

Master of Naturopathic Psychology (M.N.Psy.)

Course Descriptions

Controlling Anger

3 Credit Hours

This course will help you learn how to recognize hostility, and the science behind anger. You will learn some survival skills to help overcome anger, and how to help others overcome their anger. Skills such as: reasoning with yourself, how to stop hostile thoughts, meditate, practice trusting others, and many more.

Psychoanalytic Therapy

3 Credit Hours

This course will be of great benefit to psychotherapists, psychologists, and those who have an interest in psychoanalysis and psychotherapy. You will learn new insights into personality disorders, psychotic states, and the nature and function of suicidal innovation.

Naturopathy & Cognitive Therapy

3 Credit Hours

Is an emotionally troubled person a victim of things beyond his/her control. Many neuropsychiatrists and psychoanalysts believe this concept. But what if they are wrong in their assumption. What if the emotionally disturbed persons psychological troubles derive from faulty concepts of himself and the world. In this study you will learn how to decipher hidden messages, how to listen to your impulsive thoughts, see the role sadness, anger, and anxiety play, how to overcome depression and phobias, and apply the cognitive system of therapy to specific problems.

Anatomy & Physiology I

3 Credit Hours

Every aspect of Anatomy and Physiology is discussed because every health care professional needs a basic understanding of this subject. Some naturopathic colleges graduate students with graduate degrees, who have never taken a single course on this subject. In part one you will study the: Chemical Organization, Cell Organization, Tissue Organization, Integumentary System, Skeletal System, Muscular System and the Sensory System.

Anatomy & Physiology II

3 Credit Hours

In part two the study continues with the: Cardiovascular System, Hematologic System, Lymphatic System, Respiratory System, Urinary System, Gastrointestinal System, Urinary System, Fluid, Electrolyte, and Acid-Base Balance, Endocrine System, and the Reproductive System.

Natural Health Remedies for Stressful Conditions**3 Credit Hours**

This course focuses on the benefits and healing properties of natural medicine. Discussed are oriental medicine, acupuncture, acupressure, meditation, homeopathy, botanical medicine, chiropractic care, massage therapy, psychotherapy, family therapy, and biofeedback. You will learn the value of "Stress and Relaxation" therapy, and how it influences the mind, body, and spirit. Learn about natural therapies and they may help others and yourself. Study the effects of anxiety on the mind and body, aromatherapy, and the psychological causes of depression and what can be done to eliminate these problems. In addition, special herbal formulas are given, diets, nutritional formulas, massage reflexology, and how one may learn to "control his/her thoughts" for a better outlook on life.

Microbiology**3 Credit Hours**

Microbiology is the study of microorganisms and dates back to the seventeenth century. In this course you will gain a comprehensive concise study of the field of microbiology. You will learn the history and scope of microbiology, the equipment and techniques used, survey and transport of microorganisms and molecules, microbes and how they survive in the environment, and much more. Your subject knowledge will give you the tools you need to have a deeper understanding of the Microbiology spectrum.

Cognitive Behavioral Treatment of Obesity*3 Credit Hours**

Obesity is on the rise in our country, and many contribute its cause to an increase in energy intake and a decrease in energy expenditure. This study will show a cognitive-behavioral treatment plan for obesity showing how to help the client lose weight, increase activity level, and address concerns about appearance and body weight.

Natural Medicine for Mental Problems**3 Credit Hours**

Herbs and nutrients can enhance health, prevent disorders, and affect existing health disorders. Supplements are being used to treat health conditions with a psychological component. Everything from ADHD to Parkinson's Disease is reviewed with the most current research, along with revealing whether the use of herbs and supplements can prevent, affect, or remove these health conditions, or at least some of their symptoms.

Theory & Practice of Essential Psychotherapies**3 Credit Hours**

This course offers authoritative, engaging presentation of the 12 most important forms of psychotherapy practiced today. Prominent experts cover traditional treatments as well as influential models that have been developed relatively recently, giving students and practitioners a solid grasp of foundational theories, techniques, and research.

Mental Conditions & Nutritional Therapy**2 Credit Hours**

This is a vital reference manual for those suffering with mental disorders. Many individuals have nutrient imbalances due to genetic and environmental factors. The author shows how individualized nutrient therapy treatments have brought many successful results and can have a powerful impact on mental health.

Pathology**3 Credit Hours**

“Pathology” is the study and diagnosis of disease. The word in its Greek meaning alludes to the process of defining a physical or mental condition as pathological, as an example, “a pathological liar.” The suffix “path” is a term that describes a disease of some sort. Pathology has four components of disease: cause (etiology), mechanisms of development (pathogenesis), structural alterations of cells (morphologic changes), and the consequences of changes (clinical manifestations). This study is valuable to the natural health consultant and is rarely taught at naturopathic colleges.

Symptomatology & Assessment**3 Credit Hours**

Naturopaths, as a rule, do not diagnose, unless they hold a license in their state. However, in the mind of a naturopath he/she must have some assessment of what problems a client may have before rendering any kind of opinion. Without tests or assessment, a naturopath is merely guessing at what a client's problem may be. Symptoms and Assessment is a critical study for someone in the natural health field, and is a course not offered by many naturopathic colleges because at its core, it is what allopathic doctors (MDs) do and not naturopaths. In this instance, you must learn from those who have years of experience in assessing symptoms. What will you learn in this study? Acquiring Health History, Fundamental Physical Assessment techniques, Mental Health Assessment, Nutrition, Integumentary System, Eyes, Ears, Nose, and Throat, Respiratory system, Cardiovascular System, Breasts and Axillae, Gastrointestinal System, Endocrine System, Hematologic and Immune Systems, Female Genitourinary System, Male Genitourinary System, Musculoskeletal System, Neurologic System, and assessing the pregnant patient and the neonate.

Stress Management*3 Credit Hours**

We have been processed to believe that stress is harmful and should be avoided, reduced, and managed. But what if what we have been told is wrong. What if changing our mindset about stress could make us happier, healthier, and better able to reach our goals. This course will show you how to create a mindset to embrace stress, how stress can provide focus and energy, and help us to connect relationships, and how the brain is built to learn from the stress.

The PH Balance**2 Credit Hours**

Your body's pH balance is the key to optimal health, weight, mental clarity, and overall vigor. It is important to strike the right balance by nourishing your body with certain foods to create an alkaline environment. This innovation program, proven effective over decades, works with the body chemistry to revitalize and maintain health.

Dissertation [Theses-Two of 5,000 words each]**3 Credit Hours**