



School Catalog

Volume III · 2012

12 NE 5th Avenue · Delray Beach, FL 33483
561.272.3733 · info@FloridaICAM.org
www.FloridaICAM.org

SCHOOL CATALOG

Volume 3 2012

12 Northeast Fifth Avenue
Delray Beach, Florida 33483
(561) 272-3733
www.FloridaICAM.org
info@FloridaICAM.org

Table of Contents

Founder’s Message	5
Purpose	6
History	6
Mission	6
Legal Ownership	7
Governing Body	8
Staff	8
Faculty	8
Holidays	11
Class Schedule	12
Hours of Operation.....	12
Entrance Requirements	12
Enrollment Procedures	13
Non-Diploma Seeking Student.....	14
Dismissal	15
Transfer of Credit	15
Program Changes.....	15
Grading	15
Unit of Credit.....	16
Incomplete “I” Grade	16
Attendance	16
Make-Up Work.....	17
Tardiness	17
Leave Of Absence	17
Re-Entry	18
Maximum Time Frame	18
Standards of Academic Progress.....	18
Academic Standards For Diploma-Seeking Students.....	19

“Good Standing” Academic Status For Diploma-Seeking Students	19
Academic Dismissal/Withdrawal	19
Standards of Conduct	20
Dress Code.....	21
Grievance Procedures	21
Course Dates.....	22
Academic Advisement	22
Financial Advisement.....	22
Job Placement Services	22
Registration.....	23
Student Records	23
Family Rights to Privacy Act	23
Drug-Free Workplace.....	23
Emergency Contacts.....	24
Housing	24
Student Rights & Responsibilities	24
Fee & Payment Schedule	25
Cancellation & Refund Policy.....	25
Tuition, Fees, Programs & Curriculum	26
Scholarship and Financial Aid.....	26
Instructional Methods.....	28
Weekend Training Topics and Courses Covered	29
Course Numbering System	32
Institutional Resource Center.....	32
Description of School Facilities/Equipment	32
Non Discrimination Policy	32
The Attention Dynamics Training Program.....	34
The Complementary and Alternative Medicine Practitioner Program	39
The Integrative Wellness Coach Training Program	57

Founder's Message

Today we stand on the precipice of a new frontier in healthcare. The existing paradigm of conventional medicine has not met our need to prevent illness and maintain our health. It's time we recognize that we are more than a clump of interacting chemicals but a spiritual being having a human experience. In the nature of taking care of ourselves, we have a responsibility beyond ingesting pills and invasive surgical procedures. It's time we remember our rich heritage of the integrative health traditions that focus on our holistic nature, in each aspect of our being.

I believe it's time to change our healthcare model and embrace a new wellness paradigm that insures our personal responsibility and empowers us at each level of our intrinsic nature. FICAM provides the knowledge and tools to help each of us optimize our health to realize our birthright of life, liberty and the pursuit of happiness. It is upon these beliefs that FICAM is created.

A human being is comprised of different levels of consciousness/existence in the Complementary and Alternative Medicine (C.A.M.) holistic model: spiritual, mental, emotional, physical, as well as its relationships to collective and environmental influences. Each level originates from the same source. This original substance becomes structured into an interactive system based on the amount of condensation the originating life force substance experiences and sustains, creating different levels of vibrational frequencies. Like a molecule of H₂O, it can exist as either a vapor-like gas, water or ice, depending on the degree of vibrational frequency of the molecules. Yet, regardless of the form H₂O becomes condensed in, its essence is always the same: two parts hydrogen and one part oxygen. However, the manner in which you would interact with each level of H₂O dictates the tools you would need to effectively work with it.

Our C.A.M. model recognizes that each aspect of a human being originates from the same one substance that we can call Life, Pure Consciousness, or Pure Existence. This invisible substance could be considered the unmanifest field from which all manifestation emerges. Quantum physics calls this the implicate order and all which emerges from it the explicate order. As human beings, this manifest, explicate existence is experienced personally and collectively at the levels of spirit, mind, emotions and the body as the unconscious mind. Healing and health can best be achieved and maintained by bringing health and balance to all levels of our personal and collective integrated nature. It is not possible to effect change at one level without influencing all levels. Recognizing and integrating all of the dynamics which comprise and influence a human being is the best way to ensure optimum functioning of a person and is the only way that comprehensive healing can occur. The key to enjoying the benefits of life-long healing (wholeness) is recognizing each aspect of the existence in which we live and integrating them into a balanced, strong and harmonious system.

At FICAM, we work with students to help themselves in order to help others reach goals for emotional and physical healing. Our practice and research have taken over 35 years of experience which has culminated into this opportunity to train you for a career in Complementary and Alternative Medicine. We stand on the shoulders of all the valiant researchers who came before us to step outside the conventional means of their times (Freud, Reich, Erickson, Bandler, Satir, Wolinski, Lowen, Hellinger, Winnicott, Jung, Grof, Chopra, Myss, Keleman, Sarno, Swami Shyam and many more) who said there must be another way and had the *willingness, courage and determination* to find it despite dissention from the status quo.

Namaste,

Brian Sheen, FICAM President

Purpose

The Florida Institute for Complementary & Alternative Medicine (FICAM) is licensed by the Commission for Independent Education, Florida Department of Education, 325 West Gaines Street, Suite 1414, Tallahassee Florida 32399 under Florida Statute Chapter 1005, license #4013. Additional information regarding this may be obtained by contacting the Commission at 1-888-224-6684 or (850) 245-3200. It is the natural step in extending the vision first established in 1975 at the Executive Education Center in Boston which later moved to Florida and became the Quantum Healing Center. This licensing will provide a viable state sanctioned school to also train teachers, parents and other interested parties in the Attention Dynamics Training Program and standardize the successful protocols established as presented in the forthcoming book, *Attention Dynamics*. (September 2010)

This school envisions helping fulfill the goals of both the Federal Government formation of NCCAM (National Center for Complementary and Alternative Medicine) and the National Institute of Health in Washington, D.C.'s mission to explore complementary and alternative healing practices in order to train C.A.M. researchers and to disseminate information to the public and professionals.

Further, this school is seen as a way to support Florida Statute 456.41 legislative intent to allow citizens to make their own choices for any type of health care treatment they believe will be effective for them as a substitute or complement to prevailing treatments.

History

The Florida Institute of Complementary and Alternative Medicine was born from the vision of Brian Sheen, Complementary and Alternative Medicine practitioner, and his desire to teach others the art of human healing through methods that involve introspection and exploration of the human spirit, mind, emotions and body. Brian Sheen has worked in the research and practice of Complementary and Alternative Medicine for more than 39 years, and is also the President of the Quantum Healing Center located in downtown Delray Beach, Florida. The Florida Institute of Complementary and Alternative Medicine, which began offering classes in February 2010, is now open for registration.

Mission

The mission of the Florida Institute of Complementary and Alternative Medicine is to empower students with the knowledge and tools for personal healing at all five levels of consciousness/existence. We teach our students the art of Complementary and Alternative Medicine (C.A.M.) to embark upon a journey that will begin in their spirit, transcend to their minds and emotions to then impact their bodies for positive healing experiences. Once this personal experience has ensued, we teach students to utilize their training and to share their

knowledge and expertise with others who are seeking another way to feel balanced, healthy, happy and free. Complementary and Alternative Medicine begins with one's self actualization and extends beyond oneself to positively enhance the lives of others.

The unique proposal of FICAM is:

1. To integrate the different workable modalities of Complementary and Alternative Medicine- Quantum Psychology, Hypnotherapy, NLP, Bioenergetics, Choice Theory, Hellinger Constellations, Formative Psychology, Embodiment, Reiki, Purifying Breath work, shamanism, meditation, yoga, ayurveda and other alternative practices to provide a comprehensive model for healing and personal growth in each of the five levels of human consciousness – spirit, mind, emotion, body/unconscious mind, and transpersonal – to support and enhance conventional medicine while providing alternative treatments that address the holistic nature of a person and their relationships in the world.
2. To utilize our integrated model to be a source of innovations in illness prevention, more effective education, greater productivity and creativity, as well as more satisfying relationships. To help correct the symptoms of child and adult inattentiveness, frustration, unhappiness, distress, anxiety, confusion and co-dependence, without unwarranted mediations or intrusive medical procedures.
3. To fill the void for internships and supervision in this growing field, while raising the standard and effectiveness of C.A.M. practitioners to better serve the interest of the public.
4. To research and help develop the science of C.A.M. to enable it to play a vital role in enhancing the health and individual responsibility of our citizens to take control of their health-related decision making through prevention, and not be the victims of a sick-care oriented, medically dominated healthcare system.

Florida Institute of Complementary and Alternative Medicine was founded on the belief that personal success and self-improvement can be achieved through interaction between students, faculty, staff, and mentors. To this end, leading professionals from the C.A.M. field will partake in the growth and development of the training and supervision of FICAM students and graduates.

Legal Ownership

Florida Institute of Complementary and Alternative Medicine (FICAM) is a d/b/a of the Foundation of Research for the Evolution and Enlightenment of the Spirit Non-Profit chartered in the State of Florida. The school is wholly owned and operated by Foundation of Research for the Evolution and Enlightenment of the Spirit Non-Profit (F.R.E.E.S). F.R.E.E.S. is also a d/b/a of the Quantum Healing Center, which operates under the same roof as FICAM.

Governing Body

The name and corporate address of the governing body of FICAM is:

FLORIDA INSTITUTE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

12 NE 5th Ave., Delray Beach, FL 33483

Phone 561-272-3733

www.FloridaICAM.org

Staff

Brian Sheen, Campus Director (*See Faculty section below*)

Sara da Conceição, Registrar

- *M.S. in Foreign Language Education, Florida International University, 2010*
- *B.A. in Hispanic Language and Culture, New College of Florida, 2003*

Jaz Sheen, Information Technology Specialist

Ashley Caskill, Administrative Assistant

Faculty

FICAM will bring in a variety of leading professionals in their respective fields of both conventional and alternative medicine to share their knowledge and expertise. Visiting instructors will be announced in advance of their appearance.

Brian Sheen

EDUCATION

2000 **Ph.D. in Clinical Hypnotherapy/Complementary and Alternative Medicine**
American Pacific University

1998 **Bachelors of Clinical Hypnotherapy**
American Institute of Hypnotherapy

1997 **Master Neurolinguistic Programmer**
The Bandler Institute for Neuro –Linguistic Programming

- 1996 - 2001 **Transformational Meditation Master**
International Meditation Institute, {Kullu, India}
- 1996 - 2001 **Reiki Certified Therapist Levels I and II and Reiki Master**
Transpersonal Reiki Institute
- 1997 **Hypnotherapy Regression Certification**
Dr. Brian Weiss
- 1996 **Masters Certification in Hypnotherapy**
Certification in Neurolinguistic Programming and Time Line Therapy
Eastern Institute of Transpersonal Hypnotherapy
- 1995 **Research and Enlightenment Hypnotherapy Training**
Edgar Cayce's A.R.E.
- 1977 **Certified Childbirth at Home Educator**
Association for Childbirth at Home International (ACHI)
Assisted in the birthing of daughter in 1977 and sons in 1982 and 1991.
Taught classes and assisted in the delivery of babies.
- 1970 - 1974 *Hubbard College*
Graduated with Various Certifications in a wide variety of Complimentary and Alternative Medicine and Education. Specialized in Psychoneuroimmunology, Metaphysics, Regressions and Alternative Education.
- 1970 *Brooklyn College*
Liberal Arts Semester
- 1969 *Lafayette High School*
Graduated 6 months early with Honors in Science and Math
{Brooklyn, New York}

EDUCATIONAL SUPPLEMENTS

- 2003 **Florida Institute of Bioenergetics Graduate**
- 2002 **Shamanic Apprenticeship**
With Credo Mutwa, head Zulu Shaman Master in South Africa
- 2001 **Shamanic Apprenticeship**
Dr. Eve Bruce in Ecuadorian Amazon with the Shuar Findhorn Institute – Scotland
- 2000 - present 2000 - present
Certified Yoga Instructor - *Yoga Alliance RYT 500*
- 2002 **Hellenger Constellation Certification** - *Bert Hellenger Institute*

- 2000-2002 **A Course In Miracles and Attitudinal Healing Graduate**
Foundation for Inner Peace – Ken Wapnick
- 1998 **Holotropic Breathwork Graduate** – *Dr. Stanislov Grof*
- 1998 **Group Processing Dynamics Certification**
- 1997 **Integral Transformation Graduate** - *George Leonard At Esalen Institute*
- 1995 **Documentary / Music Video Production Graduate**
Art Institute of Fort Lauderdale

Nicole Rothman

- *Doctor of Chiropractic 1997, Life College*
- *B.S. University at Albany 1993*

Akhilesh Sharma

- *Bachelor of Ayurvedic Medicine & Surgery, Kurukshetra University 1987*
- *Ayurvedacharya (B.A.M.S.), Sh. Krishna Govt. Ayurvedic College 1987*

Tara Wood

- *Oregon State University - Majored in Exercise & Sports Science, with Pre-nursing*
- *National School of Technology - Certified Surgical Technologist*
- *American Council on Exercise (ACE) - Certified Personal Trainer since 1999*
- *ACE Cert. of Achievement - Exercise for Special Populations (elderly)*
- *Yoga Alliance - Synergy Yoga Teachers Training Miami, FL 2002*
- *Certified Ashtanga Teacher David Swenson 2006*
- *Yoga Teacher training Shiva Rea 2006*
- *Giant Slalom Champion - Coca Cola Championship skiing Vail, CO., USA*
- *All Conference Track & Field and Cross Country*
- *Paul Check Seminars for Core and Back Training*
- *Head of Triathlon & Runners Club, Oregon State University*
- *Buddist work/study program at Colorado Shambhala Center*

Susan G. Schiff

- *B.S. Journalism, University of Florida, 1983*
- *Acupuncture/Chinese Medicine, Community school of Traditional Chinese Healthcare, 1999*
- *ABORM Fellow American Board of Oriental Reproductive Medicine*
- *Acupoint Injection Therapy, Univ. of Miami*
- *NCCAOM Board Certified Acupuncture and Chinese Herbology*

Allen Chips

- *Ph.D. Philosophy of Natural Health (American Holistic University)*

- *Ph.D. Clinical Hypnotherapy (American Pacific University)*

Robert Glazer PhD

- *Ph.D. in Clinical Psychology (Florida Institute of Technology)*
- *EDSEMED in Counseling (University of FL)*
- *B.A. with Honors in Psychology (University of FL)*

Sherrie Wade

- *Advanced Meditation and Yogic Science Teacher (International Meditation Institute)*
- *M.A. in Counseling and Psychology (Antioch College)*
- *B.A. in Counseling (Antioch College)*
- *A.A. in Liberal Arts (University of FL)*

Sara da Conceição

- *Masters of Science in Education, Florida International University*
- *B.A in Hispanic Language and Culture, New College of FL*
- *Employed at FICAM and Quantum Healing Center for 3 years; tasks include accounting and all fee establishing and collecting for all services offered and student tuition, Financial Assistance development and management, Public Relations, Management, Instruction, Student Counseling.*
- *Trained in the Attention Dynamics Program*

Christine Apter

- *Doctorate in Stress and Yoga, Clayton College of Natural Health, 2011*
- *M.S. in Immunology, Florida Atlantic University, 1998*
- *B.A. in Biology, Florida Atlantic University, 1994*
- *E-RYT 500 Experienced Registered Yoga Teacher, Yoga Alliance*

Stacey Lanz

- *B.A. in Sociology, University of South Florida, 1994*
- *B.A. in Dance, University of South Florida, 1998*
- *RYT 200 Registered Yoga Teacher, Yoga Center Deerfield Beach, 2006*

Holidays

Martin Luther King

Good Friday

Spring Break

Memorial Day

Summer Break

Independence Day

Labor Day

Thanksgiving Break

Christmas Break

Class Schedule

The institution operates on a non-traditional schedule. FICAM's programs offer training in-house and at a distance using its tailored training videos, series of audio CDs, books, powerpoint presentations and curriculum designed to assist students through the process of the programming. In addition to 8 yearly in-house training weekends, there will be weekly classes and workshops available on-campus and/or on-line to provide students with experimental models to enhance their training. Over the course of the program, students will engage in a series of lessons independently and/or with a partner, keeping journals of their experiences, submitting assignments on material covered, communicating with staff on a regular basis and attending intensive residential training at the Quantum Healing Center in downtown Delray Beach for two weekends per quarter over three years of training, or 8 total weekends per year, (CAM Practitioner Program only). Students are expected to submit, either by email, fax, or in person, the answers to the questions in the syllabus for each course and any other assignments, journal entries or questions/discussions as part of our on-going supervision and evaluation.

Course schedules for all programs offered by FICAM are posted on the school website for students to follow. The dates for the 2012 calendar year are as follows: Feb 3-5, March 9-11, May 4-6, June 8-10, August 10-12, September 14-16, November 2-4, and November 30-Dec 2. Residential training weekends will take place Friday from 6:30-9:30 pm, and Saturday and Sunday from 9:00am through 6:00pm, with meal breaks unless otherwise announced.

Hours of Operation

Office Hours: Monday through Friday	9:00 am – 5:30 pm
School Hours: Monday through Friday	9:00am – 10:00pm
Saturday	9:00am – 4:00pm

Note: All programming offered at the institution will not exceed 40 hours per week in any combination of didactic or hands-on training. Hours may be extended during specialized training programs. Existing ongoing classes and workshops currently run some Mondays from 7:30pm to 10pm and all Wednesdays 6:30pm to 9:30pm.

Entrance Requirements

Applicants for admission must:

- Complete an application to Florida Institute of Complementary and Alternative Medicine
- Be a high school graduate or have a GED or equivalent
- As our program is of a highly experiential nature, it is essential each student be able to participate in all the class protocols, which at times can be physically strenuous. If a student candidate is receiving treatment for any condition that requires any type of medication, they must first obtain a signed approval letter from their prescribing

- physician that they are healthy enough to participate in this program.
- Be 18 years of age or have written permission from parents or guardian.
- Understand that the successful completer will be awarded a diploma for programs offered by Florida Institute of Complementary and Alternative Medicine. There is no governing body that certifies or licenses the successful completer. By successful completion, the graduate can become a practitioner.
- Complete interview with an admissions representative and receive a copy of the school catalog.
- Complete and submit an Enrollment Agreement, other required forms, and non-refundable registration fee.
- The school will keep records of prospective students denied admission for at least one year.
- Prospective students who were denied admission and would like to review their file may submit a written request. Access to the file will be granted within 24 hours of the request.
- Applicants with MD or DO, licensed psychologists, M.S.W. Chiropractors, Acupuncturists, RN licenses, Massage Therapists, Physical Therapists, Yoga Teachers, Energy Healers or others with verifiable experience in the C.A.M. field will be granted advanced standing if they present active current copies of their licenses to practice.

Enrollment Procedures

Applicants may apply at any time to attend Florida Institute of Complementary and Alternative Medicine. Classes have limited enrollment. Admission to the program is determined on a rolling basis. Given high program demand and a maximum number of students per training, we strongly recommend that applicants submit applications as soon as possible. There is a non-refundable registration fee. Please refer to Application Process below for details. Once an Admissions File is complete, our staff assesses whether a student would benefit from the program that Florida Institute of Complementary and Alternative Medicine has to offer, and whether we have the appropriate class for the particular applicant. Each applicant will attend an interview with admissions personnel. The applicant will have an opportunity to learn more about the institution and its training programs. The interview is designed to evaluate applicants and their commitment to their educational goals to determine if there is a compatible match. If a possible match is indicated, applicants then complete their Enrollment Agreement and confirm financial planning. Every individual will be given the opportunity to tour the facility and enroll in the next available classes.

Florida Institute of Complementary and Alternative Medicine is committed to having a diverse student population. The school does not discriminate on the basis of race, color, religion, gender, ethnic origin, age, physical disability, or sexual orientation in administration of its educational policies, admission policies and other school-administered programs. Florida Institute of Complementary and Alternative Medicine reserves the right to deny admission to any applicant whose attitude, behavior or prior history does not predict success in a program of study.

APPLICATION PROCESS

To apply to any of the FICAM programs, please:

1. Review information on dates, costs, faculty, curricula, and general information about FICAM on our website. If you are not familiar with our campus, staff or students, schedule a visit for a tour, interview and/or trial class.
2. Download and complete the Enrollment Agreement for the program you wish to enter.
3. Submit the Enrollment Agreement and \$100.00 non-refundable registration fee. Checks should be made payable to FICAM. For international applicants, checks must be drawn on a domestic bank. If you prefer to make a payment by credit card, please call the Business Office at 561-272-3733 or indicate this option on your Enrollment Agreement.
4. If after reviewing your application the Admissions Committee feels that you may be an appropriate fit for the program, your application will move to the next phase of the admissions process and a member of the Registrar's Office may contact you to arrange a phone or in-person interview. FICAM reserves the right to also require additional phone interviews, or additional supporting documentation if deemed necessary, to arrive at an admissions decision.
5. Please wait for a letter from FICAM clarifying our admissions decision. This letter should arrive by e-mail within two weeks of date of receipt of your application. If you do not have an e-mail address, we will send our decision by regular mail as well as call to inform you of your status.
6. Upon admission into a FICAM program, submit the completed remaining registration forms, a copy of your driver's license and proof of High School graduation, along with your down payment for the current year's tuition if not paying in full.

Non-Diploma Seeking Student

(CAM Practitioner Program only)

Students who wish to enroll for personal development purposes only, who do not intend to become CAM practitioners professionally, may do so if they adhere to all of the guidelines outlined in this catalog, with the exception of the sections pertaining to our competency/incomplete grading system. Non-diploma-seeking students are not required to test for competency for any FICAM courses. Non-diploma-seeking students will not receive a diploma, but rather a Certificate of Completion that will not be valid for employment purposes. Students who begin the program as a regular student and decide to change their status to non-diploma seeking after starting the program must submit to the Registrar a written request as well as an Enrollment Agreement for Non-Diploma Seeking students.

Dismissal

A student may be dismissed, at the discretion of the Director, for insufficient progress, non-payment of costs, or failure to comply with rules of conduct and policies of the institution.

Transfer of Credit

FICAM will accept up to 20% of the clock hour credits from other verified training institutions provided that a transcript and complete course descriptions are made available for transfer credit review. For example, Certified Yoga Instructors have the ability to receive credits for the yoga classes in the CAM Practitioner Program if they are willing to demonstrate the competency skill required of that class. A Certified Hypnotherapist could receive credits for their training. Students may wish to continue their training after graduation.

Any student who began a program at FICAM and wishes to transfer to another program at FICAM will receive credit for courses passed and tuition will be adjusted accordingly. Students who transfer out of FICAM to another institution may receive their transcript reflecting their hours and grades, providing that all financial obligations to FICAM have been met by the student. Transferability of credit is at the discretion of the accepting institution and it is the student's responsibility to confirm whether or not credits will be accepted by another institution. FICAM is not an accredited institution.

Program Changes

FICAM reserves the right to amend, add, or delete classes, programs, policies, equipment, tuition, fees with prior notice of such changes to new student applications only. Reasonable accommodations will be made for students impacted by such changes.

Grading

Students are not graded according to a Grade Point Average (GPA) system but to a "Competency versus Incomplete" system of grading.

FICAM believes that until an ability to effectively use the material being learned is developed then the student is incomplete. The process of education is to understand and be proficient in the application of studied materials. Students may request an opportunity to demonstrate their competency at anytime they feel they are able to successfully use the tools and materials being taught. Theoretical information, such as the background and understanding of the underlying principles, is required to be understood at a minimum of 90% in order to receive a passing competency mark. Students are permitted up to three attempts at passing either a theoretical or practical section of their class. Afterwards they are required to redo that class at an additional expense of 50% of their original class fee. The class fee is determined by the total cost of program tuition divided by the total number of program clock hours, then multiplied by the course clock hours for that specific course. Upon completion of each course, the instructor will

provide an evaluation noting the strengths and weaknesses of each student.

Unit of Credit

The Unit of Credit used at the school is a clock hour. A clock hour is defined as no less than 50 minutes of any one contact hour in which students participate in learning activities on campus.

FICAM has officially been approved as a Yoga Alliance (YA) Registered School (RYS) 200, ID#56493. Upon successful completion all courses with competency, students of the CAM Practitioner Program may apply for their RYT200 certification with the Yoga Alliance.

Repeating Courses

Students may repeat a course up to three times with an additional fee of 50% for each such repeat thereafter. Credit is given when the competency skill is validated upon repeating a course. Repeated courses will not appear on the student's transcript.

Incomplete "I" Grade

When a student is unable to complete the requirements of a course by the end of the program, the student may be given an "Incomplete" or a grade of "I". The instructor will grant a grade of "I" if the student has valid reasons for not being able to finish the work. The student and instructor will complete an "Incomplete Grade" form, which stipulates the work to be completed for a grade. If the coursework is not completed by the determined date, an incomplete will be entered into the record for the course.

Attendance

Students are expected to attend all scheduled class meetings and to arrive on time. Students are expected to inform faculty in advance of any pending dates where a student may be absent. Excused and non-excused absences are considered the same when computing maximum number of allowable absences. Students must attend 7 out of the 8 training weekends offered over the yearly 12 month period. Unsatisfactory attendance is when a student does not attend:

- One day of residential training
- A scheduled conference call or online video training session
- Scheduled on-site clinic time

Non-traditional educational experiences allow for students to design their schedules within the assignment period. Therefore, for the purposes of distance training, a student has from Monday at 12:00AM until Sunday at 11:59 PM to submit all written, audio or visual material to FICAM for evaluation if there is a specified time period as set forth by the course outline. Classes will be

recorded and then archived online to be available for future viewing.

If a student has unsatisfactory attendance they will lose his/her academic status of “Good Standing” until the following conditions are met:

- The student establishes satisfactory progress or meets the conditions of “Good Standing”.
- The student has corrected the problem that caused unsatisfactory attendance.
- The student has satisfactorily completed worked missed because of the absence either by repeating the sessions missed or performing required work outlined by the instructor.

A student is terminated for unsatisfactory attendance if the student does not meet these conditions within 15 days.

Make-Up Work

Students who have been absent from class for **any** reason or have been tardy are required to make up work missed from classes. The student is required to discuss make-up work opportunities with the instructor. Any clinic hours that are missed must be made up. Excessive absences from clinic assignments without prior notice may result in termination from the program. Hours of makeup work will be accepted as hours of class attendance. Tests that are not taken as a result of an absence must be made up within 90 days of the original test date. There is no additional charge for makeup work.

Tardiness

Attendance and promptness reflect an individual’s level of professionalism and work ethic. Since the school trains students for personal improvement and, by extension, for careers in Complementary and Alternative Medicine, we believe our policies should reflect the expectations of clients and employers. Leaving one to two hours early is equal to one-half day absence. Over two hours early departure equals one full day absence. All class time missed in excess of fifteen minutes must be made up by the student in order to graduate.

Leave Of Absence

The school requires students to provide a written, signed, and dated request for a Leave of Absence prior to the leave of absence. However, if unforeseen circumstances prevent a student from providing a prior written request, FICAM may grant the student’s request for a leave of absence and document its decision in the student’s file. FICAM will collect the written request within 30 days.

A student may be granted a Leave of Absence (LOA) for up to 90 days in any 12-month period.

The number of days in a leave of absence commences the day after the student’s last day of

attendance. “A 12-month period” begins on the first day of the student's initial leave of absence.

Upon the student's return from the leave of absence, the student is permitted to complete the coursework he or she began prior to the leave of absence without any penalties as they may pick up from where they left off through archived online classes.

If a student does not resume attendance at the institution on or before the end of a leave of absence, the student will be treated as a withdrawal. The last date of attendance will stand as the date for refund purposes.

Re-Entry

A student who has canceled or has been terminated and wants to re-enter their training program must notify the Campus Director and follow the required admission procedures. A student who was terminated for any reason can meet with the Campus Director and show why s/he should be re-admitted and how the student will meet program requirements. The decision of the Campus Director will be based on the student meeting program requirements. The timeframe for re-entry will be made 60 days from the date of withdrawal or last date of attendance.

Maximum Time Frame

Students must complete programs within 150% of the program length.

Standards of Academic Progress

The “Standards of Academic Progress” establish a formal process through which the administration and faculty of FICAM can identify and provide assistance to students who experience academic difficulty.

Students who experience academic difficulty are alerted through the Standards of Academic Progress. It is the goal of the institution to support students in every academic phase of their attendance at the Florida Institute of Complementary and Alternative Medicine. When a student is not meeting the Standards of Academic Progress, faculty will conduct a formal meeting with the student in order to prepare a plan of improvement for the student and discuss the possible consequences that may occur if progress is not made.

The standards are not intended to discourage or penalize students who are sincerely trying to make good use of the school's instructional services. The standards reflect the commitment of FICAM faculty and administration to provide students with as much assistance as possible to ensure success in achieving their educational goals.

The overall objective of the Standards of Conduct is to improve performance by students who are experiencing academic difficulty and to increase public support for the Florida Institute of

Complementary & Alternative Medicine and its efforts to provide sound educational programs of the highest quality.

Academic Standards For Diploma-Seeking Students

Consequences of sustained poor academic performance are summarized below:

<u>Competency Status</u>	<u>Results</u>
If 30% of semester classes are incomplete	Academic Probation

Students must have a competency rating in all classes of their program to graduate and receive a diploma.

These measures are applicable at the end of each grading period.

“Good Standing” Academic Status For Diploma-Seeking Students

Programs of the institution will measure satisfactory academic progress upon completion of each year. Students moving through the program must complete 70% of the yearly hours in order to be considered to be making satisfactory progress. All missed hours must be made up prior to graduation to fulfill 100% competency. Students who fall below this 70% standard may lose their academic status of “good standing”. Students whose competency remains incomplete in any classes by end of the year may work on their own to develop their competency, redo the class when next given, or use archives and tutors to work on their skills. When all answers for the course questions have been submitted and approved and competency has been attested to by the student, his/her partner, and an instructor, the student will receive a course completion. The student has up to 1.5 times the program length to complete all courses with competency. Students who are academically dismissed will be able to re-enter with another group if they follow the re-entry policy.

Academic Dismissal/Withdrawal

“Academic Dismissal” represents a separation of students from FICAM for at least three (3) months. “Academic Dismissal” occurs after students fail to meet the minimum requirements after losing their status of “Good Standing”.

The student who withdraws voluntarily is called a “Withdrawn” student. The last physical date of attendance is considered the withdrawal date of the student whether the student is dismissed or withdraws. Any refunds due will be based on the last date of attendance.

Students are eligible to re-apply for enrollment to FICAM after dismissal. This request will be on a petition basis. In order for re-enrollment to be approved, the petition must present evidence of some change in the student’s circumstance. A withdrawn student may re-enter anytime.

Graduation Requirements

The successful completer will be awarded a diploma for programs offered by the Florida Institute of Complementary and Alternative Medicine. There is no governing body that certifies or licenses the successful completer. By successful completion, the graduate can become a practitioner. The student must comply with the following requirements in order to receive a diploma:

1. Meet all financial obligations incurred with the institution.
2. Complete the total number of hours required by the student's program and have an overall competency rating of 100%.

Standards of Conduct

Students enrolling in FICAM assume an obligation to conduct themselves in a manner compatible with FICAM's function as an educational institution. To fulfill its functions of imparting and gaining knowledge, FICAM retains the power to maintain order within the school and to exclude those who are disruptive of the educational process. Unprofessional conduct which discredits the individual or the Florida Institute of Complementary & Alternative Medicine will be subject to termination.

Generally, prohibited conduct for which a student is subject to disciplinary action is defined as follows:

- Physical or sexual assault of any person on FICAM's campus, conduct which threatens the health or safety of any such person, or the physical or sexual assault of any FICAM student, faculty member or employee.
- Substantial damage to FICAM-owned or leased property or to property of a FICAM student, employee, faculty member or visitor occurring on FICAM-owned or leased property or at the residence of any student, faculty member or employee, or unauthorized entry into or occupation of FICAM's facilities, which are closed to student activities, or otherwise restricted as to use.
- Any activity that may be construed as hazing ("hazing" is defined as: any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization operating under the sanction of FICAM).
- Use of alcohol or illicit drugs while on campus or at school related activities. Students at FICAM are training for careers that involve direct interaction with patients and individuals. Performing clinical activities under the influence of drugs or alcohol undermines patient safety and is considered a crime. Persons who engage in such actions while enrolled at FICAM will be reported to the local authorities for criminal actions.

Drug testing may be asked of students who display behaviors consistent with drug abuse.

- Non-compliance or violation of any of FICAM's rules, regulations, policies and procedures.
- Unsatisfactory academic progress.
- Excessive absence or tardiness.
- Failure to pay fees when they are due.
- Cheating.
- Falsifying records.
- Breach of institutional enrollment agreement.
- Failure to comply with the rules, regulations, policies and procedures of clinical externship sites.
- Carrying a concealed or potentially dangerous weapon.
- Harassment of any kind, including intimidation and discrimination.

Dress Code

School rules and regulations include dressing in a manner appropriate to the CAM practitioner's community. Florida Institute of Complementary and Alternative Medicine requires students to wear appropriate, comfortable clothing in and around the training facility. Clothes should be neat and clean for both men and women. Good grooming includes good personal hygiene so as not to provide unhealthy surroundings for yourself or another.

Grievance Procedures

A student, staff or faculty member with a grievance should make an effort to resolve the grievance with the individual against whom the grievance is lodged. If that doesn't resolve the matter, an appointment may be made with the Director of the school. Grievances should be documented in writing in order to prompt a meeting with the Campus Director. The institutional administration will work to resolve issues within ten days of the receipt of the grievance. If the result of this level of discussion does not produce a fair resolution, the next step would be to notify:

The Commission for Independent Education

Florida Department of Education
325 West Gaines Street, Suite 1414
Tallahassee, Florida 32399-0400
Telephone: 1-888-224-6684
(850) 245-3200

STUDENT SERVICES

Course Dates

FICAM has open enrollment for all programs. Course schedules will be given to students at registration and will be visible on our website calendar.

For the CAM Practitioner Program only, the in-house training weekend dates for 2012 are as follows:

February 3-5, March 9-11, May 4-6, June 8-10, August 10-12, September 14-16, November 2-4, November 3—December 2

Any CAM courses that will be covered in Monday workshops or Wednesday night classes as opposed to the in-house weekend trainings will be announced in advanced to the students.

Academic Advisement

Faculty will perform academic advisement as needed. Campus administration may become involved at times in academic advisement sessions when needed. Students with matters of a personal nature will be referred to local community agencies.

Financial Advisement

The Business Office will inform students of all options regarding private funding or payment plans of which they have been made aware.

Job Placement Services

Students are assisted with placement and, upon request, can be furnished names and addresses of employment possibilities as they are obtained. Inquiries made to the school from potential employers will also be posted on a placement opportunity bulletin board. The school will assist the student with employment to the best of its ability, but cannot guarantee employment. Placement services are provided free of charge.

Registration

Registration is held on a continuous basis. Students may register for courses in person, by mail, by telephone or online. See Enrollment Requirements and Procedures for details on the Admissions Process.

Student Records

Student records are maintained on the campus site permanently in a fire proof cabinet. Records of academic progress are furnished to students. One transcript is provided to students upon graduation and fulfillment of all tuition obligations. Additional transcripts are available to students upon written request for a fee of \$5.00. Student records will be provided to potential employers only after a written request has been made by the student. Computer records are backed up weekly.

Family Rights to Privacy Act

Florida Institute of Complementary and Alternative Medicine complies with the confidentiality and student accessibility provisions of the Family Right Act of 1974 (P.L. 93-380, Section 438), commonly known as the Buckley Amendment. The confidentiality of student records is strictly protected. Information on students is not available to anyone without:

- a) Written request/release from the student
- b) A court order, or
- c) Accreditation agency requirements

However, parents of minor students and guardians of “tax dependent” students have the right to inspect and challenge the information contained within the records of a specific student.

Drug-Free Workplace

The Florida Institute of Complementary and Alternative Medicine is a drug-free workplace for staff, faculty and students.

Listed below are resources of drug prevention programs:

- The Center for Substance Abuse Prevention HOTLINE (1-800-662-4357)
- The Center for Substance Abuse Prevention HELPLINE (1-800-967-5752)
- U.S. Department of Health and Human Services (1-800-WORKPLACE)
- U.S. Department of Education Regional Centers Drug-Free Schools and Communities (1-502-588-0052)

Emergency Contacts

The Florida Institute of Complementary and Alternative Medicine is not legally or financially responsible for medical care and does not provide the services of a physician. The Fire Department Rescue Service provides first aid emergency health service.

At the time of enrollment, each student should provide the name of the individual to contact in an emergency on the appropriate line of the application form. Students should carry emergency information at all times, as well as any medical insurance card(s).

Housing

FICAM does not offer or maintain housing for students.

Student Rights & Responsibilities

The Florida Institute of Complementary and Alternative Medicine. seeks to maintain an environment where students have the following rights:

Students can freely exchange diverse ideas in an orderly and respectful manner inside and outside the classroom.

Students can associate freely with other individuals, groups of individuals and organizations for purposes which do not infringe on the rights of others.

Students can expect to participate fully in FICAM's community without discrimination as defined by federal and state law.

Students can function in their daily activities without unreasonable concerns for personal safety in an environment that is conducive to educational activity.

Students can expect discipline to be implemented through established procedures containing all elements of due process for the adjudication of charges, and the opportunity for continued school involvement (as appropriate) until the resolution of the charges.

Student information is maintained confidential and free of unreasonable intrusions into information and/or matters relevant to identity and well being.

Students have access to established procedures for respectfully lodging a grievance to FICAM.

Students have access to all faculty, staff, resources and supplemental educational holdings maintained on campus for the professional development of students and the learning process.

Students can study in a setting that is conducive to personal growth.

Students can expect timely responses from FICAM's academic and administrative departments.

Students can expect academic and administrative policies that support intellectual exploration, learning, and growth.

Fee & Payment Schedule

The registration fee is due at the time of signing the application for admissions. It is suggested that the books and materials be purchased prior to attending the first class.

The student has the option of paying the tuition cost 1) in full upon entry into the program; or 2) paying the balance of the tuition cost in installments as agreed upon with the Business Office. Students not paying in full will be provided with a Payment Schedule upon receipt of their registration fee and down payment. The student must specify whether the payments indicated on the Payment Schedule will be made by credit card through automatic withdrawal, or by post-dated checks that must be submitted to the Business Office in advance prior to the first day of training. 48 hour notice must be made to the Registrar if a post-dated check is not to be deposited on the day the payment is due.

In the event that a student's account is sent to collections, The Florida Institute of Complementary and Alternative Medicine shall be entitled to collection, attorney fees and costs on the account thereof.

Cancellation & Refund Policy

Should the student be terminated or cancel for any reason, all refunds will be made according to the following refund schedule:

1. Cancellation must be made by delivering a written cancellation notice in person or by Certified Mail to the school registrar.
2. All monies will be refunded if the school does not accept the applicant or if the student cancels within three (3) business days after signing the enrollment agreement and making initial payment.
3. Cancellation after the third (3rd) business day, but before the first class, will result in a refund of all monies paid, with the exception of the registration fee.
4. Cancellation after attendance has begun, but prior to 40% completion of the program, will result in a Pro Rata refund computed on the number of hours completed to the total program hours.
5. Cancellation after completing 40% of the program will result in no refund.
6. Termination Date: The termination date for refund computation purposes is the last date of actual attendance by the student unless written notice is received.
7. Refunds will be made within 30 days of termination or receipt of Cancellation Notice.
8. Cancellation of classes or programs by the institution before or after attendance has begun will result in a full refund of all monies paid.
9. Books, materials and fees will not be refunded, thus will not be included in the refund calculation.
10. The in-house training dates may be changed giving a minimum of 90 days notice.

Tuition, Fees, Programs & Curriculum

All prices for programs are printed herein. There are no carrying charges, interest charges, or service charges connected or charged with any of these programs, other than the finance charge of 10% if choosing option 4 on the Enrollment Agreement. Contracts are not sold to a third party at any time. Cost of credit is included in the price for the goods and services.

(Note: The total cost does not include other fees for books, materials, etc. Students may purchase books and materials needed for the program in which they are enrolled from either our bookstore or any chosen source).

Scholarship and Financial Aid

FICAM currently offers the following scholarship to qualified applicants of the CAM Practitioner Program:

- **The Pay it Forward Scholarship:**

In honor of the life of Marilyn Feinstein, the mother of FICAM's founder Brian Sheen, we are now offering a Pay-it-Forward Scholarship for potential students of the CAM Practitioner Program (CAMPP) who know in their hearts that this program is meant for them, who are dedicated to the knowledge they will gain during the three years of study and to a rewarding career as a CAM Practitioner upon graduation, and who are simply incapable financially to afford the full tuition cost at this time.

Many years ago, Marilyn Feinstein, who recently passed away, so generously donated the funds necessary for Brian to be able to follow his heart to open the Quantum Healing Center in downtown Delray Beach, which has now evolved to include the school, FICAM. In gratitude, we are now offering the same opportunity for others who have the yearning to follow their passion but are restricted financially.

The Pay-it Forward Scholarship Program will offer students a tuition loan of \$1,837.50 each year during the 3 year program. *

The total \$5,512.50 awarded to those who receive this scholarship may be paid back to FICAM once the student graduates and is enjoying a successful career in CAM. The loan money we receive back after graduation will be used to be able to keep FICAM up-and-running to be able to extend this knowledge to future generations.

Applications will be considered from those who:

- Demonstrate their existing difficulty in affording tuition.

- Agree to maintain the pace of the program throughout each year of study and complete each course with competency within 90 days of the end of the in-house training period corresponding to that course. (Other courses that are not directly covered during an in-house training must be completed with competency by the end of the academic year.)
- Agree to contribute their services during in-house training periods, which could include preparation of classroom, running the video switchboard or other functions as directed by the FICAM staff.
- Agree to do outreach work or community public relations activities as directed by FICAM.

**Failure to meet these above standards will result in the withdrawal of the scholarship and require full payment of all classes taken*

Applications must include:

- The last two years of tax returns
- Personal Financial Statement, including an Asset Statement
- Essay explaining why you should be a recipient of the FICAM Pay-it-Forward Scholarship (no length requirement). Discuss the merits of your personal, community, and/or professional work, and/or how you will use the knowledge you will gain at FICAM presently and upon graduation. Be sure to clearly state that you are applying for the Pay-it-Forward Scholarship.

A completed Enrollment Packet, which includes Enrollment Agreement, Confidential Student Profile, 2 waivers, and \$100 non-refundable Registration Fee.

* Total monetary value of scholarship is \$5,512.50.00 for the 3 year CAMPP.

**You are only eligible to receive one FICAM scholarship at a time.

In addition to the Pay it Forward Scholarship, other opportunities for Financial Aid include:

- **Transfer Credit Tuition Reduction**

- Up to 20% of clock hour credits may be transferred from other verified training institutions provided that a transcript and complete course descriptions are made available for transfer credit review. The amount of transferable credit will be determined by the Director and outlined in the students' Account Summary and Payment Schedule.

- **Work Exchange**

- A select few students may be considered for an opportunity to volunteer their services to FICAM in exchange for a lowered tuition amount. The amount of

work and dollar amount to be credited to the students' account will be at the discretion of the Director, outlined in detail in a contract and signed by the student and a school official. Any significant changes to this agreement shall be written up in a new contract and signed by both parties. This information shall be kept in the student's file.

- **Referral Fee**

- Any current FICAM student who encourages a potential student to enroll will receive 10% of all tuition monies paid to FICAM by that new student. See Registrar for details.

Instructional Methods

The instructional methods at FICAM will incorporate a wide variety of nontraditional instruction that will be consistent with the abilities, educational skills, experience and needs of the students enrolled in the programs.

(CAM program only) Each course has its own "syllabus" which includes the course texts, objectives, goals, competency skills and questions to answer. These questions are divided into two parts: theory questions and practical questions. It is **strongly suggested** (especially for students intending to become CAM Practitioners and/or to become involved in any programs affiliated with iFlourish and/or Attention Dynamics) that each student, **prior to** attending a training weekend:

1. Review course texts for the courses covered during that weekend. (*See "Weekend Training Topics and Courses Covered" section below.*)
2. Review videos, powerpoint presentations and any other study materials pertaining to the courses that will be covered during the upcoming weekend.
3. Review, complete and turn in for approval the theory questions for the courses that will be covered during that weekend.

All FICAM students will attend each weekend together. The weekends will be hands-on, practical oriented. The topics for each weekend will be geared around the general format that each year follows – mind, spirit, emotions and body.

During the practical training weekends, 3rd year students will be given the opportunity to play the role of "practitioner" to practice using the techniques and protocols being learned, while 1st and 2nd year students will be in the position of observer and receiver of any modalities practiced. In addition, students of all levels will be given other opportunities throughout the trainings to practice certain techniques with each other.

After the training weekend, students should complete the course, including the practical section of the syllabus, in as timely a manner as possible. (Scholarship students see Due Dates for current year on myFICAM). A course completion will not be awarded until all portions of the

curriculum (theory and practice questions) for that course have been completed.

In addition to the eight yearly weekend training intensives utilizing standard modalities of classroom study through lecturing, discussion groups and demonstration, students will be provided specially designed training modules in interactive audio training format. These training modules guide students through step-by-step training processes to understand the depths of knowledge and application on first a personal level. Additionally, these modules establish partnering with other students to do practice sessions under the supervision of the instructor.

Students will be provided necessary space to use needed audio equipment to listen to these programs and then to practice them.

(WCT program) Students will attend in person or online the monthly weekend training intensives utilizing standard modalities of classroom study through lecturing, discussion groups and demonstration.

(All programs) Students will be provided examination questions for each course to be answered and then submitted through either the internet, by mail or in person. The syllabus with completed, typed-in answers, as well as signatures from the student and a partner attesting to competency, must be turned in to the instructor for final approval. The instructor will provide the final signature required for the student to officially pass the course with competency. A signature by the instructor indicates that the student has demonstrated the competency skills and has achieved the goals of that class.

Each student shall have their own student file that is kept by the school which will keep a full record of his/her progress and teacher comments as well as copies of all responses to the student's written questions and comments.

(CAM Program only) There will be on-going weekly classes conducted in conjunction with the Quantum Healing Center to provide in-depth theory and hands-on training to address the specific subjects of each semester's classes. Students unable to attend these on-going classes will be provided an opportunity to view these classes on the internet as videos or recorded in audio. Each of these classes will be made available in one format or another.

(All programs) Students will then have the opportunity through direct e-mails, chat rooms, study groups and/or phone conferences to further deepen their understanding of the materials being studied.

Weekend Training Topics and Courses Covered

- | | | |
|--------|---|---|
| Spirit | { | <ol style="list-style-type: none">1. Meditation and Quantum Psychology
<i>(CAM 101, 102, 103, 106, 201, 202, 203, 206, 301, 305, 309)</i>2. Enhancing spiritual powers and exploring other dimensions of consciousness |
|--------|---|---|

(CAM 104, 105, 106, 202, 309, 310, 311)

- Mind {
3. Using NLP and A Course in Miracles
(CAM 109, 110, 210, 211, 302, 303, 304)
 4. Utilizing Psychoneuroimmunology, Time Line, Hypnosis, [Growth and Development, Inductions, Regressions, Habit Substitution (weight, smoking)] and Stress Management

(CAM 107, 108, 113, 207, 208, 209, 215, 306, 307)

- Emotion {
5. Holotropic Breathwork, Pranayam and Quantum Breathwork
(CAM 111, 112, 216, 302, 310, 311)
 6. Relationship Counselling and Hellinger Constellations
(CAM 204, 205, 211, 309, 316)

- Body {
7. Bioenergetics and Formative Psychology
(CAM 114, 115, 213, 214, 215)
 8. Yoga
(CAM 116, 216, 312, 313)

* CAMs 100, 212, 314 and 315 will be done by video only and not covered during the training weekends.

COURSE CODE	COURSE TITLE	COVERED DURING WEEKEND # (1-8)
CAM 100	Introduction to Complementary and Alternative Medicine	Self-study only
CAM 101	Anatomy of Consciousness and the Quantum Physics of Life	1
CAM 102	Yogic Philosophy and Practice: The Stages of Spiritual Growth	1
CAM 103	Clear Mind Open Heart Meditation	1
CAM 104	Accessing the Collective Unconsciousness and Universal Archetypes	2
CAM 105	Chakra Clearing and the Wheels of Life	2
CAM 106	Quantum Psychology I and Reiki Energy Healing	2, 1

CAM 107	Hypnotherapy: the Basics	4
CAM 108	The Mind/Body Prescription	4
CAM 109	NLP – Neuro-Linguistic Programming I	3
CAM 110	Utilizing a Course In Miracles Therapeutically I	3
CAM 111	The Emotional Body and Limbic System - Healing with Dance, Art & Music	5
CAM 112	Breath and the Emotional Body I	5
CAM 113	Stress Management I	4
CAM 114	Formative Psychology, Embodiment & Psychodrama	7
CAM 115	Bioenergetics I	7
CAM 116	Basic Yoga Asanas, Sequences and Pranayam	8
CAM 201	Meditation	1
CAM 202	Unity in Spirit	1,2
CAM 203	Discovering Life's Purpose	1
CAM 204	Hellinger Constellations to Heal Family Ancestral Entanglements	6
CAM 205	The Stages of Development, Interactive and Transactional Therapies	6
CAM 206	Quantum Psychology II	1
CAM 207	Hypnotherapy, the Quantum Diet, and Smoking Cessation	4
CAM 208	Psychoneuroimmunology and Psychoendocrinology	4
CAM 209	Hypno Birthing and True Recovery	4
CAM 210	NLP – Neuro-Linguistic Programming II, Meta – NLP & True Recovery	3
CAM 211	Relationship Counseling, Imago Therapy & Using a Course in Miracles Therapeutically	3,6
CAM 212	Legal, Moral & Ethical Implications of Being a C.A.M. Practitioner	Self-study only
CAM 213	Formative Psychology II and Illnesses as Healing	7
CAM 214	Bioenergetics II and Feldenkrais	7
CAM 215	Anatomy, Physiology and Pain Management using Hypnosis	7,4
CAM 216	Yoga Asanas and Pranayam II	5,8
CAM 301	Meditation Teacher Training	1
CAM 302	Depression, Anxiety and Other Psychiatric Disorders	3,5
CAM 303	The Science of the Emotional Heart and Coaching	3
CAM 304	Core Transformation and Co-Creation of Life	3
CAM 305	Mysticism, Myth and Attachment	1
CAM 306	Shamanism and Intergenerational Time Line Healing	4
CAM 307	Regression – Childhood Regressions, Past Life Regressions and In between Life Regressions	4
CAM 308	Psychoneuroimmunology and Psychoendocrinology II	4
CAM 309	Transition Counseling	2,6,1
CAM 310	Accessing the Multiple Dimensions of Spirit	2,5
CAM 311	Accessing the Multiple Dimensions of Spirit II: Crossing Over, Astral Projection and Spirit Guides	2,5
CAM 312	Yoga Teacher Training	8
CAM 313	Advanced Integration of Yoga, Ayurveda, and Breakthroughs in C.A.M.	8

CAM 314	Chiropractic, Acupuncture and Nutrition	Self-study only
CAM 315	Chinese Medicine, Herbal Remedies, Essential Oils, Aromatherapy, and Homeopathy	Self-study only
CAM 316	Debugging Cases to Get Back on Track and In Clinic Practice Report Management	6
CAM 317	Externship: Integration of Spirit, Mind, Emotions & Body: Developing Protocols and Doing Group Work	
TOTAL:		

Course Numbering System

The course numbering system uses a six-digit alphanumeric identifier. The prefixes are characters that represent the type of course, and the suffixes are numbers that represent the sequence in which they are taught.

Because FICAM is currently a clock hour school, all first year courses will be considered as first level courses with the numbering system of 100, all second year courses will begin with numbering system of 200 and third year courses begin with 300.

Institutional Resource Center

The Florida Institute of Complementary and Alternative Medicine, maintains educational resources which include medical dictionaries, C.A.M. videos, DVDs, CDs, music, books, references, journals and technical manuals. Related posters, art, a dictionary and a thesaurus, anatomical models, illustrations and other visual aids are also available as educational resources for students. Students and instructors are encouraged to utilize the learning resources as often as possible while on campus.

Description of School Facilities/Equipment

The Florida Institute of Complementary and Alternative Medicine, is located at 12 NE 5th Ave., Delray Beach, FL 33483. FICAM will maintain its headquarters where its management staff will be located in the city of Delray Beach in the state of Florida. Retail store concentration occurs primarily along the downtown main thoroughfares. Public bus is conveniently located. On-street parking and parking spaces are available to students and staff. The school features five practice areas. These areas are equipped with necessary equipment, comfortable areas for meditation, and training.

Non Discrimination Policy

The Florida Institute of Complementary and Alternative Medicine, does not discriminate

regarding race, sex, color, creed and/or religion.

Important Note: Class schedules are subject to change without notice. Accommodations will be made for students affected by any changes. Inclement weather may be cause for school closure. School closure for inclement weather situations will follow public school closures for Palm Beach County.

The Attention Dynamics Training Program

410 Clock Hours Diploma Program

Tuition: \$4,975 **Registration Fee:** \$100 **Total Program Cost:** \$5,075.00

OTHER FEES NOT INCLUDED IN PROGRAM:

Estimated Cost of Books/Materials & Kit: \$250.00

PROGRAM OBJECTIVE:

Students will gain a deeper understanding as to the distressing influences that can cause children to become inattentive, fidgety, overly impulsive, uncooperative, disorganized, uninterested, off task and/or oppositional. Students will learn about the Attention Dynamics thesis which identifies the significant societal shifts that have cultivated an easily distracted, physically disconnected and emotionally bereft population. Through educational training, coaching, role playing, mentoring and hands-on experience, students will become competent to help others become more motivated, on-task, and self-managed. Graduates will be competent to help students and adults communicate better, make more connecting choices and have the ability to form more satisfying relationships at school, home, and work. An Attention Dynamics Trainer can implement proven protocols for children and adults which help them become relaxed, focused and more alive to live healthier, happier, non-medication laden lives.

PROGRAM DESCRIPTION:

This program is designed to provide training in Complementary and Alternative Medicine therapies that is specifically tailored for helping children or adults. Trainees will learn skills for teaching adults how to get in synch with both their inner child and their children in home and at school. They will also learn adult management and parenting techniques which include new models for feeling safe and connected while avoiding power struggles or external control. These techniques will be taught as specialized exercise protocols and structured play to reconnect adults and children to their core. Trainees will learn how to help others learn to focus and how to meditate. The program teaches the trainees how to impart this knowledge, teach relaxation techniques to individuals and their families, create parent/child re-connections, ability development for better relations, success strategies, making choices, and a guided inner journey that uncovers the core issues that have brought not only the child but the family to the place of disorder.

Upon completion of the program the student will receive a diploma. Besides FICAM there is no governing body that certifies or licenses the successful completer. **DISCLOSURE: By successful completion the graduate can become an Attention Dynamics Trainer. Students may begin working in their field of training as soon as diploma is received**

PROGRAM OUTLINE

COURSE CODE	COURSE TITLE	CLOCK HOURS
CMP 100	An Overview: The Distressing Conditions of our Generations' Drug Orientation and the New Children and Adult Paradigm.	30
CMP 101	The Five Levels of Consciousness and Alternative Methods of Energy Release	30
CMP 102	Neuro-Linguistic Programming (NLP) and Formative Psychology for Creating Containment and Safety While Shifting Time-Space Orientation	30
CMP 103	Balancing Parent/Child Relationships with New World Parenting, Choice Theory and Earn and Learn Principles	30
CMP 104	Foundation Exercise Protocols for Building Self Containment and Self Management	30
CMP 105	Focusing, Centering and Using Meditation for Relaxation	30
CMP 106	Study and Ability Development for Growth and Better Relations	30
CMP 107	Nutrition, Diet, and Alternative Therapies to Detoxify and Strengthen the Biological System	30
CMP 108	Expanding Personal Power by Removing Degrading Self Images, Accessing Hidden Resources, Re-Connecting to Nature	30
CMP 109	Advanced Techniques for Releasing or Increasing Energy	30
CMP 110	Practical Integration, Journaling, Organization and Externship	110
	TOTAL	410

COURSE DESCRIPTIONS FOR ATTENTION DYNAMICS TRAINING PROGRAM

COURSE CODE/COURSE TITLE/CLOCK HOURS

CMP 100 An Overview: The Distressing Conditions of our Generations' Drug Orientation and the New Children and Adult Paradigm.

30 Theory Hours/30 Clock Hours

This course examines the research of proliferation of inattentiveness, stress, impulsiveness, disorientation and acting out that has filled our society with frustrated, distressed and agitated students and adults. You will examine how millions more children and adults are taking antidepressants and bipolar medications in an attempt to deal with a wide variety of hyperactive, inattentive and non-responsive behaviors. This course will examine our country's existing conventional paradigm and compare it to the Attention Dynamics protocols. The effects and results of each of these choices will be evaluated in detail to provide full perspective of how complementary and alternative medicine techniques can return focus, relaxation and student connectiveness both in school and at home to help children thrive medication free.

Competency skill: An in-depth understanding of the existing medical paradigm as compared to

the Attention Dynamics paradigm with an ability to completely share and express this knowledge.

**CMP 101 The Five Levels of Consciousness and Alternative Methods of Energy Release
Theory 20 Hours/10 Lab Hours/30 Clock Hours**

This course presents how the five levels of our human existence - mind, emotions, body, spirit and transpersonal - work best when each level is in balance to provide effective and lasting change in one's functioning. The foundation of complementary and alternative medicine protocols developed for energy release or management will be taught. An inventory of physical, emotional and mental release techniques to provide release of excess energy and balance of existing energies will incorporate bioenergetic exercise protocols to help alleviate distractions, agitation and imbalances.

Competency skill: To be able to recognize the presenting level of imbalance in another and enable them to successfully use the basic techniques learned in this course to stabilize and help manage each level of their being.

**CMP 102 Neuro-Linguistic Programming (NLP) & Formative Psychology for Creating
Containment and Safety While Shifting Time-Space Orientation
15 Theory Hours/15 Lab Hours/30 Clock Hours**

Trainees will learn basic NLP and Formative Psychology techniques to work at both the mental and physical levels with another to shift their internal structures as to how they think, represent and experience the world. Trainees will learn how to utilize new models of health that can be quickly and effectively implemented to support positive behaviors and transform negative behaviors while building motivation and vision for the future and shifting time orientations.

Competency skill: The ability to utilize the basic NLP and Formative Psychology techniques to help students and adults reorient themselves to a more grounded and focused mental and physical state.

**CMP 103 Balancing Parent/Child Relationships with New World Parenting, Choice
Theory and Earn and Learn Principles
15 Theory Hours/15 Lab Hours/30 Clock Hours**

This course teaches trainees how to develop a balanced relationship with others that develops personal responsibility while avoiding power struggles and external control. Trainees will study the excellent work of Dr. William Glasser, the founder of Choice Theory, and of Rafe Esquith, an extraordinary teacher. There will be an in-depth review of New World Parenting. Trainees will learn how to help themselves, children and others develop a personal code of behavior, self-control and discipline, and build a safe and supportive family system to build and maintain inner strength and stability.

Competency skill: Being able to teach others a new model of parenting that emphasizes the honoring of a person's strength, talents and desires while building a stronger foundation within the family, school and community.

CMP 104 Foundation Exercise Protocols for Building Self Containment and Self

Management

10 Theory Hours/20 Lab Hours/30 Clock Hours

In this course, students will learn appropriate exercise protocols that integrate movement, structured play and yoga to provide the essential process of connecting to the body and the earth to feel grounded and contained. These exercises will help others develop greater strength and focus.

Competency skill: The ability to use, demonstrate and teach the basic movement, exercise and yoga techniques learned in this course.

CMP 105 Focusing, Centering and Using Meditation for Relaxation

10 Theory Hours/20 Lab Hours/30 Clock Hours

This course will concentrate on focusing, centering, special breathing techniques, meditation techniques and relaxation to provide tools to help individuals connect and reconnect with each level of their holistic system.

Competency skill: The ability to demonstrate and teach the skills for focusing, centering, breathing, relaxing and meditating learned in this class.

CMP 106 Study and Ability Development for Growth and Better Relations

10 Theory Hours/20 Lab Hours/30 Clock Hours

Students will learn how to utilize a wide variety of study and modeling techniques that incorporate music, dance, art, NLP and other creative techniques to help build and strengthen important abilities for greater success in school and life. Until a student is able to understand and place what they are learning into a useful context that allows them to build interest and ability to apply what is being learned, study becomes a mirror memorization of meaningless facts that have no purpose but to pass a test to then be quickly forgotten. This course will demonstrate a wide variety of effective learning techniques that enhance the comprehension and ability to use what is being learned while putting studies into a context to make it fun and interesting.

Competency skill: The ability to help children build inner resources in creative and fun ways that enhance their self-esteem, self-acceptance and ability to communicate. The ability to help students learn and apply the basic study skills that allow them to retain and apply what is being learned.

CMP 107 Nutrition, Diet, and Alternative Therapies to Detoxify and Strengthen the Biological System

15 Theory Hours/15 Lab Hours/30 Clock Hours

Trainees will learn the importance of how maintaining a healthy nutritional diet strengthens the biological system of a person. This is particularly important when a person is withdrawing medication from their system to insure stability, balance and avoidance of relapse. The use of alternative therapies such as acupuncture, homeopathy, Chinese medicine, ayurveda and allergy testing will be presented to allow the educator to understand how to guide and direct those in his/her care to coordinate with other complementary and alternative medicine professionals.

Competency skill: Recognition of when biological imbalances from allergies, poor diet or

missing nutrition is causing unwanted symptoms and the ability to co-ordinate with another C.A.M. professional to correct.

CMP 108 Expanding Personal Power by Removing Degrading Self Images, Accessing Hidden Resources, Re-Connecting to Nature

10 Theory Hours/20 Lab Hours/30 Clock Hours

Through the use of basic hypnosis and NLP techniques, Trainees will learn how to help an individual enhance his/her learning ability by removing detrimental self images that cause distraction and weakness in one's abilities to function in any part of his/her life. Students will learn how to utilize the power of the unconscious mind to build new positive images and motivation that restores one's vitality and motivation.

Competency skill: The ability to utilize basic hypnotic and NLP techniques to help a child access deeper resources while removing unhealthy labels, beliefs and attitudes.

CMP 109 Advanced Techniques for Releasing or Increasing Energy

10 Theory Hours/20 Lab Hours/30 Clock Hours

Utilizing very basic bioenergetics yoga and embodiment techniques that help unlock chronic muscular tension and repressed emotional energies to help others let go of high energy, frustrating situations as well as tapping into a core of dormant energy when needed.

Competency skill: The ability to help effectively guide an individual to return to a balanced state while releasing his/her excess energies in a healthy way and to energize someone who is under-charged.

CMP 110 Practical Integration, Journaling, Organization and Externship

35 Lab Hours/110 Clock Hours

This course is a practical integration of all the skills learned throughout the Attention Dynamics Training Program, such as how to use effective organization techniques to enhance order and concentration. Case studies will be reviewed and a round table conducted to provide an integrated overview of the many tools learned to produce a focused, centered, relaxed and medication free individual. It is the demonstration of this competency skill that prepares the educator for graduation of this program. The student is required to work with an existing authorized program which has been authorized by FICAM to gain practical experience in each area studied in their classes. Currently an agreement exists with the Quantum Healing Center to accomplish this. The student is required to obtain a letter of competency from the program supervisor attesting to his/her proficiency in utilizing the skills learned in this program.

Competency skill: Ability to comfortably and effectively apply the principles and techniques of the Attention Dynamics Training Program and the competence to journal and maintain needed records of these actions.

The Complementary and Alternative Medicine Practitioner Program

**1,470 Clock Hours
Diploma Program**

Tuition: \$22,050 **Registration Fee:** \$100.00 **Total Program Cost:** \$22,150

OTHER FEES NOT INCLUDED IN PROGRAM:

Estimated Cost of Books/Materials & Kit: \$800.00

PROGRAM OBJECTIVE:

Upon completion of this program, graduates will be able to help clients find health and wellness using complementary and alternative therapies and methods.

PROGRAM DESCRIPTION:

This program has been crafted to provide complementary and alternative medicine healing techniques to be used in conjunction with medical treatment that can expedite the return to health and well being. This helps reduce the use of mind altering medications and pharmaceuticals, while minimizing invasive medical procedures. This process is achieved as students learn new solutions for personal, spiritual, mental, and emotional growth and balance that promotes health and wellness for humanity. Self-discovery is the process of understanding the interactions between your thoughts, experiences, emotions, body and spirit (Self). By exploring the conscious, subconscious and unconscious minds and their interactions through the various processes of Self-discovery (meditation, regressions, NLP, core transformation, transpersonal hypnotherapy, bioenergetics etc), students learn to dissolve the negative effects of trauma, pain, loss, failure, upset, and improper education are causes of present stress, limitation, illness, or problem. Through these processes one experiences higher levels of awareness that release the past mental and emotional identifications or misprogramming to put them in touch with the true nature of Self. This helps you to gain a greater ability to be healthy, balanced and more successful in worldly pursuits.

There are gradient steps on the path of raising one's consciousness that can lead to higher levels of realizing innate abilities. Each step provides increased satisfaction, fulfillment and delight of life on a physical, emotional, mental and spiritual level. Yet each step also provides a new view of areas in one's life that heretofore were unrecognized. Inner consciousness (also known as the unconscious mind) and Super consciousness (spiritual/divine consciousness) unfold as one reaches deeper and more expansive states in his/her meditation practice and self discovery processes. Enhanced intuition, expanded mental capacity, divine connections, greater physical health and well being, as well as increased abilities of living, enhanced satisfaction and fulfillment in all aspects of one's life, are the benefits as they rise to higher levels on this path to freedom.

The body, mind, intellect, ego, emotions and spiritual Self are interconnected through a complex energy system of resonant fields of consciousness and energy. They are connected by contrasting energies of mental, emotional, physiological and spiritual energies that hold the personal history

of one's life and, like a programmed computer, dictate the thinking, emotions, and physical efforts they are impulsed to undertake. It is by accessing one's memories through the different processes C.A.M. uses that past programmed influences can be modified, corrected, or deleted to obtain optimum mental, emotional, physical and spiritual health. This program facilitates this self discovery and healing process so that graduates of this program can continue the practice of C.A.M. and, as practitioners, help others undergo the process of self-discovery and freedom from mental, emotional and biological addictions, emotional imbalances, unproductive behaviors, psychosomatic based illness, and self defeating habits.

PROGRAM OUTLINE

COURSE CODE	COURSE TITLE	CLOCK HOURS
CAM 100	Introduction to Complementary and Alternative Medicine	10
CAM 101	Anatomy of Consciousness and the Quantum Physics of Life	30
CAM 102	Yogic Philosophy and Practice: The Stages of Spiritual Growth	30
CAM 103	Clear Mind Open Heart Meditation	30
CAM 104	Accessing the Collective Unconsciousness and Universal Archetypes	30
CAM 105	Chakra Clearing and the Wheels of Life	30
CAM 106	Quantum Psychology I and Reiki Energy Healing	30
CAM 107	Hypnotherapy: the Basics	30
CAM 108	The Mind/Body Prescription	30
CAM 109	NLP – Neuro-Linguistic Programming I	30
CAM 110	Utilizing a Course In Miracles Therapeutically I	30
CAM 111	The Emotional Body and Limbic System - Healing with Dance, Art & Music	30
CAM 112	Breath and the Emotional Body I	30
CAM 113	Stress Management I	30
CAM 114	Formative Psychology, Embodiment & Psychodrama	30
CAM 115	Bioenergetics I	30
CAM 116	Basic Yoga Asanas, Sequences and Pranayam	30
CAM 201	Meditation	30
CAM 202	Unity in Spirit	30
CAM 203	Discovering Life's Purpose	30
CAM 204	Hellinger Constellations to Heal Family Ancestral Entanglements	30
CAM 205	The Stages of Development, Interactive and Transactional Therapies	30
CAM 206	Quantum Psychology II	30
CAM 207	Hypnotherapy, the Quantum Diet, and Smoking Cessation	30
CAM 208	Psychoneuroimmunology and Psychoendocrinology	15
CAM 209	Hypno Birthing and True Recovery	30
CAM 210	NLP – Neuro-Linguistic Programming II, Meta – NLP & True Recovery	30

CAM 211	Relationship Counseling, Imago Therapy & Using a Course in Miracles Therapeutically	40
CAM 212	Legal, Moral & Ethical Implications of Being a C.A.M. Practitioner	20
CAM 213	Formative Psychology II and Illnesses as Healing	30
CAM 214	Bioenergetics II and Feldenkrais	30
CAM 215	Anatomy, Physiology and Pain Management using Hypnosis	30
CAM 216	Yoga Asanas and Pranayam II	30
CAM 301	Meditation Teacher Training	30
CAM 302	Depression, Anxiety and Other Psychiatric Disorders	30
CAM 303	The Science of the Emotional Heart and Coaching	30
CAM 304	Core Transformation and Co-Creation of Life	30
CAM 305	Mysticism, Myth and Attachment	15
CAM 306	Shamanism and Intergenerational Time Line Healing	30
CAM 307	Regression – Childhood Regressions, Past Life Regressions and In between Life Regressions	30
CAM 308	Psychoneuroimmunology and Psychoendocrinology II	30
CAM 309	Transition Counseling	30
CAM 310	Accessing the Multiple Dimensions of Spirit	30
CAM 311	Accessing the Multiple Dimensions of Spirit II: Crossing Over, Astral Projection and Spirit Guides	30
CAM 312	Yoga Teacher Training	30
CAM 313	Advanced Integration of Yoga, Ayurveda, and Breakthroughs in C.A.M.	30
CAM 314	Chiropractic, Acupuncture and Nutrition	10
CAM 315	Chinese Medicine, Herbal Remedies, Essential Oils, Aromatherapy, and Homeopathy	10
CAM 316	Debugging Cases to Get Back on Track and In Clinic Practice Report Management	30
CAM 317	Externship: Integration of Spirit, Mind, Emotions & Body: Developing Protocols and Doing Group Work	90
TOTAL:		1470 hours

Upon completion of the program the student will receive a diploma. There is no governing body that certifies or licenses the successful completer. **DISCLOSURE: By successful completion the graduate may begin working in their field of training as soon as diploma is received.**

**COURSE DESCRIPTIONS FOR
COMPLEMENTARY AND ALTERNATIVE MEDICINE
PRACTITIONER PROGRAM**

COURSE CODE/COURSE TITLE/CLOCK HOURS

**CAM 100 Introduction to Complementary & Alternative Medicine
10 Theory Hours/10 Clock Hours**

Complementary and Alternative Medicine (C.A.M.) is at a historic stage wherein ancient healing traditions are being combined with the scientific advances of Quantum Physics and Modern Therapeutic Practice. C.A.M. is now recognized by the U.S. Government to either supplement existing conventional medicine to enhance its curative benefits or replace conventional medicine with alternatives that are more conducive to the holistic and integrative model of healing. This course will review the growth and development of C.A.M. for a better understanding of the interaction between thoughts, experiences, emotions, body and spirit. Students will begin to examine the bigger picture emerging in the health care field to better understand what their place in the healthcare and wellness fields will be as C.A.M. Practitioners.

Competency skill: An understanding of the new paradigm of C.A.M. and how to successfully practice under Florida Law to build a foundation for a successful career.

**CAM 101 Anatomy of Consciousness and the Quantum Physics of Life
15 Theory Hours/15 Lab Hours/30 Clock Hours**

To be an effective practitioner one must be aware of the gradient steps on the path of raising consciousness that leads to higher levels of realizing innate abilities. Recognition of the gradient steps provides useful perspective in helping clients reach increased personal satisfaction and fulfillment on a physical, emotional, mental and spiritual level. Developing a scientific view of consciousness at each of its' personal levels-spiritual, mental, emotional, physical and transpersonal - will train a C.A.M. practitioner to help their clients to reach deeper and more expansive states in utilizing C.A.M. processes.

Competency skill: Ability to recognize and understand the personal levels of existence and which level to approach a client to optimize healing.

**CAM 102 Yoga Philosophy and Practice: The Stages of Spiritual Growth
15 Theory Hours/15 Lab Hours/30 Clock Hours**

A detailed look into the yoga sutras of Patanjali and the Yog Vashisth to understand the yoga model of the psyche and spirit. This course explores the causes of human suffering and the means for eliminating this through the practice of satsang and meditation.

Competency skill: The ability to understand and communicate the foundation of the vedantic system of yoga.

CAM 103 Clear Mind Open Heart Meditation

15 Theory Hours/15 Lab Hours/30 Clock Hours

The path of meditation to open the heart and purify the mind is an essential step towards knowing the Self and experiencing higher levels of spiritual consciousness. Students will learn the power of satsang, mantra and chanting to help others move towards higher levels of Self Realization.

Competency skill: Understanding the techniques of Clear Mind Open Heart Meditation and the ability to confidently use them.

CAM 104 Accessing the Collective Unconsciousness and Universal Archetypes

15 Theory Hours/15 Lab Hours/30 Clock Hours

In this course you will learn about the different dimensions of the collective unconsciousness and universal archetypes to better understand their influence on the levels of human existence. The works of Carl Jung, Carolyn Myss and others will be examined through experiential processes that provide in-depth personal references.

Competency skill: To recognize and be able to utilize the collective unconscious and archetypal patterns for healing growth and development.

CAM 105 Chakra Clearing and the Wheels of Life

15 Theory Hours/15 Lab Hours/30 Clock Hours

In this course students will understand how the Wheel of Life in the ayurveda system creates various vibratory fields at subtle energy levels to connect the unconscious mind/body to the universal field of existence. Practitioners will understand the Chakra System and how to utilize it to purify, strengthen and expand each aspect of this subtle energy body system. This helps activate higher vibrational fields and wellbeing, in order to enhance the health of their clients.

Competency skill: To develop a new understanding of the vibrational nature of the quantum field of existence while learning the multi-dimensional aspects of each chakra and learning basic techniques to bring each level of consciousness back into alignment for optimal functioning.

CAM 106 Quantum Psychology I and Reiki Energy Healing

15 Theory Hours/15 Lab Hours/30 Clock Hours

This course is an in-depth look into the quantum model of the universe and the development of the human being. From this perspective, our individual existence is placed within the universal order to understand its genesis and scientific actualization. This course will examine in detail the works of Stephen Wolinsky as well as those of Rubert Sheldrake to provide a more expansive perspective of how a C.A.M. practitioner can apply the quantum model for bringing about a quantum leap in the growth and development of their clients. Students will then put this in an energy context and learn Reiki - receiving their Reiki I and II Certifications.

Competency skill: To gain a quantum perspective of the mind and to learn how to integrate the research of Einstein, Heisenberg and Erikson for personal healing and development. To be able to recognize everyday trance states and be able to comfortably use Quantum Psychology and Reiki procedures to enhance awareness, peace and wellbeing and help awaken from the trances people live.

CAM 107 Hypnotherapy: the Basics**15 Theory Hours/15 Lab Hours/30 Clock Hours**

This course in hypnotherapy will help review the history and development of hypnosis to provide a foundation for understanding this modality. The course will help students establish rapport and understand the importance of this rapport between the hypnotist and the client. Various skills are learned to ensure that this practice is well understood. Students will learn the different levels of hypnotic states and their relationship to suggestibility. Students in this course learn the hypnotherapy techniques and procedures that can allow them to escape from typical patterns of response and behavior to achieve greater flexibility and choice. Hypnotherapy works by allowing you to relax deeply, giving you the ability to choose new ways of doing, being and thinking, without being controlled by past experience.

Competency skill: To understand and have the ability to use basic hypnosis techniques for creating and utilizing altered states of consciousness, self-hypnosis and regressions to bring about positive changes.

CAM 108 The Mind/Body Prescription**20 Theory Hours/10 Lab Hours/30 Clock Hours**

In this course students will learn the techniques and processes of Dr. John Sarno who has demonstrated that lower back pain and other physical discomforts have at its root unresolved childhood issues of pent up rage and negative emotions. In this course you will also examine some of the principles of Sigmund Freud, known as the Father of Psychoanalysis and the founder of a number of psychological principles such as displacement and transference, to understand the principles that lead to many of Sarno's breakthroughs.

Competency skill: The ability to understand and communicate the key body/mind principles as outlined in the work of Dr. Sarno. To learn meaningful approaches for C.A.M. protocols to relieve the pain, suffering and dysfunction using Dr. Sarno's research.

CAM 109 NLP - Neuro-Linguistic Programming 1**15 Theory Hours/15 Lab Hours/30 Clock Hours**

In this course students learn the basics of NLP which, simply stated, is the understanding of the internal representation system of a human being. Neuro-Linguistic Programming (NLP) studies the structures of how humans think and experience the world. The origins of the work of NLP co-founders Richard Bandler and John Grindler regarding the implications of language and its hypnotic effects will be reviewed in detail. Students will learn the foundation of their work concerning modeling, reframing, pacing, resource generators and using the different modalities of representational systems to bring about effective growth and healing.

Competency skill: To understand the basics of NLP and to effectively use the basic NLP techniques to change thought patterns and behavior to enhance wellbeing and ability.

CAM 110 Utilizing A Course in Miracles Therapeutically I**15 Theory Hours/15 Lab Hours/30 Clock Hours**

A Course in Miracles helps the mind to think in new ways to heal unresolved conflicts and grievances from the past interfering with a peaceful existence in the present. This superb spiritual psychotherapy is an excellent template for re-tooling a client's mind to develop positive attitudes and peaceful emotions. This class forms the foundation of how and why mental and emotional imbalances occur. Students will learn the fundamentals of right-minded and wrong-minded thinking, the function of the ego, the formation of special relationships and resulting conflicts. A variety of procedures will be learned, which are based on these principles to help a client return to their authentic Self, empowering them as the decision maker in their life.

Competency skill: To gain proficiency in basic techniques to correct wrong-mindedness, which produces unhealthy patterns, while healing feelings of loneliness and fear. To learn how to use the spiritual psychotherapy of A Course in Miracles to help themselves and others improve the ability to form satisfying relationships with oneself and others.

CAM 111 The Emotional Body and Limbic System - Healing with Dance, Art and Music

15 Theory/15 Lab Hours/30 Clock Hours

Students will learn the vital link between the body and the emotions as well as the impact emotions have on physical conditions, intelligence, and interpersonal relationships. Emphasis will be placed on developing clear pathways to create positive inroads for better emotional stability and physical health, and to optimize and balance the limbic system.

Competency skill: The ability to restore and/or enhance the health, stability, and well-being of the emotional body and to strengthen the limbic system to become more comfortable in their own skin.

CAM 112 Breath and the Emotional Body I

10 Theory/20 Lab/30 Clock Hours

Breath is directly related to the emotional body and can be used to activate and alleviate repressed emotional traumas. Breath contains the very life force of existence and is the most essential ingredient of human life. Students will learn and experience a variety of techniques of pranayam, purifying breath, rebirthing and holotropic breathwork to provide deep cleansing, energetic refreshment and enhance functioning of all levels of existence.

Competency skill: The ability to utilize basic breath work skills to help clients build inner strength, creativity and personal empowerment as they access hidden inner resources. To learn how to heal deeper levels of emotional blockages that have caused numbness, over-sensitivity and unhealthy attachment issues.

CAM 113 Stress Management I

15 Theory/15 Lab/30 Clock Hours

This course is designed to assist clients with C.A.M. techniques that provide a direct physiological relation to each level of consciousness as well to help shut off the body's stress induced biochemical reactions which are currently producing distress in their clients. This course works on physical, mental and emotional levels to reduce feelings of stress, anxiety and other related symptoms that can precipitate feelings of depression, insomnia, and a weakening in

the immune system. There will be an introduction to the Peaceful Living model in order to understand the intricacies of how the mind/body functions with unwanted feelings, physical illness and mental agitation.

Competency skill: Stress management skills to help clients become centered and better able to relax and to deal with the influences of stress in their lives.

CAM 114 Formative Psychology, Embodiment and Psychodrama
20 Theory/10 Lab/30 Clock Hours

Embodied existence is a fundamental principle of human existence in that it is through the body that the life/spirit is shaped and formed. Through Formative Psychology the recognition and understanding of the role that our musculature and physical positioning plays in the manner in which we experience existence, will be reviewed with a critical eye. Specialized techniques that use the body as a doorway to personal growth and spiritual transformation will be taught. Students will use the body as the road back to sanity. Some of the principles of Psychodrama and other play techniques will be integrated to enable a practitioner to have access to deeper transformation. These protocols help clients awaken from domestication trances, emotional dysfunction and obsessive and compulsive negative thinking.

Competency skill: To understand how to use the plasticity of the pre-frontal cortex in the brain to improve personal conditions physically, mentally and emotionally. To be able to recognize the major categories of body structures, their meanings in terms of character structure development, and how to use Formative Psychology to obtain and sustain deep inner transformation. To understand and be able to use basic techniques of psychodrama to promote healing and growth.

CAM 115 Bioenergetics I
15 Theory/15 Lab/30 Clock Hours

Bioenergetics is a scientific term that examines the energetic flow of energy through the biological systems and how they influence one's standing and movement in life. Bioenergetics is founded on the belief that the body records negative emotional reactions and stores them in the form of chronic muscle tensions that shut off the natural flow of aliveness. It teaches how to release these trapped energies to return the body to a balanced, healthy and peaceful state so as to correct these chronically held imbalances to optimize the joy of living.

Competency skill: To work with clients using basic bioenergetics techniques to create balance and promote a healthy, grounded and relaxed state of being as chronically held musculatures open up to reverse ischemia by learning how to release repressed memories hidden in the unconscious mind/body which have been negatively influencing their clients.

CAM 116 Basic Yoga Asanas, Sequences and Pranayam
15 Theory Hours/15 Lab Hours/30 Clock Hours

Balance, strength and physical containment are essential ingredients towards building or maintaining health in the unconscious mind/body. This class will teach students to comfortably do a variety of basic yoga postures and pranayam techniques from different Hatha Yoga Schools.

Competency skill: To develop a strong grounding in yogic knowledge and process to be able to

integrate it as part of a diverse complementary and alternative plan of healing and growth. The ability to do a variety of yoga routines and pranayam techniques with strength and comfort.

CAM 201 Meditation

10 Theory Hours/20 Lab Hours/30 Clock Hours

A deeper look at an experience of meditation and satsang. Integrating each of the limbs of yoga and taking one's meditation practice to a higher level.

Competency Skill: The ability to integrate meditation as a part of a diversified CAM plan for healing and/or growth. Direct experience of longer periods of meditation and personal awareness of one or more levels of Samadhi.

CAM 202 Unity in Spirit

15 Theory Hours/15 Lab Hours/30 Clock Hours

Experiencing unity in all expressions of spirit and having a basic understanding of popular religious beliefs provides an essential depth for the C.A.M. Practitioner. One's religious beliefs form a deep core within, guiding their personal relationship to life. A C.A.M. Practitioner should have a good sense of the standards of another's belief systems to be able to see things through their eyes.

Competency Skill: To learn how to uncover and then utilize the foundation belief systems a client formed growing up and how they unconsciously influence them today. To have a comfortable understanding of the basics of the world's leading religions and the major religions practiced in your region to have the ability to communicate comfortably about them. To have an ability to use techniques learned in year one to graciously address this area of collective consciousness.

CAM 203 Discovering Life's Purpose

15 Theory Hours/15 Lab Hours/30 Clock Hours

Learning to find one's true purpose in life is an essential ingredient to bring enthusiasm and balance into daily living. Students will learn how to go beyond the Ego and Super Ego demands that repress natural impulses, heartfelt desires and creativity in order to help their clients build a bridge to fulfill their life's purpose.

Competency skill: To be able to help others develop a plan to reach their heart's desire. To recognize and learn how to replace false needs and false goals that have caused distraction and interference from their true life's purpose and to be able to help others successfully redirect themselves.

CAM 204 Hellinger Constellations to Heal Ancestral Entanglements

15 Theory Hours/15 lab Hours/30 Clock Hours

This course is a study of the work of Bert Hellinger, a noted author and practitioner of C.A.M. therapies. The family constellation approach developed by Hellinger is a process to access the deepest dynamics in the family system and the forgotten sources of healing and strength. By understanding the hidden forces that are at work in a family system, dysfunctional patterns and blocked energy flows can be released when the underlying connection and order is restored.

Competency skill: To recognize and understand the unseen entanglements in a family or group system and to be able to utilize basic Hellinger Constellation techniques to reorganize and redirect the individual/family/group for greater healing and growth.

CAM 205 The Stages of Development, Interactive and Transactional Therapies
15 Theory Hours/15 Lab Hours/30 Clock Hours

Students review the stages of human development from prenatal to adolescence to understand the various building blocks of human growth, as well as the mental and emotional constructs of an individual's persona. This will help the C.A.M. Practitioner to positively guide the healing and growth of their clients by utilizing interactive protocols that incorporate bodydynamics, gestalt therapy, psychodrama and integrative respiratory therapy.

Competency skill: To be able to recognize incomplete stages of a client's development beginning prenatally and to be able to do basic re-education, re-parenting and reconstruction of any incomplete stages to effectuate healing and growth.

CAM 206 Quantum Psychology II - Trances, Morphogenic Fields and Freud's Vision
20 Theory Hours/10 Lab Hours/30 Clock Hours

This course continues with an in-depth look into the quantum model of the universe and how individual consciousness is built within from a Freudian perspective. Practitioners will continue to study the works of Stephen Wolinsky as they learn how to develop new paradigms to expand their context of the development of human consciousness.

Competency skill: To be versed in and able to apply basic Freudian, Wolinsky and Sheldrake principles to bring greater awareness and healing to a client within the context of the quantum morphogenic model.

CAM 207 Hypnotherapy, the Quantum Diet, and Smoking Cessation
15 Theory Hours/15 Lab Hours/30 Clock Hours

In this course, students continue to learn and practice more advanced Hypnotherapeutic techniques and procedures. In doing so, students will achieve greater flexibility and choice in the implementation of hypnotic inductions to effectively change and access unconscious resources. More advanced language structures and induction techniques will be studied to broaden the horizon of the C.A.M. Practitioner. They will learn the specially developed Quantum Diet & Smoking Cessation protocols.

Competency skill: Effective use of hypnosis to create positive inner shifts and build unconscious resources to enable greater well-being and abilities. The ability to deliver the Quantum Diet & Smoking Cessation protocols that integrate a diverse CAM plan.

CAM 208 Psychoneuroimmunology and Psychoendocrinology
5 Theory Hours/10 Lab Hours/15 Clock Hours

A thorough exploration of the theories and techniques used in stimulating the endocrine system, healing and pain management. These methods include the use of visualization, suggestions, metaphors, control rooms and other creative tools for controlling sensations and bodily functions

based on the works of Carl Simonton.

Competency skill: To understand the mind body connections and have the basic ability to re-balance, restore and optimize functioning of the endocrine system to help a client enhance wellbeing.

CAM 209 Hypno Birthing and True Recovery

15 Theory Hours/15 Lab Hours/30 Clock Hours

This course is designed to help women facilitate a more comfortable or even pain free birth, and secondly to learn different ways to improve skills and competency in life. Students will practice entering hypnotic states and utilizing these altered states for healing and growth. There will be a thorough study of the full range of hypnotic phenomena used in childbirth and other situations while enhancing the understanding at different levels of the mind. This segment of training develops a way to access deeper levels of the unconscious mind, utilizing its power to create positive change, and beginning the hypnosis segment of the True Recovery protocols.

Competency skill: The ability to structure and perform a hypnotic session to help women to have more comfortable and easier births. To comfortably be able to use hypnosis to effectuate positive change in an individual beginning to overcome his/her addictions.

CAM 210 NLP - Neuro-Linguistic Programming II, Meta - NLP & True Recovery

15 Theory Hours/15 Lab Hours/30 Clock Hours

In this course, students learn NLP, which continues the understanding of the internal representational systems and their functioning that a human being utilizes. More advanced modeling techniques will be learned, which are based on an inter- and intra-relatedness perspective. The NLP portion of the True Recovery program will be provided.

Competency skill: To be competent in using the advanced skills and techniques of NLP and meta NLP. To be able to use the NLP portion of the CAM plan to help heal the causes of addiction called “True Recovery.”

CAM 211 Relationship Counseling, Imago Therapy & Using A Course in Miracles Therapeutically

20 Theory Hours/20 Lab Hours/40 Clock Hours

Working with couples to form healthy relationships utilizing C.A.M. protocols is an essential ingredient for providing a strong basis for living in this world. In this course, students will learn how to integrate the techniques of Dr. William Glasser’s Choice Theory, Gestalt Therapy, A Course in Miracles and Imago Therapy, in order to help heal broken relationships, maintain healthy ones, and resolve conflicts. By learning how to take the mechanics of the principles of A Course in Miracles and bringing them alive through interactive techniques, the C.A.M. Practitioner is able to function in an elegant and effective fashion that helps build greater stability and fulfillment in marriage, family, business, friendships and community interactions.

Competency skill: To be able to help couples communicate and interact in a peaceful way to resolve conflicts and have needs and heartfelt desires met. The ability to purify the underlying belief systems which interfere with inner peace, happiness and love between individuals to

provide greater peace.

CAM 212 Legal, Moral & Ethical Implications of Being a C.A.M. Practitioner

5 Theory Hours/15 Lab Hours/20 Clock Hours

This course reviews Florida Law in regards to the practice of Complementary and Alternative Medicine services. It will explain how to coordinate one's practice while operating within the scope of the legal and ethical standards of your community. There will be an emphasis on developing community networking skills that support alternative medicine which can in turn develop referrals to build a viable practice.

Competency skill: The ability to successfully practice within the community in accordance within its laws and customs.

CAM 213 Formative Psychology and Illnesses as Healing

15 Theory Hours/15 Lab Hours/30 Clock Hours

Students will continue to learn the principals of Formative Psychology and how the body embodies the mental and emotional states of consciousness, organizing its response on an internal and external basis. As the different body types are learned, there will be a deeper look into the study of illness to unveil its deeper meaning. By integrating hypnosis and embodiment techniques, deep healing possibilities unfold. The C.A.M. Practitioner can then help their clients grow mentally, emotionally & spiritually, finding the meaning of the illness and understanding what their missing needs were, leading to healing and profound transformation.

Competency skill: The ability to use embodiment, vocalization and hypnosis to effectuate positive change and discover the hidden origins and meanings of their client's illness.

CAM 214 Bioenergetics and Feldenkrais

15 Theory Hours/15 Lab Hours/30 Clock Hours

This course continues to expand the scope and practice of bioenergetics, which examines how the mechanisms of the ego and super ego build character structure and form chronic muscular tensions that create weakness, inhibit sexuality and reduce the pleasures of living. There will be a review of the Feldenkrais Method and how these subtle techniques can be integrated into the healing process.

Competency skill: The ability to know how and when to use the more advanced bioenergetics techniques to enhance aliveness and pleasure of living while discovering the genius of the work and use of it in CAM by Moshe Feldenkrais.

CAM 215 Anatomy, Physiology and Pain Management using Hypnosis

20 Theory Hours/10 Lab Hours/30 Clock Hours

In this class students will gain a deeper understanding of how the body's inner workings create our physical existence. Overviews of the sympathetic, parasympathetic and autonomic nervous systems, as well as the vascular and endocrine systems, will be reviewed. The C.A.M. Practitioner will understand the interactive nature of the body's systems and then learn how, with hypnosis and other C.A.M. techniques, they can help reduce pain and discomfort while positively influencing each of the body's biological systems.

Competency Skill: The ability to understand, recognize and discuss the biological functioning of the human system and to be able to integrate it in the C.A.M. model. The knowledge of how to use hypnosis for pain management.

CAM 216 Yoga Asanas and Pranayam II

10 Theory Hours/20 Lab Hours/30 Clock Hours

Students will learn how to integrate more advanced asanas (yoga postures) and pranayam techniques into healing protocols, as they gain a deeper understanding of the purpose of each posture.

Competency Skill: The ability to do a variety of vinyassa yoga sequences as well as utilizing postures with other somatic oriented protocols to effectuate healing and growth.

CAM 301 Meditation Teacher Training

10 Theory Hours/20 Lab Hours/30 Clock Hours

Learning to teach meditation helps refocus the practitioner's knowledge and provides confidence to share this knowledge with certainty and conviction.

Competency Skill: The ability to teach a satisfying meditation class and share the techniques and knowledge of meditation with others, - both scientifically and philosophically. ¹

CAM 302 Depression, Anxiety and Psychiatric Disorders

15 Theory Hours/15 Lab Hours/30 Clock Hours

It is vital that students understand how and why there has been a proliferation of psychotropic medications that have turned common human emotions such as fear and unhappiness into pathological illnesses labeled depression, social anxiety disorder, ADD/ADHD, bi-polar and other emotional and mental dysfunctions. Students will examine the in-vogue medical paradigm and its treatment of those "dis-eases" with powerful and often addictive pharmaceutical medications. C.A.M. Practitioners must be aware of the impact that these approaches create in their clients and how to best coordinate with prescribing physicians to help effectuate greater well-being and balance with or without medications. Understanding the development of C.A.M. approaches which help individuals overcome these conditions without medications is essential. There will be an in-depth study of works of Dr. Peter Breggin, Dr. David Cohn and others.

Competency skill: Recognition of the underlying causes of depression, anxiety and psychiatric disorders, and how to help a client in working with the prescribing physician to find non-medication alternatives to be happy, energetic and productive in a meaningful way.

CAM 303 The Science of the Emotional Heart and Coaching

20 Theory/10 Lab/30 Clock Hours

This course deals with the effects of the unresolved issues people repress into their hearts, causing imbalance and dysfunction. Students will look at the long term impact that past experience has on the current decision making process and how emotional charges can interfere with right-minded decision-making and cause an emotionally addictive dependency. Scientific

¹ A meditation teacher certificate will be awarded by FICAM.

research concerning heart directed decision making and the ways in which one can live a heart directed life will be presented. This will then be placed in the context of using this research in coaching another.

Competency skill: To be able to provide understanding and guidance for a client to utilize heart directed decision-making that brings greater love, appreciation and fulfillment to his/her life.

CAM 304 Core Transformation and Co-Creation of Life

15 Theory Hours/15 Lab Hours/30 Clock Hours

Learning how to access core states of being to remove unnecessary obstacles and become a co-creator in life are essential tools for the C.A.M. Practitioner. In this course of study, the modalities of Core Transformation will be examined while integrating them with the special knowledge and techniques of the co-creation of life. Additionally, techniques such as the Defining Moments Protocol, the Fireplace Journey and the basic techniques of E.M.D.R. will be presented. Students will learn a number of unique strategies that enable the C.A.M. Practitioner to help another gain greater access to the deepest power of their core self.

Competency skill: To be able to utilize the Core Transformation, manifestation and other alternative techniques to help another grow, develop and strengthen their inner core. To help enhance another's connection to their Source in a meaningful way.

CAM 305 Mysticism, Myth and Attachments

10 Theory Hours/5 Lab Hours/15 Clock Hours

The ancient mystics were in fact our first Quantum physicists. Mythology was a natural growth out of seeking to organize belief systems to explain the powers of existence. Mysticism and mythology have evolved into a system of communion between man and the objectification of consciousness. In this class, these systems will be reviewed to begin to understand how a C.A.M. Practitioner can utilize them in their practice. Prayer, one of the most ancient of all alternative healing methods, will be placed into a C.A.M. context. Faith, conviction and determination play an integral part of all healing processes, and through this class, greater understanding and use of these techniques will be given. Kabbalah, an ancient Jewish Mysticism which has recently emerged into the public domain as a new age philosophy, will be reviewed. Possession, an ancient belief that a human can "be taken over" by a thought entity or spirit that can short circuit one's ability to function mindfully, will be reviewed and depossession techniques practiced.

Competency skill: Understanding and being able to utilize mysticism, myth, prayer and depossession in order to help the healing process of another.

CAM 306 Shamanism and Intergenerational Time Line Healing

15 Theory Hours/15 Lab Hours/30 Clock Hours

Shamanism is a range of traditional beliefs and practices that involve the ability to recognize the causes of human suffering by forming a special relationship with the forces of nature and the spiritual guardians of the planet. This course explores shamanistic traditions from North and South America and Africa and how they can be used by a C.A.M. Practitioner to help the healing and growth of their clients. Intergenerational Time Line Therapy will be reviewed and practiced

to gain a basic understanding of how families are able to pass on various tendencies from generation to generation. No chemical or natural substances will be used to induce trances or alter states in any way in this course or any other program. Students will learn how to activate higher states of shamanistic consciousness.

Competency skill: To understand and be able to use shamanistic and intergenerational healing techniques to overcome another's unwanted conditions and guide them to access shaman wisdom. To develop an understanding and an ability to help transform how the collective unconsciousness of our ancestors and power of nature can be utilized to heal deeply buried wounds and their defenses.

CAM 307 Regressions - Childhood Regressions, Past Life Regressions and In between Life Regressions

15 Theory Hours/15 Lab Hours/30 Clock Hours

This course introduces the concepts of using altered state consciousness to access various states of a client's past and how regressions to childhood, past lives or in between life areas can provide growth and healing. Students will learn and experience a variety of basic regression techniques, which can enable another to experience deep emotional releases that have been frozen in another time and lodged in the body.

Competency skill: To be able to use the basic techniques for childhood, past life and in between life regressions to help individuals remove unconscious sensitizing events that have been unconscious and frozen inside, creating unnecessary blockage in the functioning of one or more of the levels of their existence.

CAM 308 Psychoneuroimmunology and Psychoendocrinology II

15 Theory Hours/15 Lab Hours/30 Clock Hours

A continuation of the exploration of theories and techniques that influence the endocrine system, enhancing biological and emotional healing through the use of visualization, hypnotic metaphors, yantras, sacred geometry, chanting, music, toning and other channels.

Competency skill: The ability to assess the endocrine system from its energetic signature and activate any part of the endocrine system to help optimize its function and return another to greater health and balance.

CAM 309 Transition Counseling

20 Theory Hours/10 Lab Hours/30 Clock Hours

In this course, students learn how to guide individuals in making the transition from this life into the next state of being. This course will look at the principals in the "Tibetan Book of the Dead" as well as modern counseling techniques to help individuals in the transition. Our goal is learning how to provide necessary support to make this process as comfortable and as enlightening as possible. Practitioners will learn how to help families deal with this stage of existence and find ways to process their grief in a healthy manner.

Competency skill: To be able to communicate with and direct an individual or family towards a healthy experience of their loved one's transition that helps return peace and balance at each

level of consciousness.

CAM 310 Accessing the Multiple Dimensions of Spirit

10 Theory Hours/20 Lab Hours/30 Clock Hours

This course is a continuation of the study of accessing the unseen dimensions of life through more advanced C.A.M. techniques. This will build upon the different means available to experience the altered states of Quantum Consciousness. Students will undertake a personal quest for higher consciousness experiences of their choosing under the guidance of their instructor.

Competency skill: The ability to know when and how to utilize the altered state producing techniques taught in this class so as to access different dimensions of spirit and existence.

CAM 311 Accessing the Multiple Dimensions of Spirit: Crossing Over, Astral Projection and Spirit Guides

15 Theory/15 Lab/30 Clock Hours

Existence has many unseen facets that are beyond the ability for the physical senses to perceive. This course begins with accessing the multiple dimensions of existence through altered state approaches to learn how to experience more subtle levels of energy and awareness. Students will learn how to access spiritual guides and guardian angels to help a client connect to their spiritual nature. Astral projection techniques will be learned and practiced as well as how to teach others to directly “crossover to the other side” to connect to deceased loved ones. These techniques can provide profound growth and healing of an extraordinary nature.

Competency skill: To help others access the depths of higher awareness for helping clients become established in their higher awareness, and to be able to use these resources to experience an extraordinary life. To help others be aware and able to recognize subtle levels of existence. To show others how to develop new pathways of positive change, growth, and awareness.

CAM 312 Yoga Teacher Training

5 Theory Hours/25 Lab Hours/30 Clock Hours

Students will learn how to confidently teach a vinyassa flow yoga class and do basic corrections for oneself and others.

Competency Skill: The ability to confidently teach a vinyassa yoga class and do basic corrections of each posture.²

CAM 313 Advanced Integration of Yoga, Ayurveda, and Breakthroughs in C.A.M.

10 Theory Hours/20 Lab Hours/30 Clock Hours

Students will participate in a variety of C.A.M. processes based on the ancient science of life, Ayurveda that integrates the eight limbs of Yoga and quantum physics. Students will reach a culmination of all of the knowledge and training processes of their three years experience to maximize the effectiveness of their abilities to use C.A.M. to help themselves and their communities.

² Yoga teacher certification will be provided at completion in accordance with the 200 hour RYT level.

Competency skill: The ability to access creativity and knowledge from a wide spectrum of ancient and modern modalities, and to positively guide and influence another to greater health, happiness, freedom and balance.

CAM 314 Chiropractic, Acupuncture and Nutrition

10 Theory/10 Clock Hours

Understanding the channels of our nervous system and how they circulate information is vital to the healing process. Chiropractic helps align the spine and other muscular - skeletal connections to ensure healthy functioning of each part of the body that operates in the body's communication network. The ancient Chinese system of acupuncture helps balance the subtle energy body and nervous system by removing blockage and returning circulation. Nutrition forms the building blocks of the body and nervous system and needs to be sufficient to allow healthy functioning. It is vital for a C.A.M. Practitioner to learn how to integrate these models in healing protocols.

Competency skill: The ability to recognize how chiropractic, acupuncture and nutritional counseling can complement a client's mental, emotional and spiritual healing. To gain a fundamental understanding of how to integrate their usage in C.A.M. protocols.

CAM 315 Chinese Medicine, Herbal Remedies, Essential Oils, Aromatherapy and Homeopathy

5 Theory/5 Lab Hours/10 Clock Hours

Psychological imbalances can be corrected and health maintained through the use of Chinese medicine which accesses the essential nature of our biological system. Through learning the Chinese theory of bringing balance to the various elements of the holistic system, students will see how Chinese medicine, homeopathy and herbal remedies are used in treating illness and maintaining wellness. The use of essential oils and aromatherapy will also be examined.

Competency skill: To learn how to incorporate the help of professionals in Chinese medicine, herbal remedies, essential oils, aroma therapy and/or homeopathy. To learn how to incorporate these alternative modalities into their C.A.M. protocols for personal and client improvement.

CAM 316 Debugging Cases to Get Back on Track and In Clinic Practice Report Management

15 Theory Hours/15 Lab Hours/30 Clock Hours

This class is designed to do case reviews of clients who are not progressing in a reasonable manner in accordance with their own or the Practitioner's perception. Students will learn how to review stalled cases and examine the causes and potential remedies for returning a case to a progressive track. Students will learn how to effectively organize client information, record their sessions, analyze their findings and develop workable protocols to help clients progress.

Competency skill: The ability to maintain useful client information and records to be able to design effective therapeutic protocols that help clients progress to their goals.

CAM 317 Externship: Integration of Spirit, Mind, Emotions & Body: Developing Protocols and Doing Group Work

90 Externship Hours/90 Clock Hours

Using the combination of skills learned in this program, students will develop protocols for helping others overcome physical and emotional issues through complementary and alternative therapies. Using the different levels of consciousness, students will present case studies as they take opportunities to perform their skills and develop their confidence in personal and group sessions. Students will perform sub-sessions under direct supervision either at the Quantum Healing Center or elsewhere and at times may be recorded with audio and/or video.

Competency skill: The ability to effectively utilize the skills of C.A.M. in a comprehensive fashion to enhance the well-being, health and growth of their clients. A variety of students' case studies will be submitted for evaluation and approval. Students must be able to competently explain the protocols used.

The Integrative Wellness Coach Training Program

133 Clock Hours Diploma Program

Tuition: \$1,995.00 **Registration Fee:** \$100 **Total Program Cost:** \$2,345.00

OTHER FEES NOT INCLUDED IN PROGRAM:

Estimated Cost of Books/Materials: \$250.00

PROGRAM OBJECTIVE:

Students completing this program will know how to successfully apply different coaching strategies to engage clients to develop and maintain their own wellness on all levels of human existence - mentally, emotionally, spiritually, physically and interpersonally. Graduates will understand the role of accountability and validation in promoting positive and lasting change in their clients. They will master the art of wellness coaching, including the business aspect of coaching at a professional level, through the integration of a variety of tools based upon modern and ancient modalities of alternative therapeutic processes, such as Neuro-Linguistic Programming (NLP), Bioenergetics, Quantum and Formative Psychology, yoga and meditation.

PROGRAM DESCRIPTION:

The Integrative Wellness Coach Training program is based on FICAM's unique approach to wellness in which a variety of Complementary and Alternative Medicine protocols are integrated to restore, maintain, and enhance physical, emotional, psychological, spiritual and interpersonal health.

This training program will prepare wellness coaches to provide structure, support and feedback for lasting change or guidance on communication, stress reduction, nutritional awareness, personal growth and balance in accordance with an established wellness prescription. The program is designed to teach trainees how to work with clients to help them stay focused to achieve their wellness goals, referring them to CAM Practitioners or other wellness professionals if it is determined by the coach that this step is needed in order for the client to overcome obstacles to achieve lasting health and wellness.

Upon completion of the program the student will receive a diploma. Besides FICAM there is no governing body that certifies or licenses the successful graduate. DISCLOSURE: By successful completion the graduate can become an Integrative Wellness Coach. Students may begin professional work in their field of training as soon as the diploma is received.

PROGRAM OUTLINE

COURSE CODE	COURSE TITLE	CLOCK HOURS
WCT 101	Coaching: Purpose, Value and Application	6
WCT 102	The Coaching Session	7
WCT 103	Developing Vision, Action and Accountability	6
WCT 104	Exchange, Standards and Relationships	7
WCT 105	The Business of Coaching at a Professional Level	9
WCT 106	Establishing Fees and Tracking Your Success	6
WCT 107	Marketing Your Coaching Business	6
WCT 108	Master Tools of Coaching	10
WCT 109	The Art of Wellness Coaching	9
WCT 110	Your Inner Guide	7
WCT 111	Gaining Visibility and Credibility, Personal Relations	9
WCT 112	Successful Inquiry & Supervision	7
WCT 113	Utilizing Emotional Intelligence	6
WCT 114	Coaching Experience and Practice	8
WCT 115	Opening the Mind and Inviting the Shift	30
	TOTAL	133

COURSE DESCRIPTIONS FOR INTEGRATIVE WELLNESS COACH TRAINING PROGRAM

COURSE CODE/COURSE TITLE/CLOCK HOURS

WCT 101 Coaching: Purpose, Value and Application

6 Clock Hours (3 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- What is Coaching – The coach plus client is bigger than clients’ fears and inabilities
- Establishing purpose and values
- Foundational experience – The five levels of consciousness
- Being true to your heart
- Being, feeling, doing and flowing
- Insights on focus
- Establishing your highest intentions

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to the purpose, value and application of coaching through practical*

personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.

WCT 102 The Coaching Session

7 Clock Hours (4 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- The sample session and how it works – The four cornerstones of coaching
- The use of detachment
- Achieving results
- What makes coaching effective – The illness/wellness continuum
- Getting personal experience
- Discovering your pool of resources
- A successful coaching model – Maslow’s Hierarchy of Needs
- Organization: The practical and the legal
- Using the “Wheel of Life” Wellness Assessments

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to the coaching session through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 103 Exchange, Standards and Relationships

6 Clock Hours (3 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- The diversity of client-coach relationship
- The coach’s role – Assessing levels to address and implementing strategies, the Health Risk Appraisals
- The client’s role – The 12 dimensions of wellness
- Establishing clear boundaries
- Developing and maintaining respect and trust through balanced exchange
- Coaching vs. Consulting
- Irreconcilable differences – Handling or ending the relationship
- Coaching agreement
- Standards and ethics
- Pro bono, barter coaching

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to exchange, standards and relationships through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 104 Developing Vision, Action and Accountability

7 Clock Hours (4 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Heart-directed actions

- Passion and expertise
- Your hottest undeniable benefit
- What is our message?
- Discovering your specialties and niches
- Teaching what we need to learn
- Accountability & monitoring progress
- Making a commitment – One pointedness
- Over achievers, over-promises, and setting targets

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining developing vision, action and accountability through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 105 The Business of Coaching at a Professional Level

9 Clock Hours (6 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Reinforcing moments
- SMART goals (Specific Measurable Attainable Realistic Timely)
- Preparing to launch – establishing policies, directives and an organizational flow chart
- Building a coaching community
- Your own advisory board
- Honor and recognition
- Referrals
- Generating a resource list
- Your 30 second message
- Your professional and community alliances
- Your home office
- Business structures
- Utilizing the internet
- Protecting your work with copyrights, trademarks and trade names
- Audio, video and on-line communication
- Client log
- Virtual assistant partnerships

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to the business of coaching at a professional level through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 106 Establishing Fees and Tracking Your Success

6 Clock Hours (3 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Range of fees
- Value exceeds benefits

- Clients investing in themselves
- Record keeping systems
- Accounting: Keeping it simple
- Clock card merchants accounts
- Alternative to Clock cards
- Client tracking and management

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to establishing your fees and tracking your success through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WTC 107 Marketing Your Coaching Business **6 Clock Hours (3 Theory Hours, 3 Lab Hours)**

In this course, students will become knowledgeable in each of the following areas:

- Coaching friends and family
- Word of Mouth Strategies
- Discover your unique selling proposition
- How to promote your practice and attract clients
- Utilizing press releases, websites & Facebook
- Building a local and social media network
- Demonstrating empathy and integrity to enhance emotional impact
- Responding with ability
- Making a timely response
- Professional courtesy
- Acknowledging & reciprocating
- Public Relations: Good works well publicized

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to marketing your coaching business through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WTC 108 Master Tools of Coaching **10 Clock Hours (6 Theory Hours, 4 Lab Hours)**

In this course, students will become knowledgeable in each of the following areas:

- Establishing rapport utilizing NLP & Formative Psychology – Becoming an “ally”
- The communication process – Reframing, clarity, pacing, listening and acknowledging
- The 7 disconnecting choices and the 7 connecting choices
- Releasing stress utilizing bioenergetics, yoga and meditation
- Rehabilitating failed attempts & purposes
- Recognizing obstacles and addressing them effectively
- Co-creating your health on each level of consciousness
- Goal setting and mind mapping
- Vision boards – concrete and abstract

- Creating plans of action that work
- Public presentations
- Monitoring & adjusting
- The bigger picture – nocebo and placebo
- Using yoga, meditation and other practices for growth and development
- Journaling – Write then right
- Developing sensory-rich experiences

Practicum: *To pass this course with competency, the student must demonstrate his/her knowledge pertaining to the master tools of coaching through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 109 Successful Inquiry & Supervision

9 Clock Hours (6 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- The client has the answers, the coach has the questions
- Getting out of the way using Quantum Psychology
- Being still & listening to your inner guidance
- The optimal coachable moments & how to identify them
- Moving from the story into action
- Listening reference points
- Appreciative inquiry
- Staying with the client and going where they lead
- Formulating questions & using effective language patterns
- Staying grounded
- Chunking up and chunking down
- Five types of questions for connecting surprises
- Don't let them wiggle away
- Non-verbal vs. verbal communication
- Using the tone, volume & cadence of your voice
- Dynamic listening, feeling & observing
- The keys to powerful questions
- Using collaborative problem solving

Practicum: *To pass this course with competency, the student must demonstrate his/her knowledge pertaining to successful inquiry and supervision through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 110 Your Inner Guide

7 Clock Hours (4 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Intuition & internal feedback systems
- The value of forgiveness

- Being direct yet gentle, firm but patient
- Endorsing & affirming positive resources
- Reflecting back - Mirroring
- Relating at each level of consciousness
- Challenging to awaken from trance
- Summarizing
- Re-framing
- Goal setting – The ego vs. the heart
- Being right-minded and heart-directed
- The decision maker and using ideosensory feedback systems

Practicum: *To pass this course with competency, the student must demonstrate his/her knowledge pertaining to your inner guide through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 111 Gaining Visibility and Credibility, Personal Relations
9 Clock Hours (6 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Sampling - letting people experience you
- Stop selling & start connecting
- Reaching your audience
- Visibility – The importance of being seen and heard
- Using online newsletters
- Direct one-on-one contact
- Social networking - joining groups & having fun
- Upside-down marketing
- Features, advantage & benefits
- Speaking to groups and pacing their mindset
- Structuring a presentation for maximum imprint
- Steps for designing successful events
- Workshops and classes to educate and market
- Writing and publishing – developing your voice
- Steps for coaching and marketing to groups
- Developing your clients & building meeting groups
- Upgrading your market
- Decoding your niche market using your special talent
- Become an expert – The key to continuing education

Practicum: *To pass this course with competency, the student must demonstrate his/her knowledge pertaining to gaining visibility and credibility and personal relations through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 112 The Art of Wellness Coaching

7 Clock Hours (4 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Building trust – following through and using Choice Theory
- Authenticity – The Four Agreements
- Adjusting communication based on the response you get
- Consistency and integrity
- Responsiveness – The concierge approach
- Referrals – For expansion
- Earning while you market
- Artful coaching – Incorporating quantum psychology, gestalt therapy & psychodrama
- The blank mental canvas
- Clarifying the agenda
- The tip of the iceberg – Understanding the hidden drives of the unconscious
- Stepping outside the box
- Tools for correcting distressing influences & developing abilities
- The role of nutrition, diet & exercise
- Referring clients to CAM Practitioners and other professionals – Knowing when, how and who
- Developing strong support systems and valuable resources

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to the art of wellness coaching through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 113 Utilizing Emotional Intelligence

6 Clock Hours (3 Theory Hours, 3 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- The subtle & not so subtle emotional clues
- How the ego hijacks the agenda and misdirects attention - Causes & Solution
- Offbeat phrases & missing pieces
- Building empathy through strong or weak energy
- Handling contradictory emotions
- Limited perspectives & using NLP to expand them
- Throw away comments
- Space – timing – ensuring readiness
- Going beneath the surface
- Avoiding the Seven Disconnecting Mistakes of External Control

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to utilizing emotional intelligence through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 114 Opening the Mind and Inviting the Shift

8 Clock Hours (4 Theory Hours, 4 Lab Hours)

In this course, students will become knowledgeable in each of the following areas:

- Raising awareness to see the big picture & know your authentic Self
- Achieving balance on all 5 levels of existence
- Daily practices and personal discipline
- Giving space & containment
- A glimpse of the future – future pacing
- Shifting focus – The importance of forgiveness
- Lighting the way – Seeing other viewpoints
- Establish a flow
- Time and balance
- Making it fun & rewarding
- Endorsing and empowering
- Inspiring action
- Getting SMART (Specific Measurable Attainable Realistic Timely)
- Providing accountability and responsibility
- Qualified prospects
- Upping the challenge
- Coaching session role playing

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to opening the client's mind to invite change through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*

WCT 115 Coaching Experience and Practice

30 Total Clock Hours (30 Lab Hours)

This is to be worked on throughout the program with a partner so that before graduation, the student has:

- Been coached by his/her partner to improve two areas that are not in balance
- Coached his/her partner through two areas in his/her life that need improvement
- Coached 2 more people, leading to significant improvement in at least one area each, having submitted and “passed with competency” the required write ups for these experiences.

***Practicum:** To pass this course with competency, the student must demonstrate his/her knowledge pertaining to coaching experience and practice through practical personal experience and through working with a partner to complete the questions and/or assignments corresponding to this course.*