

Aromatherapy & Essential Oils



Fees (per 17-hour class):

There are a total of eight courses, and you “pay as you go” by registering for each course separately. Additional cost: one-time purchase of the required text (approx. \$67). Those who take courses beyond the Foundations course will also need to purchase an essential oils kit (approx. \$150). All other supplies will be provided for the use of formulating appropriate essential oil remedies that coincide with the content of each course.

Register by the early discount deadline and save. The deadline is typically two weeks prior to class start (for dates go to the Course Calendar at www.Bastyr.edu/Continuing-Education)

	Early Discount	Regular
Professionals & General Public:	\$445	\$535
Bastyr/NIAOM Alumni:	\$405	\$485
Full-time Students:		\$325
Retake:		\$160

To complete the entire certificate program, you must take all eight courses, plus purchase a text and essential oils kit - a total investment of approximately \$3600.

Explore the World of Essential Oils

Whether you want to immediately pursue the certificate program, or just explore the world of essential oils, there's an easy solution! Just take the first course, Aromatherapy & Essential Oils - Foundations, which offers a broad overview as well as a solid groundwork to competently and safely begin using essential oils. It is also the prerequisite for the other courses should you decide to continue your studies, complete the program, and ultimately earn a Certificate of Competency. No prior related education is required – all the necessary skills and training will be covered in the program to become a proficient and confident aromatherapist.

This comprehensive program is designed for a diverse group of participants:

- Health care professionals who wish to incorporate aromatherapy into their current practice: massage therapists, estheticians, spa therapists, nurses, doctors, acupuncturists and other wellness professionals.
- Individuals who wish to explore a new career as an aromatherapist, or have a motivated interest in learning the healthful uses of essential oils for self-care and for their family.

You are invited to contact the instructor, Jimm Harrison, if you have any questions about the curriculum, or want to learn more about how this program will support your goals: info@jimmharrison.com

Course Details:

- 17 CEUs/CMEs/PDAs each for courses 1-7
- Courses 1-7 each include 17 hours of in-class instruction, and approximately three hours of pre-class reading. The last course is self-study (approximately 25 hours)
- Each classroom-based course is held on a single weekend: Fri, 4:00pm-8:00pm, and Sat & Sun, 9:30am-5:30pm

Upcoming Course Dates:

September 29, 2016: A Taste of Bastyr **FREE** Info session with Jimm Harrison | Master Trainer of Aromatherapy & Essential Oils Therapy Certificate Program - Thurs, 12:00pm-1:00pm

September 30 - October 2, 2016: Foundations

November 4-6, 2016: Chemistry & Biology

December 2-4, 2016: Therapeutic Properties

January 13-15, 2017: Foundations

February 3-5, 2017: Chemistry & Biology

March 3-5, 2017: Blending & Application Methods

March 31 - April 2, 2017: Olfactory System & Emotional Effects

April 28-30: Foundations

May 26-28: Chemistry & Biology

Aromatherapy & Essential Oils Course Descriptions:

Foundations

Provides the fundamental knowledge necessary for competent and efficacious use of essential oils and aromatherapy. Moving beyond a simple definition of individual oils, you will gain an understanding of the chemical composition, holistic properties and contraindications of essential oils, as well as the impact on body systems and olfaction. We will also explore their holistic and therapeutic function in cosmetic ingredients and beauty treatments, quality control issues, and best practices in developing formulations for professional and personal use.

Chemistry & Biology

Provides an intensive and comprehensive study of essential oil molecular composition and structure. The sciences are used in identifying properties, therapeutic evidence, application, and the quality of essential oils. The biology of the plant oil provides a logical understanding for the effectiveness and safety of botanical medicine. This seminar will further demonstrate how to effectively use the Structure-Effect Diagram, a chemistry-made-easy tool, in the selection and application of essential oils for specific therapeutic application. **Prerequisite: Foundations**

Therapeutic Properties

Explore the varied and multi-dimensional therapeutic effects of essential oils. Essential oils are secondary metabolites developed within plants through an evolutionary process to protect and heal the plant from damage, predators and micro-organisms. Through an in-depth analysis of antimicrobial, anti-inflammatory, immune modulating, sedative, cell regenerative and other categories of healing properties, explore the full potential of essential oil use (including safety and precautions) for physical and emotional health. **Prerequisite: Foundations and Chemistry & Biology**

Blending & Application Methods

Fine tune your skills in the creative art and science of blending essential oils, and enhance your therapeutic results with their accurate application. Dive deep into the versatility and diversity of blending and application of essential oils in aromatherapy. Explore how to make the most of the "aroma" in therapy through an in-depth study of fragrance blending and aromatic "notes." Discover how to use synergies to expand the therapeutic function of essential oils that reach far beyond a one-dimensional process to achieve multi-dimensional healing and wellness. **Prerequisite: Foundations and Chemistry & Biology**

Olfactory System & Emotional Effects

Explore the many effects essential oils have on health and well-being through inhalation and interaction with the olfactory and limbic systems. Olfaction is a fascinating and mysterious sense with powerful influence on human emotion and the nervous system (central and autonomic). A review of olfactory anatomy and physiology, along with the latest information regarding the sense of smell, will be used to explain the complex, anticipated and unanticipated physical and emotional effects of essential oils and fragrance. This seminar will also include placebo, energetic and sub-atomic principles on health and well-being.

Prerequisite: Foundations and Chemistry & Biology

Skin Care & Spa Application

Essential oils provide a full spectrum of healthy aging effects, skin healing properties, and skin conditioning and maintenance. This seminar will provide you with the skills to use aromatherapy for personal care and in the spa setting. The "beauty inside and out" system will be introduced to help you establish a holistic and integrative approach to health and beauty. **Prerequisite: Foundations and Chemistry & Biology**

Aromatherapy Consultation & Business

Each person is an accumulation of lifestyle, dietary, emotional and social influences. Gaining a better understanding of how these impact an individual's well being will help you to determine the best possible course of aromatherapy treatment. This seminar will introduce a complete method of consultation and profiling that will assist you in developing more accurate results-driven formulations and treatments. An essential oil business overview will include ideas for setting up, marketing and pricing products for a successful aromatherapy business. **Prerequisite: Foundations, Chemistry & Biology, and one other program course**

Certificate Preparation Self-study (approximately 25 hours)

During this self-paced portion of the Certificate Program you will draw upon the combined knowledge acquired in the previous seven courses. The instructor will be available via email to support and guide you through the process. A Certificate of Competency will be issued upon successful completion of all the following requirements:

- satisfactorily perform and document two case studies focused on physical conditions, ailments or general health and balance
- satisfactorily perform and document two case studies with focus on emotional balance and well being
- satisfactorily perform and document one case study with focus on skin and spa treatments
- pass the final open-book exam with a score of 80% or higher

Prerequisite: All seven prior courses

Instructor Bio:



Jimm Harrison, Cosmetologist and Certified Aromatherapist

Jimm Harrison founded the Phytotherapy Institute in 1995 to advance education in essential oil and plant therapy. He was the first cosmetologist invited by Harvard University and MIT to discuss the impact of essential oils in skin care.

Jimm has been conducting certification programs and lectures in essential oil therapy for massage, spa therapy, cosmetology and medical esthetic institutions across the country since 1993, including the Dana-Farber Cancer Institute, Harvard Medical School and Massachusetts College of Pharmacy. He is the author of *Aromatherapy: Therapeutic Use of Essential Oils for Esthetics*, and has developed natural/organic skin care products for the professional and retail markets. To learn more about this presenter, please visit his website at www.jimmharrison.com



CANCELLATION, TRANSFER & REFUND POLICY: Please submit your request in writing (email, mail or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a processing fee (\$35 or 20 percent of fee, whichever is less). No refunds will be granted for cancellations made with less than the 14-day notice, nor for home study courses once the registration and payment have been processed. Returned checks will be assessed a \$28 fee. Participants registered for full courses will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.