

Animal PsychAromatica Certificate Course Syllabus

The founding principles of Animal PsychAromatica

- Dis-ease is the result of psychological and physiological stress,
- To alleviate health and behaviour problems you must relieve stress, then the body can heal itself
- Self-selection of aromatic substances reduces stress and supports self-healing
- A primary cause of stress is environment, including diet and daily management. A species appropriate environment will relieve stress.

Overview

Animal PsychAromatica is an animal wellness system that aims to reduce stress through the use of essential oils, nutrition and management. It also includes some basic principles of Traditional Chinese Medicine to help understand what an animal needs to be healthy and happy.

The course is divided into two levels.

Both levels are offered on line with lessons presented in text, video and as practical assignments. Each lesson is completed with a quiz, without which progression is not allowed. I am available by email to mentor students through their studies. On Level 2 I have Skype sessions with students and they have to send in videos of themselves in action.

Level 1 asks for 4 case studies to be completed and submitted to attain the certificate. In the case studies students must show they are competent and have understood the lessons.

Level 2 certificate is given upon completion of 8 animal case studies, a quiz on the chemistry of essential oils, a quiz on animal anatomy and physiology and a written paper on how to treat a condition using the principles of Animal PsychAromatica.

Level 1

Level 1 teaches animal owners and people who work with animals how to use this system for animals in their care. Animal therapists of all types can integrate this system with the skills they already have. To practice Animal PsychAromatica professionally students must complete Level 2 as well.

Level 1 syllabus includes

- Profiles of 50 essential oils/absolutes, 10 carrier oils and 15 hydrolats and how to use them for animal well-being, using the principles of animal self-selection (zoopharmacognosy).
- How to use 5 element theory to understand psychological and nutritional needs of an animal, choose essential oils and recognise patterns of disease
- Physiology of stress, how it affects body and mind and simple steps to reduce it in a domestic environment
- Understanding natural animal behavior and species specific needs

There are 6 lessons, including case studies. Each lesson is divided into topics. A quiz must be completed with an 80% pass mark before progressing to the next lesson.

Lesson 1-The ABCs of essential oils,

This lesson teaches what essential oils are, and how they affect the body and mind. It includes a

downloadable copy of the course text book Essential Oils for Animals. The topics of the lesson are,

- 1-1 Read: What are essential oils?
- 1-2 Watch: The making of an essential oil
- 1-3 Read: A Question Of Quality
- 1-4 Read & Watch: Understanding Olfaction
- 1-5 Exercise: Educate your nose, includes assignment to upload

Lesson 2 - The art and science of self-selection.

In this lesson we explore how and why zoopharmacognosy works, how to offer the oils for self-selection and how to recognise common responses in a variety of animals. Read the book Wild Health by Cindy Engel for this lesson.

- 2-1 Read: Zoopharmacognosy, why it works
- 2-2 Watch: Interpreting self-selection responses
- 2-3 Read/watch: Shortlist for selection
- 2-4 Watch: How to facilitate self-selection

Lesson 3- Five elements and animal wellbeing

In this lesson I introduce you to some of the basic principles of TCM and how we can use them for animal health.

- 3-1 Read: TCM Basics
- 3-2 Watch: Which element is my animal?
- 3-3 Watch: Essential oils & element type.
- 3-4 Practical Assignment, choose oils to match your animal's element and constitution. Upload to site with an explanation of why you chose these oils.

Lesson 4 - Expanding Your Aromatic Pharmacopeia

- 4-1 Read: Carrier oils and herbal macerates
- 4-2 Read: Hydrosols
- 4-3 Watch: How to make clays and gels

Assignment, make a gel or clay for your animal, upload a written report of what you chose, why you chose it and how your animal responded

Complete the lesson by gaining 80% pass rate in the quiz, quiz can be repeated.

Lesson 5 - The role of stress in animal well-being

- 5-1 Read: The physiology of stress
- 5-2: Read, Nutrition and well-being

Complete the lesson by gaining 80% pass rate in the quiz, quiz can be repeated.

Lesson 6 – case studies

Choose four animals of any species, that have a problem. Using the information from this course, assess the life history, character and living circumstances of the animal, choose essential oils and make lifestyle changes that can improve the animal's health and well-being. At this stage of your learning you should only use your own animals or those of friends.

Level 2

Level 2 prepares students to teach animal owners how to use the Animal PsychAromatica system for their own animals. It includes deeper investigation of the Chinese system, the chemistry of essential oils, anatomy and physiology, professional conduct and how to start out in business.

Welcome

Preliminary assignments and review of level 1

Read: How to use the schoolroom

Skype session

Lesson 1 – First contact

This lesson explains how to fill out an effective in-take form

1-1 Read: How to fill out the Assessment form

1-2 Read: Understanding the Assessment Form

1-3 Watch: Serafina's assessment

Assignment - fill out an assessment form for the animal you choose to work with through these lessons.

Lesson 2 - Pendulum Dowsing

This lesson shows how to use a pendulum to help select essential oils and check meridian balance

2-1 Read: A little background

2-2 Watch: How to use a pendulum

Lesson 3 – Understanding meridians and how you can choose essential oils and nutrition based on meridian flow.

The Meridian Balance Assessment

3-1 Read: More on Meridians

3-2 How to do a Meridian Balance Assessment

3-3 Watch: MBA 2, Nutrition & Dilution

3-4 Read: The MBA report

Assignment: Do an MBA on the your study animal. Upload a report

Skype

Lesson 4: The Art of Interpretation, how to understand the many varied responses animals can have when presented with essential oils to smell.

4-1 Read: Interpreting responses

4-2 Watch: Dog and cat responses

4-3 Watch: Horse responses

4-4 Watch: Sam's sarcoid

Assignment: Offer essential oils to your study animal, video yourself, explain to me what you are seeing and how interpret it.

Skype

Lesson 5 - Working With Clients

This lesson prepares you to talk positively and clearly with your clients so they understand how to safely offer essential oils to their animal, based on your advice.

5-1 Read: Create success, enhance healing

5-2 Watch: A Talk With Nayana

Assignment: take essential oils to a friend, based on an MBA and explain how to offer them. Video this so I can see, upload to Dropbox.

Skype

Lesson 6: The APA Professional

Preparing to go into the world with your skills and conduct yourself professionally and lawfully.

6-1 Read: Best Business Practice

6-2 Read: The Art of Self Promotion

6-3 Watch: Serafina's follow up

At this stage you can request a Skype session whenever you feel you need guidance.

Do the quizzes on Essential Oil Chemistry (read Joy Bowles text book first) and Anatomy and physiology (download and read the text book).

Practice Makes Perfect: case studies. Complete 8 animal case studies using the skills you have learned, submit each case study as you start it so we can discuss the process. A case study is considered complete when the animal goes off the oil or you are seeing no further improvement.

As well as the 8 animal studies, you are asked to write an analysis of a condition you have treated as seen through APA principles. The essay should be a minimum of 2,000 words and cover:

- The Western veterinary understanding and treatment of this condition (if any)
- The Chinese understanding of the condition, elements, meridians and climates that might be involved
- Particular stresses that are likely to provoke this condition, including nutrition
- Essential oils that might work well for this condition

The aim of this essay is to demonstrate that you have understood how Animal PsychAromatica views an animal's failure to thrive. And how aromatics can help.

If after completing 8 case studies I feel a student is not competent I can ask them to do more. However this has never happened to date.

About me.

I qualified as an Animal Aromatherapist with Caroline Ingraham in 1998. I have also studied Aromatic energetics and the 5 Element theory with Gabriel Mojay and am certified in Balance Health, a branch of kinesiology. I was part of the group who set up the UK professional body, The Guild of Essential Oil Therapists for Animals. I have been teaching people how to use essential oils for animals worldwide since 2000.

In my practice I have seen how important it is to reduce psychological and physiological stresses in order for an animal to fully thrive. This is a major component of how I view animal health and how I teach. I have also found Traditional Chinese Medicine to be helpful in understanding how to re-balance the system and bring health. All of these things make up the Animal PsychAromatica system. It is not simply about using essential oil 'A' to relieve condition 'B', but a truly holistic approach to animal wellness.

In 2014 I put my courses entirely on line to make this therapy more accessible, and to give me more time to spend with my animals. But if you want to learn from me in person you can visit my place in Portugal.

I am the author of 2 books, Essential Oils for Animals, and The Aromatic Dog.