are all relevant and practical activities such as assessing diets, producing fact sheets, diet plans and case studies, which will help build your practical skills and theoretical knowledge base.

Student Support

Regular online tutorials and forums are provided so that you receive the support that you need throughout the course and comprehensive feedback is given on your progress. E-Learning students are assigned an experienced healthcare professional as personal tutor to help guide them through their chosen course.

Additional in-class Lecture Weekends

At IHS we aim to give students as much flexibility in their studies as possible. There are a number of lecture weekends that students enrolled on e-Learning courses may wish to attend at a small extra cost. This allows all students to benefit from face to face time with experienced clinicians and other students whilst still maintaining the flexibility offered by e-Learning programmes. Please contact the office for details.

Progression onto other Courses

Dietary Counselling graduates are welcome to upgrade to either the IHS Diplomas in Nutritional Therapy or Diet, Health and Wellness Coaching.

Certificate in Health and Wellness Coaching

Most individuals know what they should be doing to ensure they are in the best of health, have been told what to do by numerous healthcare professionals but still can't change their habits. Enter the health coach! Health coaching utilises the latest evidenced based behaviour change strategies to help guide and empower individuals towards taking responsibility for their own health and adopting long term and effective health promoting lifestyle choices. This can dramatically improve patient compliance and practitioner success rates. This comprehensive practitioner training certificate is based on the hugely successful American model of health coaching and is exclusively designed to offer any healthcare professional the skills to help patients make lasting lifestyle change in a way they have never been able to manage before. It includes interactive workshops/webinars alongside structured home study, clinical practice, regular tutorials and course forums. The aim is to produce a new generation of healthcare professionals with unique skills designed to improve their practice and clinic outcomes. The Institute of Health Sciences is introducing this course to Ireland in association with Dr Michael Arloski PhD, founder of Real Balance Global Wellness Services (www.realbalance.com) and Dean of The Wellness Coach Training Institute, based in Colorado, USA.

Advanced Certificate in Health and Wellness Coaching

This year long course builds on the health and wellness coaching modules above, with the addition of the IHS Certificate in NLP for Healthcare Practitioners, stress management and entrepreneurship, ensuring graduates leave with a unique range of coaching, therapeutic and business skills with which to build or progress a successful healthcare practice.

©Institute of Health Sciences 2013

Certificate in Dietary Counselling: Nutrition & Health

This ITEC accredited and FNTP recognised course is ideal for individuals who wish to gain a practical knowledge of diet and nutrition in order to advise clients in formulating long term and sustainable healthy eating programmes for weight loss and to improve general health and wellbeing. It is also ideal for those that want to improve their knowledge of diet and nutrition in order to benefit their own health and that of their families. We examine food from farm to fork and discuss exactly how food is grown, processed and nutritionally depleted and the cumulative effect this has on health. Students are then taught how to analyse a client's individual needs and instructed how food, nutrients, supplements and herbs can be used to counteract the health problems associated with modern lifestyles and promote optimum health.

The IHS Dietary Counselling programme offers students practical training in key areas specifically designed to ensure our graduates have a unique and diverse set of skills allowing them to work successfully with a broad range of clients over a number of consultations. Skills developed during the course include dietary analysis, body composition analysis and health coaching. Our dietary analysis training is done using the very latest and most comprehensive dietary analysis software available; body composition analysis includes caliper training (in-class students only) and in-depth training covering other key body measurements and their links to health and disease. Our health coaching skills are based on the dynamic and fast growing field of health and wellness coaching from the US. Students are trained in the most effective ways of improving client compliance - ensuring clients take responsibility for their own health, establishing how ready they are to change and then helping them overcome barriers to change. All of the above are designed to produce confident and competent graduates ready for a successful career as a dietary counsellor.

- **Develop practical, marketable skills designed to enhance your practice** - including health coaching skills, body composition analysis (caliper training for in-class students only), dietary analysis and cooking demonstrations
- **Start seeing clients and earning immediately** – all consultation paperwork, client fact sheets and 4 custom designed comprehensive dietary counselling programmes provided to graduates to help them get started in business straight away
- **Receive your ITEC Diploma** in Diet and Nutrition for Complementary Therapists – avail of an option to take the ITEC exam (for those with an existing complementary therapy qualification only)
- **Register as a professional Dietary Counsellor with the FNTP (Ireland and the UK)** - receive the benefits of your own registering body to support you in practice
- **Get listed on the IHS website as a Dietary Counsellor** – Get client referrals without having to develop your own website
- **Practice in confidence** - Practitioner insurance options available on successful graduation via FNTP
- **Continue on with your studies** – Fast track onto the IHS Diploma in Nutritional Therapy or the IHS Diploma in Diet, Health and Wellness Coaching

Certificate in Dietary Counselling: Functional Sports Nutrition

This ITEC accredited course is ideal for those wishing to learn the very latest theories in sports nutrition to sports and fitness professionals and enthusiasts. In addition to all the knowledge and skills gained in the Dietary Counselling: Nutrition & Health certificate as (other than the Nutrition in Society module), Functional Sports Nutrition students are given practical knowledge on all elements of diet and nutrition in order to advice clients in formulating individualised healthy eating programmes with a focus on maximising physical performance. This course is based on the principles of functional medicine, which has moved sports nutrition into a new and exciting era including a greater understanding of how underlying physiological imbalances impact performance, the importance of individualised dietary programmes depending on both the type and level of activity being undertaken and the vital importance of the micronutrients (as well as just the macronutrients) in maximising physical performance. This approach clearly demonstrates that optimum fitness is not

©Institute of Health Sciences 2013

possible without underlying optimum health and that intensive exercise unsupported by tailored dietary and supplement regimes may actually be detrimental to both health and performance.

Certificate in Dietary Counselling Modules

For full Dietary Counselling: Nutrition and Health course outline, please follow this link http://www.instituteofhealthsciences.com/wp-content/uploads/2013/01/Certificate-Dietary-Counselling-Nutrition-and-Health-A13-Lecture-Plan2.pdf

For full Dietary Counselling: Functional Sports Nutrition course outline, please follow this link http://www.instituteofhealthsciences.com/wp-content/uploads/2013/01/Certificate-Dietary-Counselling-Functional-Sports-Nutrition-A13-Lecture-Plan.pdf

Accreditation

The IHS certificates in Dietary Counselling: Nutrition and Health and Sports Nutrition are accredited by ITEC. Students who complete the course and who hold a qualification in another complementary therapy may sit an ITEC exam in order to receive their ITEC diploma in Diet and Health for Complementary Therapists.

Entry Requirements

These certificates are a lifelong learning course and students are accepted on to this course through a combination of academic qualifications and relevant life experience.

(i) Normal minimum entry requirements

The minimum academic entry requirement for this course is a grade C at Junior Certificate or 4 GCSEs grades A to C (preferably including a science subject). Equivalent international qualifications will also be accepted.

(ii) Prior Learning and Prior Experiential Learning

Applicants with Prior Learning and Experiential Prior Learning will also be considered. All knowledge, skills and competencies accumulated through life and work experience will be considered.

All applicants will be interviewed to determine their suitability for the course.

©Institute of Health Sciences 2013

Length of Course

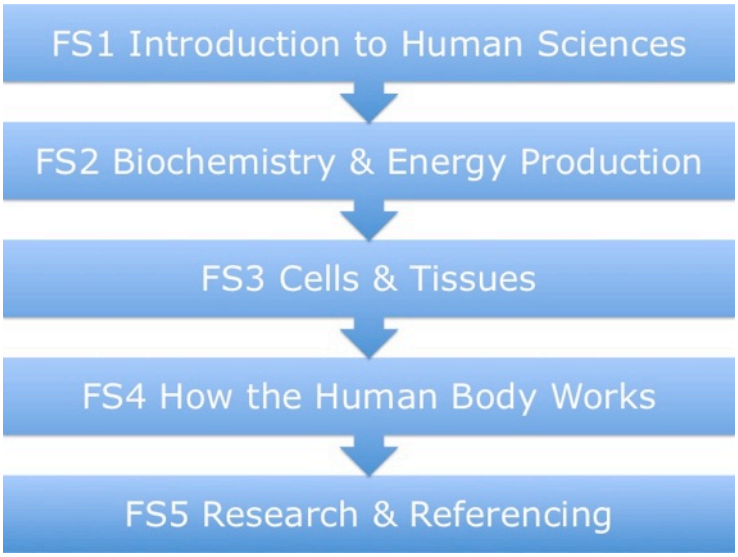
In-class, this course is 1 year in duration. If studying via blended or E-learning, you may study at your own pace. However, we do recommend that students still aim to complete the course in 1 year. To avoid having to repeat modules, the course must be completed within 2 years as we upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Please note: Those students who feel they may wish to progress to the IHS Diploma in Nutritional Therapy but are unsure when enrolling may complete the first year of the diploma course. At the end of the year they can leave with an IHS Certificate in Dietary Counselling or they may continue on with the diploma. Students who complete the certificates by blended or e-Learning will need to complete some bridging modules should they wish to continue onwards as the first year of the Diploma contains additional modules. You are welcome to discuss your options with any member of the IHS team.

Foundation Certificate in Health Sciences

Many students wishing to embark on a course in nutrition, whether for professional or personal gain, have little or no science background. This foundation course in basic sciences is for those who feel they would benefit from an introduction to the human sciences prior to embarking on a certificate or diploma course either with IHS or another college. We may request that potential diploma students with no science background complete this course (or another similar) prior to enrolment on the diploma in Nutritional Therapy – price is deductible from the first year diploma fees.

Foundation Certificate in Health Sciences Modules



For full course outline please follow this link
http://www.instituteofhealthsciences.com/wp-content/uploads/2013/01/FC-Lecture-Plan.pdf

Length of course

As this course is E-learning, you may study at your own pace. However, we recommend that students aim to complete the course in 3 months. To avoid having to repeat modules, it must be completed within 1 year as we upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Entry Requirements

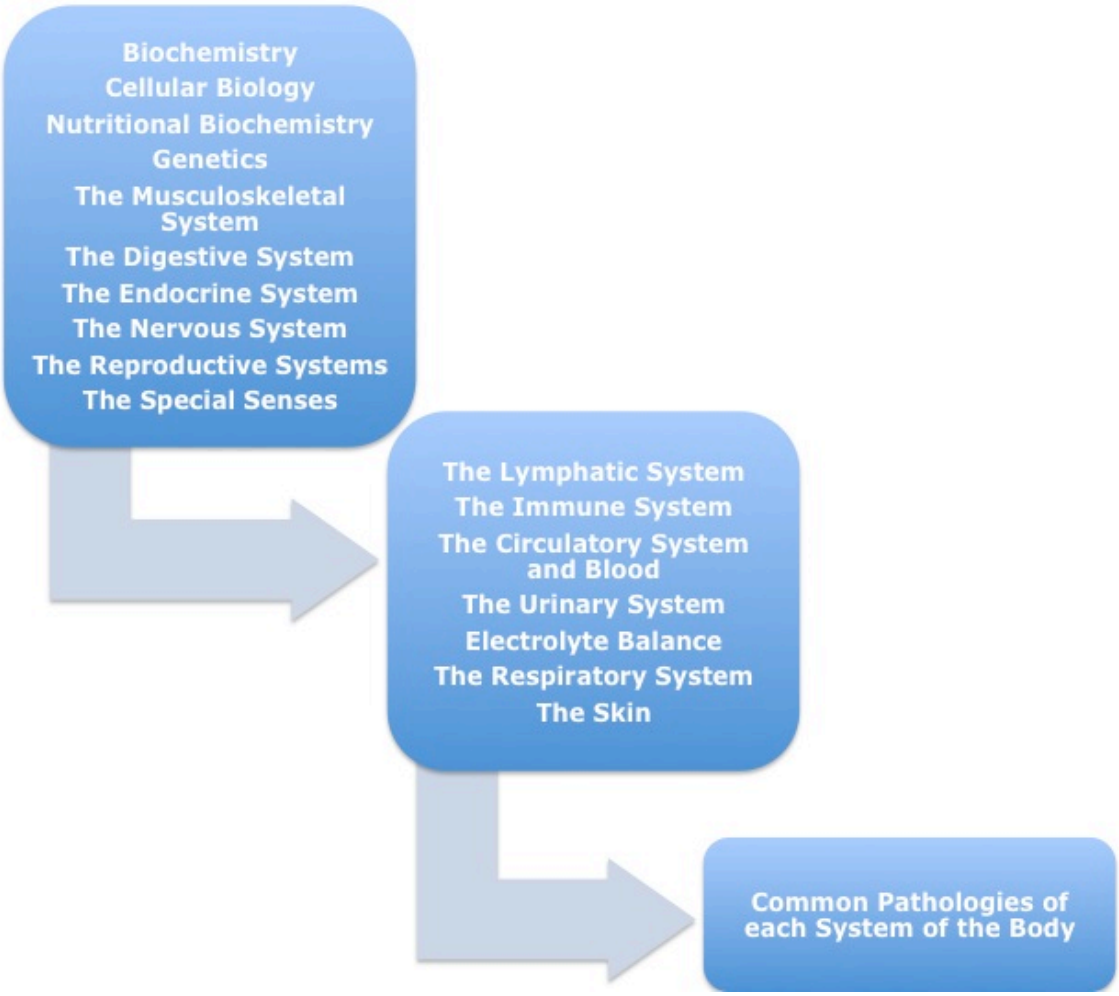
IHS does not have any formal entry requirements for this course. Anybody wishing to take the first steps towards a career in health sciences is very welcome. However, all IHS e-Learning courses require dedication and commitment.

©Institute of Health Sciences 2013

Certificate in Anatomy, Physiology and Pathophysiology

This ITEC accredited certificate course is for those interested in gaining a solid background in the study of anatomy, physiology and pathophysiology prior to furthering their studies in the health sciences. It takes a comprehensive look at all systems of the body, how they function and related pathologies from a health sciences perspective. Students with no science background may choose to complete the IHS Foundation course in Health Sciences prior to embarking on the Certificate in Anatomy and Physiology. Please contact the office to discuss your requirements.

Certificate in Anatomy, Physiology and Pathophysiology Modules



For full course outline please follow this link
http://www.instituteofhealthsciences.com/wp-content/uploads/2013/02/Anatomy-and-Physiology-Certificate-A13.pdf

Accreditation

The IHS certificate in Anatomy and Physiology is accredited by ITEC.

Entry Requirements

This certificate is a lifelong learning course and students are accepted on to this course through a combination of academic qualifications and relevant life experience.

(i) Normal minimum entry requirements

The minimum academic entry requirement for this course is a grade C3 at Leaving Certificate preferably including a science subject. Equivalent international qualifications will also be accepted. Applicants for this course without the above qualifications will still be considered but may be required to complete the IHS Foundation Certificate in Health Sciences prior to enrolment on this course.

©Institute of Health Sciences 2013

(ii) Prior Learning and Prior Experiential Learning
Applicants with prior learning and experiential prior learning will also be considered. All knowledge, skills and competencies accumulated through life and work experience will be considered.

Length of Course
As this course is e-Learning, you may study at your own pace. However, we recommend that students aim to complete the course in 6 months to 1 year. To avoid having to repeat modules, it must completed within 2 years as we upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Continual Professional Development Courses
IHS is committed to improving standards in the practice of Nutritional Therapy and complementary therapies in Ireland. We have therefore developed a series of courses based on the principles of functional medicine and the latest research and advancements in healthcare practice. These courses and classes use case studies, research and discussion to encourage sharing of best practice within the modern healthcare arena. All students receive comprehensive lecture material.

Certificate in Health and Wellness Coaching
Taking only the coaching aspect from our Advanced Certificate in Health and Wellness Coaching, this practitioner training programme covers an array of vital coaching skills, including motivational interviewing, building an alliance with clients, understanding 'readiness to change', goal setting and planning, coaching in different healthcare settings and clinical practice. Further details of this can be found on page 20 of this prospectus.

Those wishing to complete the IHS Practitioner Certificate in Health and Wellness Coaching should hold a Diploma or relevant clinical qualification in the field of healthcare. Other applicants will be considered on an individual basis.

Certificate in NLP Practitioner Training for Healthcare Professionals
This practitioner training certificate is specially designed for healthcare professionals interested in using NLP to enhance their communication skills, improve personal effectiveness, gain a greater understanding of how the mind works and to know how to use that knowledge to improve results both in your own life and the results you get with your clients. This course has been developed to ensure that you will develop practical new skills in understanding language and behaviour, identifying representational systems, anchoring, linguistics and rapport building that can be applied to any healthcare setting. The course is run over 3 weekends and includes lectures, practical exercises and case studies.

As a fully licensed NLP Practitioner you can also start to work with clients immediately to earn money helping others to make beneficial changes in their lives easily and effortlessly with NLP. Many common problems such as phobias, unwanted behaviours and bad habits can be successfully managed quickly and effectively using the skills you will learn on this course.

This qualification can be combined with any other IHS diploma or certificate course to help you develop a unique and effective set of integrative healthcare skills.

For a full course outline please follow this link:
http://www.instituteofhealthsciences.com/wp-content/uploads/2012/05/NLP-Lecture-Plan-2012-13.pdf

Accreditation
This course is accredited by ANLP (the Association for NLP).

©Institute of Health Sciences 2013

Entry Requirements

These certificates are a lifelong learning course and students are accepted on to this course through a combination of academic qualifications and relevant life experience.

(i) Normal minimum entry requirements

The minimum academic entry requirement for this course is a grade C at Junior Certificate or 4 GCSEs grades A to C (preferably including a science subject). Equivalent international qualifications will also be accepted.

(ii) Prior Learning and Prior Experiential Learning

Applicants with Prior Learning and Experiential Prior Learning will also be considered. All knowledge, skills and competencies accumulated through life and work experience will be considered.

All applicants will be interviewed to determine their suitability for the course.

Length of Course

There are 70 hours of home study to be completed before the in-class modules, which run over 3 months.

Certificate in Functional Nutrition for Healthcare Professionals

Research within the functional medicine field is vast, complex and constantly updated; therefore IHS has developed the Certificate in Functional Nutrition for Healthcare Professionals. This continual professional development course is designed to provide those with an existing understanding of the functional medicine approach to nutrition (including knowledge of the 6 functional medicine imbalances, antecedents and mediators) with the very latest updates in this area. It is designed to equip practitioners with the most advanced knowledge available to help them conduct more in-depth and comprehensive analysis of clients and produce more specific, individual and effective nutrition and lifestyle protocols. Experienced functional medicine lecturers from both the UK and Ireland teach the lectures (Dr Fionnula McHale, Lin Ducker, Moira Browne and Suzanne Laurie). They are adept at applying the principles of functional medicine to the practice of Nutritional Therapy and other healthcare disciplines.

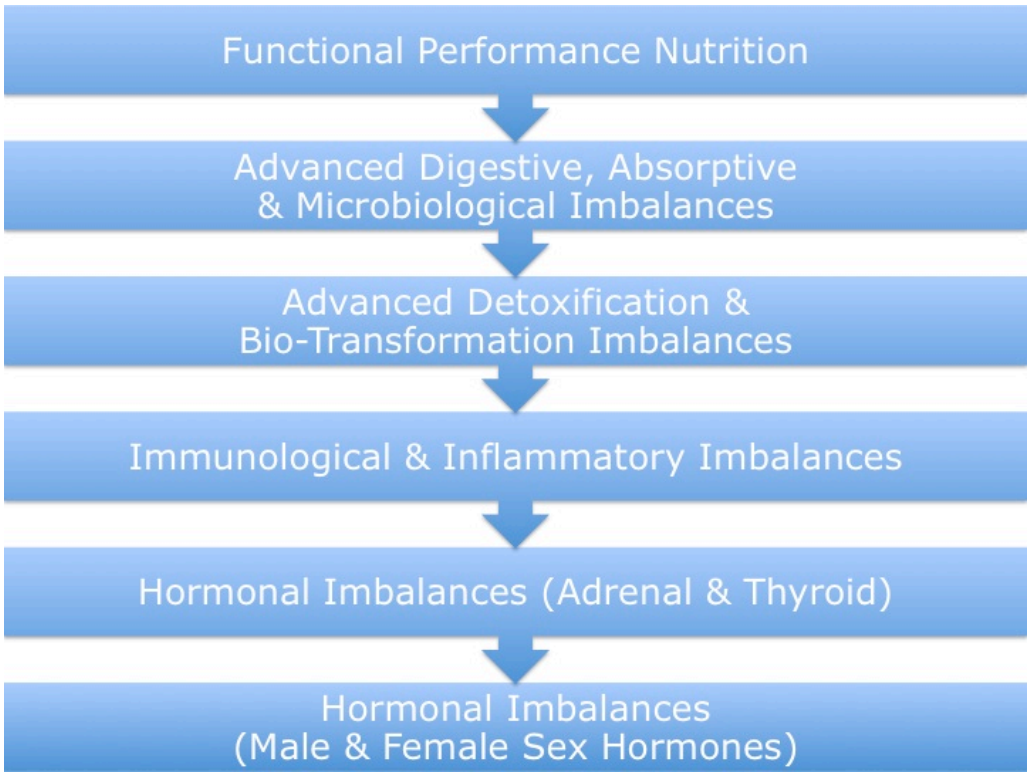
The course consists of 6 lecture days throughout the academic year, covering the more complex scientific theories associated with the key functional medicine imbalances. Each lecture day will encompass theoretical lectures and practical case studies in order to demonstrate how these theories relate to practice.

"I am a qualified herbalist and holistic therapist, I began my training in 1996 and have continued to do courses almost every year since then. This course was excellent, and hugely helpful to me as a practitioner. The content had real depth and was very interesting, and it was by far the best organised course I have ever attended. I would highly recommend the Advanced Practitioners course, I believe that the Functional Medicine approach will be the way forward for complementary medicine."

Margaret, Herbalist and Holistic Therapist, Advanced Practitioner Certificate, 2011

©Institute of Health Sciences 2013

Certificate in Functional Nutrition for Healthcare Professionals Modules



For full course outline, please follow this link
http://www.instituteofhealthsciences.com/wp-content/uploads/2012/05/Practitioner-Certificate-in-Functional-Nutrition-Lecture-Plan-2012-13-2.pdf

Entry Requirements

Those wishing to complete the IHS Practitioner Certificate in Functional Nutrition should hold a diploma or above in a relevant clinical qualification in the field of healthcare. Other applicants will be considered on an individual basis.

Assessment

Due to the clinical nature of this course students will be assessed using case studies.

Accreditation

This course has been awarded 30 CPD points by the Nutritional Therapists of Ireland (NTOI).

Length of Course

This course is 7 months in duration.

©Institute of Health Sciences 2013

Course Fees

IHS is committed to keeping our course fees as low and competitive as feasible. We will endeavour not to apply any increase to your course fees during the duration of your studies. However, economic and other circumstances may result in an increase in fees, which would be at the discretion of the Institute. It should be noted that this has never happened to date.

©Institute of Health Sciences 2013

Diploma in Nutritional Therapy

- Year 1 €3,500
- Year 2 €3,300
- Year 3 €3,300
- Year 4 €1,650 (6 months intensive clinical practice)

Diploma in Diet, Health and Wellness Coaching

- Year 1 €2,695 in-class (not including optional ITEC fee)
  €1,995 e-Learning (not including optional ITEC fee)
- Year 2 €2,695 in-class only

Certificate in Dietary Counselling: Nutrition & Health

- €2,695 in-class (not including optional ITEC exam fee)
- €1,995 e-Learning (includes 1 compulsory weekend, not including optional ITEC fee)

Certificate in Dietary Counselling: Functional Sports Nutrition

- €2,695 in-class (not including optional ITEC exam fee)
- €1,995 e-Learning (includes 1 compulsory weekend, not including optional ITEC fee)

Certificate in Health and Wellness Coaching

- €1,295

Advanced Certificate in Health and Wellness Coaching

- €2,995

Certificate in NLP Practitioner Training for Healthcare Professionals

- €995 (Special introductory offer)

Certificate in Anatomy, Physiology and Pathophysiology

- €1,195 (not including ITEC exam fee)

Foundation Certificate in Health Sciences

- €495 (deductible from 1st year Nutritional Therapy Diploma course fees)

Certificate in Functional Nutrition for Healthcare Professionals

- €495 (special introductory offer and includes 12 months access to mentoring scheme)
- €395 (foundation module in functional nutrition, if required)

Stress Management Weekend

- €195

Payment plans available for most courses, please contact the office for details

©Institute of Health Sciences 2013

How to Get Started

- Call our office to speak to one of our team about the different courses on offer. The Institute staff will spend time speaking with you to ensure you have all the information you need to make the right decision.
- Come to one of our regular open days and evenings throughout the academic year. You will have the opportunity to meet with the IHS academic staff, directors and students and have all of your questions answered.
- Take an appointment at one of our student clinics. Experience what it is like to work as a Nutritional Therapist from a client perspective. Clinics are held regularly from September to January annually. Call the office for an appointment.
- Attend a cookery workshop.
- Attend a lecture weekend or a clinical practice weekend. Experience our lectures and clinical practice weekends first-hand.
- Sample our course material. IHS will provide you with a sample of our lecture material to review at your leisure.
- Speak with an IHS student or graduate.
- Before embarking on the Diploma in Nutritional Therapy, take one of our certificate courses in nutrition..
- You can apply for acknowledgement of prior learning (APEL) and fast track programme.
- Complete our foundation course in Health Sciences to develop a basic understanding of the science before embarking on our Diploma course.

Frequently Asked Questions

Q. **What is the legislation for practitioners of Nutritional Therapy?**
A. Nutritional Therapy as a profession is currently not statutory regulated, which means that governments do not regulate it. However, this may be set to change with the professional body that represents Nutritional Therapists in the UK having applied to the British government to become statutory regulated (BANT British Association of Nutritional Therapists). In Ireland the only independent professional body that represents Nutritional Therapists is NTOI – Nutritional Therapists of Ireland. It is likely that Ireland will follow the lead of the UK Nutritional Therapists and seek statutory regulation at some time in the future.

Q. **What is the legislation for practitioners of natural medicine?**
A. CAM is currently undergoing a process of voluntary regulation. The Federal Register of Complementary & Integrated Medicine (FRICAM) has been formed as the central register for CAM practitioners. FRICAM will be responsible for education and training, accreditation, continuing professional development and regulation of practitioners.

Q. **Who performs accreditation?**
A. The regulatory body specific to the modality. Please contact the office for information on the relevant regulatory body.

Q. **Will I be able to practice?**
A. Yes. As a graduate of the IHS Diploma in Nutritional Therapy, Certificate in Dietary Counselling, Certificate in NLP or Certificate in Health and Wellness Coaching, you will have successfully completed a recognised course. You will be able to join a relevant registering body (Our Certificate in Health and Wellness Coaching allows for application to the ICF but additional case studies will need to be completed as part of the application process). It is through these associations that you will get the insurance required to practice.

©Institute of Health Sciences 2013

Q. **Can I do more than one course at a time?**
A. You can, as long as both you and the Academic Director or Manager consider it to be possible. It is usually much better to learn one subject thoroughly and then learn another one than it is to try and learn several subjects at once.

Q. **Are there any grants available?**
A. There may be some assistance from social welfare services for those already in receipt of benefits. IHS does have a payment plan to make the longer courses more accessible.

Q. **Do I need to buy books?**
A. You will usually have to buy a book or a number of books, depending on the course. These will continue to be useful reference books. We recommend that you buy the books listed on the essential reading lists. There is a library available to our students containing all the books on the reading lists so students can borrow a book before deciding to buy it.

Q. **What happens if I have to stop the course part way through?**
A. If you have to stop a course part way through, the Institute will hold your place open for up to two years at the discretion of an Institute Director. You are obliged to continue payments for the semester started. IHS cannot guarantee an immediate place; you may have to wait for a place to become available.

Equal Opportunities Statement

The Institute recognises that discrimination is unacceptable and aims to ensure no applicant, employee or student is discriminated against either directly or indirectly on the grounds of gender, marital status, family status, sexual orientation, religious belief, age, disability, or race. The IHS equal opportunities policy is implemented in accordance with the appropriate statutory requirements and full account is taken of all available guidance and in particular any relevant codes of practice.

The Future

At IHS we are committed to advancing and improving the current training standards for Nutritional Therapy and related healthcare subjects in Ireland. We are therefore working closely with a number of bodies both in Ireland and the UK to further develop our courses, push for better industry regulation, increase the profile of Nutritional Therapy and improve the standard and diversity of training available to students wishing to follow a career in this fascinating and rewarding area.

Both institute directors are completely committed to bringing degree level Nutritional Therapy qualifications to Ireland and are actively exploring avenues for achieving this goal in the near future. We aim to put Ireland at the forefront of Nutritional Therapy training and give Irish students access to this high quality and innovative training without them having to travel to or study with foreign institutes.

Nutritional Therapy is one of the cornerstones of functional medicine and a necessary and potentially lifesaving modality in an integrated healthcare system. We aim to train our graduates to a standard of excellence that allows them to work within this healthcare environment. We are also committed to giving the Irish population access to information regarding alternative healthcare approaches through education seminars, workshops, articles and IHS student clinic consultations.

©Institute of Health Sciences 2013