



The School of Naturopathic Nutrition

Diploma in Naturopathic Nutrition

If you want to learn about naturopathic nutrition for your own health and/or to become a qualified practitioner.

Achieve a diploma in Nutrition and Naturopathy

This is an opportunity to study with leading practitioner of naturopathic nutrition Emma Jones Phillips, who has studied with many of the leading health experts and naturopaths. Emma has taught naturopathy courses across the UK Over the past 20 years Emma has taught thousands of students in naturopathy in Wales, London, Bristol, Glasgow and Dublin. .

What is naturopathy?

Naturopathy allows nature to bring about healing. The SNN course teaches naturopathy as a system of diet, nutrition, cleansing techniques supported by an understanding of traditional health practises including ancient Celtic wisdom of healing, the Chinese system of five elements and Ayurvedic medicine. Naturopathy aims to restore balance to the body, bringing peace to the mind, reconnecting us with natural cycles and rhythms, and restoring our own innate vitality.

Studying with the School of Naturopathic Nutrition gives you:

- Individual attention
- A personal environment
- Benefit of working with a practising naturopath
- Mentoring with previous graduates
- Innovative up to date knowledge

A personal learning environment

The course is based in Cardiff and offers 12-36 course days, plus three residential retreat days in beautiful rural locations such as Glastonbury.

Course days are held monthly over one to three years, giving you plenty of time to try techniques and put the teaching into practise yourself.

Our unique approach advocates a plant-based diet and we focus on the person as a whole, taking into account the physical, mental/emotional and spiritual factors

Everyone on the course has the chance to meet other like-minded people and the chance to build strong friendships over the years. Some students come to the course to learn about naturopathic nutrition for themselves and their families, whereas others may want a complete change in career. The course is successful in fulfilling both these requirements.

Students go on to achieve optimum health for themselves and their friends/families benefit too, many become practitioners of naturopathy, as well as being able to complement their existing health practise, some set up health product businesses whilst other do the course entirely for their own benefit.

What will you get from the course?

You will learn how to:

- Look after your own health
- Improve health problems and concerns
- Understand what you need for achieve good health

What previous students said about the course:

“I learned so much within the first year, I have alleviated my symptoms of asthma and my IBS cleared up.

I am so grateful for the awareness I have of my body. The course has also helped me on an emotional level, my life has improved dramatically.

I cannot express how much the course has changed my life and that of my family.

Emma has been an amazing teacher; she is so knowledgeable, so kind, caring and compassionate.

I highly recommend the course. “

Sarah. (Hypnotherapist)

“I cannot write highly enough about this wonderful course. I should also mention that I am in the best health I have experienced for years. I have experienced menopause without horrible side effects and HRT. When my body exhibits symptoms of illness I am able to use natural methods and foods to alleviate and eradicate.

I found everything I was taught was ‘food for the soul’ and embraced it all! Going to the classes was pure pleasure.

After qualifying I became a Nutritional Advisor to The Lighthouse Clinic in Swansea which offers counselling and psychotherapy services.”

Nicola. (Doula-assistant in pregnancy)

“Brilliant course, I thoroughly recommend it. It has brought about such a transformation in my life and that of my family. My energy levels have never been better. One of the biggest benefits is the way that I have been able to help others with natural methods.”

Emma. (HR Consultant)

What does the course cover?

Please see course structures for each year at the end.

Course tutors and mentors

Tutors

Emma Jones Phillips - Head tutor for the course

Steve Phillips – Tutor

Judith Lewis – Support tutor

Emma George – Support tutor

Anatomy, Physiology and Pathology

We provide the anatomy, physiology and pathology part of the course. Students need to complete Anatomy, Physiology and pathology level 3 to fully qualify as a practitioner and receive their accredited diploma. This is currently done by distant learning and can be done in your own time over the course of the one/two years.

Accreditation

Full diploma status requires students to complete homework from each course module and complete ongoing assessments. This includes maintaining a research and reading journal. At the end of the first year of the course there is a short assessment.

In the second year in addition to keeping a journal and research file and completing coursework, students are expected to complete minimum 60 hours of supervised case study work with patients or clients. Completed case studies are marked and contribute to the final assessment for the Diploma. There is a verbal and written assessment at the end of the second year.

However, if you do not desire the qualification, you can join the second-year classes and are not obligated to do the case studies.

Venue

The course takes place in a Cardiff location that's easy to get to by public transport.

Apply now

Candidates will be chosen based on your interest in nutrition and any previous experience.

Please email us with your desire to join the course and add a little of your background.

We arrange an informal interview face to face or virtually with each potential student in order to make sure that the course is right for you and you are right for the course.

Email us now with your interest and to begin the process of securing your space for this September.

Time Investment

As well as 24-36 study days, students are expected to compile a research folder of current research on nutrition and health as well as a study journal.

A reading list will be sent out when you have committed to the course. Homework is assigned at each session.

As well as completing our training days there is a 3-day retreat that you are required to attend as well as having a certificate in anatomy, physiology and pathology level 3, if you have already completed you're A, P and P certificate level 3 and can supply evidence then it is not required.

We look forward to seeing you on the course,

Emma and Steve.