



Courses to change your life



## 80 years' experience...

BSY was established in 1946. Over time, as we increased our range of courses, we became the UK's first home-study college to specialise in complementary therapies. Now, we have over 300 courses available, in fascinating areas including counselling, health and social care, beauty, animal healing, sports and fitness, and mind, body spirit.

Over the years, we have always stayed true to our ethos of providing quality courses, supported by people who genuinely care.

As a long-established and ethical college, we take pleasure and pride in knowing that our courses and support have enabled many people, from all walks of life, to start rewarding careers or develop new skills.

We hope that, by learning more about BSY, you will also see that we are a dedicated, friendly college with a passion for providing students with courses that can change their lives.



## Welcome

BSY courses enable you to study fascinating subjects from the comfort of your own home, with support and encouragement given by dedicated professionals. We have now reached our 80th anniversary and are looking forward to welcoming you to join us as we celebrate another year helping people change their lives for the better.

Many students join us to gain the skills and knowledge to start a new career, expand their existing career, improve their wellbeing or simply to develop their interest in a subject for pleasure.

Whatever your personal motivation, you can benefit from learning with an accredited college with a passion for helping you achieve your goals. I hope joining our family will prove – like for so many of our other students – an exciting turning point in your life.



# Join our family of students

For many, choosing to study with BSY has proven to be an exciting turning point in their lives. This is because our courses offer a convenient and flexible way for you to gain the training and skills you need to achieve your goals whether you are learning for leisure, looking to embark on your dream career or enhance your existing skills and knowledge.

### **No time limits, no deadlines**

Enrol when you like and start when you are ready, our courses allow you to fit your study around your life and there are no deadlines meaning you can relax and enjoy studying. You have two years to complete your course.

### **Personal tutors dedicated to your success**

We know that our students find our personal tutor support invaluable and with BSY, our experienced tutors are on hand to offer you unlimited support, advice and encouragement.

### **Our Accreditations and Affiliations give you peace of mind**

BSY offers nationally recognised qualifications from NCFE CACHE and TQUK, registered educational Awarding Organisations. These qualifications are regulated by Ofqual in England.

BSY's training is monitored by specialised accreditation / recognition bodies such as OCN Credit4Learning and The Guild of Beauty Therapists.

Some BSY courses have also been endorsed under the Quality Licence Scheme.

Students who enrol with BSY can have the confidence that they are studying with a college that has gained quality accreditations and recognition and established many affiliations.

### **Countless happy students**

Our students continually independently award us high ratings and reviews, we are currently rated 'excellent' on Trustpilot.com



<sup>1</sup> Source: <https://uk.trustpilot.com/review/www.bsygroup.co.uk>. Information correct as of 31.05.2026

# Our Accreditations & Affiliations

We have developed accreditations and affiliations so you can be confident that you are studying with a college who will ensure you receive training at the appropriate standard.

## NCFE CACHE

NCFE is a registered educational charity and Awarding Organisation that designs, develops and certifies nationally recognised qualifications. NCFE CACHE qualifications offered by BSY are regulated by Ofqual in England.

CACHE is continually investing in high quality qualifications for the care and education industry, making it the UK's leading sector specialist. Developed by experts, its qualifications have helped millions of learners raise professional standards across the sector. CACHE has gained a reputation for excellence and leadership. In 2015 CACHE became part of NCFE.

## OCN

OCN Credit4Learning (OCNOTC) is a nationally recognised external awarding body. Successfully completing an OCN accredited course with BSY enables you to gain additional recognition for the skills you have learnt. OCN Credit4Learning credits are also accepted as a means of entry to further education and university education. OCN Credit4Learning (OCNOTC) is an Access Validating Agency (AVA) licensed by the Quality Assurance Agency (QAA) for Higher Education. It is regulated by the Qualification and Curriculum Authority (QCA).

## Quality Licence Scheme

BSY has undergone an external quality check to ensure that we and the courses we offer under the Quality Licence Scheme, meet defined quality criteria. The Quality Licence Scheme, endorses high-quality, non-regulated provision and training programmes.

The completion of these courses alone may be used as evidence of knowledge and skills gained. The Learner Unit Summary may be used as evidence towards Recognition of Prior Learning

if you wish to progress your studies in this subject. To this end the learning outcomes of the course have been benchmarked at Level 2, 3 or 4 against level descriptors published by Ofqual, to indicate the depth of study and level of demand/complexity involved in successful completion by the learner.

The courses have been designed by BSY to meet specific learners' and/or employers' requirements which cannot be satisfied through current regulated qualifications. Courses that include Quality Licence Scheme Certificates of Achievement are not regulated by Ofqual and are not accredited qualifications.

Quality Licence Scheme endorsement involves robust and rigorous quality audits by external auditors to ensure quality is continually met. A review of courses is carried out as part of the endorsement process.

Successful learners will receive a Certificate of Achievement from Quality Licence Scheme and a Learner Unit Summary (which lists the components the learner has completed as part of the course).

BSY will be able to advise you on any further recognition, for example progression routes into further and/or higher education. For further information please visit the Learner FAQs on the Quality Licence Scheme website.

## The Guild of Beauty Therapists

The Guild of Beauty Therapists accredits relevant BSY courses. When you have successfully completed your course you are eligible for full Guild membership and entitled to use the letters MGPBT after your name. The Guild of Beauty Therapists is the UK's largest professional beauty trade association with a strict code of ethics.

## The Guild of Holistic Therapists

When you have successfully completed a BSY course accredited by The Guild of Holistic Therapists you are eligible for full Guild membership and you are entitled to use the letters MGHT after your name.

## Training Qualifications UK (TQUK)

Training Qualifications UK (TQUK) is an Ofqual-regulated Awarding Organisation and End-Point Assessment Organisation (EPAO) offering a wide range of vocational qualifications and apprenticeships. BSY has been approved as a recognised centre of TQUK, meaning that we have satisfied the requirements of TQUK's centre approval processes and are able to deliver their regulated qualifications.



## Association of Holistic and Complementary Practitioners (AHCP)

Membership of the AHCP demonstrates that you have been trained to an appropriate level and follow a code of practice. BSY is proud to sponsor the AHCP. Membership of the AHCP allows you to use the letters AHCP (Reg) after your name and the AHCP logo on business stationery.

## CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)

CIMSPA is the professional development body for the UK's sport and physical activity sector. REPs has now combined with CIMSPA creating a single directory for all exercise and fitness professionals. Successful completion of the NCFE Level 2 Certificate in Gym Instructing, the NCFE Level 3 Diploma in Personal Training, Pilates or Yoga Teacher (Hatha Yoga) will enable you to join CIMSPA. CIMSPA membership recognises your professional status, helps you achieve your career ambitions and gives you a range of additional benefits.



Call us on 01409 220 400  
(Monday – Friday, 9am to 5pm)



Enrol online  
[www.bsygroup.co.uk](http://www.bsygroup.co.uk)



## What our students say

We wouldn't be where we are today without our students and their feedback is very valuable to us. Here's what some of our graduates and students have to say about their experiences with BSY

“

This is the best decision I have ever made and learning with BSY made it so much easier to learn and at my own pace. I have managed to do both courses within 4 months. I'm so so happy to be able to be **starting my own business now.**”

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“

I have now gone **self-employed** to do colour image analysis but also offer colour and wellbeing workshops....a **whole new world has opened up to me!**”

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“

**I really enjoyed learning in this way** receiving the materials and being able to work through them at my own pace. The materials are very clearly laid out and easy to access.”

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“

The main reason why anyone wanting to do a course should **choose BSY** is everything you need to know is there in front of you, nothing is left out i.e. no small print or hidden costs and there is **always a friendly voice** at the end of the phone if needed.”

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“

I would **highly recommend BSY** to anyone thinking of doing a course, friendly service and very helpful if needed, I did anatomy and physiology and after doing this course and getting the diploma it **gave me the confidence** to start a university degree. One thing I liked about BSY is the option to pay for the course monthly which is brilliant, with this it gives people the chance to do what they want without a big upfront cost holding them back.”

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“

**The one thing I didn't like is that I enjoyed so much I didn't want it to end.**”

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“

I have been studying with the BSY for **20 years**. I started in 1998 and have **enjoyed every moment.**”

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“

I have now almost completed this course and it has more than lived up to my expectations. I would **thoroughly recommend** both this course and BSY.”

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“

The **course content** and **tutor feedback** from assignments are **both excellent**, and it is obvious that student welfare plays an important role in the BSY ethos.

Being able to study at home and at my own pace were both deciding factors when I chose this course, and BSY fitted the criteria perfectly.”

“

Getting a qualification in something I have loved doing was such a **wonderful feeling**. All of the staff are amazing, **so helpful and kind**. Whenever I needed support or just a little encouragement I just had to pick up the phone.

I can't wait to continue to add to my recent diploma this coming year. Thank you BSY.”

## Training to suit your needs

In addition to gaining BSY certification, some courses also grant nationally recognised qualifications from NCFE CACHE\*, Quality Licence Scheme\* and/or additional recognition from OCN Credit4Learning\*.

### Practitioner Level

Our level 3 and 4 practitioner courses can help you gain the skills and knowledge you need to start your own practice.

### Professional Development Level

If you are already a practitioner, courses at this level can help you gain additional skills/knowledge to expand your practice. If you would like foundation certification in a subject before studying a Practitioner level course then this will be perfect for you.

### Personal Achievement Level

If you wish to study a subject purely for personal enjoyment then you could take a course at this level. They may also act as a 'taster' of a subject before you decide on future study options.



# Contents

<b>Anatomy &amp; Physiology</b>		
Anatomy & Physiology	29	
Clinical Sciences (Basic)	29	
First Aid	44	
<b>Animal Healing</b>		
Animal Anatomy and Physiology	50	
Animal Assisted Therapy	50	
Animal Care and Management	50	
Dog Grooming	51	
Dog Obedience Trainer	51	
Holistic Animal Healing	51	
Pet Psychology	51	
<b>Beauty Therapy</b>		
Anti-Ageing	58	
Beauty Specialist	58	
Beauty Therapist	58	
Make-up (Professional)	59	
Make-up Artist	59	
Manicure & Pedicure	59	
Nail Technician	59	
Personal Beauty Care	59	
Specialist Beautician	60	
<b>Childcare</b>		
Autism - Understanding Level 2	41	
Autism - Understanding Level 3	41	
Behaviour that Challenges Level 2	42	
Bullying Therapy (Early Years)	31	
Child Development	48	
Child Psychology	49	
Childcare & Education (Introduction to)	48	
Developmental Psychology	49	
Educational Psychology	49	
Effective Parenting Skills	49	
Learning Difficulties - Understanding		
Specific Difficulties Level 2	46	
Learning Disabilities - Working with		
Individuals Level 2	46	
Mental Health - Children and Young People		
Level 2	47	
Understanding & Managing Dyslexia	49	
<b>Complementary Therapy</b>		
Acupressure	13	
Alexander Technique Therapy	13	
Allergies: Testing and Treatments	13	
Aromatherapy	14	
Aromatherapy & Herbal Natural Products		
(Making your own)	14	
Aromatherapy (Advanced)	14	
Aromatherapy for Family Health	14	
Aromatherapy Specialist Treatments	15	
Auriculotherapy	15	
Bates Method	28	
Biochemic Medicine Part 1	15	
Biochemic Medicine Part 2	15	
Cardio-Care Therapist	42	
Chinese Massage and Acupressure		
(Advanced) Part 2	16	
Chinese Massage and Acupressure Part 1	15	
Colour Therapy	16	
Colour Therapy (Advanced)	16	
Creative Visualisation	16	
Crystal Healing	17	
Crystal Healing (Advanced)	17	
Dharma Practices	28	
Eating Disorders Part 1	34	
Eating Disorders Part 2	34	
End of Life Therapy	34	
Feng Shui	17	
Feng Shui (Advanced)	17	
Flower Essences	17	
Flower Essences (Advanced)	18	
Flower Psychometry	18	
Foot Care Specialist	18	
Gateways of Change Massage	28	
Herbalism	18	
Herbalism (Advanced)	19	
Holistic Aromatherapy Facial Treatments	19	
Holistic Diagnosis Skills	19	
Holistic Family Health Management	28	
Holistic Fertility Therapy	19	
Holistic Image Consultant	19	
Holistic Sports Nutrition	57	
Holistic Sunshine Therapies	28	
Homoeopathy	20	
Hopi Ear Candling	20	
Horticultural Therapy	20	
Hot Stone Therapy	20	
Hypnology	28	
Hypnotherapy (Curative)	20	
Hypnotherapy (Professional)	21	
Indian Head Massage	21	
Iridology	21	
Juicing for Health	21	
Kinesiology	22	
Living Foods Nutrition	22	
Magnet Therapy	22	
Massage	22	
Meditation (Advanced)	22	
Meditation (Healing)	18	
Meditation and Energy Healing for the		
Weakened Body	23	
Meditation Teacher	23	
Mindfulness, Movement and Meditation	23	
Naturopathy	23	
Non-Surgical Foot Care Specialist	24	
Nutrition (Natural Therapy Approach)	24	
Nutrition (Scientific Approach)	24	
Nutrition and Health Level 2	24	
Nutrition and Weight Consultancy	25	
Nutrition for Food Allergies and Intolerances	25	
Nutritional Therapy	25	
Pain Management	25	
Pregnancy & Baby Massage	25	
Reflexology	26	
Reflexology (Advanced)	26	
Reflexology Vibrational Medicine	26	
Regression & Hypno-Analysis	26	
Seated Upper Body Massage	27	
Self Hypnosis	27	
Shiatsu	27	
Spa Therapy	28	
Sports Massage	57	
Sports Nutrition	57	
Tai Chi Chuan	57	
Thai Massage	27	
Tibetan Buddhist Meditation	27	
Tibetan Medicine	28	
Traditional Chinese Medicine (Applications of)	28	
Vegetarian & Vegan Nutritional Therapy	28	
Wild Foods	75	
Zen Meditation for Modern Living	28	
<b>Counselling &amp; Stress Management</b>		
Alcohol & Drug Counselling	31	
Anger & Aggression Management	31	
Behavioural Therapy	38	
Bereavement Counselling	32	
Body Language	32	
Bullying Therapy (Early Years)	32	
Co-dependency Counselling	38	
Cognitive Behavioural Therapy (CBT)	33	
Cognitive-Synesthetic Therapy	38	
Communication Skills	38	
Compulsive Behavioural Disorders	33	
Corporate Stress Management	38	
Corporate Stress Management (Advanced)	38	
Counselling for Debt Crisis Anxiety	38	
Basic Counselling Skills Part 1	31	
Counselling Skills Part 2	32	
Counselling Skills Level 2	30	
Counselling Skills Level 3	30	
Counselling Diploma (Advanced)	30	
Couple Counselling	33	
Crisis and Trauma Counselling	33	
Depression Management	38	
Developing Active Listening Skills	38	
Divorce Therapy and Mentoring	38	
Drama Healing Therapy	33	
Eating Disorders & the Family Unit	38	
Eating Disorders Part 1	34	
Eating Disorders Part 2	34	
End of Life Care Level 2	44	
End of Life Care Level 3	44	
End of Life Therapy	34	
Family Therapy	34	
HIV/AIDS Holistic Counselling & Care	38	
Journal Therapy	34	
Managing Stress in the Workplace	35	
Mediation	35	
Meridian Psychotherapy	35	
Mindfulness	35	
Moral Philosophy and Ethical Decisions	38	
Neuro Linguistic Programming (N.L.P.)	35	
NLP Life Skills Coaching	36	
Positive Anxiety Management	36	
Post Traumatic Stress Disorder Management	36	
Psycho-Compatibility Therapy	38	
Psychotherapy	36	
Psychotherapy (Advanced)	37	
Rational Emotive Therapy	38	
Reality Therapy	38	
Rebirthing	38	
Relationship Transactional Analysis	37	
Relaxation Therapist (Professional)	37	
Stress Consultant (Advanced)	37	
Stress Consultants (Professional)	38	
Stress Counselling in the Workplace	38	
Transactional Analysis	38	
Understanding Drugs	38	
<b>General Interest</b>		
Art - Its Place in Therapy	73	
Arts & Crafts	73	
Buddhism	72	
Business Development	70	
Civil Celebrancy	73	
Criminology	73	
Criminology (Advanced)	74	
Ecology (Introductory)	74	
Egyptology	74	
Evolution: Theory & Controversy	75	
Interior Design	74	
Management Relationship & Conflict	71	

Modern Philosophy	72	NLP Life Skills Coaching	36	Child Psychology	49
Music for Therapy	74	Positive Thinking	53	Developmental Psychology	40
Natural Health Practice Management	71	Power of Memory Development	53	Educational Psychology	49
Philosophy (Basic)	72	Psychotechnics (Mind Power)	53	Forensic Psychology (Introductory)	39
Photography (Basic)	75	Self Awareness	54	Personality Assessment	39
Project & Team Management	71	Self Determination	54	Psychology (Introductory)	39
Selection Interview Techniques	71	Self Esteem	54	Psychology of Self	40
Shamanism	67	Self Improvement	54	Self-Concept and Physical Disability in Children	40
Sociology	75	Spiritual Coaching	54	Social Psychology (Advanced)	40
Start Your Own Complementary Health Business	71	<b>Mind, Body, Spirit</b>		Social Psychology (Further)	40
Time & Priority Management	71	Alchemy	62	Social Psychology (Introduction)	40
Ufology - The Mystery of UFOs	75	Alchemy and Psychology	62	Sociology	75
Wedding and Event Planner	75	Angel Healing	63	Sports Psychology	57
Wild Foods	75	Angel Magic	63	<b>Speech, Language and Writing</b>	
World Religions	72	Angel Ritual (Advanced)	63	Creative Writing	68
<b>Health and Social Care</b>		Astral Projection	63	Deaf Awareness	43
Arthritis - The Holistic Approach	41	Astrology	63	Effective Public Speaking	70
Autism - Understanding Level 2	41	Celtic Angels	63	Freelance Journalism	68
Autism - Understanding Level 3	41	Character Analysis	64	Home Tutoring and Shadow Education	69
Basic Pharmacology	42	Creating with Angels	64	Successful Self-Publishing	69
Behaviour that Challenges Level 2	42	Creating with Miracles	68	Teaching English as a Foreign Language (T.E.F.L)	69
Cardio-Care Therapist	42	Crystal Ball Scrying	68	Travel Writing	69
Care Planning Level 2	42	Crystal Magic	64	Writing Articles	69
Clinical Audit	42	Dragon Magic	68	Writing Features for Health, Beauty and Fitness Magazines	70
Deaf Awareness	43	Dream Analysis	64	Writing for TV, Radio & Film	70
Dementia Care Level 2	43	Earth Mysteries - Divining the Land	68	Writing Short Stories	70
Dementia Care Level 3	43	Feminine Spirituality	64	<b>Sports &amp; Fitness</b>	
Disability Issues	43	Heal your Aura	64	Cardio-Care Therapist	42
Eating Disorders & the Family Unit	38	I Ching	65	Chi Kung	55
Eating Disorders Part 1	34	Incense and Magical Oils	65	Clinical Personal Fitness Trainer	55
Eating Disorders Part 2	34	Magical Herbalism	65	Gym Instructor Level 2	55
End of Life Care Level 2	44	Magical Herbalism (Advanced)	65	Holistic Sports Nutrition	57
End of Life Care Level 3	44	Man, Myth & Magic	65	Metabolic Transformation Coaching	55
Falls Prevention Awareness Level 2	44	Native American Medicinal Botany	68	Mid-Section Trainer	57
First Aid	44	Native American Teachings	65	Personal Fitness Trainer (Advanced)	56
Health Care	44	Native American Teachings (Advanced)	66	Personal Training Level 3	56
Health Care (Communication)	45	Numerology	66	Physical Fitness	56
Health Care (Foundation)	45	Palmistry	66	Pilates	56
Health Care (Managing Challenging Behaviour)	45	Parapsychology	66	Sports Electro-Therapy	56
Health Care (Practical Care)	45	Pendulum Dowsing and Radiesthesia	66	Sports Injuries	57
Health Care (Primary Nursing)	45	Pyramid Energy	68	Sports Massage	57
Health Promotion	46	Qabalah - The First Steps	66	Sports Nutrition	57
Learning Difficulties - Understanding Specific Difficulties Level 2	46	Qabalah - The Journey Continues	68	Sports Psychology	57
Learning Disabilities - Working with Individuals Level 2	46	Runes	67	Tai Chi Chuan	57
Mental Health	46	Shamanism	67	<b>Yoga</b>	
Mental Health - Awareness of Mental Health Problems Level 2	47	Tarot and Cartomancy	67	Ashtanga Yoga	10
Mental Health - Children and Young People Level 2	47	Wicca	67	Children's Yoga	10
Mental Health - Understanding Level 3	47	Wicca (Advanced)	67	Pilates	56
Principles and Practices of Care	48	Working with Chakras	68	Pre- and Post-Natal Yoga Teacher	10
Social Care - Dignity and Safeguarding in Adult Health and Social Care Level 2	47	<b>Practitioner Development</b>		Specialist Yoga Teacher	10
Social Care - Preparing to Work with Adults Level 2	48	CPD Module 1 - Record-Keeping	60	Yoga Beginners	11
Stop Smoking Therapy Clinic	48	CPD Module 2 - Your Practice	60	Yoga Class Instructor	11
<b>Life Coaching / Life Skills</b>		CPD Module 3 - Health & Safety In The Workplace	60	Yoga for a Healthy Pregnancy	13
Assertiveness Skills	52	<b>Psychic Healing</b>		Yoga for Mums	11
Confidence Enhancement	52	Psychic Development	61	Yoga Intermediate - Part 1	11
Health & Lifestyle Trainer	52	Reiki 1st Degree Theory	61	Yoga Intermediate - Part 2	13
Health & Personal Development	52	Reiki 2nd Degree Theory	61	Yoga Teacher (Hatha Yoga)	11
Life Coaching	53	Reiki 3rd Degree Theory	61	Yoga Teacher (Hatha Yoga) (Advanced)	12
Lifestyle Enhancement	53	Spiritual Coaching	54	Yoga Therapy (Stage 1)	12
		Spiritual Healing	61	Yoga Therapy (Stage 2)	12
		Spiritual Healing: Part 1 (Professional)	62	Yoga Therapy (Stage 3)	12
		Spiritual Healing: Part 2 (Professional)	62	Zen Yoga	12
		<b>Psychology</b>			
		Abnormal Psychology	39		



# Yoga

Yoga is well known for promoting inner peace and harmony in body and mind but it is also a valuable therapy for stress related ailments and can help increase flexibility and muscle strength.

Choose from over 15 courses in Yoga, suitable for beginners to practitioners.



## Ashtanga Yoga

Become a: BSY Ashtanga Yoga Teacher  
 Level: 3  
 Lessons: 7  
 Achieve: BSY Ashtanga Yoga Diploma QLS Level 3 certificate of achievement\*  
 Pre-requisite: Yoga Teacher

Ashtanga Yoga is a dynamic form of Hatha Yoga. What sets it apart is the way that the physical work is joined together by Vinyasa – breathing and movement synchronisation. You'll learn how for each movement there is also a Drishti or gaze point. This combination of Vinyasa, Drishti and Bandha creates the foundations for correct Ashtanga practice. This course explores the Primary Series of the Ashtanga system to make the body healthy and strong.

### Course Subjects:

- History and Traditions • Ashtanga Yoga Practice • Sanskrit in Ashtanga Yoga • Surya Namaskar and Vinyasa Counting • Standing and Seated Postures • Ending the Practice

## Children's Yoga

Become a: BSY Children's Yoga Teacher  
 Level: 3  
 Lessons: 10  
 Achieve: BSY Children's Yoga Diploma QLS Level 3 certificate of achievement\*  
 Suitable for: All students

Children's Yoga is a world apart from the adult Yoga class, being more spontaneous, more creative and much noisier! You will learn the essential elements required to teach structured classes to children of different ages, together with ideas for using children's natural powers of imagination and creativity – integrating games and other activities such as storytelling, singing, counting and drawing.

### Course Subjects:

- Yoga for Children of All Ages • Yoga for Mothers and Babies • Yoga for Children with Special Needs • Benefits of Children's Yoga • Sequences of Yoga Practice • Following the Yogic Path

## Pre- and Post-Natal Yoga Teacher

Become a: BSY Pre- and Post-Natal Yoga Teacher  
 Level: 3  
 Lessons: 8  
 Achieve: BSY Pre- and Post-Natal Yoga Teacher Diploma QLS Level 3 certificate of achievement\*  
 Suitable for: Yoga Teachers

This course is designed for Yoga Teachers to enable them to teach Yoga through various stages of pregnancy and post natal. You will learn suitable Yoga postures and adaptations, meditation and pranayama to counter balance the effects of pregnancy on the mental and physical body. The emphasis is on safe, supportive and effective practice.

### Course Subjects:

- The Start of the Journey • The Changing Body • The Chakra System • The First, Second and Third Trimester • Adapted Sun Salutation • Pranayama, Yoga Nidra • Labour and Birth Choices • Post Natal • Suitable Class Formats • Marketing Your Class

## Specialist Yoga Teacher

Become a: BSY Specialist Yoga Teacher  
 Level: 4  
 Lessons: 22  
 Achieve: BSY Specialist Yoga Teacher Diploma, QLS Level 4 certificate of achievement\*  
 Suitable for: All students  
 Practical Training: Essential 1 day

As a specialised Hatha Yoga Teacher you will gain a greater understanding of Yogic practice, class routines and management. You will also gain the knowledge required to teach safe and supportive Yoga to pre- and post-natal women and children, learning to adapt practice and breathing exercises for children to incorporate chanting and meditative awareness, drawing on their natural energy to teach the Yoga poses and games that they will love.

### Course Subjects:

- Yoga Origins and Philosophy • Anatomy and Physiology • Breathing and Relaxation • Yoga Movements • Class Management • Lesson Planning • Specialist Groups for Yoga Practice • Post Natal and Children's Yoga Practice • Marketing Yourself

Level: Professional Development / Personal Achievement  
 Lessons: 10  
 Achieve: Certificate of Merit in Yoga Beginners, QLS Level 2 certificate of achievement\*  
 Suitable for: All students

## Yoga Beginners

This Yoga course is for those who wish to improve the quality of their lives or who are simply seeking peace and quiet. Yoga means 'union' and it is the calm control of mind and body through breathing and gentle movement. This course explores the joys of Yoga for the absolute beginner. You'll learn inner harmony, peace and calm – gifts in today's stressful world.

### Course Subjects:

- Introduction to Yoga • Holistic Benefits of Yoga • Yogic Breathing • Warm Up Routines • Simple Postures and Their Benefits • Sitting and Kneeling • Salute to the Sun • Practising Yoga • The Joy of Movement • Relaxation Techniques

Become a: BSY Yoga Class Instructor  
 Level: 3  
 Lessons: 8  
 Achieve: BSY Yoga Class Instructor Diploma, QLS Level 3 certificate of achievement\*  
 Pre-requisite: Yoga Teacher

## Yoga Class Instructor

This course is a practical guide to excellent, comprehensive class structures for all kinds of individuals and groups along with other invaluable practical advice – taking Yoga classes made easy and will give you back up and structure to your role as a Yoga Teacher.

### Course Subjects:

- Practical and Confident Teaching • The Start of the Session • Loosening Warm-Ups • Breathing Session • Asanas • Routines • The Final Relaxation • Lesson Plans

Level: Professional Development / Personal Achievement  
 Lessons: 5  
 Achieve: Certificate of Merit in Yoga for Mums, QLS Level 3 certificate of achievement\*  
 Suitable for: All students

## Yoga for Mums

This course suggests Yoga activities to practise after childbirth and beyond, alone and with your child, using breath, movement and meditation. It is suitable whatever your situation or experience, as you will benefit from taking time for yourself and from being with your child in a playful, meditative and loving way. It is also useful for those wishing to expand their existing teaching practice.

### Course Subjects:

- Physical and Psychological Changes • Children and Yoga • Emotions • Practising with a Child

Level: Professional Development / Personal Achievement  
 Lessons: 10  
 Achieve: Certificate of Merit in Yoga Intermediate Part 1  
 Suitable for: All students

## Yoga Intermediate – Part 1

The course guides you through movements and postures to energise the body and rejuvenate the spirit. These are designed to develop flexibility, suppleness, inner awareness and controlled relaxation of the mind and body. You will be guided into the creation of mental, emotional and physical harmony.

### Course Subjects:

- Nature of Postures • Exercises for Ankles, Knees and Hips • Postures – Supine, Prone, Twisting, Inverted • Yoga Mudras and Angle Postures • Headstand Family and Gentle Hare Pose • Shoulderstand Family and Pose of Tranquility • Seated Twists and the Diamond Posture

Also Available: Yoga Intermediate – Part 2 – see [www.bsychgroup.co.uk](http://www.bsychgroup.co.uk) for details

Become a: BSY Yoga Teacher (Hatha Yoga)  
 Level: 4  
 Lessons: 10  
 Achieve: BSY Yoga Teacher (Hatha Yoga) Diploma, QLS Level 4 certificate of achievement\*  
 Suitable for: Those with experience of Yoga  
 Practical Training: 1 day

## Yoga Teacher (Hatha Yoga)

Over the years the popularity of Yoga has grown and continues to grow. Its valuable use as a therapy for stress-related ailments has been added to its traditional role of promoting inner peace and harmony and the BSY Yoga Teacher (Hatha Yoga) course has now been successfully running for over 70 years.

OCN Level 4 award also available with 18 national educational credits. Full details on request.

### Course Subjects:

- Yoga Origins and Philosophy • Anatomy and Physiology • Basic Psychology • Fundamental Nutrition • Breathing Techniques • Relaxation Techniques • Yoga Movements, Asanas and Mudras • Class Management

Become a:	BSY Advanced Yoga Teacher
Level:	4
Lessons:	8
Achieve:	BSY Yoga Teacher (Advanced) Diploma, QLS Level 4 certificate of achievement*
Suitable for:	Competent practitioners of Yoga and Yoga Teachers

## Yoga Teacher (Hatha Yoga) (Advanced)

This course explores the roots, history and philosophy of Yoga, giving an understanding of the Eight Limbs of Yoga and introducing Vedantic philosophy and Ayurveda. You'll learn the use of pranayamas, mudras, bandhas and kriyas, as well as meditation techniques, mantras and the connections between Asanas and the chakra system. You will be taught advanced postures, including safety aspects, teaching points and guidelines for physical, mental and spiritual benefits.

### Course Subjects:

- Yogic Lifestyle • History and Philosophy of Yoga • The Paths and Schools of Yoga • Advancing Student's Postures • The Flow of Prana and Chakra Systems • Meditation and the 8 Limbs of Yoga • Vedantic and Ayurvedic Concepts • Good Teaching Practice

Become a:	BSY Yoga Therapist Stage 1
Level:	3
Lessons:	10
Achieve:	BSY Yoga Therapy Stage 1 Diploma
Pre-requisite:	Yoga Teacher
Practical Training:	Optional 1 day for those without prior massage experience

## Yoga Therapy Stage 1

In this course you will study perceptions, memories, reasoning logic and emotions, and other treatment techniques involving active and passive exercises through Yoga Asanas and Yogic osteopathy by which a client is assisted to perform certain movements specially selected from the Asanas.

### Course Subjects:

- Anatomy and Physiology • Fundamental Psychology • Balanced Nutrition • Yogic Relaxation and Breath Therapy • Manipulation Massage • Yogic Osteopathy • Active Exercise and Hygiene

Become a:	BSY Yoga Therapist Stage 2
Level:	3
Lessons:	12
Achieve:	BSY Yoga Therapy Stage 2 Diploma
Suitable for:	All students
Practical Training:	Optional 1 day is available for students who would like massage/ hypnotherapy experience

## Yoga Therapy Stage 2

This course looks more closely at living matter and you will study the cells, tissues and membranes of the body and at the 'levels of life' or biostrata, leading to a better understanding of the links between body, mind and spirit. Your studies will also include hypnotism, relaxation massage and healing breath.

### Course Subjects:

- Living Matter – Cells, Tissues, Glands, Bone Structure • The Mind – Communication and Consciousness • Pranic, Atomic, Molecular, Sensory and Spiritual States of Existence • Anatomy and Physiology • Hypnology • Relaxation Massage and Breath Therapy

Become a:	BSY Yoga Therapist Stage 3
Level:	3
Lessons:	14
Achieve:	BSY Yoga Therapy Stage 3 Diploma
Suitable for:	All students
Practical Training:	Optional 1 day is available for students with no prior massage experience

## Yoga Therapy Stage 3

You will study digestion and nutrition, first aid and hygiene and then study further therapeutic treatments using basic shiatsu and remedial massage. The course continues with study of cellular dynamics, response mechanisms, neurology and reflex action.

### Course Subjects:

- Nutrition – Digestion, Obesity, Weight Loss • First Aid and Hygiene • Shiatsu and Remedial Massage • Treatment for Common Conditions – Dealing with Tension and Depression • Cellular Dynamics - Intelligence and Behaviour, Communication, Control Techniques, Self Treatment

Become a:	BSY Zen Yoga Teacher
Level:	3
Lessons:	10
Achieve:	BSY Zen Yoga Diploma QLS Level 3 certificate of achievement*
Suitable for:	All students

## Zen Yoga

Zen Yoga is a slow and lyrical form of Yoga that incorporates Zen philosophies. This course gives you a full understanding of the Zen approach to Yoga practice and teaching and you'll receive practical guidance on Asanas (postures) and their focus or intent, along with breathing and meditation techniques. It provides all you need to begin structuring practices and classes in order to practise and teach Zen Yoga.

### Course Subjects:

- Introduction to Zen Yoga • The Power of the Breath • Rhythm and Flow • Quiet and Still • Guided Meditation • Affirmations for Practice • Teaching Zen Yoga • Creating Sequencing of Yoga Poses • Zen Flows

## Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

- Yoga for a Healthy Pregnancy • Yoga Intermediate – Part 2

## Complementary Therapies

Complementary therapies cover a whole variety of subjects, used alongside conventional medical treatments and as a way to relax our minds and bodies.

Choose from a range of courses, suitable for beginners to practitioners.



Become a: BSY Acupressure Practitioner  
Level: 3  
Lessons: 12  
Achieve: BSY Acupressure Diploma QLS Level 3 certificate of achievement\*  
Suitable for: All students

## Acupressure

Learn Westernised methods which do not require needles and which stimulate the body's healing powers, relieve pain, increase vitality and help prevent future illnesses, so treating a range of physical, emotional and environmental disorders. This course was written for BSY by a medical doctor and acupuncturist.

### Course Subjects:

- Fingertip Medicine Around the World • The Meridians of Acupuncture/Acupoints • Myofascial Trigger Points • The Power Points of Fingertip Medicine/Acupressure Techniques • Basic Auriculotherapy • Scalp Acupressure • Treatment Formulations • Therapeutic Index • Bringing it All Together

Level: Professional Development/ Personal Achievement  
Lessons: 6  
Achieve: BSY Certificate of Merit in Alexander Technique  
Suitable for: All students

## Alexander Technique Therapy

Better posture can bring 'striking improvements in such diverse things as high blood pressure, breathing, depth of sleep, overall cheerfulness and mental alertness... and also in such a refined skill as playing a stringed instrument'. This course explores simple methods to improve posture, enabling the body to work in a more natural, relaxed and efficient manner, promoting a harmonious state of both body and mind.

### Course Subjects:

- An Answer in the Mirror • The Skeletal and Muscular Systems • Learning the Technique • Efficient Posture • Movement Procedures

Become a: BSY Allergies: Testing and Treatment Practitioner

Level: 3  
Lessons: 10  
Achieve: BSY Allergies: Testing and Treatment Diploma, QLS Level 3 certificate of achievement\*  
Suitable for: All students

## Allergies: Testing and Treatments

Learn about the different allergic diseases and how they develop, as well as methods of testing, treatments and remedies. Allergic reactions are abnormal responses to normally harmless substances that can sometimes be life threatening and are an increasing problem as we are exposed to pollutants and chemicals of all kinds. The need for fast, accurate non-invasive testing and holistic treatment is becoming more and more important.

### Course Subjects:

- Allergy – the Disease of Civilisation • The Immune System • Development of Allergic Disease / Allergen Groups • Hayfever / Asthma and Other Allergic Illnesses • Anaphylactic Conditions • Allergy or Intolerance? • The Food Intolerance Connection • Methods of Testing • Allergen Avoidance • Herbal Treatments and Remedies • Malfunction of the Digestive System • The Autonomic Nervous System • The Low Allergy Diet

Become a: BSY Aromatherapy Practitioner

Level: 3

Lessons: 12

Achieve: BSY Aromatherapy Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: 1 day

## Aromatherapy

Aromatherapy uses the widely acknowledged benefits of body massage, combined with the medical effects of the essential oils derived from plants and chosen for their therapeutic properties. Learn how to practise this hugely popular, intensely comforting healing therapy.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

- Anatomy and Physiology • First Aid • Psychology • Yin and Yang Meridians • Shiatsu • Essential Oils • Therapeutic Recipes • Neurology • Aromatherapy and Massage Techniques • Starting your own Practice

Become a: BSY Advanced Aromatherapy Practitioner

Level: 4

Lessons: 16

Achieve: BSY Advanced Aromatherapy Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

Practical Training: 1 day for students without aromatherapy/massage training

## Aromatherapy (Advanced)

This in-depth course has been designed both for experienced students, and for the newcomer who wishes to study the subject in depth from the outset. Aromatherapy is regarded both as a respected healing agent and as a sensory pleasure. The use of aromatic essential oils adds a totally new dimension to massage treatments. Aromatherapy works on the three levels of physical, mental and emotional, restoring health and well-being to the mind and body.

OCN Level 4 award - 21 national educational credits available on enrolment. Details on request.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

- Sense of Smell • The Mind/Body Interaction • The Nervous, Muscular, Skeletal and Circulatory Systems • Carrier and Essential Oils • Preparation for Massage • Massage Sequence • Therapeutic Blends • Colour and Crystals in Aromatherapy • Setting up in Business

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Making Aromatherapy and Herbal Natural Products QLS Level 3 certificate of achievement\*

Pre-requisite: Aromatherapy/Herbalism (advised)

## Aromatherapy and Herbal Natural Products (Making your own)

This course will take you through the whole journey of producing your own natural products from pure and organic ingredients – from obtaining their raw materials to presenting the completed natural products. Learn about storage, correct labelling and record keeping. The course is suitable for aromatherapists or herbalists who would like to develop their skills in product making.

Course Subjects:

- Legal and Safety Requirements • Raw Materials • Skin Problems and their Causes • Soap Making / Hair Treatments • Hair Gels/ Face Masks • Ointments/ Products for Pets

Level: Professional Development/ Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Competence in Aromatherapy for Family Health

Suitable for: All students

## Aromatherapy for Family Health

This course is designed to introduce you to the art and science of Aromatherapy. It will enable you to use essential oils safely at home for a variety of conditions and encourage you to appreciate the aesthetics of Aromatherapy, developing the senses of touch and smell. The course could also provide a 'taster' if you wish to progress onto BSY's professional Aromatherapy courses.

Course Subjects:

- The History and Development of Aromatherapy • Safety and Contra-indications • Qualities and Properties of Essential Oils • Developing the Senses of Smell and Touch • Treating Specific Conditions • Art of Massage / Methods of Application of Essential Oils

Become a: BSY Aromatherapy Specialist Treatments Practitioner

Level: 3

Lessons: 6

Achieve: BSY Aromatherapy Specialist Treatments Diploma, QLS Level 3 certificate of achievement\*

Suitable for: Aromatherapists

## Aromatherapy Specialist Treatments

This course is for Aromatherapists who would like to widen their knowledge and work with some of the more challenging conditions. The course includes more detailed information on the chemical constituents and medicinal properties and use of Essential Oils in a range of preparations, which therapists can then use to good effect in their own practice.

Course Subjects:

- The World of Aromatherapy • Essential Oils • Middle Note Essential Oils • Properties of Base Note Oils • Treatments for Specific Conditions

Become a: BSY Auriculotherapy Practitioner

Level: 3

Lessons: 10

Achieve: BSY Auriculotherapy Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Auriculotherapy

The use of points upon the ear – auriculotherapy – forms a complete system of treatment which has the huge advantage of only requiring the exposure and treatment of the ear. This course complements our Acupressure course and is also an excellent standalone course of value to all natural therapists.

Course Subjects:

- The Development of Auriculotherapy • The Diagnostic Possibilities of the External Ear • The Auriculotherapy Map • Examination of the Ear • Treatment and Effects on Bodily Systems • Miscellaneous Conditions

Level: Foundation

Lessons: 6

Achieve: BSY Certificate of Merit in Biochemic Medicine

Pre-requisite: Anatomy and Physiology

Become a: BSY Biochemic Medicine Practitioner

Level: 3

Lessons: 6

Achieve: BSY Biochemic Medicine Diploma

Suitable for: Students who have completed Biochemic Medicine Part 1

## Biochemic Medicine Part 1

If the body is denied the correct nutrients it will become ill and prone to disease. The body can recover from ailments by the restoration of lacking constituents. This is biochemistry, the chemistry of living tissue. Learn the history of this complementary treatment and progress to Part 2 to complete Practitioner training.

Course Subjects:

- History and Development • Tissue Salt Elements 1-12 • Remedies • Pet Remedies

## Biochemic Medicine Part 2

This course will build up a sound working knowledge of Biochemic Tissue Salts, develop the practitioner's confidence to use them in practice as well as open new opportunities for treatment that will considerably add to the help that the practitioner can offer.

Course Subjects:

- Natural Dietary Sources • Identification of Tissue Salts • Biochemic Treatments • Presenting Problems • Treatments for Common Ailments • Treatments for Pets

Level: Professional Development

Lessons: 9

Achieve: BSY Certificate of Merit in Chinese Massage and Acupressure, QLS Level 2 certificate of achievement\*

Suitable for: All students

## Chinese Massage and Acupressure Part 1

Acupressure is the technique of stimulating acupressure points along the body's meridians to unblock the life-force energies and Tu'ina incorporates the therapies of Massage, Meridians and Moxibustion. You will learn treatment techniques, which benefit even the deep tissues of the body to restore good health and harmony.

Progress to Part 2 to complete your studies to Practitioner level.

Course Subjects:

- Traditional Chinese Medicine • Meridians and Acupressure • Points and Stretches • Acupressure Techniques and Moxibustion • Tongue Diagnosis • Massage Strokes • Anatomy and Physiology • Diagnostic Techniques • Yin/Yang Theory

Become a: BSY Advanced Chinese Massage and Acupressure Practitioner

Level: 3

Lessons: 9

Achieve: The BSY Advanced Chinese Massage and Acupressure Diploma, QLS Level 3 certificate of achievement\*

Practical Training: 1 day

## Chinese Massage and Acupressure (Advanced) Part 2

Prevention, as well as cure, is the prime motivating force behind present day interest in Ancient Medicine. A variety and sophistication of techniques has evolved into the remarkable arsenal of methods now to be studied by the advanced student.

This course is suitable for those that have completed Chinese Massage and Acupressure Part 1.

Course Subjects:

- Acupressure Points and their Qualities
- Contra-indications to Massage
- Anatomy and Physiology
- Meridian Stretches and Warm-Up
- Exercises and Massage Strokes
- Massage of Head, Face, Scalp and Full Body Massage
- Energy Production
- Face Diagnosis and Aura Cleansing
- Herbs in Chinese Massage
- Treating Emotions
- Building your Practice

Become a: BSY Colour Therapy Practitioner

Level: 3

Lessons: 10

Achieve: BSY Colour Therapy Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Colour Therapy

A Colour Therapist can use colour to balance energy, aid creativity and learning and alleviate physical, emotional and mental conditions. Learn how colour therapy helps people understand their needs for certain colours, and how to use these colours for healing, health and relaxation.

Course Subjects:

- The Principles and History of Colour Therapy
- The Science of Light
- The Subtle Anatomy
- Colour Psychology
- Fragrance, Music and Colour
- Therapeutic Use in Dress and Décor
- Breathing and Visualisations
- Diet and Colour Ray Foods
- Treatments

Become a: BSY Advanced Colour Therapy Practitioner

Level: 4

Lessons: 10

Achieve: BSY Advanced Colour Therapy Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

## Colour Therapy (Advanced)

Research has shown that colour can affect us psychologically and physically and the effect is the same even when the client is blindfolded and cannot see the colour. Discover how colour vibrations in the various electromagnetic components of light are absorbed and affect mood, perception and physical well-being enabling the Advanced Colour Therapist to help restore the balance in body and mind to such a degree that it is being used to good effect in clinical and workplace settings.

Course Subjects:

- The Physics of Light and Colour
- The Anatomy of the Eye
- The History of Colour Science
- Colour as a Vibrational Therapy
- The Chakras
- Astrological Influences
- Colour Analysis/ Psychosomatic Illness
- Colour Treatment
- Using Dowsing and Kinesiology
- Setting up your Healing Centre

Level: Professional Development/ Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Creative Visualisation

Suitable for: All students

## Creative Visualisation

Mental pictures can be a powerful force for good. Learn imaginative techniques to benefit health and well-being, to assist other natural healing processes and to reinforce positive feelings, behaviour and self-image. Visualisation is using the conscious mind to imagine particularly beneficial events, based on the fact that there is a close link between emotions, images and sensations.

Course Subjects:

- Focused Thought: An Old Concept - A New Understanding
- Listening to Yourself
- Overcoming Fear and Inadequacies
- Eliminate the Negative, Accentuate the Positive
- Conscious Recovery / Creativity
- Applied Visualisation

Become a: BSY Crystal Healing Practitioner

Level: 3

Lessons: 8

Achieve: BSY Crystal Healing Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Crystal Healing

This professional course aims to ensure that you develop your own healing potential through an understanding of energies of crystals and their physical and metaphysical properties. Learn how to recognise the different crystals, their uses and their healing applications.

Course Subjects:

- The Mineral Kingdom • Working with Subtle Energy • Dowsing • Gem Colours and Chakras
- Energies of Gemstones and their Uses • Choosing, Cleansing and Programming Crystals
- Meditations • Astrology and Healing • Treatments

Become a: BSY Advanced Crystal Healing Practitioner

Level: 4

Lessons: 10

Achieve: Advanced BSY Crystal Healing Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

## Crystal Healing (Advanced)

Crystal therapy is based on the theory that organs and cells of the body respond in particular ways to particular patterns of vibration. Dissonant vibrations are caused by poor physical or emotional health and therapists restore and strengthen healthy frequencies by directing harmonious vibrations with the appropriate crystals. This course is designed for the student who is new to the idea of crystal healing as well as the therapist who wishes to learn more.

Course Subjects:

- Practical Applications and Techniques • Historical Uses and Legends • Cleansing and Re-programming • Balancing the Chakras • A Healing Session • Geology and Formation • Choosing your Crystals and Directory • Crystal Treatments • Astrological Influences • Starting Your Business • Using Essential Oils with Crystals

Become a: BSY Feng Shui Practitioner

Level: 3

Lessons: 10

Achieve: BSY Feng Shui Diploma

Suitable for: All students

## Feng Shui

Our homes call us into a relationship that affects the whole of our lives. Here you learn to understand the energies of your home and how to develop your own creative approach to improve life on all levels with this intuitive approach to Feng Shui.

Course Subjects:

- History • Feng Shui and the Environment • The Tao - The Way • Yin and Yang – The Correspondences • Collective Unconscious & True Reality • Four Seasons & Five Elements • Trigrams, Hexagrams and the I Ching • Pah Kwa - Former Heaven Sequence • Later Heaven Sequence / Chi - Cosmic Breath • Eight Remedies and Enrichments in the Home and Business

Become a: BSY Advanced Feng Shui Practitioner

Level: 3

Lessons: 10

Achieve: BSY Advanced Feng Shui Diploma

Suitable for: All students

## Feng Shui (Advanced)

If you wish to make your own environment more harmonious and to advise others as a consultant, this course offers a wealth of useful advice from one of the UK's only genuine Feng Shui masters, who regularly advises on television and radio. Learn how to carry out individual analysis of every house. This course strongly supplements the training of the Feng Shui Diploma Course.

Course Subjects:

- Eastern Philosophies • Tai Chi, Chi Kung and Meditation – Their Links • The Four Celestial Animals, Yin Yang, Sheng Chi and The Five Elements • The Pa Kua, the Lo Shu Square and the Use of Enhancements and Protectors • Feng Shui of Gardens, Houses, Other Buildings and Their Environment • Application of Chinese Astrology • Symbolism • Practical Application

Become a: BSY Flower Essences Practitioner

Level: 3

Lessons: 6

Achieve: BSY Flower Essences Diploma

Suitable for: All students

## Flower Essences

A human being is much more than a physical body and illness is an inner voice warning us that change is needed in our mental state, perception or way of life. Discover how Flower Essences were developed to enable us to effect those changes in a gentle, natural, but powerful way. Illness is often an inner voice warning us that change is needed in our mental state, perception or way of life and the Flower Essences Practitioner can be an invaluable part of this process of change.

Course Subjects:

- Flower Treatments for All Disorders • Nature's Pharmacy / The 38 Remedies • Preparing and Producing your own Essences • Individual Essences • Consultation and Prescription

Become a: BSY Advanced Flower  
Essences Practitioner

Level: 3

Lessons: 10

Achieve: BSY Advanced Flower  
Essences Diploma

Suitable for: All students

## Flower Essences (Advanced)

Whether you have an interest in the healing powers of flowers or are already attuned to the healing essences produced from plants, this course is designed to expand that knowledge to include the healing qualities of flowers, both simple and exotic, from all over the world for use by the complementary therapist.

Course Subjects:

- Preparing your Own • Bach Flower Remedies • How to Prescribe and Administer • Alaskan, Californian, Himalayan and Australian Bush Essences • Dowsing and Kinesiology • Life Experience
- Setting up your Healing Centre

Become a: BSY Flower Psychometry  
Practitioner

Level: 3

Lessons: 6

Achieve: BSY Flower Psychometry  
Diploma

Suitable for: All students

## Flower Psychometry

This ancient art uses your favourite flowers to reveal your inner state of being and bring healing to the body and mind. Learn to give flower readings and to bring understanding to children and adults using the healing energies of flowers. Add another dimension to psychic and chakra readings.

Course Subjects:

- History • Flowers and the Chakra System • Devas and the Spirits of Flowers • Seasonal Flowers / Dowsing and Divination • How to Give a Flower Reading / Advanced Readings • Healing with Flowers / Making your own Essences

Become a: BSY Foot Care Specialist

Level: 4

Lessons: 11

Achieve: BSY Foot Care Specialist  
Diploma, QLS Level 4  
certificate of achievement\*

Suitable for: All students

Practical Training: 4 days

## Foot Care Specialist

Feet in a poor condition can lead to discomfort, pain, disfigurement and reduced mobility. It is estimated that we will walk the equivalent of 3 times around the earth in our lifetimes and a range of foot conditions may develop as a result. Many of these conditions can be easily and effectively treated by the Foot Care Specialist, enhancing clients' sense of ease and well-being.

OCN Level 4 award also available at enrolment with 16 national educational credits. Full details on request.

Course Subjects:

- The Skeletal, Muscular, Nervous and Circulatory Systems • Functions and Disorders of the Feet
- The Integumentary System • Dressings, Paddings and Strappings • Client Records
- Bacteriology and Hygiene • Precautions • Conditions and Diseases Affecting the Nails
- Treatment of Common Conditions • Setting up in Practice • Use of the Scalpel

Become a: BSY Healing Meditation  
Practitioner

Level: 3

Lessons: 6

Achieve: BSY Healing Meditation  
Diploma, QLS Level 3  
certificate of achievement\*

Suitable for: All students

## Healing Meditation

Learn the Healing Meditation techniques that have an important place in those physical therapies where relaxation is considered desirable. These techniques have been incorporated into many kinds of treatment, so clients may find it a beautiful and healing process which the therapist can enable to aid the well-being of the client.

Course Subjects:

- Opening Chakra Energy • Development of Techniques • Establishing a Ritual • Healing and Self-Healing • Using Visualisation, Breathing, Colours, Chakras and Crystals

Become a: BSY Herbalism Practitioner

Level: 3

Lessons: 10

Achieve: BSY Herbalism Diploma  
QLS Level 3 certificate of  
achievement\*

Suitable for: All students

## Herbalism

All animal life depends upon the existence of plants. When Man first started to look for means of curing his ailments, it was to the plant kingdom that he turned. Today, over three-quarters of medicine taken across the Globe is derived from herbs. This course, which was written for BSY by a medical doctor and herbalist, trains the student thoroughly in the use of 'Nature's Pharmacy'.

Course Subjects:

- Introduction to Herbal Medicine • Cold Conditions / Warming Herbs • Hot Conditions / Cooling Herbs • Poultices, Pills and Tisanes • Additional Medicinal Use of Herbs • Herbs in the Kitchen
- Cosmetic Use of Herbs and Herbs around the Home • Rounding Off

Become a: BSY Advanced Herbalism Practitioner

Level: 4

Lessons: 10

Achieve: BSY Advanced Herbalism Diploma, QLS Level 4 certificate of achievement\*

Pre-requisite: Herbalism

## Herbalism (Advanced)

Modern scientific analysis is proving what ancient physicians instinctively understood about the therapeutic properties of herbs. With the interest in herbal medicine growing, more people are turning to this form of therapy as an alternative to orthodox drugs. This course will assist you in the search for information about the safe use of herbs and how to effectively apply that knowledge to the treatment of a multitude of disorders.

Course Subjects:

- The Circulatory, Digestive, Nervous, Urinary, Endocrine, Musculoskeletal and Reproductive Systems
- The Respiratory Tract
- Science and Herbalism
- Chinese and Ayurvedic Medicine
- The Skin
- Oxidants and Antioxidants

Level: Professional Development

Lessons: 5

Achieve: BSY Professional Certificate of Merit in Holistic Aromatherapy Facial Treatments

Pre-requisite: Aromatherapy, Beauty Therapy or Massage (advised)

## Holistic Aromatherapy Facial Treatments

This is a course designed primarily for Aromatherapists who wish to enhance their existing skills and add to the range of treatments offered to clients. On completion of this course a therapist will be able to offer clients a relaxing and energising facial treatment using natural products and essential oils.

This course is accredited by the Guild of Holistic Therapists.

Course Subjects:

- Safety Guidelines / Assessing Skin
- Cleansing, Toning and Exfoliation
- The Facial Massage
- The Use of Essential Oils for Skin Care
- Skin Disorders and Treatments

Become a: BSY Holistic Diagnosis Skills Practitioner

Level: 3

Lessons: 10

Achieve: BSY Holistic Diagnosis Skills Diploma

Suitable for: All students

## Holistic Diagnosis Skills

Discover the signs and symptoms that signal human ill-balance. Western medicine is often accused of treating the symptom rather than the person. Unfortunately this is often the case and as a result only a temporary period of recovery ensues. We must look at the whole health of the individual physically, mentally, emotionally and many would say spiritually. This course is suitable for those already in practice.

Course Subjects:

- Symptoms and Diagnosis
- The Consultation
- Simple Orthodox Techniques
- Reflexology
- Auriculotherapy
- Hair Analysis
- Nail Diagnosis
- Kinesiology
- Eyes and Iridology
- Graphology

Become a: BSY Holistic Fertility Therapist Practitioner

Level: 3

Lessons: 8

Achieve: BSY Holistic Fertility Therapy Diploma

Suitable for: All students

## Holistic Fertility Therapy

The inability to conceive challenges a couple's emotional and physical health. For the best possible chance of successful conception they will need a holistic approach which removes the boundaries between conventional and complementary care. Gain a greater awareness of fertility problems and how best to improve them.

Course Subjects:

- Anatomy and Physiology / The Male and Female Reproductive Systems
- Fertility
- Lifestyle Choices / Self-Help Measures
- First Consultation with your Doctor / Orthodox Treatments
- Relaxation and Stress Management
- Nutrition
- Weight and Fertility Issues
- Complementary Therapies

Become a: BSY Holistic Image Consultant

Level: 3

Lessons: 10

Achieve: BSY Holistic Image Consultant Diploma

Suitable for: All students

## Holistic Image Consultant

It is really important to find the right clothes that celebrate the real you and that are in tune with your seasonal colouring and lifestyle. The confidence this brings can really bring about wonderful changes in your life. Learn how to look and feel good so you will be able to work professionally as a Holistic Image Consultant and help others reveal their true inner beauty and develop their personal style.

Course Subjects:

- Beautiful You - Finding your Own Beauty
- Colour Identity / The Psychology of Colour
- The Seasons / Finding your Personal Colour Palette
- Dressing for your Body Shape
- Understanding Colour Theory
- Dressing for Health
- Developing Your Personal Style / Wedding Colours and Styles
- Working as a Holistic Image Consultant

Become a: BSY Homoeopathy Practitioner

Level: 3

Lessons: 12

Achieve: BSY Homoeopathy Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Homoeopathy

This course is designed to give you solid knowledge of the subject. You will cover a substantial number of the most commonly indicated, and most commonly used, remedies in the Homoeopathic Materia Medica. The course was written by a medical doctor and homoeopath.

Course Subjects:

- Remedy Work • The Main Principles • Profiles • The Constitution • Acute and Chronic Conditions • Miasms • The Emotions • Bach Flower Remedies • The Modalities • Taking a History
- Reactions to Treatments • Index of Remedies

Level: Professional Development/ Personal Achievement

Lessons: 4

Achieve: BSY Certificate of Merit in Hopi Ear Candling, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Hopi Ear Candling

This therapy has come to the Western world from the Native American Hopi Indians of Northern Arizona. The practice is safe, non-invasive and soothing, and has a relaxing, calming effect on the whole body. The candles work on a 'chimney' principle, drawing up impurities from within the ear. It is beneficial in the treatment of ear and sinus conditions. Locally applied heat also has the effect of stimulating blood circulation, which can strengthen the immune system and enhance lymph circulation.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

- How do Hopi Candles Work? • Anatomy of the Ear • Benefits of Hopi Candling • Ear Conditions / The Treatment

Level: Professional Development/ Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in Horticultural Therapy

Suitable for: All students

## Horticultural Therapy

From ancient times, gardens have played a vital role in the healing traditions of many cultures. The garden and its creation provide ways for experiencing healing in a very accessible and personal way. This course is designed to help the student design, grow and maintain their own Garden of Healing.

Course Subjects:

- Introduction • Garden Tools and Equipment • Health and Safety • The 'Country' Garden • Garden Retreats/ Relaxation • Houseplants • Indoor Flower Arranging • Complementary and Alternative Therapies

Become a: BSY Hot Stone Therapy Practitioner

Level: 3

Lessons: 8

Achieve: BSY Hot Stone Therapy Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: 1 day for students without massage/aromatherapy training

## Hot Stone Therapy

Not only can the therapist benefit from using the stones in place of their hands, easing pressure on thumbs and wrists, but the client can enjoy a remarkable experience where the treatment is said to be particularly effective. This course takes you through every stage of the process. It includes work on the chakras for energy balancing, and details the complete massage process.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

- Anatomy • The Muscular System / Massage • Types of Stones Used in Therapy / Geothermotherapy • Client Profile • The Therapeutic Environment • Five Element Theory / The Chakras • Hot and Cold Stone Treatments • Massage Techniques • Stone Techniques and Processes

Become a: BSY Curative Hypnotherapy Practitioner

Level: 3

Lessons: 10

Achieve: BSY Curative Hypnotherapy Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: 1 day

## Hypnotherapy (Curative)

The scope of hypnotic treatment is almost limitless and its effectiveness in the treatment of phobias, traumas, fears and anxieties of all kinds, cannot be over-exaggerated. Learn about this wonderful therapy and how to use it in an endless number of ways to give a sense of well-being and reinforce the will to achieve our goals.

Course Subjects:

- The History of Hypnosis • Emotion and Suggestibility • Inducing Hypnosis • Regression and Past Life Therapy • Inductions • Post Hypnotic Suggestions • Treatment Methods / Phobias
- Trauma / Starting a Practice

Become a: BSY Professional  
Hypnotherapist

Level: 4

Lessons: 20

Achieve: BSY Professional  
Hypnotherapy Diploma, QLS  
Level 4 certificate of  
achievement\*

Suitable for: All students

Practical  
Training: 2 days

## Hypnotherapy (Professional)

This course is designed for students who wish to make a career of hypnotherapy. Hypnotherapy seeks to cure at a deeper level of consciousness, bringing about physical or mental changes, including healing illnesses, reducing pain, inducing relaxation and gaining insight into present difficulties and past events that may have a bearing on them. Hypnosis is also used as an extremely effective method of stopping addictions. This course is comprehensive training for a uniquely satisfying career.

OCN Level 4 award also available at enrolment with 24 national educational credits. Full details on request.

### Course Subjects:

- The Background to Modern Hypnotherapy • Suggestibility • Inducing a Hypnotic State • Levels of Hypnosis • Deep Trance States • The Mind/Stage Hypnosis/Applications • Smoking / Weight Loss / Emotional Eating / Brown Fat • Anxiety / Phobias / Stammering • Gynaecological Problems • Trauma / Dominant Personality • Self-Hypnosis • Psychology/The Good Hypnotist
- Communication Skills

Become a: BSY Indian Head Massage  
Practitioner

Level: 3

Lessons: 6

Achieve: BSY Indian Head Massage  
Diploma, QLS Level 3  
certificate of achievement\*

Suitable for: All students

Practical  
Training: 1 day

## Indian Head Massage

Indian Head Massage is based on the ancient traditions of massage and the ayurvedic system of healing. Western interpretations incorporate the upper back, shoulders, upper arms, neck and face as well as the head. Indian Head Massage has a powerful energy that is both subtle and deep and can be both invigorating and relaxing, depending on the body's needs at the time.

Accredited by the Guild of Holistic Therapists.

### Course Subjects:

- History and Development of Indian Head Massage • The Power of Touch • Massage Techniques including Oils • Anatomy and Physiology • Precautions and Contra-indications • The Marma (Pressure) Points

Become a: BSY Iridology Practitioner

Level: 3

Lessons: 10

Achieve: BSY Iridology Diploma  
QLS Level 3 certificate of  
achievement\*

Suitable for: All students

## Iridology

Learn how to examine the patterns of the iris of the eye to ascertain important information about the state of the organs and tissues of the body. Iridology can indicate when an organ is under stress, before physical symptoms are evident.

### Course Subjects:

- The Discovery of a Natural Science – A Short History • Constitutional Types • The Iris Map, Structure and Signs • Methods of Examination • Eye Disorders • Lining Up the Eye
- The Pupil in Iridology • Sclerology • Medical Conditions

Level: Professional Development/  
Personal Achievement

Lessons: 5

Achieve: BSY Certificate of Merit in  
Juicing for Health

Suitable for: All students

## Juicing for Health

Extracting the juice from fruits and vegetables not only retains, but concentrates all the vitamins, minerals and enzymes that are naturally present. It provides them in their living, organic, balanced form. Juiced foods require little or no digestion, so the nutrients are absorbed quickly into the bloodstream and help in the fight against a wide range of ailments and diseases.

### Course Subjects:

- A Short History of Juicing • The Benefits • Juice Therapy / Nutrient Content of Fruit and Vegetables • Choosing your Produce/ Supplements • 'Rules' for Juicing / Recipes

Become a: BSY Kinesiology Practitioner

Level: 3

Lessons: 10

Achieve: BSY Kinesiology Diploma  
QLS Level 3 certificate of achievement\*

Suitable for: All students

## Kinesiology

Kinesiology is a system of natural health care which combines simple muscle testing and energy balancing with the principles of Chinese medicine to assess body function and inner energy. It uses gentle yet powerful healing techniques to improve health and increase vitality. It is a particularly useful tool to overcome all manner of allergy problems. Learn how to test for and correct imbalances throughout the whole body and mind.

### Course Subjects:

- The Acupuncture Connection • The Triad of Health • The Nervous and Muscular Systems
- Muscle Testing • Testing for Allergies / Restoring Balance • Meridian Balancing and Tracing
- Emotional / Mental Balancing • Neuro-Lymphatic Points • Starting Your Practice

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Living Foods Nutrition

Suitable for: All students

## Living Foods Nutrition

By eating foods that are raw or freshly sprouted we can obtain nutrients when they are at their optimal value and most easily assimilated by the body. Learn how this unique and increasingly popular method of food preparation assists in strengthening the immune system, bringing incredible vitality in the process.

### Course Subjects:

- About Living Foods • Sprouting More Complicated Produce / Recipes • Strengthening the Immune System • Detoxification / The Sprouting Approach to Health • Living the Living Foods Life
- Cereal Grasses

Become a: BSY Magnet Therapy  
Practitioner

Level: 3

Lessons: 10

Achieve: BSY Magnet Therapy  
Diploma

Pre-requisite: Anatomy and Physiology  
(advised)

## Magnet Therapy

Magnet Therapy is a simple, safe and effective treatment based upon the principle that illnesses are the result of an imbalance between various electromagnetic forces present within the body. Learn how to use therapeutic magnets for preventing and curing illnesses of the body, by restoring the natural balance of forces.

### Course Subjects:

- Physical Properties of a Magnet • Biomagnetics • Methods of Healing • Magnets as Preventative Devices • Advantages and Effects of Therapy • Treatment of Common Diseases
- Treatment for Children • Magnetic Gadgets

Become a: BSY Massage Practitioner

Level: 3

Lessons: 12

Achieve: BSY Massage Diploma, QLS  
Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: 1 day

## Massage

Massage is probably the oldest therapy known to man. It aims to relax, stimulate and invigorate mind and body. Physically it is aimed at improving the circulatory, muscular and nervous systems and mentally it has a calming and soothing effect. You will learn the safe, correct way to prepare and give massage.

### Course Subjects:

- Anatomy and Physiology • Endocrine Glands and the Nervous System • Muscular Tissue / Muscles of the Skeleton • Psychology • Manipulation and Massage • Massage Routines
- Neurology • Remedial Massage • Shiatsu Treatments • First Aid • Tsubos

Become a: BSY Advanced Meditation  
Practitioner

Level: 3

Lessons: 12

Achieve: BSY Advanced Meditation  
Diploma, QLS Level 3  
certificate of achievement\*

Suitable for: All students

## Meditation (Advanced)

Meditation is a way of shedding cares and stresses reaching a tranquil state that refreshes and strengthens the mind and deeply relaxes the body. This advanced course explores how meditation restores the will and strengthens the ability to manage your life, achieving enlightenment and inner peace.

### Course Subjects:

- Sensory Observation • Focal and Passive Concentration • Sensory Observation and Time
- Breath Control and Relaxation • Levels of Consciousness • Sensory Suspension • Expansion of Consciousness

Level: 3

Lessons: 10

Achieve: BSY Certificate of Merit in Meditation and Energy Healing for the Weakened Body, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Meditation and Energy Healing for the Weakened Body

Many people live with restriction. This course looks at what it means to be in a restricted body or on a journey to the end of physical life and shows how life may be enhanced and cherished by tapping into internal wisdoms and energies to find freedom. You will learn how to aid acceptance of being within a restricted body or ease the end of life using a range of techniques.

Course Subjects:

- Meditation and Contemplation
- The Healing Properties of Water
- Developing the Inner Voice
- Tuning into Self, Rhythms and Cycles
- Connecting with the Elements
- Releasing Stress and Empowering Self
- Connecting with the Universe
- Releasing Restrictions and Developing Inner Wisdom
- Exploring Freedom of Spirit
- Finding Inner Light, Inner Peace, Inner Wisdom

Become a: BSY Meditation Teacher

Level: 3

Lessons: 7

Achieve: BSY Meditation Teacher Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Advanced Meditation or Tibetan Buddhist Meditation (advised)

## Meditation Teacher

Regular practice of meditation has tremendous benefits. Quite apart from stress relief, meditation can bring about deep fundamental change in very positive ways – increased creativity and self-confidence to name but two. This course will equip you to embark on a satisfying career as a meditation teacher.

Course Subjects:

- Posture and Breathing
- Learning to Relax
- Techniques / Emotions
- Maintaining our Practice / Resistance
- Meditation in the Classroom and the Workplace
- Starting your Practice

Become a: BSY Mindfulness, Movement and Meditation Practitioner

Level: 3

Lessons: 10

Achieve: BSY Mindfulness, Movement and Meditation Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Mindfulness, Movement and Meditation

One will often go to a Yoga or Tai Chi class, take a meditation session and try to be mindful when out on a nature walk, yet how often do we tie it all together into a more peaceful and coherent lifestyle? This course will show you how. It aims to teach the practical skills for the practice and delivery of mindfulness, movement and meditation techniques and exercises, and how to weave these elements together for maximum benefit in life – whether this is for yourself or to share with others. The course provides you with material for teaching classes and workshops or for incorporation into therapy work you already undertake.

Course Subjects:

- What is Mindfulness, Movement and Meditation?
- Combining them in Practice
- The Concept of Time – How to Live in the Now
- Connecting with the Spirit or Soul
- Adapting and Combining Practices Imaginatively
- History and Philosophy Behind the Practice
- Ethical Practice
- Practising and Teaching Mindful Self-Development
- How to Develop your Practice
- Planning Sessions

Level: Professional Development/ Personal Achievement

Lessons: 14

Achieve: BSY Certificate of Merit in Naturopathy, QLS Level 3 certificate of achievement\*

Suitable for: Complementary therapists

## Naturopathy

The goal of naturopathic medicine is to develop optimal wellness, identifying and removing obstacles to health and recovery. This course enables you to assess risk factors in order to seek appropriate interventions, building health rather than fighting disease. You will learn how to use a range of therapies as a catalyst for healthful change, whilst encouraging individuals to take responsibility for their own health.

Course Subjects:

- Principles of Naturopathy
- Heart and Blood Pressure
- Arteries and Cholesterol
- Brain and Disorders
- Hormones
- Immune and Digestive Systems
- Herbal Medicine
- Nutritional Therapy
- Homoeopathy
- Massage and Acupressure
- Reflexology
- Stress Management
- Allergies and Biorhythms
- Treatments for 24 Common Conditions

Become a: BSY Non-Surgical Foot Care Specialist

Level: 4

Lessons: 10

Achieve: BSY Non-Surgical Foot Care Specialist Diploma, QLS Level 4 certificate of achievement\*

Practical Training: 2 days

## Non-Surgical Foot Care Specialist

Most foot problems can be treated without the need for invasive surgical procedures. This course looks at the most effective nonsurgical treatments to rectify various problems that often develop over a period of time as a result of incorrect footwear, inappropriate exercise, imbalanced posture or simply as a result of walking on hard surfaces.

Course Subjects:

- The Skeletal, Articular, Muscular, Nervous and Circulatory Systems • Functions and Disorders of the Feet • The Integumentary System • Bacteriology and Hygiene • Precautions
- Conditions and Diseases Affecting the Nails • Treatment of Common Foot Conditions
- Setting up in Practice

Become a: BSY Nutrition (Natural Therapy Approach) Practitioner

Level: 3

Lessons: 10

Achieve: BSY Nutrition (Natural Therapy Approach) Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Nutrition (Natural Therapy Approach)

Today there is a great demand for natural therapists, who recognise that if you provide the body with the right conditions it will maximise its healing potential. The body has all of the necessary systems for regeneration, rejuvenation and rebuilding. This course will teach you about providing the body with the right fuels, offering advice on conditions that can be helped through dietary interventions, and educating clients in making healthy nutritional choices.

Course Subjects:

- What Constitutes a Good Diet? • The Digestive System • Diet and Nutritional Supplements for Common Problems • Water/ Stress • Dietary Processes • Diagnostic Procedures/ Gallstone Treatment • Sugar and Yeast • Allergies • Common Disease States • Food Combining

Become a: BSY Nutrition (Scientific Approach) Practitioner

Level: 4

Lessons: 12

Achieve: BSY Nutrition (Scientific Approach) Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

## Nutrition (Scientific Approach)

'You are what you eat' is a familiar statement and most people have come to recognise that what we eat has a major impact on health. Nutrition and lifestyle can determine which genetically susceptible individual will be affected by specific diseases. Many diseases can be prevented or reversed if appropriate measures are implemented. This interesting course teaches that the bioavailability of nutrients is as important as consuming a healthy diet — and, absorption of nutrients depends on how we consume our food, how we cook it, whether we eat it raw and which nutrients are rich in food.

OCN Level 4 award also available at enrolment with 14 national educational credits. Full details on request.

Course Subjects:

- Healthy Eating • The Endocrine and Digestive Systems • Essential Nutrients • Thyroid Functions and Disorders and Nutritional Requirements in Pregnancy • Chemical Reactions in the Body • Reproduction • Dietary Interventions for IBS • Allergies • Common Diets • Stress and Nutrition
- Eating Disorders and Disordered Eating

Level: 2

Units: 6

Achieve: NCFE CACHE Certificate in Understanding Nutrition and Health\*\* at Level 2

Suitable for: All students

\*\*Compulsory NCFE CACHE registration fee applies, see website for details.

## Nutrition and Health (RQF Level 2)

(Qualification reference: RQF 601/3389/2)

Gain an increased understanding of the principles of healthy eating and the role of food in maintaining health, increased confidence in planning and achieving a healthy diet, and understand how an individual's dietary requirements change throughout their life with this nationally recognised qualification.

Course Subjects:

- Principles of Healthy Eating • Nutritional Needs • Diet Planning • Weight Management • Eating Disorders • Food Safety for the Home Environment

Become a: BSY Nutrition and Weight Consultant

Level: 3

Lessons: 12

Achieve: BSY Nutrition and Weight Consultancy Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Nutrition and Weight Consultancy

Many actively seek to lose weight for both health and aesthetic reasons. This offers a potential market for existing Therapists to extend their practices, or for others to begin a new career in Weight Consultancy, using a healthy approach to weight problems. This course was structured for BSY by a medical practitioner.

Course Subjects:

- Introductory Concepts • Some Dietary Misconceptions • Basic Physiology • Elements of Nutrition • What Do We Mean by Weight and Diet? • Motivation • Dieting Dangers • The Permanent Benefits of Exercise • Starting a Weight Consultancy Clinic • Complementary Aids to Weight Control

Become a: BSY Nutrition for Food Allergies and Intolerances Therapist

Level: 3

Lessons: 10

Achieve: BSY Nutrition for Food Allergies and Intolerances Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Nutrition for Food Allergies and Intolerances

It is estimated that one in four of us will suffer from allergies and intolerances – many food related. This course will allow students to become skilful at recognising the signs and symptoms of food allergies and intolerances, how to manage them and when to seek urgent medical help. Specific conditions including Attention Deficit Disorder (ADHD), Childhood Eczema, Asthma and Fibromyalgia as well as those milder conditions that are uncomfortable and distressing, will be investigated.

Course Subjects:

- Comparing Food Allergies and Intolerances • Understanding Coeliac Disease and its Nutritional Consequences • Vitamin and Mineral Deficiencies and Dietary Remedies/ Food Additives in the Diet • Avoiding Gluten, Wheat and Lactose in the Diet • Irritable Bowel Syndrome • Nutrition and Management of Other Health Disorders • Childhood Illnesses • The Mind/Body Connection

Become a: BSY Nutritional Therapist

Level: 3

Lessons: 8

Achieve: BSY Nutritional Therapy Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Nutrition or Nutrition and Weight Consultancy (advised)

## Nutritional Therapy

Diet has the distinction of being the only major determinant of health that is completely under your control. This course aims to educate you about the healing and life enhancing properties of natural foods and the intelligent use of food supplements. Nutritional therapy is both preventative and curative once its principles have been adapted and applied to an individual's lifestyle.

Course Subjects:

- Diets for Health • Advanced Dietetics • Slowing the Ageing Process • Toxic Overload • The Immune System • Food: the Mood Elevator • The Naturopathic Approach

Level: Professional Development/ Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in Pain Management

Suitable for: All students

## Pain Management

Pain is seen as the body's warning signal that all is not as it should be and can trigger other physical and emotional problems. Long-term medication usage can make the underlying problem worse. This course introduces holistic Pain Management treatments, to release the body's own natural painkillers and assist that person to regain control of his body and his life.

Course Subjects:

- Chronic and Acute Pain • Counselling and Psychotherapy • The Nervous System • Arousal/ Techniques for Pain Management • Healing

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Pregnancy and Baby Massage, QLS Level 3 certificate of achievement\*

Suitable for: All students, particularly new mothers wishing to increase the bond with their babies.

## Pregnancy and Baby Massage

The profound language of touch is never more important than during pregnancy, childbirth, babyhood and infancy. Learn a formalised system of touch using a mother's desire to touch and caress her child with soothing, healing techniques, bringing contentment. For professional use, pre-requisites are Massage or Aromatherapy.

Course Subjects:

- Massage Strokes • Contra-indications to Massage in Pregnancy • Babies and Bonding • Directory and Dosage of Essential Oils • Baby Massage Sequences • Aromatherapy for Mothers and Babies

Become a: BSY Reflexologist

Level: 3

Lessons: 8

Achieve: BSY Reflexology Diploma  
QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical  
Training: 1 day

## Reflexology

Reflexology is an extremely effective therapy based on the principle that reflex points on the feet correspond to each organ and structure in the body and are linked to those organs by energy channels. When illness or imbalance occurs in the body, the corresponding energy channels become blocked, and Reflexology Massage is aimed to destroy these blocks, allowing the energy to flow freely again, so restoring the body's natural balance, and hence – good health.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

- The Development of Modern Reflexology • Anatomy and Physiology • Meridian Theory and its Relation to Reflexology • Location of the Reflex Areas • Procedure and Techniques • First Aid
- Starting your own Practice

Become a: BSY Advanced Reflexologist

Level: 4

Lessons: 12

Achieve: BSY Advanced Reflexology  
Diploma, QLS Level 4  
certificate of achievement\*

Suitable for: All students

Practical  
Training: 1 day

## Reflexology (Advanced)

This course is designed to fill the needs of both therapists who wish to widen their knowledge, and the newcomer who wishes to study the subject in depth from the outset. American Ear, Nose and Throat specialist, Dr. William Fitzgerald, was using zone therapy on his patients at the beginning of the last century and producing astonishing results. One of his students, Eunice Ingham, continued research and experimentation and developed Reflexology as we know it today to stimulate the body's massive regenerative capacity. Reflexology is the perfect blend of modern research, developments and ancient healing skills.

OCN Level 4 award also available at enrolment with 21 national educational credits. Full details on request.

Course Subjects:

- History and Development of Reflexology • Healing and Touch • Anatomy: the Skeletal System and Main Muscles • Circulation, Immunity and the Central Nervous System • The Functions and Divisions of the Nervous System and Others • Reflex Areas and Reflex Map • Full Treatment Processes • Techniques and Application for Health and Well-being • Hand Reflexology
- Working with Vital Energies

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Reflexology Vibrational  
Medicine

Pre-requisite: Reflexology

## Reflexology Vibrational Medicine

Every cell in the body vibrates. When these vibrations are in harmony, we enjoy good health, but when a group of cells falls into disharmony, health deteriorates. Complementary Therapies are at their most powerful when they work together. This course deals with the use of Reflexology in tandem with other therapies to achieve positive results.

Course Subjects:

- History • Techniques • Flower Remedies • Colour Treatments • Reflex Crystal Healing • Herbs • Iridology

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Regression and Hypno-  
Analysis

Pre-requisite: Hypnotherapy (advised)

## Regression and Hypno-Analysis

Regression therapy can go back to an earlier period of a client's life to identify and confront the origins of an emotional problem, or it can regress much further, into past lives. This deeper regression can also be therapeutic, dealing with situations still causing difficulty in the present life. Hypno-Analysis uses Hypnosis to first analyse emotional problems, then to restore balance. This course is an invaluable complement to each of the BSY hypnotherapy courses.

Course Subjects:

- Background / Myths and Facts • Past-life Therapy • Reincarnation Therapy • Traumas and Phobias
- Analysis • Maintaining Balance

Become a: BSY Seated Upper Body  
Massage Practitioner

Level: 3

Lessons: 12

Achieve: BSY Seated Upper Body  
Massage Diploma

Pre-requisite: Massage

## Seated Upper Body Massage

As well as using many of the usual massage strokes the massage emphasises the importance of stretching and deep tissue work. As the client is seated and clothed, treatment can be carried out in a wide variety of locations and is an ideal form of massage for anyone who has limited time or who has physical limitations that make using a massage couch difficult.

### Course Subjects:

- History and Development of Seated Massage • Advantages • Contra-indications • Equipment
- Enhancing the Treatment • Massage Sequences: Back, Neck, Shoulders, Arms, Hands, Head, Scalp and Face • Aftercare • Stretching Exercises • Japanese 'Do-In' Exercises • The Use of Supplemental Therapies • Marketing the Therapy and Yourself • The Corporate Market and Other Markets

Level: Personal Achievement

Lessons: 6

Achieve: BSY Certificate of  
Competence in Self Hypnosis

Suitable for: All students

## Self Hypnosis

Hypnosis is a state of heightened suggestibility in which you are able to accept ideas for self-improvement and achievement of goals, and act on them accordingly. Learn how Self Hypnosis can empower you to achieve your true potential through the use of Self-Suggestion, Positive Thinking and Success Visualisation.

### Course Subjects:

- What is Hypnosis? • After Mesmer/ Practice • Progressive Relaxation • Self Hypnosis for Pain Control and Weight Loss • Achievement of Goals

Become a: BSY Shiatsu Practitioner

Level: 3

Lessons: 10

Achieve: BSY Shiatsu Diploma

Pre-requisite: Massage

## Shiatsu

Shiatsu is a form of Oriental massage. The name comes from the Japanese word 'shi', meaning finger, and 'atsu', meaning pressure. This course will teach you the techniques that are wonderfully effective when performed well.

### Course Subjects:

- Introduction / Yin and Yang • Energy Flow • Shiatsu Diagnosis • The Meridians • The Tsubo
- Bo and Yu Points • Techniques • Treatment • Ampuku and Other Body Shiatsu • The Formulary

Level: Professional Development/  
Personal Achievement

Lessons: 7

Achieve: BSY Certificate of Merit in  
Thai Massage

Pre-requisite: Massage (advised)

## Thai Massage

Thai Massage is more than a series of techniques applied to the external physical body. It includes soft tissue manipulation, but the emphasis is on stretching and loosening the body and working with the energy flow within. Learn about the spiritual aspect and the importance of practitioners working in the spirit of loving kindness and compassion. Massage given in this way is a healing experience for both giver and receiver.

### Course Subjects:

- Promoting Good Health • Enhancing Relaxation / Principles of Thai Massage • Techniques
- The Sequence • Body Mechanics • Prone Position / Sitting • Ethics

Become a: BSY Tibetan Buddhist  
Meditation Practitioner

Level: 3

Lessons: 10

Achieve: BSY Tibetan Buddhist  
Meditation Diploma

Suitable for: All students

## Tibetan Buddhist Meditation

Learn about the history and philosophy of Buddhism in Tibet as well as how to perform the Tibetan Buddhist Meditation Lamrim. Lamrim means the stages on the path to enlightenment enabling you to change your life. Each lesson adds a layer of techniques and shows various deep analytical methods of calming the mind. You will find it helps prevent illness and improve recovery after ill-health.

### Course Subjects:

- Buddhism in Tibet • Preparing for and Practising Meditation • Lamrim – The Steps on the Path to Enlightenment • Facing Reality • Having a Good Heart • Understanding Reality • Begin and Continue – What you Think, You Are • The Final Stages • Keep Travelling - Find your Path

Become a: BSY Tibetan Medicine Practitioner  
 Level: 3  
 Lessons: 8  
 Achieve: BSY Tibetan Medicine Diploma, QLS Level 3 certificate of achievement\*  
 Suitable for: All students

## Tibetan Medicine

Tibetan Medicine acknowledges how health and illness resulted both from the relationship between the mind and the body and sense of spirituality. Exploring physical, psychological and spiritual aspects of healing, you will learn to understand the patterns of emotions and behaviours, so that we can illuminate negativity and become more balanced and harmonious.

### Course Subjects:

- Five Element Theory • The Seven Tissues • Constitutional Typology Testing • Tibetan Meditation
- Tibetan Herbal Medicine • Health and Disease • The Three Humours • Tibetan Diagnostic Procedures • Tibetan Spirituality

Level: Professional Development/ Personal Achievement  
 Lessons: 8  
 Achieve: BSY Certificate of Merit in Applications of Traditional Chinese Medicine  
 Suitable for: All students

## Traditional Chinese Medicine (Applications of)

This course is useful for clinical practice as well as home treatment. It covers the safe use of herbs and their effects on the body, as well as the procedures for the preparation of teas, decoctions, creams etc. Practitioners will be able to advise on how to deal with common everyday ailments by means of herbal remedies and food therapy.

### Course Subjects:

- Preparation of Herbs • Remedies and Treatments • Herbs for Body Systems • Common Disorders
- Nutritional Advice • Systems of the Body in Western and Chinese Medicine
- Common Herbs • Common Conditions with Remedies

Become a: BSY Vegetarian and Vegan Nutritional Therapist  
 Level: 3  
 Lessons: 10  
 Achieve: BSY Vegetarian and Vegan Nutritional Therapy Diploma  
 Suitable for: All students

## Vegetarian and Vegan Nutritional Therapy

Both vegetarian and vegan diets can provide a basis for a healthy life - if properly managed. This clearly requires skill and needs to be done properly if dietary balance is to be achieved. This course will teach you how this can be accomplished. Once the skills are mastered and new arts in menu planning acquired, the diet is varied, nourishing and easy to manage. Therapists are increasingly important in this popular field.

### Course Subjects:

- Digestion/ The Meat-free Diet • Elements of the Vegetarian and Vegan Diets • Vitamins and Minerals • Eating Strategies/ The Practice • Health Problems • Nutrient Intake • Your Practice

Become a: BSY Zen Meditation Practitioner  
 Level: 3  
 Lessons: 8  
 Achieve: BSY Zen Meditation Diploma  
 Pre-requisite: Meditation Teacher (advised)

## Zen Meditation for Modern Living

Zen is the Japanese word for 'dhyana' in Sanskrit, meaning meditation. Zen emphasises sitting, moving and walking meditations as the very best way to gain awareness, to see the real you and to see life as it really is. This course will help you gain an awareness of life, awareness of difficulties and blessings, to change your way of looking at everyday life and ultimately change your mind and your thought patterns.

### Course Subjects:

- Zen Philosophy • Preparing for Meditation • Wisdom and Harmony • Reality and Perception
- Changing Perceptions / Changing Life • Affirmations, Mantras and Deep Thinking • Calmness and Mindfulness / Stillness and Intuition • Extending the Practice

### Also available:

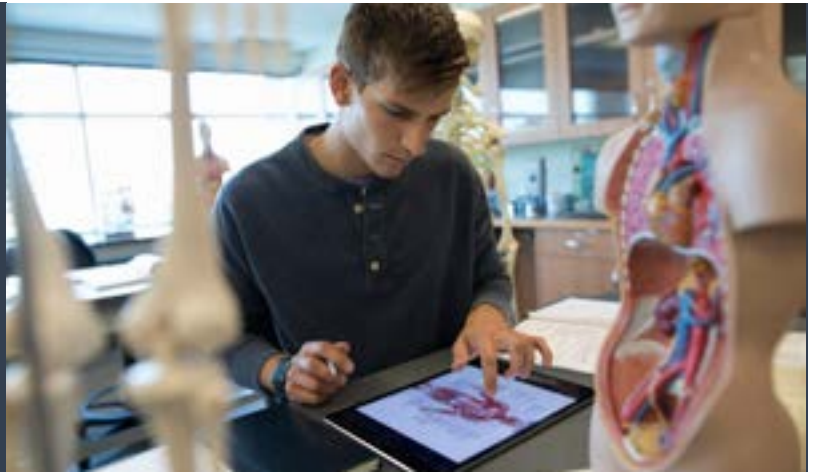
For details visit [www.bsigroup.co.uk](http://www.bsigroup.co.uk)

- Bates Method • Dharma Practices • 'Gateways of Change' Massage
- Holistic Family Health Management • Holistic Sunshine Therapies
- Hypnology • Spa Therapy

# Anatomy and Physiology

Our Anatomy and Physiology courses are suitable for beginners to practitioners.

These courses can lead to a useful foundation certification or be a way to gain additional skills to expand your practice.



Level: Professional Development

Lessons: 6

Achieve: BSY Anatomy and Physiology Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Anatomy and Physiology

Anatomy is the study of the structure of the body, and physiology is the study of its function. The knowledge gained in this course will add considerably to any health therapy enabling the therapist to understand fully the workings of the body as well as its treatment.

Accredited by the Guild of Holistic Therapists.

Course Subjects:

• The Skeletal, Muscular, Nervous, Circulatory, Respiratory and Urinary Systems • Hormones, Reproduction and Digestion

Level: Professional Development

Lessons: 12

Achieve: The BSY Basic Clinical Sciences Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Basic Clinical Sciences

In holistic medicine we need to look at the 'whole' person in order to restore that vital natural balance to the miraculous human body. This means that, as natural therapists, it is often useful to have a good grounding in Basic Clinical Sciences on which to build our chosen therapy or therapies – this course will give you a good grounding in the subject.

Course Subjects:

• Anatomy and Physiology • Immunology • Pathology • Clinical Examination • Basic Pharmacology • First Aid • The Cardiovascular, Respiratory, Gastrointestinal, Nervous, Musculoskeletal and Endocrine Systems • Skin Disorders • Blood Disorders

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Studying with BSY was the best way to do my training. One of the main reasons being, I had no deadlines for the lessons or completion date. This enabled me to continue working and be there for my family. There was always a friendly tutor available on the phone to support me when needed. It was also very affordable. It took me 3 years to complete but, I feel this enriched my knowledge and studies and enabled me to achieve my very best for each lesson and my final exam. I am now doing two more courses to complement my Hatha Teaching Diploma.”

# Counselling Skills Training

Gain and develop your counselling skills with courses at Level 2, 3 and 4.

Embark on your journey to becoming a qualified counsellor with professional training from BSY at Level 2 and Level 3 before completing your Level 4 training. These courses are particularly suitable for those looking to gain the counselling skills and knowledge needed to become employed in a range of settings, such as in the education and health care sectors.

## Looking for an introduction to counselling skills?

Level: 2  
Units: 4  
Achieve: NCFE CACHE Certificate in Counselling Skills\*\* at Level 2  
Suitable for: All students

\*\*Compulsory NCFE CACHE registration fee applies, see website for details.

### Counselling Skills (RQF Level 2)

(Qualification reference: RQF 600/0728/X)

This course introduces you to the use of counselling skills in everyday life and work, and some of the approaches that underpin their use. You will investigate how to use counselling skills and engage in a helping interaction appropriately. The course aims to help you understand the different approaches involved and to appreciate the importance of self-development.

Course Subjects:

- Counselling Skills Theories • Diversity and Ethics • Personal Development

## Start your professional training with Level 3...

Level: 3  
Units: 5  
Achieve: NCFE CACHE Diploma in Counselling Skills\*\* at Level 3  
Suitable for: All students

\*\*Compulsory NCFE CACHE registration fee applies, see website for details.

### Counselling Skills Diploma (RQF Level 3)

(Qualification reference: RQF 600/0727/8)

This qualification aims to provide learners with in-depth knowledge of the use of counselling skills in everyday life and work and the approaches that underpin the use of these skills. It is ideal for those seeking to enhance their functional role through the use of counselling skills, and is an important part of the journey to becoming a counsellor.

Course Subjects:

- Developing Counselling Skills • Theoretical Approaches in the Use of Counselling Skills
- Working Ethically with Counselling Skills • Counselling Skills and Diversity • Counselling Skills and Personal Development

...then progress to complete Practitioner training in order to become a fully qualified professional counsellor, with our trusted partner Heartwood.

Level: 4  
Achieve: Advanced Diploma in Counselling delivered by Heartwood, accredited by the National Counselling Society (NCS)  
Suitable for: Those who have completed a Level 3 Counselling Certificate or equivalent course

### Advanced Diploma in Counselling

BSY has recently linked with Heartwood Centre for Counselling and Psychotherapy Training, which offers attendance-based training in Devon and central London. Successfully completing Heartwood's accredited Advanced Diploma in Counselling will qualify you to work as a professional counsellor or enhance your current role in other caring professions.

The course follows an integrated approach, and draws from the traditions of Gestalt, Mindfulness Based Cognitive Behavioural Therapy, and Person Centred Therapy, which combined allow you to successfully counsel clients experiencing a range of issues affecting their emotions, mind, body and spirit.

The course runs part-time for two years, with weekday, evening and weekend class options available. Course places are subject to an interview at the centre or over the phone or Skype. For more information, call Heartwood on 01803 865464 or visit [heartwoodcounselling.org](http://heartwoodcounselling.org)

# Counselling and Stress Management

Talking therapies such as counselling and psychotherapy can help overcome problems from depression to relationship issues and substance abuse. Stress is a 'modern epidemic' linked to many physical and mental disorders.

If you are looking to learn more or enhance your existing skills, BSY's other Practitioner and Professional Development Counselling and Stress Management courses can help you achieve this. Read on to discover the courses we offer.



Level: Professional Development

Lessons: 10

Achieve: BSY Certificate of Merit in Alcohol and Drug Counselling  
QLS Level 3 certificate of achievement\*

Suitable for: All students

## Alcohol & Drug Counselling

This course teaches the essentials for understanding alcohol and drug problems, for making an assessment of the individual, for giving appropriate help within one's own competence and for making decisions on when to make professional referral and when to seek the advice of others.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Alcoholism / Treatment Philosophy • Problem Drinker or Alcoholic? • Beginning the Counselling Process • Creating a Treatment Plan • Conducting a Diagnostic Interview • Aspects and Phases of Recovery

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Anger and Aggression Management, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Anger and Aggression Management

It is possible to deal with feelings of anger without emotionally or physically damaging someone else in the process. Honest and spontaneous expression can and will help to prevent inappropriate and destructive anger. We need to know how to assume responsibility for our own emotions and restore our peace of mind. Learn how behavioural patterns develop and how negative behaviour can be managed.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Anger and Aggression • The Facts and Myths • Depression • Dealing with Feelings • Emotions • Practising Assertion

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Basic Counselling, QLS Level 2 certificate of achievement\*

Suitable for: All students

## Basic Counselling Skills Part 1

There are times in our lives when we experience distressing events or feelings that we may or may not be able to attribute to a specific cause. Counselling enables people to clarify their thoughts and feelings, to arrive at their own decisions or even make changes to their lives. Once you have completed this course you should progress to the Counselling Skills Part 2 course to complete practitioner training.

Course Subjects:

- Listening and Interview Counselling • Model of Non-directive Counselling • Developing the Counselling Relationship • Motivational Skills/Blocks to Communication • Counselling the Grieving • Dealing with Stress, Anxiety and Depression

Level: 3

Lessons: 6

Achieve: ASC Counselling Skills Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Basic Counselling Skills Part 1

Practical Training: Optional 2 days

## Counselling Skills Part 2

This course follows on from the Basic Counselling Skills course. The course expands this knowledge, giving training in the important areas of family and cultural differences, and the important issues of denial and motivation.

Course Subjects:

- Philosophy and Design/Notetaking • Effective Communication • Changing Behaviour • Dealing with Denial • Working with the Family • Marital Counselling

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Bereavement Counselling QLS Level 3 certificate of achievement\*

Suitable for: All students

## Bereavement Counselling

Working with the bereaved is a very important area in counselling work. The sense of loss, intense grief and depression that follow bereavement can be almost unbearable, and the need for counselling is often a desperate one. This course will equip you with the skills in this valuable area of counselling.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Grief / Denial and Death • Exploring Grief and Letting Go • Bereavement and the Male Client • Working with Children • Adjusting to Violent Death

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Body Language

Suitable for: All students

## Body Language

Body language comprises almost 80% of human communication. When there is conflict between the spoken word and the messages the body sends out, body language is stronger, and people tend to believe the message they see rather than the one they hear. This course shows you how to 'read' and use body language effectively to avoid creating confusion and to maximise co-operation.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- First Impressions • Communicating Feelings • Non-Verbal Communication • Reading the Face/ Head Movements • The Games We Play • Orientation

Become a: BSY Bullying Therapy (Early Years) Practitioner

Level: 3

Lessons: 8

Achieve: ASC Bullying Therapy (Early Years) Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Bullying Therapy (Early Years)

Bullying remains a big problem in schools and occasionally has extreme consequences. The media attention this attracts, coupled with decades of research, has culminated in schools drawing up policies to tackle the issues arising from all forms of bullying, including 'cyberbullying'. This course provides clear definitions and a conceptual framework in order to help understand the motivating factors behind bullying. It is designed as an add-on to psychotherapy and counselling and also as a general interest course.

For professional use, a pre-requisite is Counselling or Psychotherapy.

Course Subjects:

- The Psychological Aftermath • Aggression • A Child's Perspective • An Adult's Perspective • Policy, Prevention and Intervention • The Way Ahead: Pupil-Centred Approaches

Become a: BSY Cognitive Behavioural Therapist

Level: 3

Lessons: 10

Achieve: ASC Cognitive Behavioural Therapy (CBT) Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy is a form of Psychotherapy that focuses on assessing the particular ways in which individuals think, perceive, behave and react, so that they can successfully deal with their behavioural, emotional or social challenges. CBT is a powerful tool for personal development. This course covers the history, techniques and applications, and examines the most common presenting issues for the CBT therapist.

Course Subjects:

- Establishing the Therapeutic Relationship • Consultation and Formulation • Assumptions and Beliefs / Goal Setting / Cognitions • Negative Thought Processes / Behavioural Techniques
- Psychological Problems • CBT Applications / Anxiety Disorders • Anger Management / Mindfulness • CBT in Practice

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Compulsive Behavioural Disorders, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Compulsive Behavioural Disorders

This course is formulated to look beyond the orthodox approach and appreciate that individuals who are suffering from established patterns of compulsive eating, dieting, working, cleaning, gambling, spending, exercising etc. are involved in addictive behaviours, which include among their many harmful effects the disruption and prevention of honest intimacy and contact within a family unit.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Behavioural Problem or Disease? • Confusion in Diagnosis • Treatment Options • Training the Mind • Recovery

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Couple Counselling

Suitable for: All students

## Couple Counselling

As divorce rates soar, relationship counselling is more in demand than ever. This course will help you develop your understanding of relationship dynamics and the role of each individual. Consider how the needs of each partner can be accommodated, and look at ways of improving communication within a relationship. You will also look at relationships where the best solution may be its discontinuation.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- The Dynamics of Relationship • Why Problems Arise • Talking About Change • Dealing with Feelings • The Healing Process

Become a: BSY Crisis and Trauma Counselling Practitioner

Level: 3

Lessons: 10

Achieve: ASC Crisis and Trauma Counselling Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Crisis and Trauma Counselling

Crisis and trauma counselling is growing in popularity to help individuals cope with stressful events in their lives. Crises and traumatic events are not limited to major incidents, disasters or fatal outcomes, but encompass ordinary events in life. Those needing counselling support may extend well beyond the immediate victims of a situation. This course is aimed at those already in a counselling role who wish to develop their knowledge and widen their practice scope.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy (advised)

Course Subjects:

- Basic Skills and Theories • Ethics in Counselling • Theoretical Models • Current Perception of Crisis and Trauma Counselling • Crisis and Trauma Counselling in Action • Critical Incidents
- Specialist Skills and Short Term Interventions • Self Evaluation and Reflection

Become a: BSY Drama Healing Therapy Practitioner

Level: 3

Lessons: 10

Achieve: ASC Drama Healing Therapy Diploma

Pre-requisite: Stress Consultant, Psychotherapy or Counselling

## Drama Healing Therapy

Drama is one of man's oldest communal activities and has immense power to heal minds and mend relationships. This course will introduce you to that power – showing you its possibilities, and at the same time warning of its dangers. You will develop the core skills of Emotional Intelligence and Problem Identification, and learn how to apply them across a range of contexts.

Course Subjects:

- Drama in History • Theoretical Premise • Using Other People • Warming Up • Techniques • Content and Action • Working with Adolescents and Children • Life Crises • Wider Application of Drama and Therapy • Problems and Difficulties

Level: Professional Development

Lessons: 9

Achieve: BSY Certificate of Merit in Eating Disorders Part 1, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Eating Disorders Part 1

An understanding of the nature of eating disorders will give a clearer perception of how they can be treated, to the sufferer, fellow sufferers, family and loved ones. Part 1 examines the background to eating disorders, including predisposition, physical and behavioural effects. It looks at the anatomy and physiology of the main body systems. It is essential that the student progresses to Part 2 to complete studies to practitioner level.

Course Subjects:

• Research, History and Development • Bodily Systems • Findings, Statistics & Mortality • Anxiety and Body Image • Anorexia Nervosa

Become a: BSY Eating Disorders Therapist

Level: 4

Lessons: 9

Achieve: ASC Eating Disorders Diploma QLS Level 4 certificate of achievement\*

Pre-requisite: Eating Disorders Part 1

## Eating Disorders Part 2

Part 2 examines Bulimia Nervosa and treatment strategies. The use of the food diary is discussed, within the broader subject of food and nutrition. You will also study the 'twelve steps' technique and other methods of combating negative and irrational thoughts.

Course Subjects:

• Bulimia Nervosa • Emotional and Psychological Problems • Lifestyle • Basic Nutrition • Coping & Holistic Strategies • Exercise • Confirmed Negativity • Condition

Become a: BSY End of Life Therapist

Level: 3

Lessons: 10

Achieve: ASC End of Life Therapy Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Counselling or Psychotherapy (advised)

## End of Life Therapy

An important and rewarding therapy, which provides fulfilment for those supporting this crucial time at the close of life. By providing helpful frameworks, this course is designed to prepare counsellors, psychotherapists, coaches and other professional care givers to respond sensitively and creatively to the psychological processes that people face at the end of life. Specific emotional, physical, social, ethical and spiritual issues, professional ethics and boundary issues relating to end of life care will be explored.

Course Subjects:

• Core Counselling Competencies • Stages of the Ending of Life • Psychology of Dying • Primal Regression Therapy and Integration Work • Living Family, Dying Member • Client, Counsellor and Community • Preparations for Closure • Creative Work with People in Comas and Approaching the End of Life

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Family Therapy

Suitable for: All students

## Family Therapy

A dysfunctional family is defined as one that is consistently unable to provide a safe and nurturing environment. Through its maladaptive behaviours, this family develops a set of restrictions that inhibit the social and emotional growth of its members, particularly the children. An invaluable course for any counsellor interested in this field.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

• The Rules of Dysfunction • Recovery – the Therapeutic Process • Dealing with Feelings • Moving On – Emotional Intimacy • The Family and the Healing Process

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Journal Therapy

Suitable for: All students

## Journal Therapy

Freud recognised the journal as key to the psyche and Jungians also attached great importance to their clients' dream logs. As well as a tool used by cognitive therapists as an aid to recovery, 'Journaling' is considered an effective tool in self-guidance for those who feel they have the necessary personal resources to act as their own counsellor.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

• The Journal as a Therapeutic Tool • Journaling v Diary Keeping • Devices and Techniques • Personal Problems into Personal Joy • Exploring Dreams and Fantasies

<p>Become a: BSY Managing Stress in the Workplace Therapist</p> <p>Level: 4</p> <p>Lessons: 20</p> <p>Achieve: ASC Managing Stress in the Workplace Diploma</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Managing Stress in the Workplace – A Training Course for Trainers</h2> <p>Billions of pounds are lost each year to UK businesses as millions of days are lost to workplace stress. A cost-effective way of dealing with this problem is to employ in-house stress management trainers. This specialist course provides trainers with the essential skills to stage stress management courses within their own corporate situations. Legal implications and European legislation are examined. A comprehensive training package is included.</p> <p><b>Course Subjects:</b></p> <ul style="list-style-type: none"> <li>• HSE Management Standards and Guidance</li> <li>• Review of Surveys and Questionnaires</li> <li>• EU Guidance</li> <li>• Statistics, Fact &amp; Fallacies</li> <li>• Stress Indicators</li> <li>• Good Practice</li> <li>• Causes and Prevention</li> <li>• Stress Audits and Risk Prevention</li> <li>• Bullying and Harassment</li> <li>• Substance Abuse</li> <li>• Violence and Aggression</li> <li>• Policies and Programmes</li> <li>• The Stress Audit</li> <li>• Effects of Meditation</li> <li>• Training Programme and Workshop</li> </ul>
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<p>Level: Professional Development</p> <p>Lessons: 8</p> <p>Achieve: BSY Certificate of Merit in Mediation</p> <p>Pre-requisite: Counselling, Stress Management or Psychotherapy</p>	<h2 style="text-align: center;">Mediation</h2> <p>Mediation is an effective method of conflict resolution in the workplace and in domestic and neighbourhood disputes. Mediation aims to arrive at a solution where there are no winners and losers but an agreed outcome that is negotiated through discussion. This course aims to offer the student a pathway to developing an interest or career in mediation.</p> <p><b>Course Subjects:</b></p> <ul style="list-style-type: none"> <li>• Areas of Mediation and the Process</li> <li>• Skills and Qualities of a Mediator</li> <li>• Family, Workplace and Community Mediation</li> <li>• Case Studies</li> <li>• Working as a Mediator</li> </ul>
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<p>Become a: BSY Meridian Psychotherapy Practitioner</p> <p>Level: 4</p> <p>Lessons: 10</p> <p>Achieve: ASC Meridian Psychotherapy Diploma, QLS Level 4 certificate of achievement*</p> <p>Pre-requisite: Counselling, Hypnotherapy or Life Coaching (advised)</p>	<h2 style="text-align: center;">Meridian Psychotherapy</h2> <p>Meridian Psychotherapy comprises techniques that provide quick and usually permanent relief from negative emotional states. Rooted in both psychology and ancient healing sciences, it combines 'talking therapy' with energy techniques designed to release underlying disturbances and restore free flow of life energy to the body/mind. Learn the full Emotional Freedom Techniques (EFT) for use in a professional context. It can be undertaken as a stand-alone course or as an excellent adjunct to those trained in fields such as counselling, hypnotherapy and life coaching.</p> <p><b>Course Subjects:</b></p> <ul style="list-style-type: none"> <li>• The Human Energy System</li> <li>• Emotional Freedom Techniques</li> <li>• Counselling and Psychotherapy</li> <li>• Running a Practice</li> <li>• Modern Development</li> <li>• Applications of EFT</li> <li>• Developing as a Therapist</li> <li>• Other Treatment Approaches</li> </ul>
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<p>Level: Professional Development</p> <p>Lessons: 6</p> <p>Achieve: BSY Certificate of Merit in Mindfulness, QLS Level 3 certificate of achievement*</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Mindfulness</h2> <p>Mindfulness is not a fad or a trend – it has been around for more than two thousand years. To live a mindful life, practitioners learn to inhabit the moment – this reduces stress and encourages an increased sense of self-awareness so that problems can be challenged and worked through in a calm way. This course introduces you to the techniques and core principles that you can benefit from for self-development or share with others.</p> <p><b>Course Subjects:</b></p> <ul style="list-style-type: none"> <li>• Mindfulness Living and Meditation</li> <li>• Mindfulness for Anxiety States and Mindfulness-based Cognitive Therapy</li> <li>• Mindfulness and Healing</li> </ul>
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<p>Become a: BSY Neuro-Linguistic Programming Practitioner</p> <p>Level: 3</p> <p>Lessons: 10</p> <p>Achieve: ASC Neuro-Linguistic Programming (NLP) Diploma, QLS Level 3 certificate of achievement*</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Neuro-Linguistic Programming</h2> <p>NLP is the study of human excellence. Often described as 'software for your brain,' it allows you to tap into the kinds of experiences you want to have, create your own future and gain mastery over your emotions. With this course, you can also facilitate others in freeing themselves from negative thought patterns and, quite literally, help them to change their lives.</p> <p><b>Course Subjects:</b></p> <ul style="list-style-type: none"> <li>• Science of Personal Achievement</li> <li>• Accessing the Inner Genius</li> <li>• Management of States</li> <li>• Success Strategies</li> <li>• Models / Motivation / Timelines</li> <li>• NLP in Therapy / Applications</li> <li>• Power of Imagination</li> <li>• Constructive Positive Thinking</li> </ul>
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\* See our accreditations page for details.

Become a: BSY NLP Life Skills Coach

Level: 3

Lessons: 12

Achieve: ASC NLP Life Skills Coaching Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## NLP Life Skills Coaching

Human nature means that we all have a range of aims and goals in life. Unfortunately, most of us don't reach our goals because we don't plan and we simply go with the flow of life – good or bad. A life skills coach can facilitate change within individuals and encourage clients to become no limits thinkers who believe everything is possible. This course provides a complete toolkit so that students can offer life-changing coaching in every aspect of life.

Course Subjects:

- NLP Presuppositions • Rapport • Setting Outcomes • Transition/Financial Coaching • Career Coaching
- Assertiveness Coaching • Time Management • Relationship Counselling • Stress Management
- Domestic Coaching • Fitness Coaching

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Positive Anxiety Management

Suitable for: All students

## Positive Anxiety Management

Approximately 1 in 10 of the population suffers from anxiety states and many will also suffer from phobias (irrational fears). The approach to recovery takes a practical view of problems and involves discussion, advice and practical strategies that clients can use in their own lives. Research has proven the effectiveness of these techniques for a range of stress-related problems.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Anxiety States • Counselling and Relaxation • Conflict and Anxiety • Initial Consultation • Symptoms and Stimuli • Therapy

Become a: BSY P.T.S.D. Management Practitioner

Level: 4

Lessons: 12

Achieve: ASC P.T.S.D. Management Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

## Post Traumatic Stress Disorder Management (P.T.S.D.)

Research has advanced our understanding of P.T.S.D. and its treatment. P.T.S.D. can be caused by exposure to a wide range of traumatic events and the mental and physical impact and suffering indicate a need for therapeutic assistance. This course highlights the necessity of prompt recognition of symptoms and treatment strategies that can benefit clients and those around them.

For professional use, a pre-requisite is Counselling / Stress Management or Psychotherapy.

Course Subjects:

- What is PTSD? • Causes and Risk Factors • Stress and its Negative Effects • Assessment and Diagnosis
- Interviewing Techniques and Assessment • Intervention Strategies • Medication and Coping Strategies
- Treatment Options • Psychotherapy Theories

Become a: BSY Psychotherapy Practitioner

Level: 3

Lessons: 10

Achieve: ASC Psychotherapy Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: Optional 2 days

## Psychotherapy

When a client has problems and anxieties that have become too great for him to cope with, a Psychotherapist will aim to help him resolve his predicament by applying a range of strategies within the bounds of a professional relationship. Learn how Psychotherapy leads the individual to deeper self understanding, resolution, recovery and improved self-worth.

Course Subjects:

- Therapeutic Approaches • Client's Needs • The Processes of Change and Recovery • Behavioural Therapy
- Improving Close Relationships • Developing Emotional Awareness • Ultimate Goals

Become a: BSY Advanced Psychotherapy Practitioner

Level: 3

Lessons: 8

Achieve: ASC Advanced Psychotherapy Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: Optional 2 days

## Psychotherapy (Advanced)

Psychotherapy strives for the articulation and understanding of the client's ideas about himself and about other people and by employing these techniques in areas such as industrial management and community work, formal relationships are made amenable to interpersonal examination and themes current in everyday life are elaborated.

### Course Subjects:

• Psychotherapy Treatment • Examination of Mental State • Communication • Functional and Affective Disorders • Psychosomatic Reactions • Additional Methods

Become a: BSY Relationship Transactional Analysis Practitioner

Level: 3

Lessons: 10

Achieve: ASC Relationship Transactional Analysis Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Relationship Transactional Analysis

Transactional Analysis (TA) is a therapy based on the idea that we take our behaviours, feelings and thoughts from childhood into our adult relationships. TA therapy works by challenging the current beliefs a person holds and the games they play in relationships. With the awareness of the problematic behaviours and cognitions, individuals can make the choice to positively change the way they see themselves and their relationships with others.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

### Course Subjects:

• Development of Transactional Analysis • Understanding Behaviour • Assessing Ego States/ Structural Analysis • Scripts and Counterscripts • Script Analysis/ The Rescue Game • Gender Roles • Relationships/ The TA Therapist • The TA Process/ The Script System • Closing the Escape Hatches

Become a: BSY Professional Relaxation Therapist

Level: 3

Lessons: 8

Achieve: ASC Relaxation Therapist Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Relaxation Therapist (Professional)

This course provides training for all those wishing to develop, or pursue, a new career in Relaxation Therapy. Gain skills and knowledge in what has often been an unstructured field of expertise. This course will improve your self awareness and is a valuable course to complement any therapy course.

### Course Subjects:

• Exercise through the Subtle Body/Progressive Relaxation Therapy • Sleep and Deep Relaxation / Meditational Techniques • Colour in Deep Relaxation • Visualisation and other Modalities • Smell, Touch and Positivity • Water / Stress and Digestion / Setting up your Relaxation Centre

Become a: BSY Advanced Stress Consultant

Level: 4

Lessons: 18

Achieve: ASC Advanced Stress Consultant Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

Practical Training: Optional 2 days

## Stress Consultant (Advanced)

Stress can be a huge factor in people's lives. This course is designed to build on the information in our other stress management courses, to widen horizons and to explore the fascinating subject of the analysis of stress: its causes, effects and the techniques available to enable us to enjoy a happy and fulfilled life.

### Course Subjects:

• Understanding Stress Levels • Approaching Stress Medically and Holistically • The Physiological Effects • Physical and Mental Symptoms • The Immune System and Use of Drugs • Functions and Disorders of the Cardiovascular and Respiratory Systems • Treating Trauma and Phobia • Achieving Harmony and Fulfilment • Breathing and Relaxation Techniques • Exercise and Nutrition • The Consultation Process • First Aid



BSY is an excellent place to study as you get honest feedback, help when required and nothing is too much trouble. I wish I had found your college sooner. The money that I spent on courses is the best money that I have spent.”

Become a: BSY Professional Stress Consultant

Level: 3

Lessons: 8

Achieve: ASC Professional Stress Consultant Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

Practical Training: Optional 2 days

## Stress Consultants (Professional)

This course covers the vast spectrum of stress-related problems and their treatment. It provides analysis of the root cause of these problems, explains the various treatments available and the techniques that can be applied. It gives a solid introduction to the knowledge necessary for a career as a Professional Stress Consultant, including a simple step-by-step guide to starting your own practice.

It is recommended that the graduate progresses to the Advanced Stress Consultant course.

Course Subjects:

- Human Anatomy and Systems of the Body • Psychology • Relaxation • Stress and Anxiety
- Methods and Techniques of Treatment • Starting your own Stress Consultancy

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Stress Counselling in the Workplace

Suitable for: All students

## Stress Counselling in the Workplace

Companies both large and small are increasingly recognising the enormous benefits of retaining the services of a trained counsellor competent in establishing Employee Assistance Programmes and experienced in formulating policies and a range of brief interventions to assist such individuals. This course is designed to give you the knowledge and skills necessary to fill this valuable role.

Course Subjects:

- Employee Assistance Programmes • Exploring the Need • Establishing and Facilitating Training Programmes • Substance Abuse in the Workplace • The Company Policy

Level: Professional Development

Lessons: 10

Achieve: BSY Certificate of Merit in Transactional Analysis, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Transactional Analysis

Transactional Analysis (TA) seeks to explain how individuals function and express personality and behaviour characteristics. TA is now widely used across diverse integrated therapeutic approaches, such as in organisational or child development and educational contexts. It is also a practical therapeutic tool for the diagnosis and treatment of many psychological disorders.

For professional use, a pre-requisite is Counselling, Stress Management or Psychotherapy.

Course Subjects:

- Introducing Transactional Analysis • Personality and Ego States • Recognising Ego States • Communication • Redefining and TA Practice

### Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

- Behavioural Therapy • Co-dependency Counselling • Cognitive-Synesthetic Therapy • Communication Skills • Corporate Stress Management • Corporate Stress Management (Advanced) • Counselling for Debt Crisis Anxiety • Depression Management • Developing Active Listening Skills • Divorce Therapy and Mentoring • Eating Disorders and the Family Unit • HIV/AIDS – Holistic Counselling and Care • Moral Philosophy and Ethical Decisions • Psycho-Compatibility Therapy • Rational Emotive Therapy • Reality Therapy • Rebirthing: A Course In Prenatal And Perinatal Psychotherapy • Understanding Drugs

“

Very grateful to BSY for making my professional studies so accessible.”

# Psychology

Choose from our range of courses in Psychology, suitable for beginners to practitioners



Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in Abnormal Psychology, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Abnormal Psychology

This course looks at why people come to act in an unusual or disturbing manner, and what kinds of therapies have been developed to help them return to normal living. This course is suitable for anyone interested in making a career in counselling, social work, nursing, caring or therapy.

Course Subjects:

- Defining Abnormal • Models of Abnormal Behaviour • Phobias / Stress / Abnormal Moods
- Anxiety & Panic Attacks • Disorders & Dysfunction • Diagnostic & Statistical Manual
- Depression / Treatment / Therapy

Level: Professional Development

Lessons: 5

Achieve: Certificate of Merit in Introductory Forensic Psychology

Suitable for: All students

## Forensic Psychology (Introductory)

This course looks mainly at forensic psychology, but also gives an overview of forensics, including crime scene investigation and other specialist areas. This course will give students an interesting introduction to the subject.

Course Subjects:

- An Overview of Forensic Psychology • Other Defences against the Act • Offences and Rights
- Psychological Profiling • Insanity and Other Psychological Disorders • Competency and Criminal Responsibility • Psychological Testing / Forensic Science

Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in Personality Assessment

Suitable for: All students

## Personality Assessment

The aim of this course is to enable the student to achieve a balanced viewpoint regarding the best approach in diagnosing and assessing a personality. Personality assessment skills are important not only to such professionals as counsellors, therapists and social workers, but also to the doctor or lawyer, the business man, the salesman, and the teacher.

Course Subjects:

- Perceptions and Misconceptions of People • Understanding Personality • Personality Theories
- The Consistency of the Personality • Practicable Methods of Assessment • Personal Concepts

Level: Professional Development

Lessons: 8

Achieve: Certificate of Merit in Introductory Psychology

Suitable for: All students

## Psychology (Introductory)

Do you want to know what is relevant to your life, future and how to cope with problems you face? Psychology touches almost every part of our lives and addresses the entire person; present and past history, needs and wants, joys and complaints, and in doing so presents us with the opportunity to bring the mind, the body and the spirit into alignment.

Course Subjects:

- Cognitive Psychology • The Subconscious and Conscious Mind • Negative Emotions • Training Your Subconscious • The Spiritual Element • Success • The Quest for Truth

Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in The Psychology of Self

Suitable for: All students

## The Psychology of Self

This course attempts to guide students through the psychological theories of personal identity towards a deeper understanding of self and consciousness. Psychology, modelling itself on the physical sciences, concentrates on the empirical study of human beings, neglecting the spiritual and universal aspects of the self.

Course Subjects:

- Introduction to Psychological Theories of Personal Identity
- Behaviouristic and Humanistic Perspectives on the Creation of Personality
- What is Consciousness?
- The Mind/Body Problem
- Other Bodies, Other Worlds, Same Self
- Reincarnation and Other Eastern Concepts of the Self

Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in Introductory Social Psychology

Suitable for: All students

## Social Psychology (Introduction)

Social Psychology goes naturally with a leaning towards believing that we are made, rather than born, what we are. This course examines what effects the individual's interaction with his environment has on their attitudes, perceptions and prejudices.

Course Subjects:

- Historical Perspective
- Attitudes
- Prejudice and Discrimination
- Aggression
- Groups
- Social Exchange

Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in Further Social Psychology

Suitable for: All students

## Social Psychology (Further)

This course extends the subject matter of our introductory course and examines how power relations underlie a lot of what is said in verbal interaction. Finally two aspects of interaction, attraction and ethical behaviour are explored.

Course Subjects:

- Historical Introduction
- Conversational Politics
- Of Town and Country: Urbs versus Rus
- Personal Space
- Attraction and Sexuality
- Ethics in Behaviour

Level: Professional Development

Lessons: 6

Achieve: Certificate of Merit in Advanced Social Psychology

Suitable for: All students

## Social Psychology (Advanced)

This course considers behaviour in organisations, with special attention paid to those managing deviance, whether criminal or psychological, and the psychological effects of a class society.

Course Subjects:

- Established Theories
- Social Influence
- The Psychology of Organisations
- Managing Deviance
- Psychology and Social Structure
- The Limits of Adaptation

### Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

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Enrol online [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

# Health & Social Care

Choose from over 30 courses in Health and Social Care, suitable for beginners to practitioners



Level: Professional Development / Personal Achievement

Lessons: 7

Achieve: Certificate of Merit in Arthritis – the Holistic Approach

Suitable for: All students

## Arthritis – the Holistic Approach

This course explores the possible causes of arthritis, including genetic predisposition, dietary and lifestyle habits and impaired immune system function and how changes to lifestyle can be of benefit to sufferers. This course is ideal for self-help or helping family members, as well as for those wishing to add to their portfolio to enhance their existing practice or as a foundation for formal training.

Course Subjects:

- What is Arthritis? • Taking Action • Self-help and Exercise • Vitamins and Minerals • Body and Mind Therapies

Level: 2

Units: 6

Achieve: NCFE CACHE Certificate in Understanding Autism\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Autism - Understanding (RQF Level 2)

(Qualification reference: RQF 601/6330/6)

This course covers the principles of supporting individuals with autism – including influence of positive communication methods, supporting positive behaviour. It is beneficial if you provide direct support to individuals or are working in sectors such as healthcare, social care, leisure, entertainment, education and training or nursing.

Course Subjects:

- Introduction to Autism • Using a Person-centred Approach to Support Individuals with Autism • Communication and Social Interaction in Individuals with Autism • Sensory Processing, Perception and Cognition in Individuals with Autism • Supporting Positive Behaviour in Individuals with Autism • Supporting Individuals with Autism to Live Healthy and Fulfilled Lives

Level: 3

Units: 6

Achieve: NCFE CACHE Certificate in Understanding Autism\*\* at Level 3

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Autism - Understanding (RQF Level 3)

(Qualification reference: RQF 603/1935/5)

This course will allow you to develop in-depth knowledge and understanding of autism. It looks at how to adopt a positive approach to supporting individuals with autism, and explores the current legislative framework relating to individuals with autism and how different theories have developed over time.

Course Subjects:

- Autism in Context • Positive Behavioural Support for Individuals with Autism • Understand Support and Management of Transitions for Individuals with Autism • Therapeutic Interventions and Support for Individuals with Autism and Co-occurring Conditions • Communication and Social Interaction with Individuals with Autism • Safeguarding and Resilience in Autism

Level:	Professional Development / Personal Achievement
Lessons:	10
Achieve:	Certificate of Merit in Basic Pharmacology, QLS Level 3 certificate of achievement*
Suitable for:	All students

## Basic Pharmacology

Underpinning knowledge of pharmacology provides complementary practitioners with understanding of medical treatments, enabling them to develop more appropriate therapeutic programmes for clients. Possible side effects of drugs, how drugs are developed and metabolism and elimination (ADME) which all drugs go through are also discussed.

### Course Subjects:

- The Evolution of Pharmacology • How are Drugs Developed? • Essential Pharmacokinetics
- How Drugs Work • The Systems of the Body

Level:	2
Units:	4
Achieve:	NCFE CACHE Certificate in Understanding Behaviour that Challenges** at Level 2
Suitable for:	All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Behaviour that Challenges (RQF Level 2)

(Qualification reference: RQF 603/1062/5)

This course will allow you to develop in-depth knowledge of behaviour that challenges, which could support progression onto other appropriate qualifications and into relevant employment in the health and social care sector. It could be useful to learners working in education settings. This qualification would be valuable to learners already working in education and health and social care settings.

### Course Subjects:

- Understand Behaviour that Challenges • Understand How to Support Positive Behaviour
- Understand the Importance of Effective Communication and the Management of Behaviour that Challenges • Understand the Role of Reflection and Support for those Involved in Incidents of Behaviour that Challenges

Level:	Professional Development / Personal Achievement
Lessons:	6
Achieve:	Certificate of Merit in Cardio-Care
Suitable for:	All students

## Cardio-Care Therapist

This course provides advice and information that will supplement, but not replace, medical advice. It will aid the practitioner working in many related areas such as sport, stress management or natural healthcare. This course is ideal for self-help or helping family members, as well as for those wishing to add to their portfolio to enhance their existing practice or as a foundation for formal training.

### Course Subjects:

- Holistic Cardio-Care / How the Heart Works • Diet and Exercise • Smoking • Stress • Client Assessment

Level:	2
Units:	6
Achieve:	NCFE CACHE Certificate in The Principles of Care Planning** at Level 2
Suitable for:	All students

\*\*Compulsory NCFE CACHE registration fee applies, see website for details

## Care Planning (RQF Level 2)

(Qualification reference: RQF 601/7566/7)

The course will help learners to understand their role in supporting the preferences and needs of individuals in relation to their care or support, the development and implementation of care plans and contributing to the review of these by observing, monitoring and reporting on the care activities they are responsible for.

### Course Subjects:

- Understanding Person-centred Thinking and Planning • Care Planning for the Care Worker
- Understanding Nutrition and Hydration in Health and Social Care Settings • Principles of Supporting an Individual to Maintain Personal Hygiene • Understanding Continence Care
- Principles of Supporting Sleep

Level:	Professional Development / Personal Achievement
Lessons:	9
Achieve:	Certificate of Merit in Clinical Audit
Suitable for:	All students

## Clinical Audit

This course teaches 'best practice' for complementary therapists, healthcare professionals, counsellors, education staff. It covers audit topics, such as record-keeping, infection control and hygiene and client/patient satisfaction. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice, as well as for those wishing to go on to study for a career in this field.

### Course Subjects:

- The History of Clinical Audit • Misconceptions • Ethics • Selecting Audit Topics, Aims and Objectives • Developing Clinical Audit Criteria and Standards • Collecting and Analysing the Data • Making Changes

Level:	Professional Development / Personal Achievement
Lessons:	4
Achieve:	Certificate of Merit in Deaf Awareness QLS Level 3 certificate of achievement*
Suitable for:	All students

## Deaf Awareness

This course will help you to consider your own attitude to deafness and that of others. You will gain an understanding of the problems that deafness brings and how hearing people can help. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice, as well as for those wishing to go on to study for a career in this field.

### Course Subjects:

- Deafness/Personal Hearing Aids • Technology/How to Help a Hearing Aid User • Conditions/Communication Methods • Sign Language Alphabets/ Sense • British, American and Spanish Sign Language

Level:	2
Units:	7
Achieve:	NCFE CACHE Certificate in the Principles of Dementia Care** at Level 2
Suitable for:	All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Dementia Care (RQF Level 2)

(Qualification reference: RQF 600/6355/5)

This qualification aims to assist learners to develop their knowledge and understanding of the principles of caring for those with dementia. The qualification can be used to support the underpinning knowledge and understanding needed for those working in or towards a dementia care role.

### Course Subjects:

- Dementia Awareness • The Person-centred Approach to the Care and Support of Individuals with Dementia • Understand the Factors that can Influence Communication and Interaction with Individuals who have Dementia • Understand Equality, Diversity and Inclusion in Dementia Care • Understand the Administration of Medication to Individuals with Dementia using a Person-centred Approach • Understand Behaviour in the Context of Dementia • Understand the Benefits of Engaging in Activities in Social Care

Level:	3
Units:	7
Achieve:	NCFE CACHE Certificate in Understanding the Principles of Dementia Care** at Level 3
Suitable for:	All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Dementia Care (RQF Level 3)

(Qualification reference: RQF 603/0196/X)

This course will allow you to develop in-depth knowledge and understanding of dementia and its effects. It enables learners to understand types of dementia and the importance of early diagnosis.

### Course Subjects:

- Understanding Dementia • Understand how Person-centred Approaches are used to Underpin the Care and Support of Individuals with Dementia • Principles of Communication and Interaction in Dementia Care and Support • Supporting Positive Interaction, Occupation and Activity in Dementia Care • Principles of Equality, Diversity and Inclusion in Dementia Care and Support • Understand how to Support Individuals with Dementia to Exercise Choice and Rights • Principles of the Administration of Medication and Well-being of Individuals with Dementia

Level:	Professional Development / Personal Achievement
Lessons:	10
Achieve:	Certificate of Merit in Disability Issues, QLS Level 3 certificate of achievement*
Suitable for:	All students

## Disability Issues

This course gives an overview of disability in today's society; to encourage you to really think about disability. You will complete this course with a wide ranging knowledge of the issues and dilemmas people face on a daily basis. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- History of Disability • Politics and Disability • Disability in the Media • Work, Rest and Play • Care • Disability Etiquette • Empowerment and Advocacy • Coming to Terms with Disability • Independence and Inclusion • Positive Intervention and Interaction

Level: 2

Units: 6

Achieve: NCFE CACHE Certificate in the Principles of End of Life Care\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## End of Life Care (RQF Level 2)

(Qualification reference: RQF 601/3818/X)

Through studying this course you will learn how to work in end of life care. The course is suitable for a wide range of learners, for example, you may wish to access this training with a view to progress to further qualifications or employment within health and social care, to complement other qualifications in apprenticeship frameworks within health or health and social care, or to develop in your current job role within health and social care.

Course Subjects:

- Understand how to Work in End of Life Care
- Care Planning in End of Life Care
- Understand how to Provide Support to Manage Pain and Discomfort
- End of Life Care and Dementia
- Understanding the Role of the Care Worker in Time of Death
- Understand Loss and Grief in End of Life Care

Level: 3

Units: 5

Achieve: NCFE CACHE Certificate in the Principles of End of Life Care\*\* at Level 3

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## End of Life Care (RQF Level 3)

(Qualification reference: RQF 501/0117/1)

This course looks at the definition of end of life care, explores common questions and themes, informs learners of the range of possible approaches to end of life care, provides learners with an understanding of how to support a person's familial, spiritual, social and emotional needs, and prepares the learner to confront issues of death and bereavement. The qualification is designed for anyone who is seeking to increase their knowledge of end of life care in a vocational setting. It's aimed at those working in the healthcare sector whose job description includes caring for those who have a life-limiting illness and is also appropriate for those who have already achieved other qualifications in the healthcare sector who need to apply their understanding in palliative care.

Course Subjects:

- Understanding End of Life Care
- Communication During End of Life Care
- Assessment and Care Planning in End of Life Care
- Person Centred Approaches to End of Life Care
- Care during the Final Hours of Life and Bereavement Care

Level: 2

Units: 4

Achieve: NCFE CACHE Certificate in Falls Prevention Awareness\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Falls Prevention Awareness (RQF Level 2)

(Qualification reference: RQF 603/2552/5)

This course will increase your awareness and understanding of falls prevention, which could allow you to progress into, or within, employment in healthcare or social care settings. This qualification is aimed at anyone working in a healthcare or social care environment, particularly those that support, or have contact with, older people who have an increased propensity to falls.

Course Subjects:

- Falls in Context
- The Risk Factors and Causes of Falls
- Falls Assessment and Prevention
- Managing Falls

Level: Professional Development / Personal Achievement

Lessons: 6

Achieve: Certificate of Merit in First Aid

Suitable for: All students

## First Aid

This course introduces the basic principles and practices of First Aid, teaching what you can do to help in any situation requiring First Aid; help that could save a life. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice, as well as for those wishing to go on to study for a career in this field.

Course Subjects:

- First Aid Priorities
- Resuscitation / The Systems That Keep Us Alive
- Unconsciousness / The Skeleton
- Wounds and Bleeding
- Common Problems
- Hints and Holistic Remedies

Level: Professional Development / Personal Achievement

Lessons: 6

Achieve: Certificate of Merit in Health Care

Suitable for: All students

## Health Care

In this course, psychospiritual disharmonies that lead to ill-health are covered, together with what holistic healing has to offer to health care practice. This course is ideal for self-help or helping family members, as well as for those wishing to add to their portfolio to enhance their existing practice.

Course Subjects:

- Health and Illness
- Approaches to Health Restoration
- Nervous Telegraphy
- The Breath of Life
- The 'Stream of Life'
- Nutrition

Level:	Professional Development / Personal Achievement
Lessons:	7
Achieve:	Certificate of Merit in Health Care – Communication
Suitable for:	All students

## Health Care (Communication)

This course explores how we communicate and what the barriers are to good communication. In a care setting, communication is vital to every aspect of your work. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- Communication Skills • Non-Verbal Communication • Additional Needs • Communication Difficulties • Deaf Awareness • Conditions / Communication Methods • Sign Language Alphabets / Sense

Level:	Professional Development / Personal Achievement
Lessons:	6
Achieve:	Certificate of Merit in Health Care Foundation
Suitable for:	All students

## Health Care (Foundation)

This course is a must for the home carer or for those who wish to work in the caring professions. It explores the role of the carer and the qualities that are required by those who are involved in the caring professions. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- The Carers/Beginning a Portfolio • Qualities and Good Practice • The Care Team
- Health and Safety/Security in the Home and Workplace • Medical Emergencies • Control of Infection

Level:	Professional Development / Personal Achievement
Lessons:	5
Achieve:	Certificate of Merit in Health Care – Managing Challenging Behaviour
Suitable for:	All students

## Health Care (Managing Challenging Behaviour)

This course is suitable for anyone with experience of working in care. This course examines what is meant by 'challenging behaviour', how to prevent it, how to promote non-challenging behaviour and how to deal with challenging behaviour when it does occur. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- Challenging Behaviour • Promoting Non-Challenging Behaviour • Dealing with Incidents • Managing the Behaviour of Children • Activities and Interests

Level:	Professional Development / Personal Achievement
Lessons:	8
Achieve:	Certificate of Merit in Health Care - Practical Care, QLS Level 3 certificate of achievement*
Suitable for:	All students

## Health Care (Practical Care)

This course examines some of the practical care that is administered to clients in a care setting on a daily basis, and includes the fundamentally important aspects of personal care. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- Observation and Recording Skills/Personal Care • Food and Feeding • The Excretory Systems / Assisting Clients with Toileting / Continence • The Skin • Prevention and Treatment of Pressure Sores
- The Endocrine System and Diabetes • Diet and Nutrition

Level:	Professional Development / Personal Achievement
Lessons:	4
Achieve:	Certificate of Merit in Health Care (Primary Nursing), QLS Level 3 certificate of achievement*
Suitable for:	All students

## Health Care (Primary Nursing)

This course will be of interest to anyone working alone in a care setting or as part of a Primary Care Team. It looks at who the members of the Primary Care Team are and identifies each of the stages involved in Primary Nursing. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

### Course Subjects:

- Historical Background • Assessment and Support • Care Plans • Death and Care of the Dying

Level:	Professional Development / Personal Achievement
Lessons:	10
Achieve:	Certificate of Merit in Health Promotion, QLS Level 3 certificate of achievement*
Suitable for:	All students

## Health Promotion

A basic understanding of health promotion will enhance your existing skills and will be invaluable as continued professional development. Health promotion is relevant to everyone's life and health needs. This course is an ideal foundation for anyone wanting to add to their portfolio in order to enhance their existing practice.

Course Subjects:

- Concepts of Health • Public Health Policy/ Community Action • Measuring Health for Health Promotion and Education • Media Routes • Models and Approaches • Contexts and Settings • Health Services and Service Provision • Assessing Health Needs • Personal Skills and Behaviour Change • Planning Health Promotion Campaigns

Level:	2
Units:	5
Achieve:	NCFE CACHE Certificate in Understanding Specific Learning Difficulties** at Level 2
Suitable for:	All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Learning Difficulties - Understanding Specific Difficulties (RQF Level 2)

(Qualification reference: RQF 603/2041/2)

This course is suitable for teaching staff, care staff or anyone looking to build their knowledge of dyslexia and other learning difficulties, as well as those working within healthcare, social care and education contexts.

Course Subjects:

- Supporting Specific Learning Difficulties • The Effects of Specific Learning Difficulties • Diagnosis of Specific Learning Difficulties • The Context of Specific Learning Difficulties

Level:	2
Units:	6
Achieve:	NCFE CACHE Certificate in Principles of Working with Individuals with Learning Disabilities** at Level 2
Suitable for:	All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Learning Disabilities - Working with Individuals (RQF Level 2)

(Qualification reference: RQF 601/1687/0)

This course aims to give you knowledge and understanding to work with individuals with learning disabilities or difficulties. You will explore the principles of safeguarding and positive risk taking and gain awareness of the autistic spectrum. This is primarily for those within healthcare and social care but may also be useful to those working in education or housing support roles.

Course Subjects:

- Understand the Context of Supporting Individuals with Learning Disabilities • Principles of Safeguarding and Protection in Health and Social Care • Introduction to Personalisation in Social Care • Principles of Positive Risk-taking for Individuals with Disabilities • Introductory Awareness of Autistic Spectrum Conditions • Principles of Supporting Individuals with a Learning Disability to Access Healthcare

Level:	Professional Development / Personal Achievement
Lessons:	8
Achieve:	Certificate of Merit in Mental Health, QLS Level 3 certificate of achievement*
Suitable for:	All students

## Mental Health

This course examines the responses to frustration and explores concepts such as abnormality, self-knowledge and voluntary control. It is ideal for self-help or helping family members, as well as for those wishing to add to their portfolio to enhance their existing practice.

Course Subjects:

- Physical & Social Environments • Conflict, Anxiety & Stress • Normality & Abnormality • Defence Mechanisms • Motives & Conflicts • Neuroses & Psychoses • Fears & Phobias • Personality Disorders / Treatment Methods

Level: 2

Units: 13

Achieve: NCFE CACHE Certificate in Awareness of Mental Health Problems\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Mental Health - Awareness of Mental Health Problems (RQF Level 2)

(Qualification reference: RQF 601/3438/0)

This course aims to raise awareness of mental health and a range of mental health problems, and is designed for anyone looking to develop their understanding of mental health and the problems that can cause mental ill health. This will support your role if you work or interact with individuals with mental health problems.

### Course Subjects:

- Understanding Mental Health • Understanding Stress • Understanding Anxiety • Understanding Phobias • Understanding Depression • Understanding Postnatal Depression • Understanding Bipolar Disorder • Understanding Schizophrenia • Understanding Dementia • Understanding Eating Disorders • Understanding Attention Deficit Hyperactivity Disorder – ADHD • Understanding Obsessive Compulsive Disorder – OCD • Understanding Post-Traumatic Stress Disorder – PTSD

Level: 2

Units: 5

Achieve: NCFE CACHE Certificate in Understanding Children and Young People's Mental Health\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Mental Health - Children and Young People (RQF Level 2)

(Qualification reference: RQF 603/2813/7)

This course will increase your knowledge and awareness of children and young people's mental health. By completing the qualification, learners will develop knowledge of mental health in children and young people which would support progression onto further qualifications and into relevant employment in the health and social care or education sectors.

### Course Subjects:

- Children and Young People's Mental Health in Context • Factors which May Affect Children and Young People's Mental Health • Children and Young People's Mental Health Concerns • The Impact of Children and Young People's Mental Health Concerns • How to Support Children and Young People with Mental Health Concerns

Level: 3

Units: 5

Achieve: NCFE CACHE Certificate in Understanding Mental Health\*\* at Level 3

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Mental Health - Understanding (RQF Level 3)

(Qualification reference: RQF 601/8968/X)

This course focuses on the study of mental health and mental well-being to support different occupational areas. You will understand how to support mental well-being through various stages of life, mental ill health, treatment options available and the potential consequences of mental ill health, as well as the skills required to work in a mental health service.

### Course Subjects:

- Understanding the Context of Mental Health and Wellbeing • Promotion of Mental Health and Wellbeing • Mental Health Problems: Associated Issues and Consequences • Understanding Mental Ill Health • Working in Mental Health

Level: 2

Units: 4

Achieve: NCFE CACHE Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care\*\* at Level 2

Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Social Care - Dignity and Safeguarding in Adult Health and Social Care (RQF Level 2)

(Qualification reference: RQF 601/3119/6)

This qualification gives an understanding of the key principles of dignity, duty of care and safeguarding as applied to adult health and social care. You will investigate the principles and how they are applied in everyday work contexts. The qualification is designed primarily for individuals working with, or intending to work with, vulnerable adults in the health and social care sectors.

### Course Subjects:

- Understand Safeguarding in Adult Health and Social Care • Principles of Dignity in Adult Health and Social Care Practice • Understand Duty of Care in Adult Health and Social Care • Understand Dilemmas and Public Concerns in Adult Health and Social Care

Level: 2  
Units: 9  
Achieve: NCFE CACHE Certificate in Preparing to Work in Adult Social Care\*\* at Level 2  
Suitable for: All students

\*\* Compulsory NCFE CACHE registration fee applies, see website for details

## Social Care - Preparing to Work with Adults (RQF Level 2)

(Qualification reference: RQF 600/0047/8)

This course provides an ideal taster for those who may be new to the sector. It is accessible to learners who want to understand more about working in health and social care. It aims to introduce some basic concepts of caring and preparation for employment in the sector.

### Course Subjects:

- Principles of Communication in Adult Social Care Settings • Principles of Personal Development in Adult Social Care Settings • Principles of Diversity, Equality and Inclusion in Adult Social Care Settings
- Principles of Safeguarding and Protection in Health and Social Care • Introduction to Duty of Care in Health, Social Care or Children's and Young People's Settings • Understand the Role of the Social Care Worker • Understand Person-centred Approaches in Adult Social Care Settings • Understand Health and Safety in Social Care Settings • Understand how to Handle Information in Social Care Settings

## Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

- Principles and Practices of Care • Stop Smoking Therapy Clinic

## Childcare

Our Childcare courses are suitable for beginners to practitioners and include *Understanding and Managing Dyslexia* and *Child Development*.



Level: Professional Development  
Lessons: 6  
Achieve: BSY Certificate of Merit in Child Development  
Suitable for: All students

## Child Development

At one time or another every parent feels the need to more fully understand their child. Similarly, the goal of the modern day teacher is, as far as possible, to understand the individuality of each of their pupils. This course guides the student through the development cycle and how the mind grows and develops to give greater insight into the growing child.

### Course Subjects:

- The Development Cycle • The Growing Child and Mind • Parent/Child/Teacher Relationships
- The Complexity of Growth • Ethical Sense

Level: Professional Development  
Lessons: 10  
Achieve: BSY Certificate of Merit in Introductory Childcare and Education, QLS Level 2 certificate of achievement\*  
Suitable for: All students

## Childcare and Education (Introduction to)

This interesting course offers an ideal beginners study for anyone wishing to gain knowledge in the care of children in the early years, providing a fascinating insight into the physical, social and emotional development of babies and young children. The course is a useful addition to the portfolio for students who may be thinking of going on to study for a career in this field, as well as for those wishing to study for their own interest.

### Course Subjects:

- The Role of the Child Care Worker • Physical Care and Development • Stages and Sequences of Social and Emotional Development • Behaviour • Language • The Development and Care Needs of Babies • Child Abuse • Working with Parents • Good Practice in Care • Equal Opportunities

Level: Professional Development

Lessons: 10

Achieve: BSY Certificate of Merit in Child Psychology, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Child Psychology

This rewarding subject enables us to become better parents or childcare professionals. This course examines the social and emotional development of babies and young children, and the skills they learn which prepare them for adulthood. It also introduces influential child psychologists and examines their theories.

Course Subjects:

- Newborn Baby • Behaviour and Play • The Nature/Nurture Debate • Relationships • Personality – Theories and Types • Confidence • Stages and Sequences of Social, Emotional, Sensory and Intellectual Development • Language and Cognitive Development

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Developmental Psychology

Suitable for: All students

## Developmental Psychology

Psychology touches almost every aspect of our lives and it is important to know something about its basic facts, even for those who do not intend to specialise in the field. The psychological processes of perception, motives, conflicts, patterns of thinking, emotions and coping strategies are explored through the course.

Course Subjects:

- Personality and Social Development • Environmental Factors • Stages of Development • Cognitive Development • Nature v Nurture • Identification

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Educational Psychology

Suitable for: All students

## Educational Psychology

Because the beginnings of serious emotional problems often appear in the early years, many schools employ psychologists to work with individual children to evaluate learning and emotional problems. In consultation with parents and teachers they plan ways of helping the child both in the classroom and the home. This course provides an introduction to the subject.

Course Subjects:

- Conditioning and Learning • Language and Thought • Education / Cognitive Processes • Basic Distinctions about Memory • Developing Language and Communicating Thought

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Effective Parenting Skills

Suitable for: All students

## Effective Parenting Skills

This course enables parents to encourage their children's own natural abilities. Employing the method right away, parents can help children find solutions to problems that they encounter. The modification of unacceptable behaviour is covered, with ways of influencing children to be considerate of the needs of parents. Becoming a more responsible parent is also integral to the course.

Course Subjects:

- Open Communication of Feelings • Personal Limitations • Child Behaviours • Ownership of Problems • Active Listening • Conflict Resolution

Become a: BSY Understanding and Managing Dyslexia Practitioner

Level: 3

Lessons: 10

Achieve: BSY Understanding and Managing Dyslexia Diploma QLS Level 3 certificate of achievement\*

Suitable for: All students

## Understanding and Managing Dyslexia

Dyslexia is a three-fold problem with the person also having difficulty with organising and memory, although IQ is often high. This course looks at the cognitive and behavioural problems and the need for early and accurate assessment. This course is ideal for teachers, parents and carers of those who have been diagnosed with dyslexia. It provides information together with practical suggestions for management of this complicated disorder.

Course Subjects:

- Identification and Assessment • The Impact on Learners • Stages of Development In the Workplace • Specific Learning Difficulties • Diagnostic Assessment • Report for Specific Learning Difficulties / Learning Skills • Managing Spoken Language, Reading and Handwriting • Teaching Spelling / Teaching Mathematics • Dyslexia and Examinations / Mind Maps • Some Myths about Learning Abilities

# Animal Healing

Animal Assisted Therapy can improve social, emotional and cognitive functioning. Animals are becoming a more important part of our lives and we have courses that can help you develop your interest or start a new career.

Our **7 courses** in Animal Healing are suitable for beginners to practitioners.



Level: Professional Development

Lessons: 10

Achieve: BSY Animal Anatomy and Physiology Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Animal Anatomy and Physiology

Mammals, birds, fish and reptiles are all examined in this comprehensive course, which focuses in particular on the most common animals seen within veterinary practice. Appreciate the differences and similarities between a wide range of species and examine the biological mechanisms of mammals and other species. This is both a valuable stand-alone course and an excellent foundation for further study of animal health and welfare.

Course Subjects:

- Taxonomy/ Biological Systems within the Body
- The Senses and the Sense Organs
- Homeostasis
- The Respiratory System of Vertebrates
- Animal Cells and Cellular Replication
- Effects of Evolution

Become a: BSY Animal Assisted Therapy Practitioner

Level: 3

Lessons: 8

Achieve: BSY Animal Assisted Therapy Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Animal Assisted Therapy

Repeated interaction with a companion animal could have beneficial long-term effects, especially for people experiencing acute or chronic stress. This course examines the way in which animals can provide social support, the relationship between animals and humans, the way in which an animal is chosen and trained, and the way in which a client is screened for suitability. Also learn how to devise programmes and how to use solution-focused therapy in order to help a wide range of people.

Course Subjects:

- History
- Animal Assisted Activities and Therapy
- Selecting and Training Animals for Therapy Work
- Client Screening / AAT Counselling Techniques
- Solution-focused Therapy
- Structuring an AAT Session / AAT with Children
- Working with Older People and Special Populations

Level: Professional Development

Lessons: 10

Achieve: BSY Certificate of Merit in Animal Care & Management, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Animal Care and Management

This course provides a grounding in caring for and managing animals of most domestic species including cats, dogs, rodents, lizards, snakes, birds and fish. You will also be introduced to legislation and social debate regarding the welfare and use of animals for food, farming, science and entertainment. This course is ideal for dedicated pet owners or those interested in working with animals.

Course Subjects:

- Understanding the Behaviour of Animals
- Measuring and Recording Behaviour
- Accommodation
- Feeding
- Handling and Restraint
- Ill Health
- Treatment of Common Diseases and Infections
- Animal Welfare
- Animals in Society

Become a: BSY Dog Groomer

Level: 3

Lessons: 10

Achieve: BSY Diploma in Dog Grooming  
QLS Level 3 certificate of achievement\*

Suitable for: All students

## Dog Grooming

This course provides an excellent foundation of knowledge for those wishing to work as a professional dog groomer. The course is also ideal for those wishing to learn to groom their dog at home. The course explores the equipment required for grooming, different coat and breed types, grooming techniques and applications such as bathing, brushing, clipping and trimming.

Course Subjects:

- History
- The Role of the Dog Groomer
- Dog Anatomy
- Tools of a Groomer
- Canine Illness and Healthcare
- Different Coat Types
- Brushing, Bathing and Drying
- Clipping/Stripping the Coat
- Eyes, Ears, Teeth and Claws
- Showing Dogs

Become a: BSY Dog Obedience Trainer

Level: 3

Lessons: 12

Achieve: BSY Dog Obedience Trainer  
Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Dog Obedience Trainer

Once we can recognise the reactions and behaviours of dogs we can eliminate most, if not all, of their problems. The course is designed to provide the knowledge required to become a professional Dog Obedience Trainer, and is also well-suited to any dog owner. Having understood the principles of motivation and how to work with groups, you will then learn how to construct appropriate training programmes.

Course Subjects:

- Selecting the Right Dog
- How Dogs Learn
- Skills and Aptitudes
- Motivation
- Commands
- Socialisation
- Effective Training
- Problem Behaviour
- Planning the Course
- Other Methods of Training
- Agility Training

Become a: BSY Holistic Animal Healing  
Practitioner

Level: 3

Lessons: 10

Achieve: BSY Holistic Animal Healing  
Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Animal Anatomy and Physiology

## Holistic Animal Healing

As holistic practitioners, we aim to support and maximise an animal's natural healing ability by advising and guiding the owner in appropriate complementary treatment. An animal's medical condition should always be first diagnosed by a vet, but it is possible to blend the best of both worlds. This course will enable you to learn how to communicate intuitively with animals, to be sensitive to their energies and how to use a range of healing applications.

Course Subjects:

- Intuitive Communication
- Crystal, Energy and Reiki Healing
- Flower Essences
- Aromatherapy
- Kinesiology
- Pet Therapy

Become a: BSY Pet Psychology  
Practitioner

Level: 3

Lessons: 8

Achieve: BSY Pet Psychology Diploma  
QLS Level 3 certificate of achievement\*

Suitable for: All students

## Pet Psychology

This course looks at the natural instincts and behaviours of a wide range of pets, along with their suitability to their owners. The student will learn why an animal exhibits 'bad' behaviour. The course is ideal for all pet owners, animal welfare workers and veterinary assistants.

Course Subjects:

- Meeting the Needs of Pets
- Dogs / Cats
- Birds / Iguanas / Horses
- Rabbits & Rodents
- Choosing an Appropriate Breed
- Owner Suitability
- Psychological Problems



Call us on 01409 220 400 (Monday – Friday, 9am to 5pm)



Enrol online [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

# Life Coaching / Life Skills

Whether you wish to help others to take more control over their lives in a dynamic way or you would like to improve your own self-confidence and combat debilitating negative thought patterns, we have a course here for you.



Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Assertiveness Skills

Suitable for: All students

## Assertiveness Skills

Deficient actions and reactions always serve to produce feelings of contempt in other people. On the other hand, if an individual behaves in an aggressive manner and presents too strong an image, it will also tend to promote counter aggression from those concerned. Aggressive behaviour and assertive behaviour should never be confused. Learn how properly assertive behaviour can promote a person's self-image and leads to a feeling of well-being.

Course Subjects:

- The Assertive Personality • Overcoming Personal Assertiveness Difficulties • Relationships
- Developing Assertiveness • Changing Faulty Habits

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Confidence Enhancement

Suitable for: All students

## Confidence Enhancement

The most demoralising inadequacy a person can suffer is an 'Inadequate Self-Image'. Everyone forms their own estimate of themselves and this basic estimate goes far towards determining what they become or achieve in life. This course guides you to 'be what you want to be'!

Course Subjects:

- Fear – The Restricting Factor • Self-Defeating Attitudes • Constructive Criticism • You Are What You Believe You Are • Positive Attitudes and Behaviour • Self-Confidence, Creativity and Achievement

Become a: BSY Health & Lifestyle Trainer

Level: 3

Lessons: 10

Achieve: BSY Health & Lifestyle Trainer  
Diploma, QLS Level 3  
certificate of achievement\*

Suitable for: All students

## Health & Lifestyle Trainer

Poor health and lifestyle are major contributors to serious illness and premature death. This course covers good practice, so you can help people make better choices and facilitate positive change. This course should be used in conjunction with other practitioner training in associated areas.

Course Subjects:

- Communication / Group Work • Personal and People Development • Government Policy and the NHS
- Competences for Health Trainers • Race and Gender • Smoking Cessation • Diet • Sexual Health • Alcohol and Drug Abuse • Stress Management

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Health and Personal  
Development

Suitable for: All students

## Health and Personal Development

This course aims to help you regain control of your life and health. You will be given the keys to achieving your goals and go on to help others to achieve theirs. Presented as a 'one to one' coach and pupil experience, the lessons are immediately applicable to daily life enabling you to continue the process of personal development.

Course Subjects:

- Accepting Change • Stress...The Silent Killer • Psychology of Success • Vibrant Health and Energy
- Seven Keys to Personal Power • Life Tools

Become a: BSY Life Coach

Level: 3

Lessons: 10

Achieve: BSY Life Coaching Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Life Coaching

This course is designed to help students become Coaches in Life Skills. Clients who are effectively coached to learn and develop these skills will possess the tools to have more control over their lives, and using these in a dynamic way, they can join the ranks of those who, despite life's challenges and difficulties, achieve what they want from it.

Course Subjects:

- Personal Values and Goals • Self-Empowerment • Future Planning • Communication and Interviewing Skills • The Personal Audit • Motivation • Development of Innate Skills and Confidence
- Spirituality and Charisma • The Coaching Relationship

Become a: BSY Lifestyle Enhancement Practitioner

Level: 3

Lessons: 8

Achieve: BSY Lifestyle Enhancement Diploma

Suitable for: All students

## Lifestyle Enhancement

Enhance health and wellbeing and introduce simple but positive techniques to improve lifestyle and communications. Integrating mind and body techniques in a holistic approach is both effective and satisfying. Whatever your background, you will benefit from this course. If you are a therapist this course will also expand your skills to help others.

Course Subjects:

- Examining Lifestyle / Understanding Stress • Relaxation • Improving Energy with Diet and Exercise
- Releasing the Self-Healing Mechanism with Massage • Aromatherapy for Mood Enhancement
- Meditation/ Creative and Positive Thinking • Work Issues / Assertiveness • Your Individual Lifestyle Enhancement Plan

Level: Professional Development/ Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Positive Thinking

Suitable for: All students

## Positive Thinking

Everyone has a creative mind and it can either work for you or against you, depending on what you programme into it. Thought has power. Affirmations are positive statements that help focus awareness on your power and ability to create, what you want. It is not what you think you are, rather what you think - YOU ARE.

Course Subjects:

- Constructive Positive Thinking • Realising your Potential • Applying the Principles of CPT • Making the Change • Mastery of Ourselves • Psychosomatics

Level: Professional Development/ Personal Achievement

Lessons: 10

Achieve: BSY Certificate of Merit in Memory Development

Suitable for: All students

## Power of Memory Development

Having power over your memory means having power and control in your life. This course looks at what memory is and how powerfully it works. It explores various techniques and applications of memory enhancement, enabling you to maximise both verbal and written communication skills, aiding memory recall and enhancing achievement potential. Memory power has a role in many, if not all, areas of self-improvement and self-development.

Course Subjects:

- How Memory Works • Influences, Theory and Practice • Developing Memory • Putting it into Practice • Languages/ Numbers • Back to the Brain Gym • Making Money from Memory • The Major System
- Tips, Tricks and Techniques

Level: Professional Development/ Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Psychotechnics

Suitable for: All students

## Psychotechnics (Mind Power)

Psychotechnics is the application of psychological techniques to practical problems in a person's life. The study and application of this discipline enables the individual to overcome their inhibitions and develop their potential. This course goes far beyond simply exploring and developing the powers of the mind, and is formulated for the thinking person who is receptive to an experience that will forever alter the thought processes.

Course Subjects:

- Mind Power Explained • The Philosophy of the Elite • Mind Conditioning • Installing the Future

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Self  
Awareness

Suitable for: All students

## Self Awareness

Closely related to the treatment and understanding of stress is our own self awareness – the understanding and developing of our inner self. This course is useful for the student requiring self-help and also for the therapist to teach the techniques as part of treatment programmes. A process of self inquiry encourages you to assess how your experience of life affected you. You will then move on to how you can develop self discipline and self belief – and how this can be channelled to maximise the potential inside every one of us.

Course Subjects:

- Developing Awareness • Conditioning and the Mind • Power of the Written Word and Self Discipline
- Body and Chakras Awareness

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Self  
Determination

Suitable for: All students

## Self Determination

A sense of inferiority and inadequacy serves little purpose other than to interfere with the attainment of a person's hopes. Self confidence, on the other hand, can only lead to self realisation and successful achievement. It is a sad fact that a great number of people are simply existing in lives which are restricted by what is commonly termed an 'inferiority complex'. Learn the steps that can be taken so this can be overcome.

Course Subjects:

- 'Poor-Me' Syndrome • I Am Responsible • The Time to Start is Now • Valuing Yourself • Walk It - Don't Talk It • Gaining Confidence - Overcoming Fears

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Self  
Esteem

Suitable for: All students

## Self Esteem

This course enables the student to assess their own Self Esteem, develop the essential qualities necessary to overcome personal weakness and develop their own level of Self Esteem. This course complements our 'Self Awareness' course and is vital for students and therapists interested in developing their personal identity.

Course Subjects:

- What is Failure? Success? • Self Image • Power of Imagination • Diary Writing, Self Worth and Visualisation

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in Self  
Improvement

Suitable for: All students

## Self Improvement

Discovering our own path through life is often a difficult task, and accepting the need for change can be a painful experience. Leave behind negative attitudes and destructive thought processes, learn how to have a fresh and positive new beginning. This course is vital for the student requiring self-help but also for the therapist to teach the techniques as part of treatment programmes.

Course Subjects:

- Achieving a Balanced Lifestyle • Being Clear • Nurturing Yourself • Exploring Intimacy • A New Beginning

Level: Professional Development/  
Personal Achievement

Lessons: 7

Achieve: BSY Certificate of Merit in  
Spiritual Coaching

Suitable for: All students

## Spiritual Coaching

Many people are questioning the meaning and purpose of their lives. The role of a spiritual coach is to help others find their 'inner light', their own higher wisdom, their own answers to life's big questions. This course is suitable for those already on their spiritual path who wish to help others step onto theirs, or for those who wish to learn about their own spirituality and potential.

Course Subjects:

- A World in Crisis • Before Embarking on your Spiritual Path • Self-Healing • Beginning the Journey • Finding your Soul's Life Purpose • The Importance of Living a Balanced Life • Good and Evil / Putting it All into Practice

# Sports and Fitness

Our courses can give you the skills and knowledge to improve your wellbeing and help others get fitter and healthier.



Become a: BSY Chi Kung Practitioner

Level: 3

Lessons: 10

Achieve: BSY Chi Kung Diploma

Suitable for: All students

## Chi Kung

Chi Kung is the Chinese art of healing the body and calming the mind. The course covers basic exercises to advanced Chi Kung systems, that have been practised in China for centuries.

Course Subjects:

- History and Basic Principles
- Eight Pieces of Brocades
- Theories of Traditional Chinese Medicine
- The Thirty Six Pressure Points
- Devising a Training Programme
- Standing Tree
- Increasing and Raising Chi
- Yin and Yang / Visualisation
- Breathing Techniques
- Setting Goals and Mastering Chi Kung

Become a: BSY Clinical Personal Fitness Trainer

Level: 3

Lessons: 10

Achieve: BSY Clinical Personal Fitness Trainer Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Anatomy and Physiology

Practical Training: 1 day

## Clinical Personal Fitness Trainer

Clinical personal fitness trainers are the consultants of the fitness world; they deal with special problems related to lifestyle, preventative healthcare and exercise. This course is designed for those fitness trainers who not only want to help the able-bodied but also those with disabilities in order to enable them to achieve maximum fitness and well-being.

Course Subjects:

- Lifestyle Changes for Health and Fitness
- Reducing Body Fat
- Major Health Challenges
- Arthritis
- Managing Disability and Fitness
- Regular Exercise / Systems of the Human Body / Nutritional Need
- Safety
- Designing an Exercise Prescription
- Designing a Strength Training Programme for Beginners
- Programmes for Improving Flexibility
- Clients' Goals

Level: 2

Units: 6

Achieve: NCFE Level 2 Certificate in Gym Instructing

Suitable for: All students

Practical Training: Portfolio of practical training sessions

\*\*Compulsory NCFE registration fee applies, see website for details

## Gym Instructor (RQF Level 2 Certificate)

(Qualification reference: QN:603/3931/7)

Fitness is a booming industry. This course looks at good practice in fitness instructing by working to a nationally recognised standard and can help you find employment in the industry. Learn to plan, deliver and evaluate safe and effective fitness instruction sessions in the gym.

On successful completion you will be able to join CIMSPA.

Course Subjects:

- Anatomy and Physiology
- Supporting Clients
- Health, Safety and Welfare
- Planning and Instructing

Level: Professional Development

Lessons: 8

Achieve: BSY professional Certificate of Merit in Metabolic Transformation Coaching, QLS Level 3 certificate of achievement

Suitable for: All students

Practical Training: Online (2 hours) essential for those without a Level 3+ Personal Training qualification.

## Metabolic Transformation Coaching

Metabolic transformation coaching is the use of scientific exercise methods to increase a client's metabolic rate, often with dramatic results. This course is designed to build on your knowledge as a Personal Trainer. You will gain an understanding of the elements of long-term metabolic programming, so you can deliver successful transformation programmes.

Course Subjects:

- Training Principles / Initial Assessment
- Phase of the Metabolic Transformation Programme
- Psychological Aspects of Transformation Coaching
- Nutrition / Recipes
- Supplementary Training Methods
- Periodisation Models / Overtraining / Marketing

Level: 3

Units: 7

Achieve: NCFE Level 3 Diploma in Personal Training\*\*

Pre-requisite: Fitness Instructor or Gym Instructing (NCFE RQF Level 2) or equivalent

Practical Training: Portfolio of practical training sessions

\*\*Compulsory NCFE registration fee applies, see website for details

## Personal Training (RQF Level 3 Diploma)

(Qualification reference: QN:603/3491/5)

This course is ideal for those in the exercise and fitness sector who wish to complement their existing skills. As a personal trainer, you will be able to work with individuals or small groups, setting targets for your clients, creating specialised personal training programmes and supporting them to achieve results.

On successful completion you will be able to join CIMSPA.

Course Subjects:

• Supporting Clients • Health, Safety and Welfare • Anatomy and Physiology • Programming and Delivering Sessions • Nutrition

Level: Professional Development

Lessons: 8

Achieve: BSY Certificate of Merit in Personal Training (Advanced)

Suitable for: Personal Trainers

## Personal Fitness Trainer (Advanced)

The rewards and satisfaction of working in this field can be great, and we have produced this advanced course as professional development training for Personal Trainers. The intention of the course is to show you the vital importance of lifelong development and improvement in your chosen career.

Course Subjects:

• Anatomy and Physiology • Nutrition • Assessment and Fitness Testing • Exercise for Special Populations • Skills for Success • First Aid and Sports Injuries • Exercise Application

Become a: BSY Physical Fitness Practitioner

Level: 3

Lessons: 7

Achieve: BSY Physical Fitness Diploma

Suitable for: All students

Practical Training: 1 day

## Physical Fitness

Modern lifestyles have seen a decrease in manual work, increase in sedentary office work, poorer eating habits and the ultimate decline in exercising, all contributing to poorer health. This course has been designed for you to teach yourself or others how to increase their health, well-being and appearance. It forms a useful adjunct to the Personal Fitness Trainer.

Course Subjects:

• Getting Fit • Anatomy and Physiology • The Building Blocks for a Healthy Body • Nutrition • The Cardiorespiratory System • Body Sculpting Programme • Practicalities of Exercise

Become a: BSY Pilates Teacher

Level: 3

Lessons: 8

Achieve: BSY Pilates Diploma, QLS Level 3 certificate of achievement\*

Pre-requisite: Anatomy and Physiology

Practical Training: 1 day for those with no prior experience

## Pilates

Pilates is not simply an exercise programme. It conditions both the mind and the body using well designed, quality movements which are carried out mindfully, slowly and carefully. Because of its quiet, gentle and holistic approach, Pilates can easily be used alongside other techniques. In this course you will learn a wide range of movements, and how your mind and body connect.

Course Subjects:

• How Does Pilates Work? • A Sedentary Lifestyle • Alignment • Injury • Exercise During Pregnancy / for the Older Adult • Pilates on the Ball • Mind and Body

Become a: BSY Sports Electro-Therapy Practitioner

Level: 3

Lessons: 10

Achieve: BSY Diploma in Sports-Electro Therapy

Pre-requisite: Sports Injuries

Practical Training: 1 day

## Sports Electro-Therapy

Sports treatments are greatly enhanced by the use of electrical equipment. This course looks at the safe use of equipment by Sports Therapists that is commonly used in most sports clinics – and which types of injuries respond to treatment.

Course Subjects:

• Understanding Electricity • Infrared and Ultraviolet Lamps / Wax Baths • Faradism • High Frequency Treatments / Galvanism • Pain Relief • Ultrasound • Interferential Therapy • Magnetic Field Therapy • Short Waves and Microwaves • From Lasers to Pulse Presses

Become a: BSY Sports Injuries Practitioner

Level: 3  
Lessons: 10

Achieve: BSY Diploma in Sports Injuries,  
QLS Level 3 certificate of  
achievement\*

Pre-requisite: Anatomy and Physiology

Practical Training: 1 day

## Sports Injuries

The sports industry is now so vast that it covers sports disciplines that were unheard of a few years ago. This increase has given rise to the number of injuries that affect the enthusiast. This course will teach you injury assessment remedial exercises, diagnoses and treatment of injuries. Sports Therapists who can identify, assess and treat sports injuries are in great demand.

Course Subjects:

• Preliminaries to Treatment • RICE / Keeping Records • Contra-indications • Bandaging • Common Injuries • Taping and Strapping / Remedial Exercise

Become a: BSY Sports Massage Practitioner

Level: 3  
Lessons: 10

Achieve: BSY Diploma in Sports Massage,  
QLS Level 3 certificate of  
achievement\*

Pre-requisite: Anatomy and Physiology

Practical Training: 1 day for those without massage  
training

## Sports Massage

This is one of the fastest growing areas of health treatments. This course is suitable for anyone wishing to gain knowledge of basic and advanced massage for sports people, including basic exercise regimes and joint mobilisation techniques.

Course Subjects:

• Techniques • Injury Recognition and Prevention • Ice Treatments • Remedial Massage • Muscle Release Techniques • Consultation • Referrals • Pre and Post Massage • Contra-indications • Boundaries to Treatment

Become a: BSY Sports Nutrition Practitioner

Level: 3  
Lessons: 8

Achieve: BSY Diploma in Sports Nutrition  
QLS Level 3 certificate of  
achievement\*

Pre-requisite: Fitness or Nutrition (advised)

## Sports Nutrition

Sports Nutrition differs from standard nutrition in that it recognises the additional demands made on the body by exercise and sports performance. Athletes – whether recreational or professional – embrace the value of nutrition in the pursuit of excellence. The contents of this course will unleash the athlete from the confines of conventional nutrition and free him/her to pursue the ultimate in peak performance.

Course Subjects:

• Peak Performance Nutrition - The Big Four • The Energy Equation • Vitamin and Mineral Index • Performance Enhancers • Myths • Body Weight v Body Fat

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in  
Sports Psychology

Suitable for: All students

## Sports Psychology

Most people do not have full control of their own minds. They cannot get their minds to do what they intend, and as a result they are unable fully to control their bodies. Control of the mind gives an increase in the ability to control the outcome. When the mind has the outcome installed, then it will find the means of realising that outcome.

Course Subjects:

• Mind Power and Sport • Developing the 'Always a Winner' Attitude • Self-motivation • The Mind and the Heart • Positive Belief Strategies

Become a: BSY Tai Chi Chuan Practitioner

Level: 3  
Lessons: 10

Achieve: BSY Tai Chi Chuan Diploma

Suitable for: All students

## Tai Chi Chuan

The course provides a thorough introduction to the martial art and the internal method of physical and mental relaxation. Students will find it helps to prevent illness and improve recovery after ill-health, using a philosophical system of thought with a practical emphasis on both movements and mental exercises. Learn how to apply T'ai Chi principles to everyday life situations. This course is ideal for practitioners of yoga, meditation and relaxation therapies.

Course Subjects:

• History and Philosophy • Tai Chi for Health • Yin and Yang • Taoism, Taoist Writings and Philosophy • Form • The Classics • Martial Principles

### Also available:

For details visit [www.bsychgroup.co.uk](http://www.bsychgroup.co.uk)

• Mid-Section Trainer

• Holistic Sports Nutrition

# Beauty

Discover the skills of the professionals with our Beauty courses. Taking care of our appearance is a way of treating ourselves and relaxing. For many students, developing their interest in Beauty has led to a rewarding new career.



Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: Certificate of Merit in Anti-Ageing  
Therapy

Suitable for: All students

## Anti-Ageing

This course considers how to make effective improvements in brain function, skin appearance and energy levels; how to avoid degenerative diseases and how to get the best from supplements.

Course Subjects:

- The Ageing Process • Your Biological Age/ Health Issues • Oxidants and Antioxidants/ Biological Ageing
- Questionnaire Analysis • Aspects of Good Health • Finding Balance/ Anti-ageing Nutritional Support
- Improving the Skin

Become a: BSY Beauty Specialist

Level: 3

Lessons: 10

Achieve: BSY Beauty Specialist Diploma,  
QLS Level 3 certificate of  
achievement\*

Suitable for: All students

Practical Training: 1 day

## Beauty Specialist

In this course you will cover a range of skin treatments along with skin analysis, cleansing, toning and moisturising, eyebrow shaping and eyelash tinting and you will cover hygiene in your practice.

Accredited by the Guild of Beauty Therapists.

Course Subjects:

- Anatomy & Physiology • Contra-Indications • Face Masks, Facial Massage & Facial Treatments
- Clinic Hygiene & Sterilisation • Cosmetic Chemistry • Treatment Preparation • Skin Conditions
- Cleansing, Toning & Moisturising • Sales Techniques • Eyebrow Shaping • Skin Analysis & Consultation

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: Certificate of Merit in Beauty  
Therapy, QLS Level 3 certificate  
of achievement\*

Pre-requisite: Manicure and Pedicure or  
Beauty Specialist

Practical Training: 1 day

## Beauty Therapist

Every beautician needs to be able to offer a range of treatments to clients. The modern woman has more opportunity than ever before to keep herself well-groomed and attractive, and this course offers training in some of the most popular of today's treatments.

Accredited by the Guild of Beauty Therapists.

Course Subjects:

- Hair & Skin • Warm Wax Depilation • Contra-indications • Make-up Application • Nail Extensions (The Basics) • Aftercare

“

It's a great way to learn and gave me my confidence back 100%.”

Level: Professional Development/  
Personal Achievement

Lessons: 4

Achieve: Certificate of Merit in Make-up  
Artistry

Suitable for: All students

## Make-up Artist

This course is designed for beauty specialists who would like to expand their knowledge of make-up application and styles and covers five different styles of make-up and techniques used within the film and fashion industries.

Course Subjects:

- The History of Make-up • Training to be a Make-up Artist • Marketing your Skills • Make-up Application
- Creating Specific Looks

Become a: BSY Professional Make-up  
Practitioner

Level: 3

Lessons: 10

Achieve: BSY Professional Make-up  
Diploma, QLS Level 3 certificate  
of achievement\*

Suitable for: All students

## Make-up (Professional)

In this course you will discover the structure of the face and skin, skin types and conditions, the make-up of the cosmetics themselves, and situations in which certain products should not be used. You will also learn how to set up your working environment, and how to work with clients. This course is a complement to the BSY's Beauty Specialist course.

Course Subjects:

- Equipment & Materials • Cosmetic Chemistry • Shading & Contouring • Skin Types & Conditions • Face & Skin Structure • Make-up to Suit the Occasion • Client Consultation • Room Preparation • Contra-indications • Make-up Application • Hygiene

Become a: BSY Manicure and Pedicure  
Practitioner

Level: 3

Lessons: 8

Achieve: BSY Manicure and Pedicure  
Diploma, QLS Level 3 certificate  
of achievement\*

Suitable for: All students

Practical Training: 1 day

## Manicure and Pedicure

This course shows you all aspects of nail, hand and foot care, the correct way to care for the nails and the products required to perform a manicure and pedicure.

Accredited by the Guild of Beauty Therapists.

Course Subjects:

- Preparing to Give Treatments • The Manicure • Structure and Health of the Nail • Giving a Hand and Arm Massage/ Professional Ethics • General Rules of Hygiene/ Paraffin Wax Treatment/ Homecare Advice
- The Pedicure • Foot and Leg Massage • Promoting your Business • Anatomy and Physiology

Become a: BSY Nail Technician

Level: 3

Lessons: 7

Achieve: BSY Nail Technician Diploma,  
QLS Level 3 certificate of  
achievement\*

Pre-requisite: Manicure and Pedicure

Practical Training: 1 day

## Nail Technician

This course will teach you how to work with Acrylic, Gel and Fibreglass nails, as well as covering disorders, diseases and sanitation measures. It offers full training for a new career in a rapidly-expanding popular market.

Accredited by the Guild of Beauty Therapists.

Course Subjects:

- Nail Disorders & Diseases • Gel & Fibreglass Nails • Application & Removal • Cleaning the Work Area
- Acrylic Nails & Tips • Sanitation, Disinfectant & Sterilisation • Dealing with Imperfections • Repairs & Maintenance

Level: Personal Achievement

Lessons: 8

Achieve: Certificate of Competence in  
Personal Beauty Care

Suitable for: All students

## Personal Beauty Care

Very few of us are taught how to apply make-up or how to look after our skin. This course will show you the procedures and techniques to help you understand the practice and principles of beauty care.

Course Subjects:

- Looking after the Skin • Nailcare • Cleansing, Toning & Moisturising • Looking after your Feet
- Body Treatments • Good Health • Eyebrow Shaping • Make-up Application

Become a: BSY Specialist Beautician Practitioner

Level: 4

Lessons: 21

Achieve: BSY Specialist Beautician Diploma, QLS Level 4 certificate of achievement\*

Suitable for: All students

Practical Training: 3 days

## Specialist Beautician

As a Specialist Beautician you will be able to offer a wide range of popular beauty treatments. You can then use your expertise to build a practice helping clients with their daily beauty regime, specialising in a particular area of beauty, or focusing on beauty for different occasions. By helping people to look good, you will also help them to feel good, giving you even greater rewards.

Accredited by the Guild of Beauty Therapists.

### Course Subjects:

- Anatomy and Physiology • Skin Analysis • Hygiene Precautions • Cosmetic Chemistry and Products
- Facials • The Nail – Structures and Disorders • General Principles of Massage • Home Care Advice
- Manicure and Pedicure • Client Reception/Preparation and Professional Ethics • Artificial and Semipermanent Nail Extensions • The Skin • Skin Types and Basic Skin Care Routine • Massage of Face and Neck • Business Considerations • Hand, Arm, Foot and Leg Massage • Foot Conditions • Hair and Skin
- Hair Removal • Make-up – Preparation, Treatment, Precautions, Special Occasions

## Practitioner Development

Our courses are suitable for practitioners in many fields and for those setting up their own consultancies.

You can study these modules from the comfort of your own home, without deadlines. Our personal tutors are on hand to give you unlimited support and encouragement.



Level: Practitioner Development

Lessons: 1

Achieve: BSY Certificate of Completion in CPD Module 1 – Record-Keeping

Suitable for: All students

## CPD Module 1 – Record-Keeping

Good record-keeping is a crucial component of therapeutic practice. This module examines what information is kept and how it is recorded. It also considers the confidential nature of this information and the measures required to keep it secure.

### Course Subjects:

- What Records to Keep • How Long to Keep Records? • Security and Confidentiality

Level: Practitioner Development

Lessons: 1

Achieve: BSY Certificate of Completion in CPD Module 2 – Your Practice

Suitable for: All students

## CPD Module 2 – Your Practice

In order to operate safely, effectively and profitably, the practitioner must devise a framework for his individual practice, which will highlight its needs and weaknesses and enable the practitioner to take control and develop his practice to its maximum potential. Every practice will benefit from a comprehensive information leaflet or booklet.

### Course Subjects:

- Practice Framework Structure • Practice Information Leaflet • Elements of the Framework • Content

Level: Practitioner Development

Lessons: 1

Achieve: BSY Certificate of Completion in CPD Module 3 – Health and Safety in the Workplace

Suitable for: All students

## CPD Module 3 – Health and Safety in the Workplace

The self-employed practitioner is legally responsible for the health and safety of their client, themselves and anyone in the wider community affected by their work practice. Identifying the causes of difficult situations and learning how they can be defused or even turned to advantage is a skill that will prove valuable to the practitioner.

### Course Subjects:

- Completing a Risk Assessment • Aggression Management and Security • Complying with Legislation

# Psychic Healing

Forms of psychic and spiritual healing and development can help transform lives by allowing the release of negative energies and beliefs.

Choose from our range of Psychic Healing courses.



Become a: BSY Psychic Practitioner  
 Lessons: 8  
 Achieve: BSY Psychic Development Diploma  
 Suitable for: All students

## Psychic Development

This course is designed to help you recognise and develop your psychic ability in order that you may guide others. You are taught to enhance and use the ability to sense and recognise 'energy'.

### Course Subjects:

- Recognise and Developing your own Psychic Ability
- Putting your Intuition into Practice
- Body Language and Energy
- Relating Psychic Ability to the Mantic Arts
- How to Counsel Others using your Psychic Ability
- Starting a Practice as a Psychic Counsellor/Consultant
- Your Business Plan & Objective

## Reiki

Reiki encourages your body's natural ability to heal itself, and is channelled through the practitioner's hands. The Reiki energy will then go as deeply into your body as it needs, gently helping it to restore itself. Reiki is particularly good for treating stress and anxiety but there is no health problem – physical, mental or emotional – for which Reiki cannot offer relief and frequent release. The first level examines the background and history of Reiki and how it heals, the different forms of treatment – self-healing and treating others – and describes the required hand positions.

### Reiki First Degree Course Subjects:

- What is Reiki?
- The Nature of Energy
- Reiki Treatments
- General Principles

### Reiki First Degree

Lessons: 4  
 Achieve: Certificate of Merit in Reiki 1st Degree  
 Suitable for: All students  
 Practical Training: ½ day attunement

### Reiki Second Degree

Lessons: 4  
 Achieve: BSY Diploma in Reiki 2nd Degree  
 Pre-requisite: Reiki 1st Degree  
 Practical Training: 1 day attunement

### Reiki Third Degree

Lessons: 4  
 Achieve: BSY Master Diploma in Reiki 3rd Degree  
 Pre-requisite: Reiki 1st and 2nd Degrees  
 Practical Training: 1 ½ day attunement

Level: Professional Development / Personal Achievement

Lessons: 8  
 Achieve: Certificate of Merit in Spiritual Healing  
 Suitable for: All students

## Spiritual Healing

This form of healing, which is not to be confused with Spiritualism, uses a holistic approach, helping a person to return to the 'wholeness of being' - harmony of body, mind and spirit. By concentrating their attention solely upon their clients, healers can often relieve pain and fatigue within minutes, so helping the body to heal itself.

### Course Subjects:

- Anatomy & Physiology
- Auric & Magnetic Healing
- Linking with Spirit Helpers/ Guides
- Absent & Faith Healing
- Meditation/Intuition
- Holistic Touch Therapies
- Power of the Mind
- Code of Ethics
- Philosophy of Healing

Level: Professional Development/  
Personal Achievement

Lessons: 12

Achieve: Certificate of Merit in Spiritual  
Healing: Part 1 (Professional)

Suitable for: All students

## Spiritual Healing: Part 1 (Professional)

The channelling of healing energy from its spiritual source to someone who needs it is called spiritual healing. This in-depth course is in two parts and both must be studied in order to qualify for the professional diploma. Study materials recognised by the FGSHA through the auspices of Healers 2006.

### Course Subjects:

- The Healer's Role • Energy Field Healing • Aura Healing • A Brief History of Healing • The Mind /Meditation • Self-healing / Affirmations • The Healing Principle and Mechanism • Meridian Theory • Light, Colour and Chakras • Protection / Attunement • Causes of Illness and the Healing Process

Become a: BSY Professional Spiritual  
Healing Practitioner

Lessons: 10

Achieve: BSY Professional Spiritual  
Healing Diploma

Pre-requisite: Spiritual Healing Part 1

## Spiritual Healing: Part 2 (Professional)

This course continues the study of spiritual healing, examining its holistic nature and looking at different types of healing modalities. The role of the healer as counsellor is explored, including communication skills and the power of negative and positive thinking. Healing sequences are explained and the roles of the healer are examined.

### Course Subjects:

- Healing Energy and Sequences • Ways to Heal • Communication / Counselling • The Healthy Healer • Spirituality • The Healer • Types of Healing • Self-Awareness • The Power of Thought • Emotions

## Mind, Body, Spirit

If you believe that not everything in life can be explained by science, that supernatural forces do exist, then you will find these courses both spiritually uplifting and enlightening. Entrants to these courses are termed Inceptors.

Upon successful completion in their chosen subject Inceptors receive a specialist certificate and the right to term themselves an Adept in Mantic Arts of the New Age Foundation (A.M.A N.F.). Inceptors who are successful in two courses are entitled to use the term Master in Mantic Arts (M.M.A.N.F.). Finally, success in three courses confers the title of Fellow in Mantic Arts (F.M.A.N.F.).



Lessons: 4

Achieve: The New Age Foundation  
Certificate in Introduction to  
Alchemy

Suitable for: All students

## Alchemy

Traditionally, Alchemy is the art or practice of transmutation of base metals into gold. It is the realisation of true potential. Study how alchemy relates to chemistry, astrology and spirituality, and the processes involved.

### Course Subjects:

- Astrology and Alchemy • The Three Phases of the Alchemical Process • Glossary of Alchemical Symbolism

Lessons: 4

Achieve: The New Age Foundation  
Certificate in Alchemy and  
Psychology

Suitable for: All students

## Alchemy and Psychology

The psychological gold of all true alchemists is realisation of the Self. In order to reach this goal of Self-discovery people follow what is known as the process of individuation – an alchemical process of transformation. Discover how this is expressed in alchemical texts, dreams, myths and stories from other times and cultures.

### Course Subjects:

- Basic Principles • Contributions by Jung • The Initial Phase • Dream Imagery • Purification • Psychological Archetypes • Illumination – the Final Phase • Myths and Literature Interpreted

Lessons: 7

Achieve: The New Age Foundation  
Certificate in Angel Healing

Suitable for: All students

## Angel Healing

Using a practical, down-to-earth, spiritual healing approach, this course aims to connect you effortlessly with the Angelic realm. You will learn how to work alongside your Guardian Angel and the seven main Archangels to bring peace, healing, unconditional love, joy and abundance into your life and the lives of those around you through the use of meditation, vision boards, Angel cards and hands on healing.

Course Subjects:

- Introduction to Angels, Prayers, Affirmations and Fiats • Understanding and Working with the Archangels
- Hands on Healing, Working with Angelic Light and Clearing the Aura • Joy, Creativity and Matters of the Heart
- Financial and Career Issues, Wisdom and Insight • Creative Projects and Family Issues

Lessons: 10

Achieve: The New Age Foundation  
Certificate in Angel Magic

Suitable for: All students

## Angel Magic

Belief in Angel Magic is as old as the belief in Angels themselves. Angel Magic is the ancient art and ritual of summoning and communicating with Angels. Angel Magic can be used for the benefit of mankind. Discover how to find and invoke your own guardian angel and work magic with angels.

Course Subjects:

- Archangels • Guardian Angels • Spells • Angels of the Elements • Angel Days • The Angelic Altar • Ancient Sources of Angel Magic • Rituals, Invocations and Consecrations

Lessons: 5

Achieve: The New Age Foundation  
Certificate in Advanced Angel  
Ritual

Pre-requisite: Angel Magic (advised)

## Angel Ritual (Advanced)

This is a follow-on course to Angel Magic. It incorporates spells and magical work, and focuses mainly on angelic rituals for channelling, communicating and using angelic energies for protection and healing.

Course Subjects:

- Magic and Ritual • Meditation and Channelling • Aspecting Angels • Angel Circle Casting • Angelic Protection • Angelic Watcher

Lessons: 6

Achieve: The New Age Foundation  
Certificate in Astral Projection

Suitable for: All students

## Astral Projection

Study practical methods of attaining an out-of-body experience (OBE) and the dynamics of projecting the astral body out into the astral world. Explore all of the dynamics of astral projection in-depth, including the difficulties of accomplishment and the symptoms of OBE.

Course Subjects:

- History • Personality Levels and the Planes • The Importance of Energy • Altered States • Separation and Projection • Review and Improvement / Perspectives

Lessons: 12

Achieve: The New Age Foundation  
Certificate in Astrology

Suitable for: All students

## Astrology

This course will teach the Inceptor how to construct and interpret a natal chart, using basic mathematical techniques, an Ephemeris, Table of Houses, the course instructions and various recommended texts. It will introduce the Inceptor to the concepts of predictive work, and the nature of Solar Charts so that they could start to produce magazine-style popular horoscopes.

Course Subjects:

- Astrology – Foremost of the Mantic Arts • Astrology and Astronomy – Uneasy Sister Sciences • The Zodiac • The Ascendant and the Angles • The Planets • The Houses • First Interpretations • The Aspects – First Principles • Introduction to Predictive Astrology and Synastry • Popular and Chinese Astrology

Lessons: 4

Achieve: The New Age Foundation  
Certificate in Celtic Angels

Suitable for: All students

## Celtic Angels

There is a belief that Celtic Angels watch over and lovingly guard many well-known Celtic and ancient sacred sites. They are thought to work patiently alongside Mother Nature, seeking to impart sacred knowledge to us, helping us connect to the ancient spiritual field of the ancestors. This course is designed to help you connect with and work alongside the Celtic Angels of sacred sites.

Course Subjects:

- Discovering and Working with Celtic Angels • Sacred Sites • The Auric Vibration and Spiritual Field

<p>Lessons: 8</p> <p>Achieve: The New Age Foundation Certificate in Character Analysis</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Character Analysis</h2> <p>Almost everyone is interested in the determination of character. People do it unconsciously or, according to their interest, they become moderately adept in assessing character through expressions, body language or zodiacal signs.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Character and Characteristics • Astrology as an Aid • Graphology • Phrenology • Physiognomy • Palmistry • Body Language</li> </ul>
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<p>Lessons: 8</p> <p>Achieve: The New Age Foundation Certificate in Creating With Angels</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Creating with Angels</h2> <p>The aim of this course is to increase awareness of our connection with angels to an even deeper level. By attuning to the angels for creative inspiration we can access creative activities. You will be guided to produce creative responses in the media with which you feel most comfortable, be it creative writing, visual expression, painting using mixed media, music, dance or video.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• The First Angel • The Archangels Gabriel, Raphael, Israfel and Metatron • Guardian Angels • Hamied, Angel of Miracles • Ariel, Angel of Nature</li> </ul>
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<p>Lessons: 6</p> <p>Achieve: The New Age Foundation Certificate in Crystal Magic</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Crystal Magic</h2> <p>Crystals are naturally occurring treasures which act as keys to unlock our potential as human beings, expanding our consciousness, enhancing our lives and infusing us with healing energies. This course will enable you to use crystals and stones for their magical values.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• History • Using Crystals in Magic • Stone Shapes • The Ritual Process • Writing Spells • Properties of Crystals • Colour / Preparation • The Magical Stones</li> </ul>
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<p>Lessons: 8</p> <p>Achieve: The New Age Foundation Certificate in Dream Analysis</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Dream Analysis</h2> <p>From the sleep temples of Ancient Babylon and Egypt to the consulting rooms of today's Counsellor and Dream Analyst, people have looked for interpretations of their dreams. In this course the Inceptor will learn about the different types of dreams and discover how to interpret them.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• History • Physiology of Sleep and Psychology of Dreams • Language and Symbolism • Classification of Dreams • Dream Prompts • Lucid Dreaming • Past Life Memories</li> </ul>
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<p>Lessons: 10</p> <p>Achieve: The New Age Foundation Certificate in Feminine Spirituality</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Feminine Spirituality</h2> <p>Learn how to reveal your inner divine female self – discover the universal, ancient philosophy of the goddess, and learn why feminine spirituality is again growing in popularity. Techniques and rituals are included that seek to enhance our lives.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Who Is The Goddess? • Love, Warrior, Mother and Magical Goddesses • Embodiment and the Goddess • How to Channel Divine Goddess Archetypes • Connecting to Divine Animal Goddess Archetypes • The Eco-Goddess • Resurrection of the Goddess in Contemporary Society</li> </ul>
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<p>Lessons: 10</p> <p>Achieve: The New Age Foundation Certificate in Heal your Aura</p> <p>Suitable for: All students</p>	<h2 style="margin: 0;">Heal your Aura</h2> <p>It has long been suggested that the body is surrounded by a bio-field, an electro-magnetic field of energy. Within holistic work, this field of physical, mental, emotional and soul or spiritual energy has come to be referred to as the aura. Tuning into a person's aura can transform that person's life for the better. Study this course to raise your awareness of the auric field, discover how the aura can become damaged and weakened and learn how to strengthen the aura.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Connecting and Cleansing the Aura • Exploring the Flow of Energy • The Chakras • Colours in Auric Healing • Teaching Aura Healing • Chinese Astrology</li> </ul>
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Lessons: 6

Achieve: The New Age Foundation  
Certificate in I Ching

Suitable for: All students

## I Ching

The I Ching, the Book of Changes, is one of the Ancient Books of Chinese Wisdom. Its use as a divinatory and oracular tool extends back several thousand years. In this course you will learn how to tune into that ancient wisdom. This course allows you to understand the workings and the sophistication of this marvellous mantic tool.

Course Subjects:

- Background to the I Ching • The 64 Hexagrams • Yin and Yang • Casting Methods • The Trigrams • Giving a Reading

Lessons: 5

Achieve: The New Age Foundation  
Certificate in Incense and  
Magical Oils

Suitable for: All students

## Incense and Magical Oils

Herbs are connected to the planets, to astrological signs, to colours, to crystals and even to the days of the week. This means that a knowledgeable person can use herbal incenses and oils to greatly enhance their own powers when carrying out rituals – for health, wealth, love, healing and much more.

Course Subjects:

- Using Scent / Empowerment of Herbs • Colour and Herbal Connections • Spell Casting / Incense • Magical Oils • The Sabbats / Creative Visualisation

Lessons: 8

Achieve: The New Age Foundation  
Certificate in Magical Herbalism

Suitable for: All students

## Magical Herbalism

This course is designed to give you an excellent working knowledge of the use of herbs in magical rituals. You will learn how to use the days of the week, moon phases, colours and more, so that every ritual will be strongly charged with the desired energies to maximum effect.

Course Subjects:

- The History of Magic • Herbal Correspondences • Using Colour to Enhance Rituals • Magical Intentions and Procedures • Writing Spells • Herbs and their Applications • Encyclopaedia of Magical Herbs

Lessons: 8

Achieve: The New Age Foundation  
Certificate in Advanced Magical  
Herbalism

Pre-requisite: Magical Herbalism (advised)

## Magical Herbalism (Advanced)

This course will take you further into the fascinating subject of Magical Herbalism. There are clear instructions for creating your own herbal garden and making magical accessories. The course follows on from the initial course to create a full compendium of herb magic.

Course Subjects:

- Herbs and Astrology • Numerology • Liquid Fluid Condensers • Practical Uses of Herbs • Moon Gardening • Astrological Herbs and Sachets • Crystals and Gemstones • The Celtic Year and Celebrations • Magical Massage • The Herb Garden • Spells and Rituals

Lessons: 6

Achieve: The New Age Foundation  
Certificate in Man, Myth & Magic

Suitable for: All students

## Man, Myth & Magic

We have a rich heritage of legend, with many interesting stories in which there may yet be proved to be some truth; and in some instances research has already found much corroborative evidence. This course is for those who are curious about the mythical creatures that have shaped our world.

Course Subjects:

- Crystal Skulls and the Aztec and Mayan Civilisations • Noah and the Great Flood • King Arthur • Fairies / Witches / Angels • The Bermuda Triangle • Fabulous Creatures

Lessons: 8

Achieve: The New Age Foundation  
Certificate in Native American  
Teachings

Suitable for: All students

## Native American Teachings

The Native Americans looked to the earth mother and to nature for signs, omens and guidance. They discovered the life gift, making full use of talents and abilities, whilst obeying the balance of Universal Law. There are many who are denied the right way in life, often resulting in psychosomatic illness. This can be healed by 'walking in balance', the Native American way.

Course Subjects:

- Grandmother and Grandfather Tribes • Caretakers of the Earth • Ceremonies and Dances • Community Life • Rituals • Living Conditions/Homelands • European Settlers • Famous Warriors

<p>Lessons: 8</p> <p>Achieve: The New Age Foundation Certificate in Advanced Native American Teachings</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Native American Teachings (Advanced)</h2> <p>Native American culture and spirituality are inextricably intertwined. Through simple, practical exercises, examine the philosophy behind Native American belief, studying the general principles and applying them in everyday life.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Concept of Life • Divination Techniques • Finding Your Sacred Mountain • Medicine Wheel – A Roadmap for Life • Sacred Space • Concept of Balance • Totem Animals • Future Prophecies</li> </ul>
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<p>Lessons: 6</p> <p>Achieve: The New Age Foundation Certificate in Numerology</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Numerology</h2> <p>The invention of numbers allowed mankind to build cultures, create astonishing things of beauty, and opened the door to an understanding of the universe. Numerology allows us to understand the deeper, subtle effects of numbers in our daily lives.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• The Power &amp; Meaning of Numbers • Birth, Personal &amp; Universal Numbers • Numerological Applications</li> </ul>
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<p>Lessons: 8</p> <p>Achieve: The New Age Foundation Certificate in Palmistry</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Palmistry</h2> <p>Palmistry has been practised since the dawn of time, adapted to fit the needs of different ancient cultures. Today, palmistry enjoys its status both as an art and science. Learn how to read character from the shape and form of the hand, thumb and fingers, and the essentials of prediction from the markings of the hand.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Major Lines • Character Assessment and Prediction • Hand Shape and Digit Forms • Minor Lines, Marks and Rings • Mounts • Worlds and Zones of Hands and Digits • Palmistry Counselling</li> </ul>
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<p>Lessons: 10</p> <p>Achieve: The New Age Foundation Certificate in Parapsychology</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Parapsychology</h2> <p>This course is a study of subjects pertaining to extrasensory perception. With the advance of time, the Dark Ages heralded a long period of condemnation for the use of sixth sense. Now we are coming full circle and there is a renewed interest in knowing how the paranormal can help us.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• The Science of Metaphysics • Extra-Sensory Perception • Spirit Links / The Astral World • Obsession and Possession • Hauntings • Astrology / Crystals • Mysticism / Prophecy • Angels / UFOs • Magic • Teachers</li> </ul>
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<p>Lessons: 10</p> <p>Achieve: The New Age Foundation Certificate in Pendulum Dowsing and Radiesthesia</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Pendulum Dowsing and Radiesthesia</h2> <p>This course will introduce the Inceptor to the world of the pendulum, subtle energies and collective unconscious. Learn how to develop your extra-sensory skills. Developing skill with the pendulum will help sharpen any other Mantic Art ability, as well as making one effective when using crystals or other healing modalities.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Medical Radiesthesia • Pendulum Experimentation • Charts and Measuring Techniques • Consulting the Oracle • Compatibility Radiesthesia • Ideomotor Response • Collective Unconscious • Establishing Personal Responses</li> </ul>
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<p>Lessons: 12</p> <p>Achieve: The New Age Foundation Certificate in Qabalah – the First Steps</p> <p>Suitable for: All students</p>	<h2 style="text-align: center;">Qabalah – The First Steps</h2> <p>The Qabalah encourages you to use your natural abilities for intuition, learning and experience, providing self-instructional devices to exercise your own will and will prove to be invaluable to your quest for wisdom and enlightenment.</p> <p>Course Subjects:</p> <ul style="list-style-type: none"> <li>• Manifestation of the Tree of Life • The Four Worlds • The Thirty Two Paths of Wisdom • Hebrew Letters and Tarot Archetypes • The Journey of the Fool • Circles, Lines and Stars / The Time of Man • The English Alphabet and Tarot Archetypes • Melchizadek – The High Priest • The Ains / The Qabbalistic Cross • Walking the Paths • The Chakras / The Subtle Bodies • Initiation of Man</li> </ul>
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Lessons: 10

Achieve: The New Age Foundation  
Certificate in Runes

Suitable for: All students

## Runes

Runes can provide a skilled reader with powerful insights into psychology and enable him to tap into the sweeping pattern of things that are, and things which are yet to be. This course is designed to complement the Tarot course.

Course Subjects:

- Historical Background • Runic Archetypes and Philosophy • The Aetts • Rune Casting • Northern Tradition and Relevant Legends • The Elder Futhark • Preparing to become a Rune Caster • Ogham Casting and Interpretation • Preparing the Runes • Rune Working

Lessons: 5

Achieve: The New Age Foundation  
Certificate in Shamanism

Suitable for: All students

## Shamanism

The word Shaman refers to a person who is an expert on every aspect of the human soul, frequently the focus of religion and magic within his or her community. The course outlines Shamanic practice across a wide range of cultures. It cannot teach you to become a Shaman, but includes exercises which can attune you to the energies involved.

Course Subjects:

- Principles and Techniques of Shamanic Practice • The Shaman's World • Shaman as Healer • Ways to Ecstasy • Animal Helpers • Contemporary Shamanism

Lessons: 10

Achieve: The New Age Foundation  
Certificate in Tarot and  
Cartomancy

Suitable for: All students

## Tarot and Cartomancy

Absorb the intricacies of this beautifully accurate Mantic tool to become an expert in your own right. Whether your intention is to use Tarot for your own personal development or ultimately practise professionally, this course will lead the way. The course familiarises the Inceptor with the cards and there are exercises built into the lessons which will rapidly develop interpretive skills.

Course Subjects:

- Background to the Tarot • Minor Arcana • Main Spreads • Interpretation • Major Arcana • Advanced Spreads • Jungian Psychology, the Collective Unconscious and the Symbolism of Tarot • Reversed Cards • Cartomancy

Lessons: 10

Achieve: The New Age Foundation  
Certificate in Wicca

Suitable for: All students

## Wicca

Wicca is a gentle practice, full of love and joy, peace and balance. Wiccans lead their lives and cast their spells according to the Wiccan creed. Many people are turning again to the old religion and beliefs in Wicca as a way of giving their lives a new meaning, and as a life-enhancing way of developing their own personal powers. Learn how to use Wicca powers for good.

Course Subjects:

- The Old Religion • Gods and Goddesses • The Tools of Wicca • The Book of Shadows • Covens and Solitaries • The Eight Sabbaths • Spell Casting • Natural Magic • Moon Magic / Candle Magic

Lessons: 6

Achieve: The New Age Foundation  
Certificate in Advanced Wicca

Suitable for: All students

## Wicca (Advanced)

This course covers advanced magic that can be used to attract positive energies to change and enhance life. We follow the ancient ways that stretch back over thousands of years, enabling us to harness the wisdom of the ages. This course will help you improve your life, and the lives of others.

Course Subjects:

- Dream Magic • Making Talismans • Love Spells • Money Magic • Advanced Elemental Magic • Night Spells • Thought Forms

Lessons: 9

Achieve: The New Age Foundation  
Certificate in Working with  
Chakras

Suitable for: All students

## Working with Chakras

Understand the ancient Hindu concept of the seven energy systems within us all. In Yogic philosophy the chakras are spinning spheres which transform energy between matter and consciousness. Our body is a vehicle accompanying us through life and our chakras are 'wheels'. When our chakras become blocked, the vehicle cannot steer a healthy course.

Course Subjects:

• History and Development • Chakra Identities • The Way Forward • Restoring Balance • Foods for Chakras / Exercises on the Chakra Column • Chakra Developmental Stages • How Problems Begin • More Negative Influences • Healing Exercises • Working with Fragrances and Gemstones

## Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

Creating with Miracles • Crystal Ball Scrying • Dragon Magic • Earth Mysteries - Divining the Land • Native American Medicinal Botany • Pyramid Energy • Qabbalah - The Journey Continues

## Speech, Language and Writing

Our Speech, Language and Writing courses are suitable for beginners to practitioners.

Choose from a variety of courses including *Creative Writing* and *Teaching English as a Foreign Language*.



Level: Professional Development

Lessons: 10

Achieve: BSY Certificate of Merit in  
Creative Writing, QLS Level 3  
certificate of achievement\*

Suitable for: All students

## Creative Writing

Whether you wish to write for pleasure or for future publication, this course will help open up your imagination, enhance and define your own personal style, and give you the confidence to set pen to paper. Song lyrics, film scripts, poetry, newspaper and magazine articles, novels, short stories and plays all involve and invoke the creative process.

Course Subjects:

• Inventing Characters and Setting Scenes • Novels / Adding Atmosphere • Commercial and Literary Fiction • Suspense and Drama / Children's Fiction • Poetry and Short Stories • Characters / Points of View • Genre-Specific Fiction • The Voice in the Text • Writing for Pleasure • Writing Exercises

Level: Professional Development

Lessons: 8

Achieve: BSY Certificate of Merit in  
Freelance Journalism

Suitable for: All students

## Freelance Journalism

Most media outlets buy their news from local freelancers. This course will teach you how to find and write up saleable news stories, features or even just 'snippets'. If you'd like to enjoy the buzz of being a journalist and see your work splashed across the pages of newspapers worldwide then this is the course for you.

Course Subjects:

• The Basics of Good Journalism • Writing a News Story • Writing for Local, Regional, National and Overseas Press • Writing for Magazines • Marketing and Selling your Stories • Approaching the Market • Essential Information • Contact File

Become a: BSY Home and Shadow Education Tutor

Level: 3  
Lessons: 10

Achieve: BSY Home Tutoring and Shadow Education Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Home Tutoring and Shadow Education

There is currently a sustained 'boom' in demand for tutors in all areas of home tutoring, including shadow education – where private tuition shadows that of the school curriculum. This course will teach you how to structure and plan tutorials, create interesting and relevant resources and meet client expectations – no matter what area or level you would like to teach.

### Course Subjects:

- Opportunities and Challenges
- Getting the Process Started
- A Framework for Learning
- Measures of Attainment
- Structuring the Tutorial
- Examination Success
- Non-examined Subjects
- Monitoring Progress
- Creating Resources
- Moving the Business Forward

Level: Professional Development

Lessons: 8

Achieve: BSY Certificate of Merit in Self-Publishing

Suitable for: All students

## Successful Self-Publishing

Today, fewer publishing companies are taking on new authors and self-publishing is becoming a very viable and profitable option. If you are considering self-publishing your work, this course will guide you through the complete process. Turn your dream of becoming a published author into reality.

### Course Subjects:

- Getting Printed
- Your Future in Publishing
- Marketing
- Protecting Yourself
- Pros and Cons of Self-Publishing
- Long-Term Sales
- Editing
- Design, Layout and Costs

Become a: BSY Teaching English as a Foreign Language Practitioner

Level: 3  
Lessons: 10

Achieve: BSY Teaching English as a Foreign Language Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Teaching English as a Foreign Language (T.E.F.L)

Teaching English as a Foreign Language is a rapid growth area and provides employment for thousands of people across the globe working in the private sector, at language schools and institutes or as tutors working from home. You will find language schools in most towns and many villages everywhere in the world. The demand for teachers in many places outstrips the supply.

### Course Subjects:

- Methodologies/ Facts and Figures about English
- Grammar
- Vocabulary
- Teaching Productive and Receptive Skills
- Materials and Aids
- Teaching Pronunciation
- Lesson Planning
- Teaching Young Learners and Teenagers

Level: Professional Development/ Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in Travel Writing

Suitable for: All students

## Travel Writing

Of all the types of writing, travel writing is one of the most exciting and rewarding. Discover how to gauge the market, how to plan your work and research, and learn techniques for producing and selling top quality articles, reviews, books and guides.

### Course Subjects:

- An Introduction
- Writing a Travel Article / Creating Good Reviews
- Marketing Your Articles and Reviews
- Writing and Marketing a Guide or Book
- Self-publishing
- Unlocking the Secrets of Free Travel
- Making Money from Travel Writing

Level: Professional Development/ Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in Writing Articles

Suitable for: All students

## Writing Articles

Magazines and newspapers everywhere need articles and features to fill their pages. This course will teach you how to structure and write saleable articles and will also show you how to present your work properly.

### Course Subjects:

- Good Article Writing
- Writing Saleable Articles
- Writing for Newspapers and Magazines
- Marketing and Selling your Work
- Approaching the Market
- Contact File

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Merit in  
Writing Features

Suitable for: All students

## Writing Features for Health, Beauty and Fitness Magazines

Writing features for the lucrative health, beauty and fitness market is an excellent way to start a new career that you can fit around other commitments. This course helps you understand the market and is set out in easy to follow steps that will give you all the confidence you need to write features professionally.

### Course Subjects:

- Writing Styles • Using Personal Experience • Making the Most of your Article • Finding your Target Audience
- Planning your Article and Interviewing Skills • Advisory and Regular Columns

Level: Professional Development/  
Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in  
Writing for TV, Radio and Film,  
QLS Level 3 certificate of  
achievement\*

Suitable for: All students

## Writing for TV, Radio and Film

This course is designed to show you how to produce saleable proposals, ideas and scripts. It will show you how to penetrate this competitive industry by professionally presenting and marketing your work.

### Course Subjects:

- How to Research, Plan and Structure Scripts • Selling to Hollywood • Writing for TV, Film and Radio
- Contacts • How to Make Money from Selling Ideas • Marketing and Selling • Dealing with Editors, Producers and Agents • Copyright and Contracts

Level: Professional Development/  
Personal Achievement

Lessons: 8

Achieve: BSY Certificate of Merit in  
Writing Short Stories

Suitable for: All students

## Writing Short Stories

There are very few things more enjoyable than telling and writing stories - and getting paid for it too! This course will teach you how to structure and write saleable short stories and present your work properly. You need no previous experience and no special writing ability.

### Course Subjects:

- Good Short Story Writing • Writing the Saleable Short Story • Subject by Subject • Writing for Children
- Marketing and Selling your Work • Approaching the Market • Essential Information • Contact File

### Also available:

- Effective Public Speaking

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

## Business and Management Studies

These courses are designed to help anyone who wishes to know more about becoming a practitioner or setting up their own consultancy. They are extensively researched and offer detailed information, not only on the business and financial aspects of setting up on your own, but also tips on how to create a pleasing and healing environment and build up and retain your client base, plus issues surrounding ethics, confidentiality and setting up GP referral schemes.

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in  
Business Development

Suitable for: All students

## Business Development

It has long been the aim of the BSY to encourage not only education in alternative therapies and lifestyles but also to inspire the student to put their new learning into productive use in society by starting up their own business and passing on their knowledge to others. This course will guide you through the process of setting up and operating a successful business in your chosen field.

### Course Subjects:

- Working from Home • Trouble Shooting • Marketing • Motivation and Avoiding Burnout • Goal Setting
- Employing Others • Financial Wizardry and Management

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Management and Conflict

Suitable for: All students

## Management Relationship and Conflict

Conflicts are inevitable but when they are not managed properly, they may result in wasted time, ill feelings and back-biting in the work environment. Energy, which could have been used for constructive purposes, is drained. This course shows you how unnecessary conflicts can be prevented or resolved in a constructive manner.

Course Subjects:

• Definition and Types of Conflict • Power and Assertion • Control and Prevention • Styles of Conflict Resolution • Advantages and Disadvantages • Collaborative Conflict • Resolution Style

Level: Professional Development

Lessons: 6

Achieve: BSY Certificate of Merit in Natural Health Practice Management

Suitable for: All students

## Natural Health Practice Management

This course is of great importance to anyone who has taken, or is contemplating, any of the BSY's therapy or counselling courses. For a practice to be successful it must be properly planned and structured – and this essential information is covered in six lessons.

Course Subjects:

• Confidentiality, Care and Sensitivity • Professional Ethics • Empathy/Respect/Active Listening • Business Advice • GP Referral Schemes • Preparation of Therapy Room • The Art of Healing

Level: Professional Development

Lessons: 12

Achieve: BSY Certificate of Merit in Project and Team Management

Suitable for: All students

## Project and Team Management

Much of Project Management depends on the Manager's ability to think creatively, to act with originality and generally to be flexible in his/her approach to issues. This course will indicate the areas in which standards should be set.

Course Subjects:

• Planning and Controlling the Project • Project Profile Definition • Structuring the Organisation • Building and Structuring the Project Team • Planning Logic Path • Information Systems

Level: Professional Development

Lessons: 7

Achieve: BSY Certificate of Merit in Start your own Complementary Health Business

Suitable for: All students

## Start your own Complementary Health Business

If you are thinking about setting up your own consultancy, this course will guide you through the entire process. From creating a business plan to raising finance, buying equipment and finding clients, the course also covers all the regulatory bodies you need to consider.

Course Subjects:

• Writing a Business Plan • Tax • Raising Finance • Finding Premises • Finding Clients • Business Basics • Your Treatment Room • Client Sessions

### Also available:

For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

• Selection Interview Techniques • Time and Priority Management

“

I have already started my next course with you. I have recommended BSY to friends who want to start new careers but have a busy family life too. You give us the opportunity to do this!”

# Philosophy

Philosophy is an academic discipline which examines the intelligibility of ordinary and scientific benefits by means of rational argument and debate. Philosophy is a fascinating subject and our courses will dispel the myth that it is a subject inaccessible to all but the intellectual elite.

Level: Personal Achievement

Lessons: 6

Achieve: BSY Certificate of Competence in Buddhism

Suitable for: All students

## Buddhism

Buddhism is one of the world's six dominant religions. The Buddha himself is simply a Great Teacher, and an ever-growing number of Westerners are now coming into contact with his philosophy finding that if they truly open their hearts, it can bring inner peace and happiness. This course is an intriguing introduction to the subject, demonstrating that study can indeed change the way we look at and feel about things.

Course Subjects:

- Buddhism and the Life of Siddhartha • Meditation • Enlightenment and the Four Noble Truths • Triple Gem
- Diversity of Buddhism • The Three Marks of Existence

Level: Professional Development

Lessons: 8

Achieve: BSY Certificate of Merit in Modern Philosophy

Suitable for: All students

## Modern Philosophy

We live in a world where we can no longer escape from each other's influences. Most modern societies have lost their understanding of the real needs of people and humans relate to each other with mutual suspicion. The course explores the fundamental and universal validity of man, leading students to understand their true identity potential, with mankind as a community in the truest sense of the word.

Course Subjects:

- Individual and Society • The Family • Individualism • Structures of Human Society • Responsibility and Freedom • Morality • Consciousness

Level: Personal Achievement

Lessons: 10

Achieve: BSY Certificate of Competence in World Religions

Suitable for: All students

## World Religions

With the Roman Catholic and Anglican churches experiencing an unprecedented drop in the number of attendees, many are seeking a more integrated and thorough knowledge of religion and its various forms. This course explores the meaning of religion and why man may need to relate to a deity. Major religions and religious philosophies are compared and there is guidance on spiritualism and its relevance to the New Age.

Course Subjects:

- Early Religions • Christianity • Judaism • Islam • Hinduism • Buddhism • Spiritualism • Reincarnation

**Also available:**

For details visit [www.bsigroup.co.uk](http://www.bsigroup.co.uk)

- Basic Philosophy

“

BSY is the best distance learning college by a considerable margin and the only one I will have any dealings with in the future.”

# General Interest

Choose from our range of General Interest courses, suitable for beginners to practitioners.

Level: Professional Development/  
Personal Achievement

Lessons: 6

Achieve: Certificate of Merit in Art – Its  
Place in Therapy

Suitable for: All students

## Art – Its Place in Therapy

Art in Therapy is used as a form of relaxation, an outlet for everyday anxiety and to treat serious mental health concerns. You will learn how to use it therapeutically aiding communication, break down barriers, help with confusion and bring individuals out of themselves.

Course Subjects:

• History of Art in Therapy • Approaches to Art in Therapy • Function & Practice of Art in Therapy • Knowing your Materials • Assessment • Children & Art

Level: Personal Achievement

Lessons: 10

Achieve: Certificate of Competence in  
Arts & Crafts

Suitable for: All students

## Arts & Crafts

This course is designed to give a thorough grounding in many diverse techniques, to give confidence during those first steps into a new activity, and to stimulate fresh ideas for your own creativity. Many people are turning to Arts and Crafts for creative satisfaction and also as a way of embellishing the home, or making distinctively individual gifts.

Course Subjects:

• Personalised Stationery • Decorative Photograph Albums • Murals • Greeting Cards • Party Accessories • Drawing • Clay Moulding • Paper Flowers • Ribbons & Bows • Decoupage & Gift Boxes

Become a: BSY Civil Celebrant

Units: 8

Achieve: BSY Diploma in Civil Celebrancy  
QLS Level 4 certificate of  
achievement\*

Suitable for: All students

## Civil Celebrancy

A civil celebrant's role is incredibly important. Clients entrust in them the planning and delivering of celebrations and services at the happiest and more difficult times in their lives. Civil celebrants are called upon to create and carry out a range of celebrations and ceremonies. As well as providing an in-depth introduction into the role of the civil celebrant and their responsibilities, this course will help you develop the important skills necessary to create and conduct civil ceremonies.

Course Subjects:

• Understanding Professional Civil Celebrancy in the UK • Health and Safety Considerations • Valuing Equality and Diversity • Understanding Celebratory Civil Ceremonies in the UK • Planning and Delivering Celebratory Civil Ceremonies in the UK • Understanding the UK Funeral Industry • Working with the Bereaved • Creating and Conducting a Civil Funeral Service

Level: Professional Development/  
Personal Achievement

Lessons: 8

Achieve: Certificate of Merit in  
Criminology, QLS Level 3  
certificate of achievement\*

Suitable for: All students

## Criminology

This course introduces you to this fascinating subject. 'A criminologist is one whose professional training, occupational role and reward are concentrated towards a scientific approach, study and analysis of the phenomena of crime and criminal behaviour'. – Wolfgang 1963.

Course Subjects:

• Introduction to Criminology • Emergence of European Criminology • Criminal Behaviour & How It Develops • Delinquency & Juvenile Offenders • Young Offenders Institutions • Historical and Contemporary Prison Life • The Sentencing Process • Violence & Aggression

Level: Professional Development/  
Personal Achievement

Lessons: 12

Achieve: Certificate of Merit in Advanced  
Criminology

Suitable for: All students

## Criminology (Advanced)

This course explores the two basic objectives of Criminology, determining the cause of crime and criminal behaviour and evolving the principles for the social control of crime. It relies on the findings of biology, psychology, psychiatry, sociology and other related subjects. This knowledge is of particular benefit to therapists working in the counselling field.

Course Subjects:

- Retributive Theories • Definitions of Crime • Criminal & Civil Law • Punishments Old & New • Protecting the Public • Criminal Justice System • Delinquency & Youth Crime • Police Procedures • Commencement of Proceedings • Jurisdiction • Sentencing/Life Sentences • Notable Cases

Level: Personal Achievement

Lessons: 8

Achieve: Certificate of Competence in  
Introductory Ecology

Suitable for: All students

## Ecology (Introductory)

Ecology is defined as 'the scientific study of the relationships of organisms, communities, the places in which they live, and how they interact.' This course provides an introduction to the principles and disciplines involved leading on to the concept of 'green' policies, and pointing the way forward with opportunities for positive involvement.

Course Subjects:

- Ecological Concepts & Terms • Biotic Pyramid • Environmental Health & Safety • Surveying & Sampling Methods & Equipment • Analysis & Report Writing • Working in Field & Laboratory • Conservation & Re-cycling • Fundamentals of Human Ecology

Level: Personal Achievement

Lessons: 10

Achieve: Certificate of Competence in  
Egyptology

Suitable for: All students

## Egyptology

This course offers an introduction to the civilization of Ancient Egypt, mainly the eighteenth dynasty. There is so much to learn – the magic and mystique woven into legends of Kings and Queens; murder and intrigue; the mummification and funeral rites contained in the Book of the Dead; the construction and decoration of tombs and temples; and the way of life of the people themselves.

Course Subjects:

- Timeline of Royal Households • Funeral Rites - Tombs & Temples • The Valleys of the Kings, the Queens • Gods & Goddesses Nobles & Artisans • Famous Rulers • The Nile • Daily Life – Workmen, Women & Children • The Pyramids & the Sphinx

Level: Professional Development/  
Personal Achievement

Lessons: 10

Achieve: Certificate of Merit in Interior  
Design

Suitable for: All students

## Interior Design

This course is full of tricks of the trade and simple suggestions to get your home the way you want it to be. Develop your skills to enhance your own space, whatever its style or size.

Course Subjects:

- Catalogues – Content, Textures & Contrasts • Colour – Its Place in our Lives & in Interior Design • Flooring, Carpeting & Tiles • Paint & Fabrics • Safety Aspects • Curtains & Blinds • Lighting • Total Scheme

Level: Professional Development/  
Personal Achievement

Lessons: 10

Achieve: Certificate of Merit in Music for  
Therapy

Suitable for: All students

## Music for Therapy

This course will increase your awareness of music and rhythm and teach you how to use the power of music to enhance yours and the lives of others. An audio CD accompanies the course.

Course Subjects:

- The Effect of Music • Music Through the Ages • Theory of Music – Simplified • European Musical Culture • Practical Aspects • Music as a Stress-Buster • Music in Action • Western Ensembles • How the Brain Perceives Music

Level: Personal Achievement

Lessons: 5

Achieve: Certificate of Competence in Basic Photography

Suitable for: All students

## Photography (Basic)

This course will help you take better pictures and improve your photographic skills. The theoretical study is supplemented with practical projects and you will learn to record those special moments in time, without losing any of their joy or beauty.

Course Subjects:

- History of Photography • Basic Camera Design • Processing & Printing • How to Take Better Pictures
- Equipment Care • Choosing a Suitable Camera • Photographic Accessories

Level: Personal Achievement

Lessons: 6

Achieve: Certificate of Competence in Sociology

Suitable for: All students

## Sociology

This course will introduce you to the various themes, perspectives and methodologies of sociology. It explores how we learn a large proportion of our behaviour, examines the way we interact within groups and societies and provides an understanding of the major areas of sociological interest, giving you a foundation on which to build more detailed knowledge.

Course Subjects:

- What is Sociology? • Family • Sex and Gender • Religion • Social Class & Power • Sociological Methodology

Level: Personal Achievement

Lessons: 4

Achieve: Certificate of Competence in Ufology

Suitable for: All students

## Ufology – The Mystery of UFOs

This course is for those who want to know more about this mystery and it investigates the various theories as to what UFOs are and where they are from.

Course Subjects:

- UFOS – What are They? • Terminology/ Unsolved Case Histories • Ufonaughts and Aliens • Sighting and Reporting UFOs

Become a: BSY Wedding and Event Planner

Level: 3

Lessons: 15

Achieve: BSY Wedding and Event Planner Diploma, QLS Level 3 certificate of achievement\*

Suitable for: All students

## Wedding and Event Planner

With this course you will learn how to plan memorable weddings, special anniversaries and corporate or fundraising events. You will learn the importance of organisation and how to carry out an event within the client's budget and to their individual specification. Your assignments will help you create a professional portfolio and build your network of useful contacts.

Course Subjects:

- Things to Consider • Theming and Styling • Choosing a Venue • Catering • Transport • Photography and Videography • Traditions • Finishing Touches • Hints, Tips and Things to Avoid • Fund-Raising Events
- Seminars, Training Events and Other Business Events • Parties for Children and Adults • Becoming a Professional Planner

Level: Personal Achievement

Lessons: 4

Achieve: Certificate of Competence in Wild Foods

Suitable for: All students

## Wild Foods

Foraging is an activity that is growing in popularity at an amazing rate. This course will give you information on safe and lawful gathering, including plant identification, harvesting, storage, preparation and recipes.

Course Subjects:

- The Law and Wild Food Gathering / Safety / Mapping and Recording Finds • Commonly Found Wild Foods • Plants to Avoid • Foraging on the Seashore

**Also available:**  
For details visit [www.bsygroup.co.uk](http://www.bsygroup.co.uk)

- Evolution: Theory & Controversy

# It is easy to enrol.

For advice on which course to choose, or to enrol,  
please call our friendly course advisors on

**01409 220 400**

Alternatively, you can view all of our courses on [www.bsygroup.co.uk](http://www.bsygroup.co.uk).

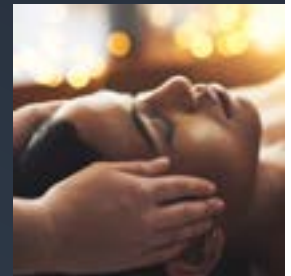
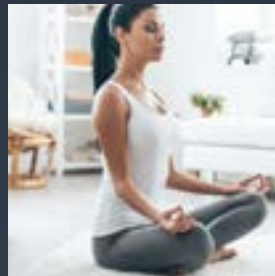
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All information correct at time of publication

