



“Education is the most powerful weapon which you can use to change the world.”

— Nelson Mandela

Graduate Program Viewbook  
**AMERICAN COLLEGE**  
of Healthcare Sciences™



**Celebrating 30 Years  
of Excellence in Holistic  
Health Distance Education**



Nationally Accredited and State Approved Distance Education  
**800.487.8839 • achs@achs.edu • www.achs.edu**



C E L E B R A T I N G 3 0 Y E A R S O F  
**Excellence in Holistic Health Distance Education™**  
COMPREHENSIVE PROFESSIONAL TRAINING IN HOLISTIC HEALTH

**Welcome to the American College of Healthcare Sciences.**

As the first accredited online college to offer distance education programs in a wide range of holistic health modalities, we are committed to making learning more accessible and convenient for adult learners.

Excellence in holistic health distance education. That's the mission of the American College of Healthcare Sciences (ACHS). We offer dynamic, accredited programs for career training, continuing education, or general interest. Since 1978, I've seen our mission come alive in the pride and success of ACHS graduates, the excitement of ACHS students, and the passion of ACHS staff and faculty.

Accredited by the Distance Education and Training Council and state approved by the Oregon Office of Degree Authorization, ACHS is a leader in providing online, research-oriented holistic health education. Various curricula are approved by professional bodies, including the Oregon Board of Naturopathic Examiners and the National Certification Board for Therapeutic Massage and Bodyworkers (NCBTMB).

Our graduates, students, advisory board, faculty, and staff provide the inspiration behind our innovative programs, our comprehensive curricula, and our dedication to providing the best in cutting-edge student and graduate services.

As we celebrate 30 years of providing excellence in holistic health distance education, I look forward to welcoming you to the College and seeing you become one of our successful graduates!

Sincerely,

*Dorene Petersen*

**Dorene Petersen, BA, Dip.NT, Dip.Acu, RH (AHG)**

*President and Founder*



Important and rewarding jobs will always need to be filled—especially within the healthcare and complementary alternative health career fields. These exciting career fields require people who have the right educational background and experience to perform these jobs correctly.

So, if you're ready to start training for a career in a field that is projected to continue to grow dramatically, then keep reading . . .

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### GET READY

#### **To integrate what you learn in your life**

From Aromatherapy training to a Masters of Science in Complementary Alternative Medicine degree, you'll have amazing opportunities to apply what you learn at American College in your life.

### GET READY

#### **For a dynamic and engaging learning environment**

At ACHS, you'll find a dynamic collegiate atmosphere personalized by individual attention from instructors and staff. Small class sizes allow us to create an intimate online learning environment with a class ratio of 30:1 for undergraduate programs and 20:1 for graduate degrees. This personalized approach and our thorough admissions process provides you with everything you should expect from a prestigious private college.

### GET READY

#### **For teachers with real-world experience**

At ACHS, you'll find instructors who are practicing allopathic physicians, licensed naturopathic doctors, respected researchers, and professionals working for state health services. We pride ourselves on our exceptional faculty and staff who enhance your learning experience. All of our instructors have extensive academic and clinical experience in the fields they teach. At ACHS we believe in action and change through participation. ACHS's strong connections in the holistic health industry ensure that our programs are continuously updated to include new scientific discoveries and industry standards as they develop. And, direct access to industry professionals and membership organizations gives our students and graduates a competitive edge.

### GET READY

#### **For an exceptional experience**

You'll be glad to know that our students rate us very high in satisfaction surveys. The most recent ACHS study showed that 97.9% of our students and graduates are satisfied with their education and 98.5% would recommend studies to a friend, compared to 62.2% at public Oregon universities.

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## O U R M I S S I O N

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To provide leadership in holistic health education through comprehensive professional online and on-campus education and high quality natural products with a commitment to sustainable practices and principles.

### Accredited and Affordable



ACHS is nationally accredited by the Distance Education and Training Council (DETC) and an Oregon State Approved Institution of Higher Learning with an outstanding reputation. Founded in 1978, ACHS is recognized as an industry leader in holistic health education worldwide.

Our flexible programs, highly qualified faculty, diverse student body, and commitment to exceptional online education make ACHS the perfect choice. With more than 30 years experience in distance education and over 10,000 students and graduates in 60 countries, the College continues to expand, sharing the passion for holistic health and a healthy lifestyle across the globe. Our focus is providing the best value for your education investment. Our cost per credit represents exceptional value for quality programs, experienced faculty, and the incredible support our students and graduates enjoy.

### Important note about Transfer of Credit

Transfer of credit is always at the discretion of the receiving school, generally depends on comparability of curricula, and may depend on comparability of accreditation. Acceptance of degrees or credits from accredited institutions is determined by the policy of the receiving organization. Accreditation is not a guarantee that credit will transfer to any college or university. ACHS does not guarantee any transfer of credit.

### Support

An Admissions Advisor is here to help you get started at ACHS. Once enrolled, instructors and personal student advisors are available to you online, by telephone, email, or mail to answer your questions. College administrative staff are here to answer your questions and ensure an enjoyable and rewarding learning experience. We are committed to your success.



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**“ [American College] has a very sophisticated and professional institution in place.**

The whole online system is wonderfully easy with everything at your fingertips: grades, chats, and access to the teacher. This was the first time I’ve ever taken an online course and I am very, very impressed. ”

— Charyn Gant, Culver City, CA

# Why ACHS?

## Personal Growth and Knowledge

ACHS courses can help you to extend your knowledge and self-awareness for your own health, enjoyment, and development, or to give you and your family a holistic foundation for personal healthcare. Graduates tell us that their experience at ACHS has a powerful and positive impact on the way they think, feel, and live. Your studies will immediately be applicable to your life.

## Flexibility

ACHS offers distance education programs with online interactive virtual classrooms plus optional on-campus and study abroad programs to enhance your training with face-to-face instruction. Distance education offers a convenient and effective method of affordable education to the motivated adult student.

Our cohort class schedules are a wonderful opportunity to learn with a group of like-minded peers. Flexibility designed to meet individual needs allows students to largely set their own study hours within the course due dates. You study, learn, assimilate, and apply your new knowledge within a supportive, semi-structured framework. Students are not required to log in online at a set time or day. Your Admissions Advisor will assist you in choosing a program and a study plan that best meets your needs and lifestyle.

## Interactive Communication

Our students experience rich and rewarding communication. Online collaboration groups, discussion boards, and peer-to-peer and instructor interaction stimulate and deepen the learning process. Students can access graded module tests and final exams - complete with instructor comments - through the eCompanion gradebook and see their progress and success as they complete their course. Courses also include real-time learning with optional synchronous chats with your instructor, archived chats and lectures, one-on-one tutoring and instructor help when needed.



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**“ I have only thanks and gratitude for the staff at ACHS!!!**

They are all wonderful and make this learning experience very personal for me. I almost feel like we are all one big family. ”

— Alunda Brockner, Boone, NC

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“ I often felt I was in a classroom with a number of like minded friends all eager and willing to share in their learning experience. I never felt alone or lost.

**My instructor was always there to guide and direct me in all my efforts. For me, this was the perfect venue for learning.**

I'll miss the great friend I made during this course!”

— Melelani Malo, Honolulu, HI

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### **Diverse Student Community**

ACHS students share common goals: To gain knowledge, to lead a healthier lifestyle, and to share their knowledge with others. ACHS programs suit the lifestyles of busy, motivated, and dedicated students. Our student and alumni body represent a diverse range of ages, educational backgrounds, and careers including wellness consultants, natural healers, homemakers, medical doctors, registered nurses, pharmacists, massage therapists, teachers, authors, journalists, business executives, ministers, and psychologists, among others.

Every ACHS program or degree is enhanced by an international student body that broadens your understanding of the world and opens the door to new discoveries.

### **Practical Work Experience**

We encourage our students to seek related apprenticeships and work experience opportunities when available, and we notify students of current openings and upcoming possibilities. Educated volunteers are highly sought after, and many ACHS students and alumni have successfully obtained positions. Student Services will provide transcripts and letters of recommendation on request.

### **Study Abroad Opportunities**

ACHS offers annual study abroad programs including a Summer Session in Greece and a Mediterranean nutrition and wellness program. Available programs change annually, so check with Admissions for the current offerings. ACHS study abroad programs are total wellness programs that offer once-in-a-lifetime learning adventures and serve as a great complement to all ACHS online programs. Visit [www.achs.edu](http://www.achs.edu) for more information.

### **Flexible Funding Options**

ACHS offers customized, in-house monthly installment programs. As an accredited College, ACHS is also approved for students to receive funding from Veteran's Benefits, Tuition Assistance (military and employer), Workforce Investment Act (WIA) funds (ACHS is on the Eligible Training Provider List [ETPL] for Oregon), Vocational Rehabilitation funding, and corporate funding. Corporations that have funded ACHS programs include Verizon, Qwest, Sprouts, AARP, Boeing, Université du Québec, Mountain Meadow Herbs, and Bonterra Market.

ACHS is also approved to accept all military education benefits including Veteran's Benefits for veterans and their spouses and dependent children as well as Tuition Assistance for active duty service members.

### **Continuing Education**

ACHS offers fully online continuing education courses approved for continuing education credits for Massage Therapists, Registered Nurses, Pharmacists, Naturopaths, Veterinarians, Registered Herbalists, Registered Aromatherapists and other healthcare and holistic health professionals. Keep abreast of the latest cutting-edge research with ACHS's continuing education offerings.

### **Corporate Training**

All ACHS programs are suitable for corporate training, and custom packages can be created for your company's training needs. Corporations and other organizations may also qualify for group training rates. Contact an Admissions Advisor for details at [admissions@achs.edu](mailto:admissions@achs.edu) or 800.487.8839.



# ACHS Resources

## Student Networking Opportunities

ACHS's student services include advanced social networking opportunities such as MyACHS Connect; alumni blogs; invite-only opportunities to meet with the ACHS President, Senior Vice President and other ACHS faculty; and membership to the ACHS Alumni Association upon graduation.

## ACHS Virtual Library

ACHS provides an extensive online library for students. The ACHS Virtual Library consists of resource pages organized by subject and relevance and includes online journals, abstracts, and additional research.

Undergraduate and graduate student library access includes two subscription research databases provided to students at no charge: Natural Medicines Comprehensive Database and Natural Standards Database.

Graduate students also have access to additional library services, including a wide range of full text primary resources for research purposes and inter-loan privileges through Oregon Health and Science University (OHSU).

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“ I had one small issue with my course and the administrative staff as well as my instructor responded within hours of my weekend call of distress. **Wonderful, prompt response that was greatly appreciated.**

I have told many of this college and the enriching coursework it has to offer individuals of varied backgrounds.”

— Lori Dale, Charlotte, NC

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## Course Materials

In addition to the rich interactive content in our online classrooms, including lectures, online textbooks, access to relevant articles and research papers, audio and video content, instructor updates, College news, and links to relevant websites and events, students also receive a comprehensive array of educational materials. Depending on the course, students may receive textbooks, manuals, DVDs, and study kits of organic or sustainably wildcrafted botanicals and essential oils. We ensure our wide-ranging array of educational materials meets the highest standards. We use only the most reputable education publishers and organic suppliers of raw materials. Our courses are reviewed by industry leaders and subject specialists and are endorsed by the leading associations in each field of study.

## ACHS Newsletter

ACHS students receive the *ACHS Reporter*, the College's newsletter, which keeps you informed about important College news, research information, industry updates, and the latest holistic health products available in the Apothecary Shoppe College Store.





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**“It’s a college I can trust  
and feel confident about.**

The service for everything is great.  
Even my husband is impressed by  
the professionalism of the college.”

— Dimple Arora, Wales, UK

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### **ACHS Practitioner Directory**

All ACHS graduates operating a consultancy or offering other health consulting services qualify for a free listing in the online ACHS Practitioner Directory. Please visit [www.achs.edu](http://www.achs.edu) for more information.

### **Career Opportunities**

Career opportunities are growing as holistic health becomes a widely accepted mode of healthcare. ACHS students and graduates can access the ACHS Career Center, including Employment Bulletin Board and links to self-employment advice at [www.achs.edu](http://www.achs.edu). As an ACHS certificate, diploma, or degree student, you’ll have the opportunity to complete our Consulting and Business Skills course to ensure you have the skills to legally and successfully use your training.

Please note that ACHS course materials and any recommendations in them or made by instructors or staff are provided for educational purposes only and are not intended to replace diagnosis and treatment by a licensed medical practitioner. ACHS offers the materials in good faith, believing them to be historically accurate as of the last revision date. However, since the use of the materials by others is outside ACHS’s control, ACHS does not guarantee the effectiveness of this information nor take any liability for the use or misuse of this information. ACHS certificates, diplomas, and degrees are not a license to practice medicine and do not entitle graduates to licensure. Graduates must not represent themselves as licensed medical practitioners nor claim to treat, diagnose, cure or prescribe unless otherwise so licensed and must comply with all State regulations that may apply to their practice, including any required State Registration.

### **Our Commitment to Sustainability**

ACHS strives to be environmentally friendly and encourages all of our students to select the “green option” for their studies. This saves thousands of pounds of trash every year on wasted paper and unwanted packaging. ACHS prints materials on recycled paper and uses soy-based ink. Ask your Admissions Advisor about the green option for studies.

### **ACHS’s Campus - Located in the heart of the Pacific Northwest**

American College of Healthcare Sciences is based in Portland, Oregon. Although it is not required that you come to the Campus for your program, we want you to know there is always an open invitation to all prospective students, current students, and graduates to visit our campus in our spectacular city. Community wellness events are also held at the ACHS Campus in Portland, Oregon. These optional events are designed to complement our distance education courses and enhance your training with hands-on demonstrations and lectures. On-campus community wellness courses and workshops are scheduled regularly with faculty and visiting experts and are open to the public. Visit [www.achs.edu](http://www.achs.edu) for updates.

The great Pacific Northwest is a hub for holistic health with a well developed community of alternative practitioners and those who use holistic health for personal wellness. Oregon boasts numerous organic farms and local outdoor farmer’s markets.

At the ACHS campus, you’ll walk through our beautiful botanical teaching garden featuring at-risk botanicals and plants from around the world, thriving in our urban gardens. Garden tours are available. Inside the campus, enjoy viewing ACHS President Dorene Petersen’s private antique book collection or review over 1,280 texts available to our students and graduates in the College library.





# How to Get Started

Are you ready for an exciting career in holistic health? One that offers rich possibilities for self-employment and career advancement? A career that will enrich your quality of life? Then ACHS is perfect for you!

## Admission Requirements

### Our Graduate programs require:

- Committed time to study.
- Successful completion of a suitable Bachelors degree from a USDOE recognized accredited institution. (Official transcript required)
- Admissions interview with an ACHS Admissions Advisor and a recommendation for admission by the Dean of Admissions.
- Ability to read and write in English; all materials are published in English.
- \* Letter of recommendation from suitable professional reference.



Applications for admission are accepted throughout the year. Contact Admissions for registration deadlines. Class sizes are limited and most fill months in advance of the start date. Your first payment must be paid once your application is accepted to secure your place in class. All applicants are evaluated on the basis of motivation and academic ability to benefit. Applicants are evaluated without regard to age, sex, race, national or ethnic origin, religion, sexual preference, or general disability.

## How do I get started at ACHS?

1. Schedule an admissions interview, to be held either in person at our Oregon campus, by telephone, or via email for international students. You will talk with your Admissions Advisor to discuss your career interests, goals, and training needs. Your Admissions Advisor will explain programs, study methods, commitment, tuition and payment plans, and answer any questions you may have. He or she can provide you with detailed information on each course and will determine your eligibility for admission.

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**“I loved this once I got over being intimidated by online courses. This was my first program and exposure to online studies. Thank you, it was very pleasurable and relatively painless.”**

— Ginger Anderson, Overland Park, KS

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“The Diploma in Holistic Health Practice program was full of so much useful information.

**I have the confidence that I need to educate people**

and assist them in improving their health and quality of life.”

— Phyleischa Owen, Mt. Plymouth, FL

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2. Your Admissions Advisor may be able to inform you at the conclusion of your interview if he or she can recommend you for admission. Otherwise notification will be within 2 weeks.
3. Complete the admissions application form available online at [www.achs.edu](http://www.achs.edu) or use the application form included with this viewbook.

### What happens after I apply for admission?

1. If you have not yet completed an admissions interview, an Advisor will contact you to schedule a time.
2. Once your admission has been recommended, your Advisor will assist you with the registration process.
3. Once your payment has been received, we will send you a confirmation letter along with your completed enrollment contract and associated paperwork, including your online login details so you can get started with the ACHS Successful Student online orientations and tutorials.

4. Your course materials and related information will be shipped to you. You will be able to log into your class on your class start date.

### Non-Discrimination Policy

ACHS does not discriminate with regard to race, ethnicity, religion or sect, color, national origin, age, sex, sexual orientation, disability status, veteran status, or political affiliation in its acceptance of students.

### Shipping

We ship educational materials UPS or US Postal Service within the United States and by insured US Postal Service Air Mail to international destinations. The total course price includes shipping costs for the United States. Ask your Admissions Advisor for an international shipping estimate.

Three easy ways to get started:



**By Phone**  
800.487.8839



**E-mail**  
[achs@achs.edu](mailto:achs@achs.edu)



**Online**  
[www.achs.edu](http://www.achs.edu)



“It’s a pleasure being enrolled in this college.”

— Beatrice M. Marchand, Whitinsville, MA



## Graduate Degree Programs

### Introduction to the ACHS Master of Science in Complementary Alternative Medicine [CAM]

#### Health care is changing!

Driven by consumer demand, complementary and alternative modalities are being integrated into conventional medical practice. Current trends indicate that healthcare—and its delivery and administration – is moving toward:

- Whole person perspectives that include body, mind, and spirit.
- The integration of holistic modalities including Eastern, Western, and indigenous health traditions and practices.
- Effective prevention including wellness protocols and self-management and care.
- Inclusion of holistic health perspectives.
- The establishment of client-centered models of care which promote trust, empathy, and depth in the healing relationship.
- Creation of integrative health centers where clients and health practitioners come together

to explore integrative solutions to the client's health concerns and needs for wellness.

The challenge to the industry will be to integrate CAM to most benefit the consumer, focusing on the complementary rather than the alternative nature of the wide variety of modalities available and leading the way forward to a wellness based concept of healthcare.

Those who would play a part in leading the industry to successful integration must be able to facilitate change in a holistic and encompassing manner in the context of rapid change in the health care industry.

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**“ACHS has developed a unique and innovative approach to the online degree of Master of Science in CAM,**

with a clear mission to educate outstanding men and women to provide leadership in the holistic health care industry.”

— Dorene Petersen, BA, Dip.NT, Dip.Acu., RH (AHG)

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“In a recent survey\* of adults age 50+, two out of three reported using some form of complementary and alternative medicine (CAM), yet only one in three discussed it with their healthcare providers”.

\* Survey by AARP and NCCAM, National Center for Complementary and Alternative Medicine National Institutes of Health <http://nccam.nih.gov>

The Masters of Science in Complementary Alternative Medicine prepares graduates to enter the holistic health career arena as a scholar, educator or advocate, or as adjunct to an existing healthcare profession by focusing on the CAM modalities that may be used in the prevention and wellness industry.

Be a leader and explore the new holistic health care trends and their application to the full range of healthcare professions and organizations in an online graduate program emphasizing the emerging role of holistic health professionals able to provide expertise as:

- CAM health advocates, counselors, and educators providing services to consumers for health and wellness maintenance, healing, palliative care, and wellness protocols for chronic support.
- CAM health administrators and healthcare professionals, who demonstrate an in-depth, advanced knowledge base that maximizes the innovative use of information which reflects the

current theories, best practices and research in preparation for application or further research in the prevention and wellness industry.

- CAM health administrators and healthcare providers, who are leaders by initiating dialogue with clients about CAM modalities following the National Center for Complementary and Alternative Medicine recommendations.
- CAM health consultants, serving as scholars or program planners, grant-writers, evaluators, wellness trainers, and health educators in conventional, complementary alternative, and integrative health facilities.
- CAM health scholars and researchers designing and planning appropriate clinical studies elucidating the underlying mechanisms of action of CAM therapies, facilitating their integration into conventional medical care, and stimulating professionalism, integrity and social responsibilities in the prevention and wellness industry.



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“ Patients with chronic and acute medical conditions — including cancer, diabetes, back pain, and depression — **turn to CAM in large numbers.**”

— Barnes, P, Powell-Griner E, McFann K, Nahin R. CDC Advance Data Report #343. Complementary and Alternative Medicine Use Among Adults: United States, 2002. May 27, 2004.

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“ The new medicine we are creating together appreciates the value of surgery and drugs but sees them as last resorts, not first choices...  
**It is a synthesis of modern technology and perennial wisdom, of powerful and definite treatment and compassionate care,**  
of Western and Eastern, of high technology and indigenous and folk healing traditions.”

— James S Gordon, M.D.,  
author of *Manifesto for a New Medicine*  
and Chairman, White House Commission on  
Complementary and Alternative Medicine Policy

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## **Complementary Alternative Medicine – A New Paradigm for Healing and Healthcare**

The shift of perspective in the new healthcare model suggests that any health evaluation and or disease protocol must be augmented by the support and development of each individual’s innate healing capacities and personal wellness. CAM is a group of diverse medical and healthcare systems, practices, and products that while not presently considered part of conventional medicine have been used traditionally for centuries and are grounded in concepts of balance, well-being and the body’s innate healing ability. CAM’s focus is on creating and maintaining optimal function and harmonious relationships so that illness and “dis-ease” can be reduced or eliminated.

Some of the practices explored in the Masters of Science in Complementary Alternative Medicine program include:

- Aromatherapy
- Herbal Studies
- Homeopathy

- Dynamic Phytotherapy
- Holistic Pathophysiology
- Nutrition
- Toxicology and Safety in Botanical Medicine
- CAM Pathology and Protocols

Students in the Masters of Science in Complementary Alternative Medicine learn how to communicate with clients from many backgrounds in order to promote and educate others and to develop personalized wellness protocols for health, wellness, and life enhancement. Their education prepares them to serve as CAM scholars, educators or advocates and to adjunct to an existing healthcare profession enabling them to focus on the CAM modalities that may be used in the prevention and wellness industry.



**“The course content  
is excellent.”**

— Thyme Whisper, Brentwood, TN

**Where will studying complementary alternative medicine at American College of Healthcare Sciences take me?**

This graduate degree is a two-year, online non-clinical Masters Degree program that responds to the need for scholars, program planners, grant-writers, evaluators, wellness trainers, health educators, CAM advocates and CAM-aware health practitioners. Graduates will design, implement, and manage CAM health clinics in private medical offices, health maintenance organizations, complementary and alternative clinics, Western allopathic hospitals, public health facilities, and small and large corporations.

**Graduates will be able to pursue careers as:**

- Authors, writers, speakers and researchers in the CAM health field.

- CAM health educators in the public, corporate, or educational settings.
- CAM consultants for retailers, wholesalers, and manufacturers in the healthcare and personal care industries.
- CAM health consultants and guides for consumers and clients seeking information about integrative, complementary, or alternative treatments.
- CAM-trained administrators for health care clinics.

Students who already hold a clinical degree or certificate will add CAM modality knowledge and a deeper philosophical and theoretical understanding of complementary and alternative modalities to their practical and clinical skills.

**Come join the growing community of like minds building the future of complementary alternative healthcare!**

**Participate in:**

- Interactive online learning and connecting with colleagues in the CAM community.
- Network with thoughtful and experienced faculty, including CAM health practitioners and providers.

To find out more about the Masters of Science in Complementary Alternative Medicine, visit our website at [www.achs.edu](http://www.achs.edu) or contact the ACHS Admissions Office, Monday through Friday, at 800.487.8839 or via e-mail at [admissions@achs.com](mailto:admissions@achs.com).

# Masters of Science in Complementary Alternative Medicine Degree Program Requirements

All graduate courses are three credits and completed over 16 weeks.

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## C U R R I C U L A

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### The required courses are:

<b>NAT 501</b>	Anatomy & Physiology I	3 credits
<b>NAT 502</b>	Anatomy & Physiology II	3 credits
<b>NAT 503</b>	Integrative Pathophysiology	3 credits
<b>NAT 504</b>	Complementary and Alternative (CAM) Pathology & Protocols	3 credits
<b>CHEM 501</b>	General, Organic & Biochemistry	3 credits
<b>CHEM 502</b>	Principles of Pharmacognosy & Phytochemistry	3 credits
<b>BOT 501</b>	Botany & Plant Identification for the Holistic Practitioner	3 credits
<b>TOX 501</b>	Fundamentals of Toxicology & Safety in Botanical Medicine	3 credits
<b>RES 501</b>	Assessment and Integration of Research	3 credits
<b>CAP 501</b>	Graduate Capstone Project	3 credits

**Total Credits in Core: 30**

### Specializations (Students choose six credits of elective study):

<b>AROMA 501</b>	Aromatherapy Science	3 credits
<b>HERB 502</b>	Advanced Herbal Materia Medica I	3 credits
<b>HERB 503</b>	Advanced Herbal Materia Medica II	3 credits
<b>HOM 501</b>	Homeopathy	3 credits
<b>HOMB 501</b>	Dynamic Phytotherapy	3 credits
<b>NUT 501</b>	Advanced Applied Holistic Nutrition	3 credits

**Total Credits in Specialization: 6 credits**

**Total Credits Completed: 36 semester credits<sup>1</sup>**



<sup>1</sup>30 credits completed in the core requirements, 6 credits completed in the Specialization.

# Professional Graduate Certificates

ACHS Certificate and Diploma programs do not constitute a degree. Credits earned in a Certificate or Diploma program may be used toward an ACHS degree at the corresponding level when applicable.

## Graduate Certificate in Nutrition™ Online

The Graduate Certificate in Nutrition provides specialized training for Graduate students in advanced applied holistic nutrition. Professionals working in the CAM field will be able to deepen their knowledge and understanding of how nutrition can be integrated into every wellness plan.

<b>NAT 501</b>	Anatomy & Physiology I	3 credits
<b>NAT 502</b>	Anatomy & Physiology II	3 credits
<b>NUT 501</b>	Advanced Applied Holistic Nutrition	3 credits
<b>RES 501</b>	Assessment & Integration of Research	3 credits

**Total Credits Completed: 12**

## Graduate Certificate in Complementary Alternative Medicine (CAM)™ Online

The Graduate Certificate in Complementary Alternative Medicine provides specialized training for Graduate students in a variety of CAM modalities. Professionals working in the CAM field will be able to deepen their knowledge and understanding.

<b>NAT 503</b>	Integrative Pathophysiology	3 credits
<b>NAT 504</b>	CAM Pathology & Protocols	3 credits

**TWO Modality Courses selected from:**

<b>AROMA 501</b>	Aromatherapy Sciences	3 credits
<b>HERB 502</b>	Advanced Herbal Materia Medica I	3 credits
<b>HERB 503</b>	Advanced Herbal Materia Medica II	3 credits
<b>HOMB 501</b>	Dynamic Phytotherapy	3 credits
<b>HOM 501</b>	Homeopathy	3 credits
<b>NUT 501</b>	Advanced Applied Holistic Nutrition	3 credits

**Total Credits Completed: 12**

## Graduate Certificate in Aromatherapy™ Online

The Graduate Certificate in Aromatherapy provides specialized training for Graduate students in the comprehension and application of essential oils for medicinal use. Professionals working in the CAM field will be able to deepen their knowledge and understanding of aromatherapy.

<b>CHEM 502</b>	Principles of Pharmacognosy & Phytochemistry	3 credits
<b>TOX 501</b>	Fundamentals of Toxicology & Safety in Botanical Medicine	3 credits
<b>AROMA 501</b>	Aromatherapy Sciences	3 credits
<b>RES 501</b>	Assessment & Integration of Research	3 credits

**Total Credits Completed: 12**

## Graduate Certificate in Herbal Medicine™ Online

The ACHS Graduate Certificate in Herbal Medicine provides specialized training for Graduate students in the comprehension and application of herbal medicine. Professionals working in the complementary alternative medicine (CAM) field will be able to deepen their knowledge and understanding of botanical medicine.

<b>BOT 501</b>	Botany & Plant Identification for the Holistic Health Practitioner	3 credits
<b>TOX 501</b>	Fundamentals of Toxicology & Safety in Botanical Medicine	3 credits
<b>HERB 502</b>	Advanced Herbal Materia Medica I	3 credits
<b>HERB 503</b>	Advanced Herbal Materia Medica II	3 credits

**Total Credits Completed: 12**

## Graduate Certificate in Botanical Safety™ Online

The ACHS Graduate Certificate in Botanical Safety provides specialized training for Graduate students in the efficacy and safety of the use of herbal medicinal products. Professionals working in the complementary alternative medicine (CAM) field will be able to deepen their knowledge and understanding of the safe application of botanical medicine.

<b>BOT 501</b>	Botany & Plant Identification for the Holistic Health Practitioner	3 credits
<b>TOX 501</b>	Fundamentals of Toxicology & Safety in Botanical Medicine	3 credits
<b>CHEM 502</b>	Principles of Pharmacognosy & Phytochemistry	3 credits
<b>RES 501</b>	Assessment & Integration of Research	3 credits

**Total Credits Completed: 12**

## Graduate Certificate in Anatomy and Physiology™

This graduate certificate provides specialized training for Graduate students in the structure and function of the human body and how it behaves as a dynamic community of interdependent parts. Professionals working in the CAM field will be able to deepen their knowledge and understanding of the structure and function of the human organ systems.

<b>NAT 501</b>	Anatomy & Physiology I	3 credits
<b>NAT 502</b>	Anatomy & Physiology II	3 credits
<b>NAT 503</b>	Integrative Pathophysiology	3 credits
<b>NAT 504</b>	CAM Pathology & Protocols	3 credits

**Total Credits Completed: 12**





# Course Descriptions

## GRADUATE COURSES

### CORE CLASSES

#### **NAT 501 Anatomy and Physiology I**

**3 Credits**

Prerequisites: NONE

#### **Course Summary**

This graduate level anatomy and physiology course provides a comprehensive survey of the structure and function of the human organ systems with an emphasis on the body as a dynamic community of interdependent parts, rather than as a number of isolated structural units. Graduates will be expected to demonstrate a strong theoretical understanding of anatomy and its relationship to the function of physiology and the principal of complementarity of structure and function. They will also be expected to be able to evaluate, compare, and contrast specific pathological conditions to show clinical connections to each body system along with system interrelationships. Students will review and critically evaluate primary research on various CAM protocols for these pathological conditions and construct appropriate case studies using validated protocols.

#### **NAT 502 Anatomy and Physiology II**

**3 Credits**

Prerequisites: Nat 501

#### **Course Summary**

Continuation of NAT 501 with the same focus on a comprehensive survey of the structure and function of the human organ systems with an emphasis on the body as a dynamic community of interdependent parts, rather than as a number of isolated structural units.

#### **NAT 503 Integrative Pathophysiology**

**3 Credits**

Prerequisites: Nat 501 and Nat 502

#### **Course Summary**

This graduate level course is a comprehensive exploration of the etiology, pathogenesis, clinical manifestations, and CAM treatment of disease. Organized by body system, the anatomy and normal physiology is studied, then the disease processes and abnormalities that can occur within that system and CAM protocols. Behavioral factors, lifestyle choices, and environmental factors on the cause and progression of disease are covered as well as the most current advances in genetic research. This course will provide guidelines for when clients should be referred to their licensed care provider for diagnosis of the ailments studied. A comparative review of both allopathic and holistic treatment modalities for a number of conditions is also covered.

#### **NAT 504 Complementary and Alternative (CAM) Pathology and Protocols**

**3 Credits**

Prerequisites: Nat 501, Nat 502, Nat 503

#### **Course Summary**

Studies show that up to 42% of the American population use CAM protocols on a regular basis. As such, anyone working in the healthcare industry, whether as a practitioner, scholar, educator, or advocate, would benefit by broadening their education to include evidence-based CAM. This graduate course focuses on principles of complementary and alternative therapies in relation to diseases of specific body systems. The varied techniques and modalities that a CAM practitioner employs are covered, such as aromatherapy, homeopathy, dynamic phytotherapy, herbal studies, dietary supplements, reflexology, cell salts, color therapy, nutrition and lifestyle changes.

It is important to remember that the desired outcome of any holistic health or CAM protocol is to increase the natural vitality of the client and bring the system back into balance. The student will examine the

belief fundamental to CAM that the human body contains a strong power to heal itself, which is also known as vital energy or vitalism. While examining this belief, students also look at how the CAM practitioner is able to stimulate this power by educating each client in how to maintain health once it is achieved, increasing vitality and building up one's resistance through improved nutrition and a harmonious lifestyle.

**CHEM 501 General, Organic, and Biochemistry**  
**3 Credits**

Prerequisites: None

**Course Summary**

Graduates of this course will be expected to demonstrate a strong theoretical understanding of the relevant concepts of general, organic chemistry and biochemistry, including principles of chemistry, the scientific method, principles of measurement, experimental quantities and margins of error; the structure and behavior of atoms and molecules, chemical bonding and reactions, solutions and solubility, concepts of pH, acids, bases, salts, ions, and electrolytes; the structure and reactivity of functional groups, different structures and characteristic reactions of organic molecules including hydrocarbons, aldehydes, ketones, carboxylic acids and the structures, functions, and metabolism of carbohydrates, lipids, amino acids, proteins, and enzymes in the human body. Students will critically examine the principles and methods of analytical chemistry as they apply to medicinal plants and herbal extracts. Students will be expected to employ chemistry theory to complete projects, practical experiments and labs, and to critically evaluate the efficacy of botanical herbal studies. Students will also formulate an experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the science communities.

**CHEM 502 Principles of Pharmacognosy and Phytochemistry**  
**3 Credits**

Prerequisites: Chem 501

**Course Summary**

Graduates of this course will be expected to demonstrate a strong theoretical knowledge of the principles of pharmacognosy (the knowledge of medicinal plant preparations and extracts) and phytochemistry (literally, 'plant' chemistry) as they apply to botanical studies. While providing a comprehensive examination of the details of plant constituents, this graduate course holistically incorporates a solid knowledge base from traditional Western herbal studies with scientific information from contemporary chemistry, botany, and human physiology.

Graduates will be expected to critically evaluate major categories and subcategories of herbal constituents in order to explain how molecules contribute to an herb's observable actions. Graduates of this course will also be expected to critically evaluate and critique various concepts, approaches, methods and issues related to quality control, herbal potency, and principles of extraction, synergy, and variability as it applies to the botanical industry. Colorful 3-D molecular models, diagrams, and plant photographs help to bring the concepts to life for the visually-oriented learner. Students will be expected to employ concepts and theory to complete projects, practical experiments and labs, and to critically evaluate various concepts, approaches, methods, and issues in the field. Students will also formulate an experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the science communities.



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**“ Excellent program and involvement from all faculty and staff.**

Very friendly and helpful.

(ACHS) cares about the students and that they do well and finish. ”

— Christine Plomp, Alberta, Canada

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### **BOT 501 Botany and Plant Identification for the Holistic Practitioner**

**3 Credits**

Prerequisites: None

#### **Course Summary**

This graduate level course explores plant anatomy, plant physiology, herbal ecology including ethical wildcrafting and harvesting concepts, and field identification with a particular emphasis on the practical use of medicinal plants, the fields of taxonomy (classification), genetics and evolution, anatomy and function of cells and plant parts, energy metabolism of photosynthesis and respiration, and the biochemical pathways producing medicinal compounds are examined.

Graduates will be expected to demonstrate a strong theoretical understanding of botany including the terminology used for plant identification, comparing and contrasting the different structures of leaves, flowers, stems, and roots used to distinguish species from one another; employ botanical theory to complete projects, practical experiments, and labs, including traditional mnemonics and the ‘doctrine of signatures’, integrated with contemporary methods of reliable plant identification; and to critically evaluate various concepts, approaches, methods, and issues in the field. Field exercises will be presented so that the student can acquire practical experience. Students will also formulate a botanical experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the biological science communities.

### **TOX 501 Fundamentals of Toxicology and Safety in Botanical Medicine**

**3 Credits**

Prerequisites: None

#### **Course Summary**

Graduates of this course will be expected to demonstrate an advanced knowledge base of the principles of toxicology (the study of adverse effects from biologically active compounds) and the mechanisms and effects of herb-herb and herb-drug interactions as they apply to botanical studies. Graduates of this course will be expected to recognize, compare and contrast the toxicology of specific plant constituents and essential oils, different types of adverse reactions, the incidence and relevance of idiosyncratic and allergic reactions to herbal products, and the influence of herbal quality on potential toxicity. Graduates of this course will be expected to demonstrate a practical understanding of the relative risks and benefits of commonly used botanical substances, safety considerations for special populations, how to evaluate and relate herbal concentration and potency to appropriate dosing, and principles of quality control important to the production of unadulterated and authentic herbal preparations.

Graduates of this course will be expected to demonstrate the ability to locate and evaluate, and then compare and contrast knowledge from empirical use with data from current phytochemical, toxicological, and epidemiological studies and databases.

Students will be expected to employ concepts and theory to complete projects, practical experiments



and labs, and to critically evaluate various concepts, approaches, methods, and issues in the field in relation to holistic remedies.

Students will also formulate an experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the science communities.

### **RES 501 Assessment and Integration of Research**

**3 Credits**

Prerequisites: None

#### **Course Summary**

Research is the systematic process of collecting and analyzing information to increase our understanding of the phenomenon under study. It is the function of the researcher to contribute to the understanding of the phenomenon and to communicate that understanding to others.

This graduate level course is designed to give students a solid theoretical understanding of how to review, utilize, and design research. Graduates will be able to critically evaluate primary research, as well as be able to design and plan theoretical research and literature reviews. Students will learn to locate, assess, and integrate research.

This course is divided into two sections, culminating in a formal research paper:

**Part One:** The first section will focus on locating and analyzing research. First, we will discuss the concept of research and how theory and ethics impact our choices. We also cover the varying research methodologies and discuss the difference, importance and impact of qualitative and quantitative research. Students will delve into locating pertinent research through different sources including, but not limited to online databases, articles, case studies and industry journals. Evaluating research is vital in the field of CAM and students will learn how to conduct a literature review. Also discussed will be formatting research using the APA standard.

**Part Two:** Designing and planning a research project, which requires students to design a model study and provide analysis using three hypothetical data sets (one each that supports the hypothesis, disproves or is ambiguous). For each result, students must include a follow up section, including future questions or further studies that might be spawned.

### **CAP 501 Masters Capstone Project**

**3 Credits**

Prerequisites: 33 credits in core and electives

Completion of the Masters of Science in Complementary Alternative Medicine culminates with a 3-credit capstone project designed to demonstrate subject mastery such as a research thesis, a work of art, or the solution of a practical professional problem. This will be supervised by an instructor.

#### **Elective Course Options:**

Students complete at least six semester credits of elective study in CAM modalities of their choice.

### **AROMA 501 Aromatherapy Science**

**3 Credits**

Prerequisites: 27 credits in core

#### **Course Summary**

Aromatherapy has become an increasingly popular modality in complementary and alternative medicine (CAM), particularly in an integrated medical setting due to its ability to enhance quality of life for a wide range of patients. This graduate level survey course provides students with an in-depth analy-

sis of the fundamental principles of aromatherapy, aromatology, and aromacology. We will examine the major categories of aromatherapy, aromatology and aromacology including definitions, selected proven and unproven effects of essential oils citing research literature, historical perspective, essential oil components and bioactivity, the science of smell and psychological effects, safety issues and clinical studies. Plant photographs and interactive exercises help to bring the concepts to life for visually-oriented and kinesthetic learners.

### **HERB 502 Advanced Herbal Materia Medica I 3 Credits**

**Prerequisites:** 27 credits in core

#### **Course Summary**

This graduate level survey course provides a comprehensive study of botanical Materia Medica.

Graduates of this course will be expected to demonstrate an advanced knowledge base of the Materia Medica, principles of various concepts in botanical studies including acquiring a strong theoretical understanding of the efficacy based on current research papers of selected botanicals such as alteratives, demulcents, cathartics, anthelmintics, astringents, digestives, anti-inflammatories, and diuretics. Graduates of this course will be expected to demonstrate a sound knowledge base of specific therapeutic groups of herbs and to appraise and relate the botanicals to each physiological system of the human body. Students of this course will also be expected to locate, review, and critically evaluate primary research in order to appraise the efficacy of the therapeutic action, active constituents and methods of administration for each botanical, contraindications and drug-herb interactions for each botanical, and regulatory status for each, and effectiveness for CAM protocols. Students will be expected to employ concepts and theory to complete projects, practical experiments and labs, and to

critically evaluate various concepts, approaches, methods, and issues in the field in relation to botanical studies. Students will also formulate an experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the science communities.

### **HERB 503 Advanced Herbal Materia Medica II 3 Credits**

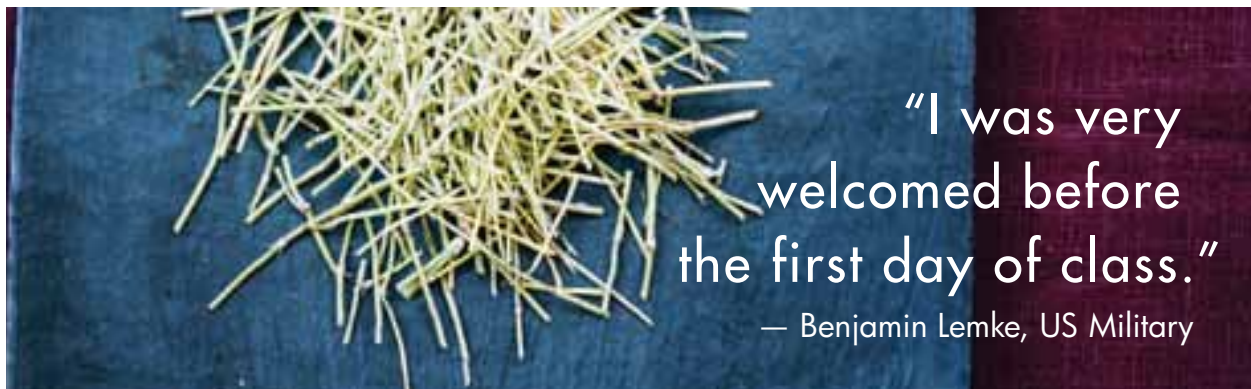
**Prerequisites:** 27 credits in core and Herb 502

#### **Course Summary**

Herb 503 Herbal Materia Medica II is an elective specialty for the Masters of Science in Complementary and Alternative Medicine. This botanical specialty continues a student's herbal Materia Medica study with diaphoretic, emmenagogue, expectorant, nervine, antispasmodic, tonic, stimulant, antiseptic, stomachic, and hepatic herbs.

Graduates of this course will be expected to demonstrate an advanced knowledge base of the Materia Medica, principles of various concepts in botanical studies including acquiring a strong theoretical understanding of the efficacy based on current research papers of selected botanicals such as diaphoretic, emmenagogue, expectorant, nervine, antispasmodic, tonic, stimulant, antiseptic, stomachic, and hepatic herbs.

Graduates of this course will be expected to demonstrate a sound knowledge base of specific therapeutic groups of herbs and to appraise and relate the botanicals to each physiological system of the human body. Students of this course will also be expected to locate, review, and critically evaluate primary research in order to appraise the efficacy of the therapeutic action, active constituents and methods of administration for each botanical, contraindications and drug-herb interactions for each botanical, and regulatory status for each, and effectiveness for CAM protocols. Students will be expected to employ concepts and theory to complete





“Starting my career towards natural health has been made easy by ACHS.”

— Gina Hale, Spouse of Active Duty Military

projects, practical experiments and labs, and to critically evaluate various concepts, approaches, methods, and issues in the field in relation to botanical studies. Students will also formulate an experiment to prove a hypothesis of their design, analyze their results and present them in a format recognized by the science communities.

### **HOM 501 Homeopathy** **3 Credits**

Prerequisites: 27 credits in core

#### **Course Summary**

Homeopathy has become an increasingly popular modality in complementary and alternative medicine (CAM), particularly in an integrated medical setting, due to its ability to enhance quality of life for a wide range of patients. Many pharmacies now stock and dispense homeopathic remedies. This graduate level survey course will take students on an in-depth tour of the fundamental principles of classical homeopathy. The course focuses on a scientific approach to homeopathy that originated in India more than 2000 years ago. It is designed to assist graduate students to evaluate this (CAM) modality in terms of its clinical, scientific, philosophical, sociological, and historical contexts. We look at how homeopathy is practiced, and how the application of principles in the clinical setting helps clinicians, and patients understand the process of seeing a homeopath. The course also reviews the pharmacological aspects of homeopathy including manufacturing, dispensing, and counter-prescribing.

### **HOMB 501 Dynamic Phytotherapy** **3 Credits**

Prerequisites: 27 credits in core

#### **Course Summary**

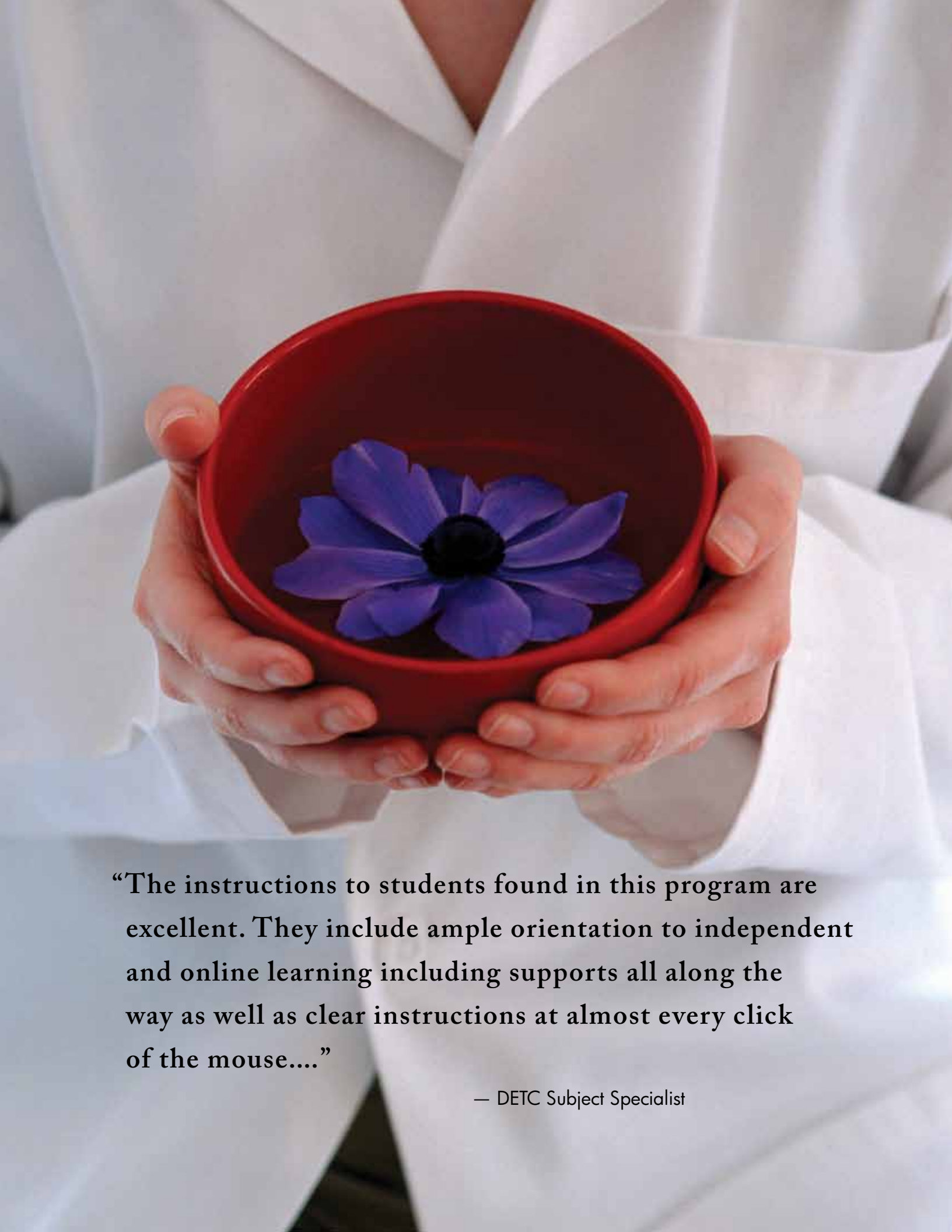
In this graduate level survey course, students will study the blended modality that is dynamic phytotherapy, a careful balance between herbalism and homeopathy that draws upon and combines the benefits of both fields. Students will learn to administer the liquid dynamic phytotherapy remedies, which are low-potency, palatable remedies. These remedies are designed to selectively support the body in the natural restoration of health by improving nutrition, opening drainage, and stimulating healing.

### **NUT 501 Advanced Applied Holistic Nutrition** **3 Credits**

Prerequisites: 27 credits in core

#### **Course Summary**

Nutrition, wellness and disease prevention are areas of great interest to the American public. Rapid advances in science have enabled a much more detailed understanding of nutrition in recent years and the Center for Disease Control has expressed concern at the increasing levels of deficiencies in the United States. This graduate survey course in advanced applied holistic nutrition focuses on macronutrients, micronutrients, factors that affect nutrition such as absorption and metabolism, nutrition for life stages and holistic nutrition therapy for clients of varying ages and with various illnesses. Food/dietary supplement drug interactions are also studied. The overall focus is on holistic nutrition and wellness, and healthy lifestyle choices and prevention as the best “medicine” and how concepts of nutrition can be integrated into every wellness plan.



**“The instructions to students found in this program are excellent. They include ample orientation to independent and online learning including supports all along the way as well as clear instructions at almost every click of the mouse....”**

**— DETC Subject Specialist**



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