

# COLOUR THERAPY DIPLOMA COURSE



## ACCREDITATION

IPHM, IICT & AADP APPROVED

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When students have successfully passed the examination, they are issued with a qualification that is recognised by the above awarding bodies.

Graduates of which will then be eligible to apply to be board certified holistic health practitioners through the above and obtain the necessary insurance if working as a therapist.

**Why study with us?** Luna Holistics is a reputable and professional distance learning training academy with years of experience offering quality course material at affordable prices.

**Entry Level** (pre requisites): No previous experience is necessary for the majority of our courses unless stated. (some advanced levels may request that you hold a basic level in the subject first)

**Career opportunities:** Work self-employed or in a Holistic Centre as a: - Certified Therapist in the subject you have chosen for example – Professional Holistic Therapist – Complimentary Practitioner – Holistic Healer – Professional colour therapist, colour or chromotherapy practitioner etc...

**Course format:** On average courses are approx. 12 modules – with approx. 8 lessons, learning reviews throughout (this can vary) depending on the course. You can request a prospectus for the course of your choice.

**Duration:** Self-Paced – Study time Approx between 30 - 40hrs

**Support:** Full tutor support offered – Access to student video library

**Qualification:** Diploma is included on successful completion

**Moving Forward:** All students on successful completion may apply to become board certified therapists with any of our awarding bodies and most will be eligible to obtain the necessary insurance for work purposes. Details will be sent to you on how to apply for membership with your exam results.

### **COLOUR THERAPY COURSE DETAILS**

Colour therapy also known as chromotherapy is a non-invasive therapy that makes use of the healing energy contained within visible rays of colour. It is a complementary therapy, which works in a subtle way with many other types of treatment, although it can be used on its own whilst still giving excellent results.

Colour can be used to balance energy, aid creativity and learning, release blocks and help alleviate physical, emotional and mental conditions. Colour therapists encourage people to understand why they need certain colours and show them how to put these colours to beneficial use in order to promote optimum health. Colour therapy is used throughout the world as a complementary treatment for a wide range of illnesses: asthma, arthritis, eating disorders, skin diseases, digestive ailments, blood and circulation problems, fevers, rheumatism, shock, relief of pain and as part of the treatment for serious illnesses such as paralysis, multiple sclerosis, M.E, cancers and Aids. It is also used to great effect in the treatment of nervous and mental disorders and depression.

Wherever it has been possible Luna Online Home Studies has incorporated pictures, diagrams and exercises to help you understand the subject and practice of Colour Therapy.

### **Benefits of having knowledge and skills in Colour Therapy**

To have knowledge and possess skills in this subject can be a useful tool to assist yourself and others in dealing with mental and emotional difficulties and help treat certain medical conditions; it is the beginning of a fascinating and exciting journey into the world of Colour Therapy.

### **Part 1**

Lesson 1 starts with an introduction and history of the subject, and how to take a colour test on you.

Lesson 2 continues with the science of colour, the visible spectrum, additive primary colours and complementary colours, information on colour hue, saturation and luminance (with examples).

Lesson 3 explains the philosophy of colour therapy, the effects and the subtle anatomy, the aura, aura colours and what they are, how to see the aura and the 7 chakras, their colours, primary functions, associated element and their symbols.

## **Part 2**

Lesson 4 of the Complete Guide and Practice of Colour Therapy explains the psychology of colour, counselling and art therapy, the colours and their meanings, colour dislikes and colour tests and finally relationships revealed through colour.

Lesson 5 continues with music, fragrance and colour, your life song (numerology), using music with colour therapy.

Lesson 6 concludes with colour in dress, decor and the environment by explaining seasonal personalities and colour, the use of colour in dress, colour for the home and how it can be used in different rooms for best effect.

## **Part 3**

Lesson 7 begins with colour breathing and visualisation and an exercise on universal breathing which is a yoga technique. This section then continues with the power of the mind and an exercise on using our minds with breathing for a powerful effect and how it can change the conditions around us, colour breathing in health and beauty and an exercise on sending a colour to an area you wish to heal. Finally this lesson ends with information on colour affirmations, colour and rainbow meditation.

Lesson 8 continues with colour and diet and what the colour of different foods stands for and how they help certain conditions (also included details of the different foods).

Lesson 9 covers details of the different colour treatments, including chromotherapy (light therapy), colour acupuncture/colour reflexology, colour related diet, bach flower remedies and essential oils, art and music therapy, silk scarf treatment, crystal treatments and colour breathing and meditation. Finally Lesson 10 details different colours and how they can be used to treat certain conditions, and lastly colour therapy in practice which gives hints and tips for the professional therapist. This section concludes with a sample client treatment card.

## Learning Review

Following each group of lessons you will be given a list of related questions that will help you to review and consolidate your learning.

**Exam** – On request approx. 25 questions including multiple choice and minimum of 1000 word case study to be submitted.

# FREQUENTLY ASKED QUESTIONS

**Do I have to complete an exam?** Exams are optional. If you would like to receive a recognised qualification however then you will need to submit an exam in the subject studied.

**Do I have to submit any essays or case studies in order to pass my exam?** - Yes - The exam board do require you to submit a minimum of one written case study for most of the exams. (you can use a friend or family member to be your case study example) Your exam will have a selection of questions/multiple choice. We recommend that you practice your chosen therapy on family and friends first before offering your services to the public.

**What if I fail my exam?** We will notify you of your results and if you have not passed, you will be given the opportunity to re-submit your exam free of charge. Please note you will be able to read through your examination and take your time, you are in no hurry to complete this and if you have read and understood your course material then we doubt very much that you will have to re-sit. Plus we offer learning reviews throughout your studies which relate to some of your exam questions, providing you work your way through these we see no reason why you should fail.

**How much does my Diploma/Certificate cost?** Your qualification is included in the price of the course and will be sent to you as a pdf attachment ready for you to print off immediately. You will also have the option to have a signed and posted hard copy sent to you. Postal charges will apply if you require this service.

**Can I share my course material with someone else?** We do realise that there may be other members of your family or close friends who also wish to study the same subject. In this case please note that there will only be one exam sent out. Should other members wish to request a separate

exam there will be an administration charge of £50 per person and no personal tuition will be available to them. However they will still qualify for their accredited diploma/certificate.

**Can I then practice my therapy legally?** Yes once you have passed any of our accredited courses you may then choose to practice your chosen therapy, however we strongly recommend that you take out adequate insurance if working with the public, and if taking courses that involves massage or hopi ear that you attend a workshop or similar for hands on training before working with the public. Luna studies accept no responsibility for students who may cause injury whilst working with the public after taking any of our courses.

**Worldwide Accreditation - Do you cover my country?** I live in Canada can I still study your courses? We have many Canadian students, Australian as we do European, American and the Far East. It really does not matter where in the world you are based, your course is recognised by three professional holistic accreditation boards two of which are international. iphm (worldwide) IICT ( UK, AUSTRALIA, CANADA, USA, NEW ZEALAND, IRELAND) aadp (USA)

**Studying in the UK** - Luna Holistics Ltd. is a registered training provider with the Government Department of Work and Pensions. You may qualify towards funding for our courses. For more information contact your local job centre. Luna Holistics is on the UK Register of Learning Providers - UKLP Ref No: 10040879

**How do I pay for my course?** You can pay by debit/credit card , PayPal or Bank Transfer or you can request that we send an invoice to your email address and you can pay direct from that. Paypal is free for anyone to set up and is one of the most trusted methods of payment on the internet. Most of our courses can be purchased in separate parts to help you spread the cost. Once your course has been ordered and paid for it should be with you within a few hours ready for you to download and start learning.

**Why are your courses so inexpensive compared to other course providers?** Our course prices are kept as low as possible to encourage more people to enrol and learn about holistic therapy as we feel this is important for all our futures. Please do not make the assumption that because some course providers charge hundreds of pounds more that the content will be superior, we have done our research and know this is not the case. You also have the option of easy payment options.

**Can I get Insurance?** As a qualified student of Luna Holistic Studies Westminster Indemnity & Towergate specialise in Holistic Insurance and are offering all our UK qualified students the option to join them and obtain a free quote.

**How do I access the tutor support?** Should you have any queries regarding your course work whilst you are studying simply email us your questions and your query will be passed on to the relevant tutor. You will receive a response via email within 24hrs. You will also be sent a link to access the student video library when you have enrolled.

**What is the Student Library?** Our student library has been set up especially for you. Here you will find helpful training videos relevant to your chosen course and examples of case studies. You will also find further reading and products plus tips on setting up your own holistic business and links to see some example case studies. You will be sent the direct link for the library with your course files.

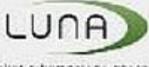
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