



## ABOUT US

- ANIMAL HOLISTIC COURSES
- BUSINESS AND MANAGEMENT
- BUSINESS FREEDOM COURSES
- CONTINUED PROFESSIONAL DEVELOPMENT
- FREQUENCY OF ESSENCE
- HOLISTIC COURSES
- MIND THERAPIES
- NUTRITION
- ONLINE TRAINING
- REIKI TRAINING
- TUNING FORK AND SOUND THERAPY

We are a training facility with a difference. We encompass all learning styles and balance professional teaching with a friendly, relaxed and welcoming environment. We can support your business development with our business and management courses and also offer networking events, and continued professional development

workshops. We are based in South Yorkshire, and offer classes in other areas around the UK. We are a registered training school with the CMA (Complimentary Medicine Association), the worlds leading membership body for elite complimentary medical professionals.

You wont regret studying with us and becoming part of our growing network of holistic practitioners.

We are committed to maintaining high standards and to the success of our students.

## About Us

Our training centre offers both accredited and self development classes in addition to our unique selection of professional development and business & management training, to ensure the success of your business. We are committed to raising the standards in the holistic field of medicine. Our courses include anatomy and physiology training, case studies, and codes of conduct. We offer ongoing support to our students via online study groups. Our courses can be studied by attending an intense training weekend, or you can spread the learning and the cost by attending our monthly classes. Our courses are fully compliant with National Occupational Standards and are constantly updated with changes in legislation and the latest research.

The Training Centre of Wellbeing currently has 98% student retention and 100% student pass rates.

# The Training Centre of Wellbeing Ltd



41 Owston Road  
Carcroft  
DONCASTER  
South Yorkshire  
DN6 8DA

[www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

We are committed to YOU

Studying a therapy and completing your course is just the first step in becoming a successful holistic practitioner.

Working with the therapy, being aware of the legalities surrounding your practice, learning to communicate effectively with your clients and manage your business are all skills you need to make this work for you.

Do you know that the holistic field of medicine is changing and developing and more regulations are coming into force? How do you keep up to date with the research? Do you know which acts of parliament are applicable to your practice?

Do you understand how to run your business or are you paying a professional to support you with this?

Our courses provide you with all the skills you need to achieve a quality and professional practice! Our holistic practitioner courses are accredited with the leading membership body and approved by Balens Holistic Insurance. They are all classroom based and supported with research and comprehensive reference manuals. We adopt a variety of teaching methods ensuring that the classes are fun, interactive and support a variety of learning styles.

Not sure where to start? Contact us to talk to our careers adviser who will help you develop a personal development plan.



## **ANATOMY AND PHYSIOLOGY COURSE BROCHURE**

This is a fully accredited and certificated Anatomy & Physiology for Practitioner course.

### **About the Course**

Anatomy and physiology is a huge subject and is the backbone of all holistic therapies. This course is broken down into 12 monthly manageable modules and delivered in 2 hourly classes each month to help you successfully grasp the science of our bodily systems and functions. Guided self study hours are 120.

Each class is supported with comprehensive notes, recommended reading and supported learning with videos and presentations. This course comes with a companion text and workbook. Our classes are interactive and embrace all learning styles.

Sometimes in healing and medicine, we are being pulled in two different directions. One is the lure of the tangible physical body from the biochemical and molecular level of cell physiology. On the other hand, for many of us there is an undeniable experience of the energetic and subtle shifts in feelings and perceptions that often accompany a change in 'well-being' and previous 'disease' states. As therapists, we work with our intuition. When this approach is integrated with a deep understanding of the structures and physiology of the body then we become even more accurate in our treatments of client.

Most medical professionals spend around 5 years training. They are trained to diagnose and often do so with the back-up of current technology – from blood tests or scans to more invasive cameras or biopsies. Despite all this gadgetry, as we all know there are still many things doctors cannot understand, explain or deal with. We are not training to be doctors, nor legally allowed to diagnose. So how much do we need to know?

## SUBJECTS INCLUDED

STRUCTURAL ORGANISATION

HOMEOSTASIS

THE SKELETAL SYSTEM

THE MUSCULAR SYSTEM

THE NERVOUS SYSTEM

THE RESPIRATORY SYSTEM

THE ENDOCRINE SYSTEM

THE CIRCULATORY SYSTEM

THE LYMPHATIC SYSTEM

THE EXCRETORY SYSTEM

THE DIGESTIVE SYSTEM

THE SKIN SYSTEM

THE REPRODUCTIVE SYSTEM

ENERGY ANATOMY

The Energy Anatomy is a home study module. Each module comes with a manual and assignments to complete at home. We have an online forum for interaction between classes

Upon enrolment, you receive a body systems e-book to get you started and our codes of conduct booklet to study and agree to the terms. You will also receive some documents from the CMA regarding their standards, a resource guide and study guide for this course.



## About the Course

There is a lot of work going on currently, in setting standards and core curriculum, in some of the holistic disciplines and this will spread to others over the next 20 years or so. Insurance companies require evidence of training in the subject of human anatomy and physiology. Currently, massage, aromatherapy and reflexology courses have anatomy and physiology components which complies with current National Occupational Standards, but as holistic medicine firmly embeds itself in modern medicine approaches, these are bound to change and the requirement for training will be implemented across the holistic field. Currently other interventions such as Reiki and other types of healing require no anatomical training. While this is not perhaps necessary to practise the discipline, does it become more important if people practice? What if we are practising on people with diseases, or alongside other health professionals? And what about the detail learnt initially but forgotten? Do you need to re-visit? Should we aim to deepen the understanding? The Training Centre of Wellbeing is at the forefront of campaigning to raise the standards of the holistic field of medicine and our comprehensive course platform.

This course is registered with the CMA (Complementary Medical Association), which is internationally recognised as the elite force in professional, ethical complementary medicine by professional practitioners, doctors and, increasingly, by the general public. Upon completion of the course you can gain membership to the CMA, which in addition to supplying a professional accreditation, offers a number of benefits.

Membership number: C201704260001

<http://www.the-cma.org.uk/Colleges/The-Training-Centre-of-Wellbeing-Ltd-1698/>

All enquiries regarding this course can be made by email or telephone.

E: [enquiries@centrewellbeing.co.uk](mailto:enquiries@centrewellbeing.co.uk)

T: 07539033778

Beginners Aromatherapy

Advanced Aromatherapy

Anatomy and Physiology Training Course

Colour Therapy Practitioner

Crystal Therapy

The professional holistic practitioner

Managing your Holistic Business

Meditation Master Practitioner

Nutritional Therapy

Listening Skills

Animal Reiki

Animal Tuning Fork Therapy Practitioner

Reiki Seichem

Vibrational Reiki

Tera Mai Seichem

For information on our courses, please visit our website

[www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

Contact us if you would like to receive any other course brochures  
or to apply for this course

Frequency of Essence

Frequency of Colour

Frequency of Angels and Crystals

Frequency of Auras and Chakras

Frequency of Elemental Reiki

Frequency of Mysticism: Fibonacci, Planets, Kabbalah, Solfeggio

Frequency of the human body: The Spine, The Endocrine System, The Brain, Digestion, The Senses

Sound Therapy

Advanced Sound Therapy: Himalayan Singing Bowls, The Drum, The Gong, Crystal Singing Bowls

Mediumship

Spiritual Healing

Tarot Reading

Rune Reading

Coming soon .....

Reflexology

Acupressure

Indian Head Massage

Hopi Ear Candling

## Anatomy & Physiology

## THE TRAINING CENTRE OF WELLBEING LTD

41 Owston Road

Carcroft, DONCASTER, DN6 8DA

t: 07539033778

e: [enquiries@centrewellbeing.co.uk](mailto:enquiries@centrewellbeing.co.uk)

[www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

