

College of  
Medicine and  
Healing Arts



# Student Learner Handbook



*“Honor your body, which is your representative in this universe. Its magnificence is no accident.*

*It is the framework through which your work must come; through which the spirit and the spirit within the spirit speaks.*

*The flesh and the spirit are two phases of your actuality in space and time. Who ignores one, falls apart in shambles.*

*So it is written...”*



# College of Medicine and Healing Arts

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# 1. Introduction and Background

Welcome to the College of Medicine and Healing Arts, which is established in Leicester, England (UK) and is the leading organisation for the practice, research, and training in the wisdom and science of Tibb: Whole-Person Healthcare & Medicine.

The College of Medicine and Healing Arts is an initiative dedicated to develop and synthesise traditional knowledge and forms of medicine such as Unani Tibb and Tibb-un-Nabawi, along with useful and beneficial research and innovations from Complimentary & Alternative Medicine (CAM).

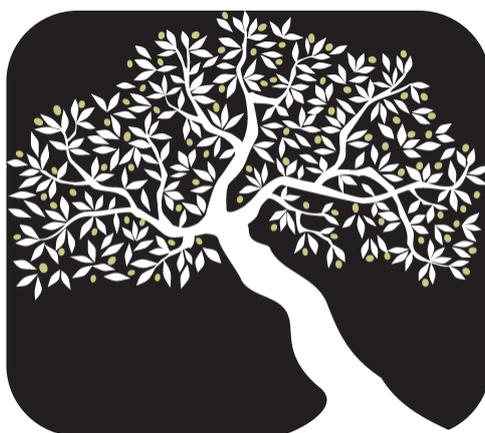
Mohsin Health (providing consultations, natural remedies and trusted health information), since 1978, and College of Medicine and Healing Arts (CoMHA), since 2011, are the pioneers and custodians of this knowledge and these skills.

Tibb: Whole-Person Healthcare & Medicine is a living tradition of natural medicine that has been practiced throughout human history in different cultures. As a dynamic inclusive tradition, it developed in the Middle East alongside coming into contact with many other forms of health and medicine.

This inclusive tradition integrated into it the wide spectrum of knowledge from various cultures. Due to this diversity and richness, Tibb is referred to by many different names: Hippocratic, Eastern, Islamic, Greco – Arabic, Sufi, Humoural medicine, Yunani, Hikmah and Tibb.

The College welcomes you into its fold and we look forward to serving you as our valued student learner. Details of the programmes the College offers are available in the next section.

As a Student at the College of Medicine and Healing Arts, you are expected to abide by certain common rules, regulations and norms in order to ensure the smooth functioning of the College and avoid any damage or hurt to others' interests. This Handbook is a guide towards successful completion of your training with the College.



## 2. Programmes Offered:

### Foundation in Natural Health

Suitable for those wanting to improve their own and their family's health using the time-tested healing wisdoms of Tibb: Whole-Person Healthcare & Medicine.

- Stage 1 – Life Balance & Healthy Living
- Stage 2 – Whole-Person Healing & Medicine

### Physician Training

Suitable for those interested in learning traditional (Tibb) and modern (Complimentary & Alternative) skills to help their patients and clients. This programme requires attendance and satisfactory completion of Stages 1 & 2 in Foundation in Natural Health.

- Stage 3 – Physician Training & Clinical Skills
- Stage 4 – Therapeutics & Practice Management
- Stage 5 – Clinical Practice

### Diploma in Tibb Naturopathic & Herbal Medicine

After the satisfactory completion of Foundation in Natural Health and Physician Training, students may wish to continue towards completion of the professional Diploma.

Those wishing to pursue the Diploma in Tibb - Naturopathic & Herbal Medicine are required to:

- Satisfactorily complete homework assignments;
- Complete ten clinical case studies;
- Attend a further five days of Review & Consolidation;
- Pass their final exams.

To find out more, visit [www.CoMHA.org.uk/diploma](http://www.CoMHA.org.uk/diploma).

### Online Programme(s)

Those who are unable to currently attend in-person can join as an online learner. Foundation in Natural Health is being made available online. To learn more about the Life Balance & Healthy Living online programme, please visit [www.CoMHA.org.uk/Online](http://www.CoMHA.org.uk/Online).

Please note that Life Balance & Healthy Living online does not count towards the Diploma programme. The Diploma programme requires attendance of Life Balance & Healthy Living in-person.

We look forward to your participation on our programmes. If you have any specific questions or need further information/clarification, you can either call us on (+44 or 0)116 273 86 14, or e-mail us at [admissions@CoMHA.org.uk](mailto:admissions@CoMHA.org.uk).

### 3. Delivery of Onsite (In-Person) Training

The training is delivered and facilitated by the Principal of the College. Occasionally, guest lecturers are invited to help with the delivery of the programme(s). Training materials and delivery of the training are in English.

The training is delivered in a setting and method according to the Tibb tradition, however there is a use of appropriate modern technologies where useful.

### 4. Assessment Criteria for Professional Diplomas

These are the criteria for successful completion of a Diploma. If you have any difficulties in meeting your College commitments, please get in touch with the Principal as soon as you can.

Area	Specific requirements
<b>Code of Conduct</b>	<p>Students will be assessed on:</p> <ul style="list-style-type: none"> <li>• Appropriate contributions in class (asking and answering questions, etc.)</li> <li>• Interactions with other students</li> <li>• Contributions to group work</li> </ul> <p>Confidentiality must be maintained in all interactions with the course facilitator, fellow students, patients and staff. Confidentiality must be maintained with all written information. Any resource materials are for the purposes of your studies and not to be used for any other purpose.</p> <p><b>Recording and pictures:</b> Explicit permission must be obtained before any pictures and/or audio/video recordings can be taken.</p> <p>The College maintains a Facebook group for all students to participate as a community. Students are discouraged from creating groups on any platform (WhatsApp, Facebook, etc.) outside of the College’s own Facebook group (Tibb: Whole-Person Healthcare &amp; Medicine).</p> <p>You are expected to show respect for teachers and college resources, and show respect for other visitors to the college and clinic. You are expected to show care and consideration for your fellow students.</p> <p>Dress and grooming should be clean, smart and professional, appropriate and respectful of the Tibb tradition.</p> <p>Students may be expelled from the College if they fail to adhere to this code of conduct.</p>
<b>Timekeeping</b>	<p>Students are expected to be prompt at the start of each session. Late students may not be admitted into the class.</p>

<b>Attendance</b>	In order to pass the course students must attend a minimum of 80% of classes.
<b>Fees &amp; Dates</b>	See 'Course Dates and Fees'.
<b>'Physician Heal Thyself'</b>	Each student to demonstrate and document how they use the knowledge from the course to improve one aspect their own health & well-being. Students can demonstrate this by using a reflective journal etc.
<b>Homework and Assignments</b>	Students will be expected to submit their homework and assignments on due dates which will be provided during the training.
<b>Business Skills</b>	Students are recommended to attend a one- or two-day course covering: <ul style="list-style-type: none"> <li>• Business Planning</li> <li>• Bookkeeping and Accounts</li> <li>• National Insurance and Tax</li> <li>• Marketing</li> </ul>
<b>First Aid Training</b>	Students must gain a first Aid Certificate and training in emergency procedures from a recognised provider (such as St John's Ambulance, British Red Cross, Health & Safety Executive, etc.).  Students must provide the College a photocopy or electronic scan of the certificate.
<b>Presentation of Assignments</b>	Students must submit their assignments on time and according to the guidelines stated on the assignment questions.
<b>Case Studies</b>	See 'Specific Guidelines for Submitting Case Studies'.
<b>Exams</b>	There will be a continuous assessment of each student throughout the programme. There will be an exam paper which each student will have to sit under normal exam conditions. There will also be a Viva Exam.  Further Information will be provided at the time of booking the exams.
<b>Student Handbook</b>	Every student will be provided with a Student Handbook, and is expected to follow the guidelines therein.
<b>Dealing with Patients</b>	Some of the patients and clients at teaching clinics may be friends, family and colleagues of yours. You must deal with all patients, and especially these patients, with attention to: <ul style="list-style-type: none"> <li>• Respect for boundaries.</li> <li>• Clarity with regard to fees and payment.</li> <li>• Promptness in communication between the clinic and patients.</li> <li>• Patient records must be kept in strictest confidence due to patient confidentiality laws – follow clinic guidance.</li> </ul>
<b>Confidentiality Agreement</b>	All students must read, sign and submit the confidentiality agreement when they initially register with the College.
<b>Evaluation Interviews One-to-One</b>	At each Stage of the programme, students are expected to demonstrate that they are suitable to continue with the course. This will be done on a one-to-one basis with each individual.

<b>Continuous Group Assessment</b>	Groups are an important resource for learning and for future intra-professional relationships. College of Medicine and Healing Arts expects its students to demonstrate their contribution to each other’s learning and cooperative working in the group.
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The Diploma is awarded to students who have successfully completed all the above criteria.

## 5. Attendance

Students are expected to be in full attendance at the College of Medicine and Healing Arts for teaching and assessment. In cases where Students cannot attend classes for compelling reasons such as personal illness or illness of close relatives there must be written evidence provided to substantiate the absence.

A minimum attendance of **80%** is required. Students who do not, without leave of absence, attend may have their studies terminated. **The College of Medicine and Healing Arts may notify sponsors and institutions that pays fees, about periods of absence or unsatisfactory attendance.** This may lead to financial support being reduced or suspended.

**Students on visas, who do not attend regularly or below the minimum requirements may be reported to the Home Office.** For absences which intrude on this scheduled time, students will need the permission of the Principal of the College of Medicine and Healing Arts.

## 6. Code of Conduct

### A) Premises and Clinic Discipline

1. A Student shall not do anything to obstruct, impede or prevent an officer, employee or agent of the College of Medicine and Healing Arts from entering the premises and clinic or carrying out his functions, duties or responsibilities therein.
2. A Student shall use the premises and clinic with proper care and not cause damage to any part of the grounds or buildings or to any article or fixture therein.
3. A Student shall, in using the premises, clinic and the facilities therein, take all care to ensure that he does not thereby cause any inconvenience, annoyance, obstruction or nuisance to any other person.
4. A Student attends the premises and clinic at the absolute discretion and pleasure of the College of Medicine and Healing Arts.
5. The Principal of the College of Medicine and Healing Arts or any other person authorised by him may from time to time, give orally or in writing such orders,

instructions or directions as he/she may deem necessary or expedient for the maintenance of good order and discipline in the premises and clinic.

6. No person shall enter or remain in the premises or clinic except those him/her are authorised to do so. Provided that this paragraph shall not apply to an officer, or agent of the College of Medicine and Healing Arts who enters the premises and clinic for the purpose of carrying out his functions, duties or responsibilities.

## **B) Pharmacy**

1. Students are not allowed to dispense any medicine without supervision.
2. Students are responsible for ensuring their own safety and the safety of other individuals whilst in the pharmacy.
3. If Students dispense any restricted medicaments they must note it in the relevant register.
4. Students are required to work with method and clinical hygiene, replace all medicaments to their appropriate place and leave the pharmacy clean and tidy.
5. Students are required to pay for any damage they cause to pharmacy equipment, including the cost of replacement if there is a breakage.

## **C) Confidentiality**

1. Students are responsible for ensuring that information and resources are for their own professional practice as therapists and not to be divulged or sold for other purposes, such as using the College of Medicine and Healing Arts information and resources for setting up their own training courses.
2. Any loss of confidential information may result in termination. Students are required to read and sign the Confidentiality Agreement. This is mandatory for registering as a Student of the College of Medicine and Healing Arts.

## **D) Attire for Students and Trainees**

1. According to the College of Medicine and Healing Arts ethos, the attire should be professional and respectful of the Tibb tradition, observing Health & Safety requirements and hygiene standards.

## **E) Examination and Treatment of Patients**

1. Students must only see, examine, and treat Patients at the College of Medicine and Healing Arts Clinic under supervision of an authorised Clinician.

2. Students may not prescribe, advise treatments or recommend medicaments or foods not conforming to the principles of Tibb Tradition and Naturopathic Medicine.
3. The Student may, however advise the Patient to seek alternative medical help when, in his/her professional opinion, such a response is the most appropriate one for a given case under supervision of an authorised Clinician.
4. The Student should obtain the written consent of a Patient prior to the physical examination and/or treatment of any sexually sensitive area of the Patient, and it is recommended that a chaperone of the Patient's sex is present during such an examination. Plus, vulnerable adults and children Patients under sixteen years of age must be accompanied by a parent or guardian.
5. If, for the purposes of accurate diagnosis, examination of a sexually sensitive area is necessary, the reasons for such an examination, and a description of the procedure, must be given to a Patient prior to such an examination, and permission sought should be recorded by the Student in his/her Patient notes.
6. For the purposes of this code, sexually sensitive areas are defined as the internal and external genitalia; the anus, rectum and perianal area and the breasts.
7. If the Patient is required to disrobe for examination or treatment, the Student must either provide a screen behind which the Patient may undress, leave the room where the consultation is being held until the Patient has undressed, or provide some other means whereby the privacy of a disrobing Patient may be ensured.
8. The right of a Patient to refuse any particular treatment should be respected by the Student.
9. Except with the express consent of the Patient, or in the case of a minor his/her parent or guardian, no third party may be present during consultation or treatment.
10. A child Patient must be accompanied by a parent/guardian and a Written consent for the examination and/or treatment of a minor should be obtained from the parent/guardian prior to any such treatment or examination being performed.

## F) Patient Records and Confidentiality

1. The Student shall maintain careful records of all Patient contacts, consultations, treatments, etc and shall in all cases be identified by Patient's full name, address and D.O.B (Date of Birth).

2. All information held by the Student with regard to a Patient shall at all times remain strictly confidential except with the explicit and unequivocal consent of the Patient in the circumstances given below as well as explicit permission of the Supervisor.
3. Prior to confidential information regarding a Patient being shared with another person (including other practitioners, administrative and clinic staff, medical professionals and relatives of the Patient except in the case of the designated guardian or parent of a minor), the consent of the Patient must be obtained, with the Patient being made aware of:
  - what information is to be shared
  - with whom any such information is to be shared
  - how such information may or will be recorded

As well as:

- The possible benefits or drawbacks there may be of passing on such information.
  - The above may only be done with the prior explicit permission of the Supervisor.
4. Information held by a Student with regard to a particular Patient will be available for inspection by that Patient upon the request of that Patient, and will be made available for such an inspection within a reasonable period of time in accordance with the requirements of the Patient and providing that, in the professional opinion of the Student, disclosure of such notes would not be detrimental to the current treatment being undergone by the Patient with the permission of the clinic Supervisor. Current Patient rights legislations need to be respected in this matter.
  5. The Patient may appeal directly to the Principal if he or she believes that access to his or her case notes is being unfairly withheld by the Student. The Principal may override the decision of a Student with regard to non-disclosure of Patient records, after consultation with the Student to make such records available for inspection by the Patient.
  6. The Student will explain any medical or specialist terms in any such recorded information to a Patient during the inspection of such information.
  7. The Student is held personally responsible for ensuring all information held by him/herself with regard to a Patient remains confidential and remains the property of the College.
  8. The Student is responsible for the safe physical keeping of all Patient records both in a hardcopy and/or electronic format.

## G) General Norms

1. Students shall not act contrary to the Tibb code of conduct or neglect duties which are obligatory upon them in private or in public within or outside the College of Medicine and Healing Arts.

**2. A Student shall not:**

- a.** act in any manner that constitutes or appears to constitute a threat or intimidation or is injurious, physically or mentally, to the well-being and safety of any other Student or any member of staff of the College of Medicine and Healing Arts or the security and harmony of its premises and clinic;
- b.** act in any manner that constitutes or appears to constitute contempt of an official body, a staff member or an officer of the College of Medicine and Healing Arts;
- c.** conduct himself/herself whether within or outside the premises and clinic, in any manner that is detrimental or prejudicial to the interests, well-being or good name of the College of Medicine and Healing Arts;
- d.** violate any provision of the rules and regulations of the College of Medicine and Healing Arts;
- e.** disrupt or interfere with any teaching study, research, administrative work, or any activity conducted at the College of Medicine and Healing Arts;
- f.** prevent, obstruct, or interfere with any officer or employee of the College of Medicine and Healing Arts from carrying out his /her work duty or function;
- g.** prevent or obstruct any Student from attending any lecture, tutorial or class, or from engaging in any legitimate activity;
- h.** damage or cause to be damaged in any manner any property of the College of Medicine and Healing Arts;
- i.** contravene or fail to comply with any instruction or requirement by the College of Medicine and Healing Arts Librarian, a member of the library staff or other library employee in respect of the use of the library, its books and other facilities therein;
- j.** miss any lecture, tutorial, class or other instruction relating to his course of study, he/she shall not absent himself/herself there from without the prior permission of his/her tutor or the Principal of College of Medicine and Healing Arts, unless the circumstances do not permit such prior permission to be obtained;
- k.** have in possession or under custody or control any article which is considered as obscene and objectionable under the professional, moral, norms and values;

- l.** have in possession or under custody or control any liquor or dangerous drugs;
- m.** give, supply, provide or offer any liquor or dangerous drugs to any person;
- n.** Consume orally or smoke or inhale, or introduce into his/her body by injection or in any other manner whatsoever, any dangerous drugs. Nothing in this rule shall be deemed to prevent a Student from any treatment by or under the prescription of a qualified medical practitioner;
- o.** Anything which may be prejudicial to the cleanliness and neatness of premises and clinic.
- p.** dress in a manner considered improper by the professional code of conduct;
- q.** To attract undue attention to themselves while on the premises and clinic.
- r.** A Student who fails to comply with any of the above instructions will be considered to have committed a disciplinary offence.

## H) Disciplinary Procedure

- 1.** A Disciplinary Committee will consider the cases where Students have committed disciplinary offences.
- 2.** If the Student fails to attend the disciplinary hearing without a satisfactory explanation, he/she will be deemed to be guilty of the disciplinary offence.
- 3.** In arriving at its decision, the Disciplinary Committee will take into account any explanation given by the Student and/or representation made on his/her behalf, consider other relevant documents and if necessary examine witnesses.
- 4.** A Student found guilty of a disciplinary offence shall be liable to one of the following punishments:
  - a.** Reprimand;
  - b.** Suspension from any or all of the facilities of the College of Medicine and Healing Arts for a specified period;
  - c.** Expulsion from the College of Medicine and Healing Arts;
- 5.** If a Student is dissatisfied with the decision of the Disciplinary Committee he/she may appeal in writing to the Principal of the College of Medicine and Healing Arts giving the grounds for his/her appeal.
- 6.** The decision of the Principal of the College of Medicine and Healing Arts shall be final.

## 7. Library Regulations:

The facilities of the Library are open to all members of the College of Medicine and Healing Arts staff and registered Students.

### A) Discipline

1. All users of the Library are required to conduct themselves quietly and to obey instructions from the Library staff.
2. Bags, cases and coats must be kept tidy and to a minimum.
3. Food and/or drinks may not be taken into or consumed in the Library. Smoking is not permitted.
4. Under no circumstances may books or journals be removed from the Library premises without written permission from the College Principal. Readers are reminded that any breach of this rule can render them liable to a fine and disciplinary action within the College of Medicine and Healing Arts.
5. Mobile phones must be switched off before entering the Library.

### B) Fines and Penalties

1. Damage to library material, including the removal of pages from books and journals, will be regarded as an offence under the Code of Misconduct.
2. Penalties can range from fines up to £200 for minor offences and the requirement to pay for the damage, to fines up to £1,000 for major offences and possible exclusion from the College of Medicine and Healing Arts.

## 8. Refund of Fees and Withdrawal Policy

1. The College of Medicine and Healing Arts' refund and withdrawal policy operates on a Stage basis.
2. Any Student who wishes to withdraw from the College can do so by giving a written notice to the College Principal.
3. In the case of any Student not being able to attend the class, they must notify the Principal in writing, at least 30 days before the scheduled date of the class. In this case, the fees paid for that stage or class will be refunded to them, with a deduction of 10% as an admin fee. If any Student decides to withdraw but does not notify the Principal in

writing, at least 30 days before the scheduled date of the class, the College will not refund their fees.

4. In the case of a Student attending a class and during that class they wish to withdraw, there is no refund of the fees paid.
5. In the case of a Student having attended a class and retrospectively asking for a refund, there is no refund of the fees paid.
6. If the College is unable to run a class, Students may choose either to have their fees for that stage or class refunded in full, or they may wish to transfer to the next available class or stage.

## 9. Appeals Relating to Academic/Professional Decisions:

1. All academic decisions will be taken by the Principal who will ensure the observance of the standards which are generally followed in institutions of professional and higher education. External examiners will help maintain the standards.
2. Every effort will be made to ensure fairness and equity in reaching professional decisions.
3. If a Student feels aggrieved over a formal decision, he/she should seek an interview with the Board of Advisors and clarify the position.
4. A Student may lodge an appeal on only either of these grounds:
5. Some material administrative error or the failure to conduct the assessment in accordance with the approved regulations or any irregularity.
6. If the Student's performance had been adversely affected by illness or any other good cause which might have had a bearing on the assessment.
7. The appellant should produce firm evidence to support the above.
8. The Registrar of the College of Medicine and Healing Arts will receive this appeal. If it is valid, it will be forwarded to the Board of Advisors, who will constitute an Appeals Committee, consisting of two persons who shall not be otherwise involved with the original assessment. If the Appeals Committee feels that the assessment should be reviewed, the Principal will be asked to reconsider his/her assessment.

## 10. Complaints Procedure

### Our Complaints Policy

We are committed to providing high-quality educational services to all our clients. If something goes wrong, we ask you to tell us about it. This will help us improve our standards.

If you have a complaint, please contact the Principal of the College with the details in writing. We have eight weeks to consider your complaint.

### What Will Happen Next?

1. We will send you a letter acknowledging receipt of your complaint within five working days (excluding weekends and bank holidays) of receiving it, enclosing this procedure.
2. We will then investigate your complaint. The Principal of the College of Medicine and Healing Arts will review your matter file and speak to the member of staff who acted for you.
3. The Principal of the College of Medicine and Healing Arts will then invite you to a meeting to discuss and hopefully resolve your complaint. S/he will do this within 30 working days of sending you the acknowledgement letter.
4. Within 14 working days (excluding weekends and bank holidays) of the meeting, the Principal of the College of Medicine and Healing Arts will write to you to confirm what took place and any solutions s/he has agreed with you.
5. If you do not want a meeting or it is not possible, the Principal of the College of Medicine and Healing Arts will send you a detailed written reply to your complaint, including his/her suggestions for resolving the matter, within 30 working days of sending you the acknowledgement letter.

## 11. Confidentiality Agreement

During your studies and training with College of Medicine & Healing Arts (CoMHA) and its associated organisations, you may have access to confidential information. In consideration of this we ask you:

1. To keep confidential all information disclosed to you, whether written, orally, electronically or in writing or which you otherwise learn whilst visiting/training on our premises; whether relating to our clients/patients, our products, courses, business and professional affairs (the information).
2. Not to disclose the information to any third party.

3. Not to use the information for any purposes other than that of training as a therapist.
4. To acknowledge that the work and all intellectual property rights therein vest with us and remain our property, course notes and continuing professional development (CPD) notes, are for your own use and not to be used by you to train others.
5. Information about our clients/patients/students and others is to remain confidential and in trust with you.
6. When handling personal information such as patient files, bank details, to take every care to ensure they are not accessible to visitors to College of Medicine & Healing Arts (other patients, etc.).

**These obligations of confidentiality shall not extend to information:**

- Which you can show was in your possession prior to any such discussion.
- Which is in or comes into the public domain other than through your default.
- You learn through a third party acting in good faith.
- Of which disclosure is required by you to be made to any governmental or other regulatory authority.

**We would also ask you:**

- To acknowledge that if in the course of your training you conceive of some modification, extension or improvement to our products/ services / clients or this information relating to them you shall disclose this to us promptly and hold the same on trust for us absolutely and deal with it as we may direct.
- To acknowledge that all information disclosed remains our property.

**You will be sent a separate copy of this confidentiality agreement when you enroll on Stage 3: (*Physician Training and Clinical Skills*) of the Diploma Programme. You will be required to sign and submit this to the College before you are accepted onto Stage 3.**

## 12. Diploma in Tibb Naturopathic & Herbal Medicine – Aim and Objectives

### Aim of the Diploma Programme

For the graduate to be able to run a safe, effective, legal and financially viable naturopathic and herbal practice based on the Tibb tradition, incorporating useful knowledge and skills from Complimentary & Alternative Medicine (CAM).

### Stage 1 – Life Balance & Healthy Living

In this stage, learners are introduced to the Tibb whole-person approach, specifically the seven components of the human constitution – *umoor-e-tabiyat*.

Learners are introduced to the Six Life-Balance Factors – *asbaab-e-sittah-zururiah*, and how to use them to promote their own health.

Learners practically prepare a range of spice mixtures, drinks and dishes according to the recipes in Alchemy in the Kitchen – *alkimia-fil-matbakh*.

### Stage 2 – Whole-Person Healing & Medicine

In this stage, learners further their learning by exploring specific interventions pertaining to the Six Life-Balance Factors. One major focus in this stage is nutrition, including Tibb nutrition and the seven critical nutritional components.

A key theme introduced in this stage is this healing crisis. Learners are also introduced to single remedies and compound formulations, and begin developing their practical skills in safely preparing these medicines.

### Stage 3 – Physician Training & Clinical Skills

Students in this stage begin to develop their consciousness, approach and skills as future physicians. They continue to develop the knowledge and skills they began to develop in Stage 2, with their now patient-centred approach.

In this stage, students learn and develop the skills to conduct a patient interview and take relevant case notes, as well as to professionally assess an individual client/future patient.

The training delivered in this stage emphasises professional considerations such as health and safety, confidentiality, record keeping and data protection.

After completing this Stage 3, students can begin to take their own individual clinical case studies.

## **Stage 4 – Therapeutics & Practice Management**

Basic anatomy and physiology is introduced in this stage. Specific disease examples are explored with a view to learning how to successfully manage maintenance of health and treatment of diseases.

Students in this stage are informed of the basic procedures with respect to accidents and emergencies, and to know when to refer a patient elsewhere.

In Stage 4, just like in Stage 3, professional considerations are emphasised, with a particular focus on UK legislation that is relevant to their practice. In addition, students learn the main business considerations relevant to their practice.

## **Stage 5 – Clinical Practice**

This is a practical stage where students acquire the skills they need to eventually demonstrate safe, effective, legal and financially viable naturopathic and herbal practice.

In Stage 5, students practically learn how to prepare and manage their clinic premises and equipment, receive patients, interview their patients, and learn important skills to do with making and dispensing medicines.

Students are required to attend this stage which will allow them to experience at least 30 hours of various clinical activities and preparing and dispensing medicines.

## **Stage 6 – Review & Consolidation**

This stage is to review the progress of each learner, in regards to their personal development as well as their professional development.

As well as a general review, the focus is specifically on reviewing and updating students' individual clinical case studies. In this stage, students prepare to complete any remaining coursework and be ready for their exams.

## 13. Diploma in Tibb Naturopathic & Herbal Medicine – Curriculum

### Stage 1 – Life Balance & Healthy Living

#### **Introduction to Tibb**

Unit	Title
1.1	Hikmah: The Philosophical Foundations of Tibb
1.2	Definitions and Subject Matter of Tibb
1.3	Arkan: The Elements
1.4	Mizaj: Temperament
1.5	Akhlat: The Humours
1.6	A'dha: The Organs
1.7	Arwah: The Spirits
1.8	Quwwah: The Faculties
1.9	Af'aal: The Functions

#### **Introduction to Life Balance**

Unit	Title
2.1	Introduction to Life Balance
2.2	Seasons and Air
2.3	Food and Drink
2.4	Psychological Activity and Rest
2.5	Physical Activity and Rest
2.6	Sleep and Wakefulness
2.7	Elimination and Retention
2.8	Life Balance Worksheets

#### **Alchemy in the Kitchen**

Unit	Title
3.1	Health and Safety in the Kitchen
3.2	Health and Safety with Herbs and Spices
3.3	Chapatti/Roti/Paratha
3.4	Curry Powder
3.5	Garam Masala
3.6	Ghee (Clarified Butter)
3.7	Kitchari
3.8	Nabeez (Date Drink)
3.9	Lassi
3.10	Moroccan Soup (Harira)
3.11	Pumpkin and Barley Soup
3.12	Saffron Elixir Tea
3.13	Stuffed Date Halwa

- 3.14 Water
- 3.15 Wholemeal Bread
- 3.16 Zaytoon (Olive) Oil

## Stage 2 – Whole-Person Healing & Medicine

### Whole-Person Healing

Unit Title

- 1.1 Understanding Whole-Person Health
- 1.2 Introduction to the Healing Crisis

### Creating a Balanced Lifestyle

Unit Title

- 2.1 Seasons, Air & Environment
- 2.2 Food & Drink
- 2.3 Physical Activity & Rest
- 2.4 Psychological Activity & Rest
- 2.5 Sleep & Wakefulness
- 2.6 Retention & Elimination

### Tibb: Whole-Person Nutrition

Unit Title

- 3.1 Introduction & Definitions
- 3.2 Keys to Understanding Whole-Person Nutrition
- 3.3 Nutrition & Wholistic Health

### Materia Medica

Unit Title

- 4.1 Single Medicaments
- 4.2 Compound Medicaments

## Stage 3 – Physician Training & Clinical Skills

### Physician Training

- 1.1 The Physician's Role and Responsibilities
- 1.2 Patient-Centred Assessment
- 1.3 Patient Education
- 1.4 Preparing for Clinical Case Studies
- 1.5 Professional Considerations

### Materia Medica

Unit Title

- 2.1 Single Medicaments (Continued)
- 2.2 Compound Medicaments (Continued)
- 2.3 Phytopharmacy

## **Clinical Skills**

Unit	Title
3.1	Introduction to Clinical Skills
3.2	Introduction to Diagnostic Equipment
3.3	The Art of History Taking
3.4	The Pulse
3.5	Physiognomy
3.6	Introduction to Iris Analysis
3.7	Stools and their Diagnostic Importance
3.8	Urinoscopy

## **Stage 4 – Therapeutics & Practice Management**

### **Anatomy and Physiology**

Unit	Title
1.1	The Digestive System
1.2	The Respiratory System
1.3	The Cardiovascular System
1.4	The Skeletal System
1.5	The Muscular System
1.6	The Lymphatic System
1.7	The Endocrine System
1.8	The Excretory System
1.9	The Nervous System
1.10	The Reproductive System
1.11	The Sense Organs and Skin

### **Etiology & Pathology**

Unit	Title
2.1	Essential Understanding of Etiology
2.2	Essential Understanding of Pathology

### **Therapeutics**

Unit	Title
3.1	Introduction to Therapeutics
3.1	Definitions of Health and Disease
3.2	Classifications of Diseases
3.3	Specific Disease Examples
3.4	Emergencies and Accidents
3.5	Death and Dying
3.6	Patient-Centred Treatment
3.7	Guidelines for Good Practice

## **Practice Management**

Unit Title

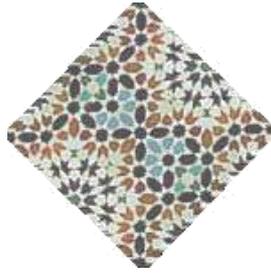
4.1 Legislation

4.2 Professional Considerations

4.3 Business Considerations

4.4 Resources for Good Practice





*“Come, come, whoever you are,  
wonderer, worshipper, lover of leaving,  
it doesn’t matter.*

*Ours is not a caravan of despair,  
Come, even if you have broken  
your vow a thousand times.  
Come, yet again, come, come.”*

Mevlana Jelaluddin Rumi  
1207 – 1273

