



Professional Integrative Nutrition Counsellor Diploma

Introduction

Until now there have been colleges in B.C. that effectively train nutritionists, and colleges that effectively train counsellors. There are no colleges that bring the two together. Yet the need to provide a bridge between the two has long existed. Graduates that complete nutrition-only programs report difficulty when trying to help clients overcome issues that branch into non-nutrition areas. Depression, addiction, past physical trauma, and other challenges that are commonplace in today's world, make it difficult to motivate individuals to make nutritional changes that will benefit their health. Similarly, nutrition has a profound effect on individual's sense of emotional, mental, physical and spiritual well-being. Counsellors that ignore this area are not utilizing every potential tool to help their clients.

Graduates from Rhodes Wellness College's Professional Nutrition Counsellor Program will have the advantage of being in a position to apply for jobs from two sectors – both the front lines of mental health, emotional health, and addiction recovery as well as the front lines of nutritional wellness thereby increasing their career prospects upon graduation.

Graduates will also be able to register with both the International Coach Federation and the Health Coach Alliance to receive both their *Associate Certified Coach* certification and their *Registered Health and Nutrition Counsellor* designation.

This is an exciting time for those that are wanting to specialize in the area of nutrition. The general public's interest in what we eat, how we grow, prepare, and consume our food, and how it impacts our well-being has never been greater. We feel it is crucial to provide a program that will not just meet this growing interest, but a program that can provide leadership, guidance, coaching, counselling, knowledge, and support to this crucial aspect that drives our very existence. We believe this program accomplishes all of that and invite you to investigate what this program can do for you.

If you are an individual without formal training in either nutrition or counselling, or an individual with some knowledge already in these areas wanting to upgrade your skills and gain a credential, this program will help you acquire the skills and knowledge to work in the industry for an organization or to open up a private practice.

If you are a counsellor who wants to upgrade your knowledge and skills in the area of nutrition and receive additional designation or if you are a nutritionist who wishes to increase your coaching and counselling knowledge and skills there are many aspects of this program that will help you.

We invite you to speak with one of our Admissions Advisors today to learn more information on how you can become a Registered Health and Nutrition Counsellor (RHNC) through Rhodes Wellness College.

I wish you the very best in your pursuit of personal betterment and in your quest to help others.

Sincerely,

Ben Colling, MA Leadership
President, Rhodes Wellness College



PROGRAM OUTLINE

Program Title: Professional Nutrition Counsellor
Diploma Program Length: 78 weeks (1740 hours)
Program Type: Career Training/Academic
Career Occupation: Professional Nutrition Counsellor
Program Prerequisites: *Must meet Rhodes Wellness College Ltd. admission requirements.*

Program Description

The Professional Nutrition Counsellor Diploma is a comprehensive program that combines theory with practical and experiential learning and is designed for those who want to gain expertise in providing nutritional coaching and counselling services for both the private and public sector or open an individual practice in nutritional counselling and coaching. The program will lead to certifications in both life skills coaching and integrative nutritional counselling. The experience will be practical and transformative. This program will prepare them to honestly and effectively communicate with themselves, their peers, and eventually their clients as they learn and practice wellness and nutrition coaching and counselling.

Students will initially learn how to effectively support and mentor individuals and groups through coaching. They will then be introduced to the theories and techniques of nutrition, with a strong emphasis on experiential learning, and a consistent integration of ongoing counselling and coaching practice and techniques weaved throughout the program.

This intensive and comprehensive program equips graduates with the skills and abilities to be effective coaches and nutrition counsellors granting them the ability to register with the Canadian Health Coach Alliance as a Registered Health & Nutrition Counsellor (R.H.N.C) (see <https://www.healthcoachalliance.ca/schools.html> for more details).

This integrative program allows graduates to work in a wide array of industries: from the food, wellness, and health industries to private practice in the nutrition and coaching industry. Graduates will be able to work as Nutrition Educators, Nutrition Consultants, Wellness Managers, Nutrition Counsellors, and Life Coaches. They will be able to work in various sales and customer consulting positions at Nutrition stores, in outreach centres and recovery centres, as holistic nutritionists, and will also have the option to work in private and semi-private practice, either on their own or with a group of other wellness-related counsellors.

Program Learning Objectives

This program provides comprehensive training in personal and group coaching, basic counselling, personal wellness development, and a specialized nutrition-focused curriculum that promotes individual health and well-being. Upon completion, students will be qualified to provide nutritional assessments, conduct intake interviews, maintain case files, session notes, and provides nutritional counselling along with life skills coaching.



Graduates will be qualified to register with both the International Coach Federation (ICF) working towards their credentials as an Associate Certified Coach (ACC) and as a Professional Certified Coach (PCC). They will also be eligible to register with The Health Coach Alliance (HCA) and receive the designation of “Registered Health & Nutrition Counsellor™”.

By the end of the program, students will be able to provide the following services:

- Apply coaching and nutrition theory with a variety of population types
- Provide comprehensive nutrition and lifestyle assessment and coaching to clients
- Develop and evaluate nutrition assessment forms
- Assist individuals to improve their health through nutrition and lifestyle recommendations
- Develop meal plans according to client goals
- Assist individuals to recognize obstacles in their personal life preventing good health, and teach habit-changing methods to reach wellness and lifestyle goals
- Facilitate life skills workshops
- Facilitate nutrition and wellness workshops
- Provide individual goals-based success coaching
- Provide individual nutrition coaching and consulting
- Demonstrate an understanding of the difference between coaching and counselling and which technique is more likely to be effective, according to client’s needs, goals, and circumstances
- Provide nutritional recommendations and wellness plans for clients
- Provide individual and group nutritional consulting and education
- Demonstrate competency in a range of presentation strategies
- Demonstrate knowledge of ethics pertaining to nutrition counselling and coaching
- Understand their requisite scope of practice and why it is crucial to never practice beyond their scope as coaches and health & nutrition counsellors.

Program Format

This program includes a variety of teaching methods that coincide with diverse learning styles and the skills required for employment as a coaching and wellness professional. The training is conducted in a group setting to maximize input from students. Small class sizes (e.g. 30 or less students) will enable instructors to provide students with consistent individual feedback and attention.

Specific instructional methods include the following:

1. Lectures
2. Role plays
3. Instructor demonstrations
4. Writing
5. Readings
6. Group discussions
7. Group on group analysis
8. Consultation sessions with the instructor(s)

Program Readings

A variety of materials including e-books, articles, readings, course notes, and other resources will be utilized to support each course. Specific suggestions are detailed below.



Program Evaluation and Completion Requirements:

This program is evaluated by a variety of means including written and oral examinations, papers, and supervised fieldwork. Participants must receive a minimum of a passing grade on each course during the first half of the program (the first three semesters), and a minimum of a 60% overall average in the nutrition-based semesters (the last three semesters) in order to receive their Professional Nutrition Counsellor Diploma. All assignments in all courses must be completed. If a participant does not receive a passing grade or does not complete all assignments in each course, they will not be able to proceed to the following semester. In accordance to Rhodes Wellness College's Student Handbook, students will be permitted to retake any test once, however, if they do not pass in their second attempt, they will be required to retake the course and pass it in order to proceed to the next semester.

Grading system:

Students must complete all course requirements in order to receive credit for each course. The student's final grade will be based on the following grade distribution:

A+: 95% or higher A: 90 - 94% A-: 85 - 89%

B+: 80 - 84% B: 75 - 79% B-: 70 - 74%

C+: 65 - 69% C: 60 - 64% C- : 55 - 59%

P (Pass): 50 - 54%

NC (No Credit): 0 - 49%

Program Organization, Hours, and Flow

Semester 1: Coaching

12 weeks (270 hours)

COAC 100 Professional Life Coaching and Life Skills Facilitation (270 hours: 12 weeks)

Semester 2: Nutrition Specialization: Fundamental Theories, Techniques, and Practical Application

12 weeks (270 hours)

NUTR 110 Fundamentals of Nutrition (67.5 hours: 3 weeks)

NUTR 200 Lifecycle Nutrition (45 hours: 2 weeks)

NUTR 115 Nutritional Assessment, Coaching, and Counselling (22.5 hours: 1 week)

NUTR 230 Nutrition, Habit Change and Motivational Interviewing (45 hours: 2 weeks)

NUTR 125 Cooking with Whole Foods and Meal Planning (22.5 hours: 1 week)

NUTR 140 Alternative and Comparative Diets and Weight Management (45 hours: 2 weeks)

PROF 100 Fieldwork and Supervision (22.5 hours: 1 week)

Semester 3: Nutrition Specialization: Advanced Theories, Techniques, and Practical Application

12 weeks (270 hours)

NUTR 130 Nutritional Sciences (90 hours: 4 weeks)

NUTR 240 Eco Nutrition (22.5 hours: 1 week)

NUTR 205 Symptomatology (45 hours: 2 weeks)

NUTR 210 Nutritional Pathophysiology (45 hours: 2 weeks)



NUTR 105 Nutrition and Mental Health (45 hours: 2 weeks)

PROF 200 Student Clinic and Supervision (22.5 hours: 1 week)

Semester 4: Nutrition Specialization: Progressive Studies and Professional Practice

12 weeks (270 hours)

WELL 200 Fundamentals of Wellness Counselling (45 hours: 2 weeks)

NUTR 220 Eating Disorders (45 hours: 2 weeks)

NUTR 280 Nutrition for Women's Health and Advanced Ages (67.5 hours: 3 weeks)

NUTR 260 Sports and Performance Nutrition (45 hours: 2 weeks)

NUTR 250 Legal Parameters, Ethics, and Professional Practice in Nutrition (45 hours: 2 weeks)

PROF 201 Student Clinic and Supervision (22.5 hours: 1 week)

Semester 5: Advanced Specialization: Applied Counselling and Personal Development

12 weeks (270 hours)

COUN 104 Trauma Counselling (45 hours: 2 weeks)

COUN 105 Theory, Principles, and Applications in Addictions Treatment and Recovery (45 hours: 2 weeks)

WELL 105 Physical Wellness (90 hours: 4 weeks)

WELL 145 Mental Wellness (90 hours: 4 weeks)

Semester 6: Advanced Specialization: Personal Development and Professional Practice

12 weeks (270 hours)

WELL 135 Emotional Wellness (90 hours: 4 weeks)

WELL 125 Spiritual Wellness (90 hours: 4 weeks)

PROF 225 Group Leadership (45 hours: 2 weeks)

PROF 230 Professional Practice and Business (45 hours: 2 weeks)

Additional Requirement: PRAC 101 Supervised Practicum

(120 hours total - students will have 6 weeks maximum to complete)

Students can choose from a wide array of practicum placements from holistic eateries, integrative pharmacies, fitness centers, integrative wellness clinics, nutrition and supplement stores, community centers, and more.

Students are given support and encouraged to find placements in the sector they would like to work in.



LIST OF COURSES AND COURSE DESCRIPTIONS

COAC 100 Professional Life Coaching and Life Skills Facilitation (270 hours: 12 weeks)

This course is designed to train and qualify individuals as Professional Life Coaches certified to partner with a variety of clients in a creative process to achieve their goals and maximize their potential. Students will practice and develop skills in the 8 Core Competencies as defined by the International Coaching Federation (ICF) and receive mentorship. Students will understand ethical guidelines, professional standards, and how to facilitate a coach/client relationship to create trust and unlock the potential for positive change. This course then builds on the foundational coaching skills learned and expands the student's competency as a Professional Life Coach, with specific attention focused on leading workshops and facilitating groups. Change management, client empowerment, and the transtheoretical model of change guides students to assist clients in developing competency in creative problem-solving, value-clarification, group-processing, and relational-enhancement. This course is designed to train students as Life Skills Facilitators and Coaches, where they are able to help groups, large and small, become highly functioning units in supporting unique goals of individuals in the group, as well as collective group goals. Students will learn how to manage group dynamics and how to help groups problem solve and manage conflict. Students will improve their personal presentation skills and understand how to positively influence behaviour.

NUTR 110 Fundamentals of Nutrition (67.5 hours: 3 weeks)

Students will initially explore the fundamentals of nutrition including macro and micronutrients, vitamins, minerals, water and fats. They will develop an understanding of ingestion, digestion, and absorption, and how this relates to energy and health. A more in-depth look of how food relates to preventative health, with a special focus on the importance of food quality and how it effects the health and energy levels of the body, will be provided. Studies will then turn to how food can be used to support health and act as a tool in preventative wellness. They will learn about supplements, introductory herbology, supplement and herb quality, and under which circumstances it is helpful to integrate supplements and herbs into a nutrition plan. Understanding indications, contraindications, and how food, supplements, and herbs can interact with medications will be studied. Understanding the importance of working with professional health providers such as medical doctors and naturopathic doctors whenever recommending supplements or herbs or changes in diet will be stressed.

NUTR 200 Lifecycle Nutrition (45 hours: 2 weeks)

This course will develop an understanding of how nutritional needs change throughout an individual's lifecycle. Children's health issues and other issues related to age from pediatric needs to geriatric needs will be examined. The role nutrition can play in helping immunity, allergies, and various disabilities such as ADHD and common illnesses will be studied. Nutritional needs based on changes in hormonal balances will also be examined including how healthy nutrition habits can support individuals through pre-adolescent growth stages, puberty, menstrual cycles, prenatal, pregnancy, and postpartum stages, through menopause/andropause, and other life stages. This course will focus on how both preventative and supportive nutritional measures can be taken to help individuals optimize their health.

NUTR 115 Nutritional Assessment, Coaching, and Counselling (22.5 hours: 1 week)

Learning how to assess clients and evaluate assessment forms is paramount in this program. Students will gain an understanding of how physiological status and symptoms related to nutrition can be used to assess clients,



through skilled use of assessment tools and intake forms. Students will also learn the role of a Health Coach and clearly understand the difference between coaching and counselling within the framework of nutrition and health coaching. They will learn how to interweave coaching and counselling in practice and how to utilize each in isolation. Students will gain experience discerning which tactic is most appropriate to use according to circumstantial need.

NUTR 230 Nutrition Habit Change and Motivational Interviewing (45 hours: 2 weeks)

This is an advanced course that will provide students with more in-depth understanding of how psychology intermingles with nutrition when it comes to changing habits, creating commitment, and understanding choice related to diet. Students will build on their understanding of Cognitive Behavioural Therapy (CBT) as it relates to mindful eating habits. They will learn how to identify negative physical, emotional, and mental triggers surrounding nutrition and eating habits, and will develop skills to help individuals overcome trigger responses that lead to individuals failing in their nutritional goals. Students will learn and practice motivational interviewing with clients to help clients make successful and enduring changes in their eating plans.

NUTR 125 Cooking with Whole Foods and Meal Planning (22.5 hours: 1 week)

Students will learn how to prepare nourishing foods and will learn about the therapeutic benefits from preparing foods in a holistic fashion. They will learn the benefits of soaking, steaming, fermenting, sprouting, the pros and cons of different cooking methods and how to develop meal plans that support health; students will learn how to integrate this specialized food preparation into meal planning.

NUTR 140 Alternative and Comparative Diets and Weight Management (45 hours: 2 weeks)

This course will look at different diets including the wisdom of traditional diets, the energetics of food, and will provide an understanding of various popular diets such as vegan, vegetarian, paleo, ketogenic, intermittent fasting, Atkins, raw, and other diets. Students will learn the elements of these diets and will learn how to discern the pros and cons of different diets. Weight loss and weight management and how this connects to mindful eating and creating healthy habits, including traditional physical assessment tools such as BMI, will be taught. This course involves group research, reports, and class presentations.

PROF 100 Fieldwork and Supervision, Level 1 (22.5 hours: 1 week)

Fieldwork and Supervision is about gaining experience—working with clients and working with a supervisor to refine skills as a nutritional counsellor. This course includes a minimum of 10 hours of client sessions. Students will be provided feedback and will be graded on their ability to differentiate when they need to employ coaching tactics and when to employ consulting and educational tactics in their role as a Nutritional Counsellor.

NUTR 130 Nutritional Sciences (90 hours: 4 weeks)

Nutritional Sciences covers four major areas: (1) basic chemistry, (2) basic biology, (3) cellular biology, and (4) anatomy and physiology. Students will learn about basic atomic structures of food and how this relates to nutrition at a base chemical level. The course will also introduce the fundamentals of biology in relation to nutrition so that students may gain a foundational understanding of cellular metabolism and its effect on the human body. Students will explore the physiological and pathological consequences of cellular dysfunction, examining how abnormal cellular responses can contribute to the development of various diseases. Through this study, students will gain foundational knowledge of human anatomy and physiology, with particular focus on the structure, function, and interdependence of the body's eleven major organ systems. This comprehensive understanding will enable students to appreciate the complex mechanisms that maintain homeostasis and how



deviations from normal function can lead to pathological conditions.

NUTR 240 Eco Nutrition (22.5 hours: 1 week)

In the Eco-Nutrition course, students examine the intricate relationship between the environment and the quality of the food consumed, and how this, in turn, affects human health. A central focus is placed on understanding the critical role of soil quality, sustainable farming practices, and the benefits of local food production, alongside an exploration of how environmental pollutants can compromise food quality. The course also delves into the impact of modern food transportation systems, addressing how long-distance shipping contributes to the degradation of nutritional value and increases carbon emissions. Additionally, students will gain practical skills in integrating environmentally conscious practices into nutrition planning, promoting more sustainable and health-enhancing dietary choices. Beyond the physical aspects of health, the course highlights the broader implications of eco-nutrition, emphasizing its connections to mental, emotional, and spiritual wellbeing. Through this holistic approach, students will develop a comprehensive understanding of how food systems, environmental stewardship, and individual health are deeply intertwined, preparing them to advocate for and implement eco-friendly nutritional strategies in both personal and professional settings.

NUTR 205 Symptomatology (45 hours: 2 weeks)

Students will gain a greater ability to provide nutritional assessments through understanding how nutritional deficiencies and excesses are the bases of illness and disease. Special attention will be given to the digestive system, pH balancing via acid/alkaline foods and integrating tests such as pH testing, and further understanding of endocrinology, immunity, allergies, inflammation, and autoimmunity will be developed. The importance of working with a client's medical team to support health and wellness in a legal and supportive manner will be demonstrated and explored. Students will continue to develop skills in utilizing evaluation techniques and utilizing assessment forms.

NUTR 210 Nutritional Pathophysiology (45 hours: 2 weeks)

An understanding of how illness and disease, including chronic disease, develops in the body will be developed in this course. Students will learn nutritional protocols that can support the various body systems. An emphasis on scope of practice will be applied throughout this course so that students understand they cannot diagnose illness or disease, and they cannot cure illness or disease. Students will learn the legal problems and liabilities they will face if they contravene this scope of practice, and they will learn how to effectively work with dietitians, medical doctors, naturopathic doctors, psychiatrists, and other members of the medical community. Students will gain a keen awareness of their role in helping their clients and organizations they work with to improve their health and sense of wellness, through nutrition.

NUTR 105 Nutrition and Mental Health (45 hours: 2 weeks)

The Nutrition and Mental Health course offers an in-depth exploration of the complex relationship between dietary intake and mental health, providing students with both theoretical knowledge and evidence-based research on how nutrition can influence psychological well-being. Central to the course is an examination of the mental-emotional connection to food, highlighting how specific nutrients, dietary patterns, and overall food quality can affect mood regulation, cognitive function, and emotional resilience. Students will investigate the role of diet in the development and management of mental health conditions such as anxiety, depression, and stress-related disorders. The course also reviews current scientific studies on the gut-brain axis, illustrating the ways in which the gastrointestinal system and brain communicate through biochemical signaling, with a focus on how gut health and microbial diversity can influence mental health outcomes. Moreover, students will learn to



critically assess the role of dietary interventions, such as the inclusion of anti-inflammatory foods, omega-3 fatty acids, and micronutrients, in mitigating symptoms of mental health disorders. By the end of the course, students will have developed a nuanced understanding of how food choices can serve as both preventative measures and complementary treatments for mental health conditions. This comprehensive knowledge equips students to advocate for the integration of nutritional strategies into holistic mental health care approaches, thereby emphasizing the role of diet as a critical factor in the overall well-being of individuals.

PROF 200 Student Clinic and Supervision (22.5 hours: 1 week)

The focus of Student Clinic and Supervision is on building students' confidence and developing the foundational skills required to effectively support clients. Students will continue to build experience working with clients, groups, and communities by conducting a minimum of 10 hours of client sessions while working with a supervisor to refine their competency as a nutritional coach.

WELL 200 Fundamentals of Wellness Counselling (45 hours: 2 weeks)

In this course students will learn the foundational skills and knowledge for providing wellness counselling to individuals and groups utilizing a client-centered approach, in accordance to humanistic theory developed by Carl Rogers. Humanistic approaches in psychology emphasize the human capacity for integrity, creativity and autonomy. Students will learn the skills of attending behaviors, active listening, showing and utilizing empathy, asking powerful questions and creating strategically structured sessions. This foundation is critical for any wellness professional as it creates the infrastructure necessary for counsellors, nutritionists and coaches to support clients in their healing and wellness related objectives.

NUTR 220 Eating Disorders (45 hours: 2 weeks)

This course will explore an advanced understanding of mental-emotional connections of food, and how and why food is misused in disordered eating. Eating disorders will be explored along with understanding the multidisciplinary approach required for those suffering from an eating disorder. Building an understanding of one's scope of practice and the ability to refer clients with eating disorders to a multi-disciplinary team is emphasized. This course will also explore how mindfulness and intuitive eating can support individuals on a path of healing with their relationship to food.

NUTR 280 Nutrition for Women's Health and Advanced Ages (67.5 hours: 3 weeks)

The Nutrition for Women's Health and Advanced Ages course provides a comprehensive understanding of nutrition's role in women's health across various life stages. The course covers essential nutrients, dietary recommendations, and practical strategies for addressing specific women's health issues, including menstruation, perimenopause, and menopause. Students will explore how nutrition impacts hormonal balance, bone health, and overall well-being during these critical phases. In addition, the course delves into the unique nutritional needs of older individuals, addressing both physical and emotional aspects of aging. Students will learn to collaborate effectively with families, caregivers, and support groups to ensure older clients receive the nutrition necessary for maintaining their health and quality of life.

NUTR 260 Sports and Performance Nutrition (45 hours: 2 weeks)

Students will develop an understanding of the special needs of athletes. They will learn what foods best support general and intense physical exercise. Students will develop an understanding of traditional assessment tools in exercise such as Body Mass Index (BMI), and how to assess weight and wellness depending on physical fitness. A cross analysis of different sports-nutrition theories will be explored. Students will conduct research in the area



of sport nutrition and give in-class group presentations.

NUTR 250 Legal Parameters, Ethics, and Professional Practice in Nutrition (45 hours: 2 weeks)

An overview of Canadian Law as it relates to professional practice as an integrative nutritional counsellor will be provided. Students will develop a clear understanding of ethics as it relates to nutritional advising, their scope of practice, and ethical and legal limitations. Additionally, they will explore the professional opportunities in the exciting world of nutrition. They will learn about career options in the food industry, health care industry and wellness industry, as well as private practice. Students will receive employment counselling and will learn how to employ effective skills and resources to gain employment in areas and jobs they want to work in. Students will learn about basic business requirements including acquiring insurance, registering their business and creating realistic budgets that align with their goals.

PROF 201 Student Clinic and Supervision (22.5 hours: 1 weeks)

The focus of Student Clinic and Supervision is on building students' confidence and developing the foundational skills required to effectively support clients. Students will continue to build experience working with clients, groups, and communities by conducting a minimum of 10 hours of client sessions while working with a supervisor to refine their competency as a nutritional coach. This course includes a series of case study demonstrations of nutritional coaching in group and individual settings to provide students the opportunity to assess the efficacy of the demonstration, along with the integration of nutrition and coaching. Developing trust and rapport with clients are emphasized as key elements of an effective coaching practice. This supervised clinical practice will provide students with the opportunity to develop and grow in coaching competencies, solidifying their readiness for independent practice in the nutritional coaching field.

COUN 104 Trauma Counselling (45 hours: 2 weeks)

This course explores the effects of interpersonal and psychological trauma on individuals, families, and communities. Learners will gain an understanding of post-traumatic stress and how to support clients in beginning their recovery. Topics include relational trauma—such as child abuse, assault, and intimate partner violence—and the development of skills in screening, assessment, and referral procedures for working with survivors and their families. The course also examines intergenerational and systemic trauma, with a focus on survivors of Canada's residential school system. It equips students entering helping professions with a comprehensive understanding of trauma theory and best practices for addressing and treating trauma. In becoming trauma-informed, students will develop and practice listening and support skills that foster a non-judgmental, compassionate, and accepting environment where clients can begin to heal and rebuild their lives and relationships.

COUN 105 Theory, Principles, and Applications in Addictions Treatment and Recovery (45 hours: 2 weeks)

This course provides students with the skills necessary to identify the addictive process and to counsel clients in various stages of the process of change. The many forms of addictions will be examined, and the skills needed to assist clients will be demonstrated and practiced. The focus of the course is the development of a thorough understanding of the Stages of Change Model. The course will provide insight into the use and misuse of psychoactive drugs in the human body including information on neurobiology and pharmacology. Students are asked to identify their own habits/addictions and asked to examine what effects they may have on their lives. The course will integrate theory and practice in methods of counselling in the process of recovery and rehabilitation. Self-regulation Theory, reduction of enabling behavior, and the appropriate/responsible use of intervention strategies will be examined.



WELL 105 Physical Wellness (90 hours: 4 weeks)

This course is designed to help students explore the theories and techniques used by counselors to facilitate physical wellness, with a focus on the interrelationship between physical sensations, cognitive belief systems, and lifestyle choices. Students will delve deeply into this area, examining aspects such as nutrition, fitness, body image, relationships, sleep, and pain management. The course also integrates somatic therapy and nervous system regulation, emphasizing a holistic approach that encourages students to develop personal practices and routines to restore vitality, promote a balanced physical lifestyle, and tap into the body's inherent wisdom.

WELL 145 Mental Wellness (90 hours: 4 weeks)

This course focuses on the theories and techniques utilized by counselors to facilitate mental wellness. Students will explore and apply therapeutic techniques specific to mental health. The three techniques focused on relate to one's thinking and the ability to regulate thought patterns (Cognitive Behavioural Therapy), one's feelings and the ability to regulate emotions (Dialectical Behavioural Therapy), and the power of story to externalize a problem from a person (Narrative Therapy). Based on these different techniques, students will assess and determine which therapy (or combination thereof) to utilize for specific situations. Using an experiential approach, students will gain a deep understanding of how these therapies impact their own mental wellness, allowing them to effectively apply these strategies in practice. Additionally, students will learn how each of these approaches are useful and can be effective in approaching problems and obstacles that impinge a client's mental wellness.

WELL 135 Emotional Wellness (90 hours: 4 weeks)

This course focuses on the theories and techniques utilized by counselors to facilitate emotional wellness. Students will explore the foundational aspects of emotional health, including identifying and expressing feelings, understanding personal emotional challenges, and recognizing unmet emotional needs. Through building emotional intelligence and emotional resilience, one becomes better equipped at managing emotions and supporting others to regulate. The course will provide essential knowledge and skills to develop emotional awareness and regulation, equipping students to effectively apply these techniques in both personal and professional contexts.

WELL 125 Spiritual Wellness (90 hours: 4 weeks)

This course offers students an in-depth exploration of spiritual wellness through diverse spiritual perspectives and practices. Students will engage with various spiritual viewpoints, examine their own beliefs and worldviews, and learn to honor the perspectives of others. Through this experience, students cultivate greater awareness of the role spirituality may play in their own life and the lives of their clients. This course will equip students with the essential knowledge and skills to speak with clients about their spiritual wellbeing and support them as they seek to find more meaning in their lives.

PROF 225 Group Leadership (45 hours: 2 weeks)

Group Leadership is an opportunity for those in the wellness professions to garner the knowledge, skills, and abilities to be leaders in their field. As a coach or counsellor, one may be called on to lead in a variety of arenas spanning from corporate business to community groups. This course prepares coaches and counsellors to lead teams and facilitate workshops. The leadership journey begins by first discovering one's own personal leadership style and how this impacts the teams and groups they lead. Learners will then cultivate awareness of the core personality types and their corresponding needs to ensure that one leads in a dynamic way that



supports diversity. This experiential course also gives the opportunity to practice leadership skills through leading a workshop and practicing group facilitation skills.

PROF 230 Professional Practice and Entrepreneurship (45 hours: 2 weeks)

The course is a basic entrepreneurship course that will help students open their own private practice, as well as understand what it means to think like an entrepreneur whether working for oneself or for an organization. Students will learn proven strategies for success. They will learn how to utilize cost-effective techniques to develop and deploy action plans that will help them start their holistic wellness practice.

PRAC 101 Supervised Practicum (120 hours: 6 weeks)

Students can choose from a wide variety of practicum placements including holistic eateries, integrative pharmacies, fitness centers, integrative wellness clinics, nutrition and supplement stores, community centers, and more. Students are encouraged to find placements in the area of industry they would like to work in and are given support until they are able to secure a practicum. Rhodes Wellness College administration works directly with host organizations to ensure proper reporting of hours is performed and helpful feedback related to the student's performance is received. College administration will work with both the student and the place of practicum to ensure the relationship and experience is positive for both.