



art of health education

NEW COURSES - NEW START – NEW YOU

CERTIFICATE IN ORIENTAL PSYCHOLOGY

Imagine being able to see into the very heart of people's problems and know that you could assist them in a deeply meaningful way.

Oriental Psychology equips you with a unique understanding of the relationship between the mind and body. It outlines the astounding links between philosophy, medicine, psychology and spirituality. The focus of this course is to be able to assist self and others in the recovery of wholeness.

Disease is always emotional in nature and requires a special understanding to clear blockages that have accumulated over time. These blockages prevent both forward movement and the possibility of change. This change can be achieved using the advanced and specialised therapeutic diagnostic skills studied in this course.

This exceptional course has never been accessible to those outside the inner circle and is not available anywhere else. An amazing opportunity to add a new dimension to you, your practice and your life

MODULES IN THIS COURSE

MOD 1 Foundations of Oriental Psychology

This module prepares the way for study of the mind/body/spirit model as a guide to determine physical, mental, emotional, and spiritual strengths and weaknesses. It explores the essential philosophies associated with Confucianism, Taoism, Buddhism, Sufism, and Zen. This module also includes the study of the five aims of Oriental psychology and the relationship between the five emotions and the internal organs according to the principles of Oriental medicine. The objective is to provide the tools to enable personal transformation.

MOD 2 Spiritual Alchemy

This module explores the physical, mental, emotional and spiritual aspects of the whole person. Using the ancient teachings of Taoism the whole person is addressed and negative and destructive behaviours are eliminated. A study of the archetypal energies and their relationship to psycho-spiritual processes is included in this module. Along with the essential study of the process of temporal conditioning this module clearly identifies the influence of emotions and their effects. Profound tools and techniques used to treat emotional disorders and sustain balance and harmony will be covered.

MOD 3 I-Ching Applications to Psychology

The 'I-Ching' is widely regarded as an ancient book of wisdom and a spiritual classic that has been applied to just about everything. The principles of the I-Ching are pervasive and far-reaching. In this module, you will learn how to consult and interpret the I-Ching in a wide variety of applications that reveal insights into the human mind. This is essential in order to be able to establish necessary reference points. You will access tools that will enable personal transformation as well as develop strategies for growth and development in all aspects of life.

MOD 4 Buddhist and Taoist Spiritual Practices

In this module we explore the nature and application of Buddhist and Taoist psycho-spiritual practices. These will provide you with the ability to design a practice regimen to reduce levels of stress. This is an essential resource for all practitioners. The cultivation of a healthy mind and body is achieved using special exercises, breathing techniques, meditations and therapeutic routines. This module also includes an introduction to the philosophical teachings of some of the great masters including Krishnamurti and Gurdjieff.

MOD 5 Metaphysics of Diagnosis in Oriental Medicine

It is understood in Oriental medicine that disease states are strongly influenced by mental processes and exhibit correlating emotional disturbances. These physical and emotional disturbance are mirrored by psychological and spiritual disturbance. This module includes a detailed exploration of the metaphysical causes of disease, the progression of disease and the necessary remedies. This leads to an exploration of the nature of 'Shen'/spirit as a complex of five spiritual aspects and the diagnosis of disease using a metaphysical framework.

MOD 6 Art of War

The Art of War has long been considered a classic compiled by a mysterious warrior-philosopher and is still regarded as the one of the most influential books of strategy in the world today. When viewed in the light of the spiritual tradition of Taoism, the Art of War is a study in the psychology of conflict. In this module, students will learn how to identify and evaluate the essential qualities of leadership and strategy according to the principles established by Master Sun in order to apply them to daily life. This includes an exploration of how to avoid conflict and danger, how to understand people, the relationship between benefit and harm and other areas of management.

MOD 7 Inner Chapters

Chuang Tzu ranks as one of the most famous works of Chinese literature; this book contains symbolic stories that explore spiritual and social freedom. In this module, students will learn to expose the root of the human condition and discover the freedom associated with the universal principles and their applications.

MOD 8 Leadership and Strategy

Huainanzi is a record of sayings attributed to the masters that point to the cultivation of leadership and strategy skills. In this module, students will apply the teachings to the most essential aspects of lifestyle management with an aim to establish simple guidelines that lead to the establishment of personal mastery. You will develop diagnostic skills that will allow you to evaluate the common disharmonies that occur and manage them effectively.

MOD 9 Understanding Reality

This module explores the essential tools and processes necessary for the establishment of personal freedom and mastery. Zi Yang's classic, written in the 11th century, contained cryptic messages designed to prevent them from falling into the wrong hands. You will explore the hidden messages and their application to life. You will learn to identify the key principles associated with these processes and learn how to apply them to daily life challenges as well as to the treatment of chronic personal issues.

MOD 10 Manifestations of Shen Disturbance

The word 'shen' is best translated as 'Mind' and is a complex of all five mental-spiritual aspects of a human being otherwise known as 'spirit'. The functions of the Mind are to facilitate consciousness, thinking, memory, insight, cognition, sleep, intelligence, wisdom, ideas, affections, feelings, and senses. Disturbances of these functions are directly related to one or more of the five shen. In this module, students will learn to identify disorders of 'Hun' (Liver pathologies), 'Po' (Lung pathologies), 'Yi' (Spleen pathologies), 'Zhi' (Kidney pathologies), and 'Shen' (Heart pathologies), as well as evaluate and then apply their remedies

MODULE DATES FOR SYDNEY COURSE

MOD 1	Foundations of Oriental Psychology	13 th & 27 th Feb 2011
MOD 2	Spiritual Alchemy	13 th & 27 th Mar 2011
MOD 3	I-Ching Applications to Psychology	10 th Apr & 8 th May 2011
MOD 4	Buddhist and Taoist Spiritual Practices	22 nd May & 5 th Jun 2011
MOD 5	Metaphysics of Diagnosis in Oriental Medicine	19 th Jun & 3 rd Jul 2011
MOD 6	Art of War	24 th Jul & 7 th Aug 2011
MOD 7	Inner Chapters	21 st Aug & 4 th Sept 2011
MOD 8	Leadership and Strategy	18 th Sept & 16 th Oct 2011
MOD 9	Understanding Reality	30 th Oct & 13 th Nov 2011
MOD 10	Manifestations of Shen Disturbance	27 th Nov & 11 th Dec 2011

COURSE FEES

Fees include all course materials and all books required during course, worldwide postage and handling and student membership with OHPAA Inc.

SYDNEY PROGRAM:

\$3,560 Paid in full with discount
\$4,010 Paid in 3 instalments

DISTANCE LEARNING:

\$2,120 Paid in full with discount
\$2,380 Paid in 3 instalments

Payment can be made via Paypal, Visa, Mastercard, Direct Deposit or Money Order

Oriental Psychology has provided me with practical principles and tools to apply in everyday life. In fact, it's opened windows that will never be closed again. Apply yourself to this course and it will start to change the way you think and feel. Prepare to be very, very surprised by what you discover, as you learn a very different way of looking at your world and how you create and navigate it. – JS

The OP course with Art of Health is providing me with a completely different framework to understand the world that affects every facet of my life from career, family, friends, health and life path. This understanding is helping me to build a stronger foundation meaning I now have a clearer purpose and a deeper understanding of not only myself but also others. - KS

COURSE INFORMATION

DURATION

SYDNEY COURSE: 2 days per month for 10 months.

DISTANCE LEARNING: Work at your own pace. It is expected that students also working full time would complete the course within a maximum of 24 months.

QUALIFICATIONS AWARDED

Certificate in Oriental Psychology

PROFESSIONAL RECOGNITION

Oriental Health Practitioner Association of Australia Incorporated OHPAA

UPGRADE PATHWAYS

Diploma of Oriental Healing Arts
Advanced Certificate in Oriental Body Therapies
Certificate in Oriental Nutritional Medicine

BOOKS INCLUDED

- Rooms for Improvement
- Taoist Meditation
- Spirit Bridge
- The Book of Leadership & Strategy
- The Spirit of Change
- The Art of War
- The Tao Cards for the 21st Century
- The Essential Tao
- This Point of Sanctuary Within
- The Inner Teachings of Taoism
- Waking the Tiger
- The Taoist I-Ching
- Your Mind Your Medicine DVD

