



## Academic Prospectus

2011

We inspire brilliance

Essentials Holistic Training Institute  
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3105 Jumeirah Business Centre 2  
Jumeirah Lake Towers  
Dubai  
UAE

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[www.theholisticinstitute.org](http://www.theholisticinstitute.org)



Vision:

Inspire brilliance, leadership and wisdom in complimentary health education and self-development.

Mission:

As an academic Holistic Institute we:

- Are committed to excellence in education and innovation in the fields of Clinical Aromatherapy, Clinical Reflexology, Therapeutic Massage, Self-development programs and much more.
- Help people develop their individual strengths and capabilities to the fullest possible extent through holistic education.
- Facilitate career focused expertise to quality learners in promoting excellence in their desired subject.
- Provide professional skills, knowledge and growth. Undertake and develop appropriate attitudes in specialized fields.
- To provide meaningful information on self-healing techniques, that can be integrated with conventional healing methods.
- To offer assistance and address the needs of the community to ensure uplifting through education, research and skills development, so as to improve quality of life.
- Undertake research that addresses regional, national and international issues to equal global standards

Core Values:

- Excellence
- Professionalism
- Teamwork
- Ethical Standards
- Open door policy between students and tutors



Message from Principal Tutor:

Having practised Clinical Aromatherapy for fourteen years now, I realised how little I knew about the power of essential oils and its benefits. I am thankful to my mentors, teachers and colleagues who made me aware of the full potential and power of complementary therapies. For the people who helped me acquire the required knowledge skills I needed, to be where I am today. They empowered me to share that knowledge with many others in my career as a Clinical practitioner of Aromatherapy and Integrated therapies.

The more I applied the fundamentals of natural therapies, the more I was convinced of the powerful effects it had on me and my clients. The more I saw my clients improve with the treatments I offered, the more I got encouraged to pursue this further. I started to offer these services to others, who wanted to learn and practice. I share my experience of the benefits of these principles from my heart.

The fundamentals of natural therapies are not new; they have been around for thousands of years. These fundamentals when applied will not only improve your health, but also improve all other areas in your life, such as wealth and happiness. It is amazing to see how your body responds when it is given the right ingredients and messages such as love, respect and correct care.

I am truly passionate about these fundamentals and I have seen that they do miracles in people's lives. With more than enough support of consultants and teaching staff, we are excited to share this knowledge and skills that will trigger your innate ability to heal, maintain good health and bring you everything you want in your life.

We believe in a well-rounded approach to health and so emphasize on both western and eastern sciences, and the art of natural healing in our course curriculum.

If you, like us, have a passion for healing and want to embark on a rewarding life journey, to help yourself and others, I personally invite you to come and join us.

I sincerely wish you great health, happiness and abundance, may you get everything you truly deserve in your life.

*Sunita Teckchand*  
*Principal Tutor*  
*The Holistic Institute*



## **Background of The Holistic Institute**

The Holistic Institute is founded by Sunita Teckchand, an Integrated Holistic Therapist with fourteen years' experience in this field. Sunita was the previous owner of the eSSensuals Aromatherapy Centre, in Jumeirah, which offered various types of holistic therapies. Having gained so much knowledge in this field she wants to share her experience and wisdom with anyone who is interested to come to the Institute and grow.

After selling eSSensuals Aromatherapy Centre, she has always had a passion to reach out and teach. She contemplated on this idea for a long time before finally bringing it into form, with the support of her husband Dhanesh Teckchand, a Business entrepreneur with over 35 years' experience in marketing and business. With so many years of work and connection with clients and doing workshops in Aromatherapy, Jin Shin Jyutsu self-help classes, life empowering classes and more, she realised there was a niche market here for holistic studies and classes. Many clients were asking whether we teach and some wanted to study it as a career for their future.

After realising the potential for this market she approached the IFPA (International Federation of Professional Aromatherapists) in England and finally got approval to offer accredited courses in Aromatherapy, Anatomy, Physiology & Pathology, Therapeutic Massage. This has been her lives passion to be able to share all that knowledge and wisdom attained over the years and pass it on to the people here.

Both owners want to follow their true passion in the healing arts and help support those who would like to enter this field as a career opportunity or just to learn an art for themselves.

This unique establishment will be a place where people can learn from over 50 different courses that have been set up to suit your needs, whether it is an academic career, or just to attend some self-empowering and life changing courses for the betterment of oneself. We cater to everyone's needs and are open to receiving feedback as to what is missing and how we can improve ourselves further.

The Holistic Institute is located in Jumeirah Lakes Towers, a dynamic waterfront community in Dubai, United Arab Emirates. Jumeirah Lake Tower comprises of attractive residential and office towers alongside hotels, leisure and retail outlets. The property is on the embankment and is surrounded by calming lakes, beautifully landscaped gardens and unique waterways. The four winding, man-made lakes create a vibrant waterfront environment and provide stunning views from all around. Jumeirah Lakes Towers is situated adjacent to Sheikh Zayed Road, between Interchanges 5 and 6.



## **Why study with us?**

The Holistic Institute is the only training facility in the United Arab Emirates and Middle East to be accredited with the International Federation of Professional Aromatherapists (IFPA).

Graduates from The Holistic Institute are able to practice internationally with their qualification. They are also able to link up with other IFPA accredited schools around the world. Visit [www.ifparoma.org](http://www.ifparoma.org) for more information.

Students are eligible to obtain professional recognition within their industry and where applicable, their workplace.

Our flexible learning approach means students can engage in the learning process when it's convenient for them.

All our courses are taught by leading industry professionals and closely monitored by our Course Advisory Panel.

Quality education with much more value for your money.

Admission is flexible and easier.

No TOEFL requirements.

Smaller class size, easier communication with instructors.

More supportive learning environment.

Specialized short-term certificate programmes to meet the needs of the industry.

Accredited quality programs.

## **About the courses**

### **Our course structure**

Our training programmes offer students the possibility to complete their studies full time or part time. We offer modular programmes to accommodate part time students to progress at their own pace, as time and resources permit. The modules are taught as self-contained units, assessed through course work and by examination at the end of the course. The modular structure offers flexibility and is part of the innovative teaching approach of the Institute. As the benefit of new research and advances in the field of complementary health becomes



available, this information is incorporated into the courses ensuring they are at the cutting edge of therapeutic training. The Institute also offers tuition to health-care professionals who wish to integrate a therapy into their own discipline.

### **Aims of our training programmes:**

Provide guidance for students starting a new career in complementary health.  
Encourage students positively to draw on their own valuable experiences, both practical and theoretical.  
Provide comprehensive training programmes for complementary therapies.  
Provide an environment conducive to learning, healing and wholeness.

### **Objectives for our students:**

Acquire an understanding of complementary health from a holistic view.  
Develop the ability to evaluate critically, assess empathetically and to treat accordingly.  
Develop personal growth and professionalism.  
Develop the necessary skills for the safe practice of complementary therapies.

### **About our venue:**

A comprehensive library of books and journals relating to complementary health are available for students on site.  
Water, Tea and coffee are available throughout the day. Lunches are not provided – students are welcome to bring their own or purchase snacks locally or lunch can be arranged at a nominal fee.  
The Institute has a retail section for the purchase of therapy products and accessories.  
All active academic students are offered a student discount.  
Please note that our classrooms are mobile-free zones and the facility is non-smoking.

### **Career Opportunities**

The number of people seeking the services of professional complementary therapists has been growing steadily for at least 20 years. This trend has reflected the expanding interest in natural medicine as a whole, now one of the strongest growth areas of the economy. The demand for well-trained complementary therapists has meant that graduates of the Institute practice in a wide variety of places including natural health centres, health clubs and spas, nursing homes and hospitals — as well as at their own home-based treatment rooms. As with any new business, any complementary therapy requires enthusiasm and commitment in order to establish a solid career in this rewarding field. Our graduates have consistently shown us that



the potential for success is always there — together with the fulfilment that comes from helping others effectively.

### **Entry requirements**

Individuals need to be 18 years of age at the time of sitting the exam, although it is preferred that students have greater life experience before embarking on their chosen field of study.

No previous therapeutic training is necessary for the diploma course. Although not obligatory, we would welcome GCSE in English, Biology, and Chemistry. Mature applicants will be expected to demonstrate relevant life experiences. Prior knowledge of complementary therapies or other practical skills is not required for entrance into the course

Great emphasis will be placed on a caring disposition, aptitude and personal maturity, with a clear commitment to fulfil the Institutes' in-house and guided home study components of the course.

Final selection, wherever feasible, will be by personal interview either at the Institute, or failing that, by telephone or Skype.

Admissions are solely at the discretion of the principal.

### **Interview**

Applicants are invited to a “one on one” interview with a tutor, where you will be able to discuss, in detail, the individual Diploma Course Components. This will help you to receive a clear and full understanding of the learning commitment you are undertaking. The interview is an essential part of the selection of applications for the Diploma Course.



## **About accreditation**

Upon successful graduation of the respective courses, students can apply for membership of the following international governing bodies directly with their diploma qualification.

IFPA (International Federation of Professional Aromatherapists)

The International Federation for Professional Aromatherapists accredits all foundation units and in-house aromatherapy courses.

We are currently in the process of applying for accreditation with:

NAHA (National Association for Holistic Aromatherapy(USA))

ITEC (International Therapy Examination Council (UK))

The International Therapies Examination Council accredits all foundation units and therapeutic body massage. There is an additional ITEC chargeable exam to sit before membership. Please ask if you require this qualification at the time of booking.

VTCT (Vocational Training Charitable Trust (UK))

IFR (International Federation of Reflexologists (UK)).

## **Outline of Diploma Courses Offered**

### **Foundation Units**

All accredited courses require qualifications in Anatomy, Physiology & Pathology and First Aid (not necessarily prior to the course, but before a certificate can be awarded as courses can be taken in tandem).

## **International Clinical Aromatherapy Diploma (IFPA)**

### **Key areas of study:**

- To develop an understanding of the origins & development of aromatherapy.
- To explore and develop an understanding of the science and issues around the production and composition of essential oils and related products, in order to practise safely.
- To explore and develop methods of safe application of essential oils and related products.
- To develop in-depth knowledge of 60 essential oils, essences and resinoids and 14 carrier oils.
- To explore and develop the safe practise of blending for individual clients, client groups and conditions.
- To develop the skills necessary for effective consultation and safe treatment with essential oils and related products.
- To develop an understanding of the ethics, limitations and business requirements of the practice of aromatherapy.
- To develop an awareness of current research into aromatherapy and associated products used in its practice and evaluate its usefulness to practice.

The International Clinical Aromatherapy Diploma leads you to become an internationally recognized professional Aromatherapist. Because you will be obtaining an IFPA qualification, this means your qualification is recognized in most countries around the world. You are also able to do other post graduate training in Aromatherapy for example in France, because of the qualification you obtain here.

The kinds of work you could do upon completing the International Clinical Aromatherapy Diploma are many. These include working from home, from another business i.e.: a doctor's clinic, a sports centre or gym. You could give educational talks or offer a home visit service, work from a health centre/resort or give treatments in Rest Homes. You can start your own business, selling essential oils through a shop and giving treatments when needed.....There are so many opportunities, just think abundant and get passionate about how you want to spend the rest of your life working!

### **Length of Course:**

The International Clinical Aromatherapy Diploma is run concurrently with the Anatomy, Physiology & Pathology course. It is a requirement that both courses are either studied together, or separately.

For part time students it is advised that if you don't have an Anatomy, Physiology & Pathology qualification that you start this course the year before starting the International Clinical



Aromatherapy Diploma, 3 months before the Diploma course starts, or join the Saturday classes.

The International Clinical Aromatherapy Diploma is 900 hours, full time for 9 months. The part time classes are 900 hours over 1 year.

**The International Clinical Aromatherapy Diploma course is assessed by**

3 hour written examination

2 ½ hour practical assessment

200 hours of case studies

Continuous assessment by homework and class work

Completion of assignments and essays

## **Anatomy, Physiology & Pathology (IFPA / VTCT)**

### **Key areas of study:**

- To provide an introduction to the workings of the human body
- To provide an understanding of the anatomical terms associated with describing the human body
- To develop an awareness of the chemistry underlying the functioning of the human body
- To develop an understanding of the organisation of the human body from cells to systems
- To provide a thorough understanding of the normal physiology of the human body
- To develop an awareness of what constitutes a deviation from normal functioning
- To describe symptoms and signs of these deviations
- To develop an awareness of how the human body responds to stress
- To provide an understanding of the mechanisms by which repair may be effected

This course is for people who wish to learn about the body, how it functions, movement and pathology. This qualification will enable you to enter will cross credit into other courses if you wish to study Aromatherapy, Reflexology, Massage, etc.

The syllabus is based on the International Federation of Professional Aromatherapists (UK), and is an independent standalone International qualification.

This course is a core unit for all courses and is accredited by all the professional bodies listed.



### **Length of Course:**

The Anatomy, Physiology & Pathology course is structured into 14 lessons of 6 hours each, which runs over weekends.

For part time students it is advised that if you don't have an Anatomy, Physiology & Pathology qualification that you start this course the year before starting the Diploma in Aromatherapy, 3 months before the Diploma course starts, or join the Saturday classes.

The Anatomy, Physiology and Pathology course is 215 hours, full time and part time.

### **The In house certificate of Anatomy, Physiology and Pathology is assessed by**

3 hour written examination  
Continuous assessment by homework and class work  
Completion of assignments and essays

**Anatomy and Physiology Exemptions:** If a qualification has already been achieved in this area then exemptions may be considered.

## **International Therapeutic Massage Diploma (ITEC)**

### **Key areas of study:**

- To develop a range of skills in therapeutic massage, and be able to respond to a client's expressed needs
- To recognise opportunities for, and limitations to, practice
- To develop an awareness of issues of health and disease (physical and mental), pregnancy, disability, etc. in relation to the application of therapeutic massage
- To explore and discuss the environment and conditions for massage e.g. couch, privacy
- To develop sensitivity, empathy and respect within the therapeutic relationship
- To develop an ethical, legal and professional basis for the use of therapeutic massage
- To explore the physical, mental, emotional and spiritual effects of therapeutic massage, both theoretically and experientially
- To develop a knowledge and awareness of soft tissue characteristics as they relate to therapeutic massage e.g. skin, superficial fascia, deep fascia, muscles etc.
- To explore the use of touch as therapy e.g. comparison of different forms of therapeutic bodywork
- To evaluate the use of touch e.g. discussion and debate of touch across culture, race, age and gender
- To review the historical foundations of therapeutic massage
- To develop an awareness of current research in therapeutic massage



- To explore and practice related techniques e.g. relaxation techniques, earthing and centring techniques, self-help massage techniques
- To develop an understanding of the legal, financial and ethical requirements of practice

The International Therapeutic Massage Diploma lead you to become an internationally recognized professional Massage Therapist. Because you will be obtaining an in house qualification, this means your qualification is recognized in most countries around the world. You are also able to do other post graduate training in Aromatherapy for example in France, because of the qualification you obtain here.

The kinds of work you could do upon completing the International Therapeutic Massage Diploma are many. These include working from home, from another business i.e.: a doctor's clinic, a sports centre or gym. You could give educational talks or offer a home visit service, work from a health centre/resort or give treatments in Rest Homes. You can start your own business, giving treatments ..... There are so many opportunities, just think abundant and get passionate about how you want to spend the rest of your life working!

#### **Length of Course:**

The International Therapeutic Massage Diploma is run concurrently with the Anatomy, Physiology & Pathology course. It is a requirement that both courses are either studied together, or separately.

For part time students it is advised that if you don't have an Anatomy, Physiology & Pathology qualification that you start this course the year before starting the International Therapeutic Massage Diploma, 3 months before the Diploma course starts, or join the Saturday classes.

The International Therapeutic Massage Diploma is 700 hours, full time and part time.

#### **The International Therapeutic Massage Diploma course is assessed by**

3 hour written examination

1 ½ hour practical assessment

200 hours of case studies

Continuous assessment by homework and class work

Completion of assignments and essays

## International Clinical Reflexology Diploma (IFR)

### Key Areas of study:

- To develop an understanding of the origins & development of reflexology.
- To explore and develop methods of safe application of reflexology techniques and related products.
- To develop in-depth knowledge of the reflexes of the feet.
- To explore and develop the safe practice of treatment for individual clients, client groups and conditions.
- To develop the skill necessary for effective consultation and safe treatment with reflexology.
- To develop an understanding of the ethics, limitation and business requirements of the practice of reflexology.
- To develop an awareness of current research into reflexology, associated products used in its practice and evaluate its usefulness to practice.

The International Clinical Reflexology Aromatherapy Diploma lead you to become an internationally recognized professional Reflexologist. Because you will be obtaining an IFR qualification, this means your qualification is recognised in most countries around the world. You are also able to do other post graduate training in Reflexology for example in the UK, because of the qualification you obtain here.

The kinds of work you could do upon completing the International Clinical Reflexology Diploma are many. These include working from home, from another business i.e.: a doctor's clinic, a sports centre or gym. You could give educational talks or offer a home visit service, work from a health centre/resort or give treatments in Rest Homes. You can start your own business, giving treatments when needed.....There are so many opportunities, just think abundant and get passionate about how you want to spend the rest of your life working!

### Length of Course:

The International Clinical Reflexology Diploma is run concurrently with the Anatomy, Physiology & Pathology course. It is a requirement that both courses are either studied together, or separately.

For part time students it is advised that if you don't have an Anatomy, Physiology & Pathology qualification that you start this course the year before starting the International Clinical Reflexology Diploma, 3 months before the Diploma course starts, or join the Saturday classes.

The International Clinical Reflexology Diploma is 700 hours, full time for 9 months. The part time classes are 700 hours over 1 year.



**The International Clinical Reflexology Diploma course is assessed by**

- 3 hour written examination
- 2 hour practical assessment
- 195 hours of case studies
- Continuous assessment by homework and class work
- Completion of assignments and essays

**First Aid – 1 day**

This is essential for all students qualifying in accredited courses and insurance is dependant upon it. The course is taught over 6 hours by a recognised training organisation and equips the student for emergency responses, risk assessment and how to deal with potential client health problems. A certificate is awarded after successful completion of a short multiple-choice test at the end of the day. If the student already has a qualification in this area of study then exemptions may be considered.

**Course Fee**

International Clinical Aromatherapy	AED 19 980.00
International Clinical Reflexology	AED 16 980.00
Anatomy, Physiology and Pathology	AED 5 280.00
Therapeutic Massage	AED 16 380.00

**Booking a course**

Courses can be booked by filling in the enclosed application forms or by downloading the application form from [www.theholisticinstitute.org](http://www.theholisticinstitute.org) . Provisional bookings can be made by phone (Su-Sat 9:00am – 8.00pm) or by email to [admin@theholisticinstitute.org](mailto:admin@theholisticinstitute.org) . These bookings must be confirmed by payment of a deposit and copies of relevant qualifications. All bookings will be acknowledged by email, with directions and accommodation details if requested. Start and end times of courses, lunch arrangements and other details will be in the e-mail of acceptance. The deposit is 40% of the full course fee for academic courses, payable on booking the course and securing a place. The full balance is due 7 days before the course date. Arrangements can be made for a payment plan of three payments of the outstanding balance at 25% increments of the course value.



## Cancellation Policy

If you are unable to attend a course for any reason, the following will apply:

Cancellations giving over 30 days' notice will receive a refund or be transferred to another course less a 15% cancellation fee

Cancellation within 14 days will automatically forfeit the 40% deposit

Note that deposits are non-refundable and can be transferred to any other course if taken within one year.

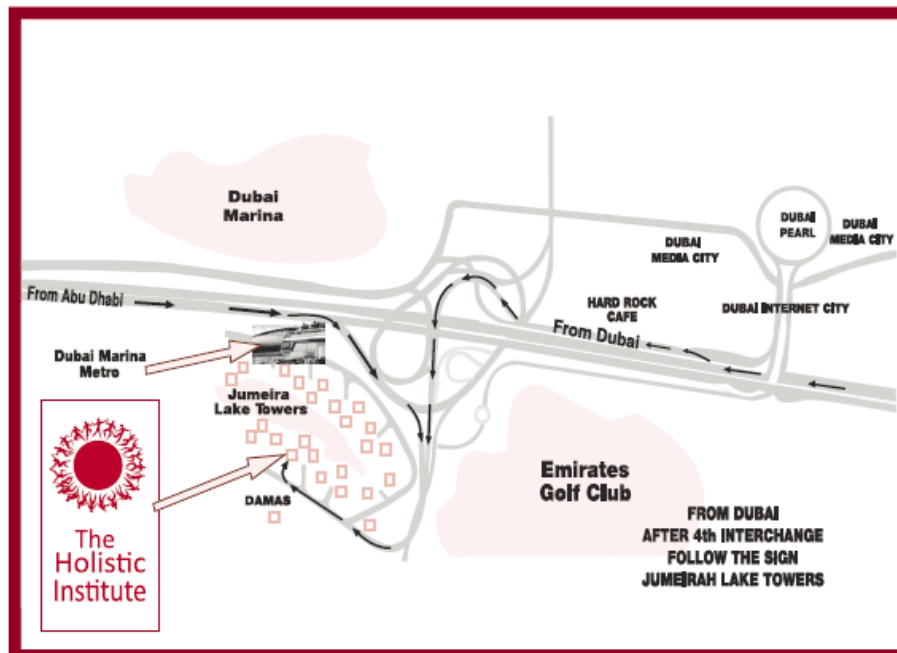
If the Institute cancels a course, the fees will be refunded or the students transferred to a new date with no penalties. Cancellation is automatic if there are less than 4 students on a course.

## Contact Us

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Attached two  
coloured passport  
size photographs

3105 Jumeirah Business Centre 2, JLT, Dubai UAE  
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## Application Form

### Personal Information

Title: \_\_\_\_\_

Gender:  Male  Female

Surname: \_\_\_\_\_

First Name(s): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Tel.: \_\_\_\_\_ Mob.: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport No.: \_\_\_\_\_ Visa Type: \_\_\_\_\_

Please enrol me for the following course:

\_\_\_\_\_

Part time  Full time

### Academic Information

Please give details of your qualifications including those which you are awaiting results.

Highest academic qualification: \_\_\_\_\_

Subject / Qualification	Awarding Body	Level	Year Gained	Result / Grade

**Language ability**

Please rate your language proficiency from 1 (poor) to 3 (acceptable) to 5 (very good)

First language \_\_\_\_\_ Other languages \_\_\_\_\_

<i>Spoken</i>					
	1	2	3	4	5
English					

<i>Understanding</i>					
1	2	3	4	5	

<i>Written</i>					
1	2	3	4	5	

**Support requirements**

Providing us with information about your learning needs will help us to provide the support you require. Do you have a disability or learning difficulty which you would like us to know about?

- Yes                       No  
 Hearing impairment                       Mobility impairment  
 Visual impairment                       Other physical disability

Please specify: \_\_\_\_\_

