



in collaboration with Health Creation and Bath Spa University
presents

TRAINING & CONTINUING PROFESSIONAL EDUCATION in HEALTH AND WELLBEING

Would you like to know the facts and scientific evidence to back up your healthy lifestyle or holistic practice (with optional University credits*)?

Would you like a better understanding of the theory and scientific literature behind all aspects of positive health & wellbeing?

Do you find yourself being asked by clients or colleagues to explain the evidence base for integrative health care and self-help approaches?



Enrol now for 'The Principles & Evidence for Health & Wellbeing'

This exciting new online course will put the key scientific evidence at your fingertips, creating personal and professional confidence.

Whether for our own benefit or as healthcare practitioners, we want to base our efforts and practices on solid scientific evidence, and to be fully informed about the effectiveness of many different healthcare approaches. The Principles & Evidence for Health and Wellbeing provides a core academic resource at a professional level to inform and support your practice, and a solid evidence base from which to operate. This course will provide valuable Continuing Professional Development hours for all healthcare professionals, orthodox or complementary.

The course is an **online home study module**, and is open to everyone whether or not they have taken other HWT training modules.

*In order to obtain the university credits, HWT courses can be followed by Academic Study Modules as part of the Post-graduate Masters Programme through Bath Spa University.

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**BATH SPA
UNIVERSITY**

The benefits of online home study include:

Starting whenever you like - Working at your own pace - Studying in brief or at depth

The Learning Aims for this Module are:

1. Study of the need for and value of proactive self-help to improve health and wellbeing in terms of:

- the role of Western lifestyle in the aetiology of major degenerative diseases such as cancer, heart disease, depression and anxiety, diabetes, obesity, digestive disorders, arthritis, asthma etc.
- the role of lifestyle change in reversal of lifestyle illnesses
- the role of proactive health approaches in reducing healthcare costs
- efficacy of health coaching and mentorship

2. Study of the principles and evidence relating to the use by individuals of:

- healthy nutrition and nutritional supplementation
- exercise, rest and relaxation
- detoxification from excessive dietary fat and sugar, drugs, cigarettes and alcohol
- stress reduction and developing peace of mind
- improvement of relationships and communication
- development of emotional maturity and self-expression
- development of personal authenticity, fulfillment, meaning and purpose
- development of spiritual resources and a sustaining inner life
- living and working in a positive personal environment
- belonging within community, work and social networks
- having an active relationship with nature
- evidence based self-help approaches
- uplifting psycho-spiritual support
- new information about Mind-Body Science
- new information about Epigenetics

The course can be taken at any time to fit your own schedule.

Price: HWT on-line course: £600 +Vat (concession to £500 if on other HWT Trainings)

Plus (optional): additional academic Independent Study Module (ISM) with Bath Spa – price on application

We look forward to hearing from you!

The Health and Wellbeing Trust team

**For further information contact Jo on 07768 156599
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