

THE COLLEGE of BOTANICAL HEALING ARTS



January 2017- January 2019
Catalog

The College of Botanical Healing Arts offers a comprehensive 456-hour certification program in Essential Oil Therapy, enabling one to create a vibrant practice in essential oil therapy and herbal healing. **COBHA is a 501(c)(3) Non-Profit, the institution is a private institution, that it is approved to operate by the bureau, and that approval to operate means compliance with state standards as set forth in the CEC and 5,CCR. An institution may not imply that the Bureau endorses programs, or that Bureau approval means the institution exceeds minimum state standards.**

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www.cobha.org

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Help us sow the seeds of our cause!

We are in great need of help from our family and friends.

COBHA is a non-profit institution dedicated to providing education, healing services, and research in the art and science of essential oils, plants, and herbal healing. There are four ways you can help sow the seeds of our cause!

2019 marks the twenty second year of COBHA's dedication to education in wellness. Your tax-deductible donation to our 501(c) 3 Non Profit, state approved Education Institution will be put towards training new teachers, research, and offering scholarships.



Eucalyptus Circle	\$20-- \$50
Lavender Circle	\$51--\$150
Ginger Circle	\$151-\$400
Sandalwood Club	\$401-\$750
Frankincense Club	\$751-\$1000
Rose Club	\$1501-\$5000
Lotus Club	\$5001-\$10,000

Donate your time! We can always use your help in the office, garden, and with fundraising programs. Refer a student to COBHA's Level One Course or our Online class and receive \$50 in credit for classes or \$50 cash if you are a COBHA graduate!

Our annual Wellness Fair takes place in August, downtown Santa Cruz! Call us to see how you can! We provide Santa Cruz County's longest standing Holistic Health Wellness Fair, networking local businesses and new clients and always promoting education!



Mission Statement:

The College of Botanical Healing Arts (COBHA) is a non-profit institution dedicated to providing education, healing services, and professional therapeutic research in the art and science of essential oils, plants, nutrition and herbal healing.

1. Our mission is providing a college with a course of study based on plant energy that exceeds the national standards and has a curriculum dedicated to excellence.
2. Our goal is to build a college that contributes well trained, dedicated, holistic practitioners with a specialty based in essential oil therapy.
3. We offer programs that seek to illuminate the innate wisdom within each student.
4. We continuously instill in students a commitment to ethical practices good work habits, and safety.
5. We nourish the concept of offering healing services at a College Clinic and beyond graduation that addresses the whole person: physical, emotional, mental, and spiritual.
6. We conduct research on the therapeutic actions of essential oils.
7. We qualify students to assume professional responsibilities in the health care field, working in conjunction with other health practitioners.



Dear Prospective Student,

Welcome to the College of Botanical Healing Arts! We invite you to embark upon a study of the healing properties of therapeutic plants and their essential oils.

Whether you are interested in acquiring knowledge about the use of essential oils to enhance your own life, and the lives of your family and friends through an introductory class, or are interested in obtaining the complete certification through the 456-hour program, COBHA is for you. Our curriculum meets national standards of certification as set by the Alliance of International Aromatherapists.

The College Board of Directors and its faculty are dedicated to providing students with a quality education in the art and science of Essential Oil Therapy. The goals of the Certification in Essential Oil Therapy Program are twofold: 1) To provide a deep and thorough understanding of therapeutic plants and their oils; 2) To foster the application of that knowledge in a clinical setting of preventative and supportive health care practices.

Students have many opportunities throughout the program to engage in both theoretical and experiential learning. The academic program includes classes in chemistry, botany, anatomy and physiology, as well as classes in the more esoteric studies of energetic healing and the connection of body-mind-spirit healing. Through experiences with plants and essential oils, students develop an understanding of the energetic, emotional and spiritual aspects of healing.

The time to bring about a life-changing orientation in your physical, mental, and spiritual health and well-being is now! We welcome you to join us on this fragrant path.

With Warm Regards,

The COBHA Board of Directors and Staff

Clinic Experience

Picture yourself arriving at the COBHA clinic exhausted with a stress headache, upset stomach, feeling you are about to come down with a cold. As you enter the door, you are greeted warmly and notice a lovely fragrance in the air. After signing a release form, you receive a cup of tea and sit in a chair that leans back in a private space. A small tub of warm water that smells like Lemon, Tea Tree, and Lavender is offered for your feet. You can feel the stress slowly releasing its hold on your tired mind and body. You start to relax listening to the soft music.

Your practitioner welcomes you and begins asking you some questions about your body, your life, and emotions. She is attentive and kind as she records your responses on a paper. You appreciate this kind of deep attention. Another woman comes to warm up your footbath and tea. The conversation comes to a close as your feet are gently dried. You are told to lie back and read about how to use the oils at home while your practitioner goes to make a custom blend for you based on the interview. She returns and begins to rub your feet with oils for a headache and stomach upset. She also applies oils to stimulate the immune system directly on the feet. You begin to feel peace and well being.

As you prepare to leave, offering payment to your practitioner and filling out a feedback form, you feel gratitude for this experience. You are amazed how light and energized your body and mind have become.



Spring Essential Oil Therapy Low-Cost Clinic

- \$35.00 per session scheduled appointments.
- Receive a unique treatment and consultation for health ailments and preventative care including: stress management, respiratory problems, digestive complaints, PMS, imbalances, and more.
- Private 90 minute sessions include interview, reflexology treatment, relaxing foot bath, general health consultation, and customized essential oil blend!

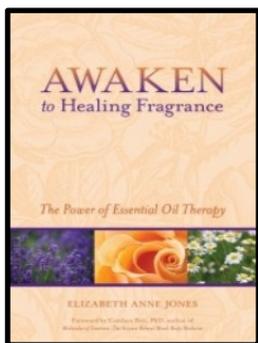
Awaken to Healing Fragrance!

COBHA is proud to announce the new book by COBHA director and instructor Elizabeth Jones:

Written for both lay readers and practitioners, *Awaken to Healing Fragrance* is divided into three parts structured around the past, present, and future of aromatherapy. The book begins with profiles of prominent female historical figures – from Cleopatra to Elizabeth I – known to have used essential oils for mind, body, and spiritual health.

Part two explains the value of aromatherapy today: modern methods for using essential oils—from relaxation practices like massage and facials to treating common conditions like PMS, stress, and a sore throat – and describes how and why they work. Also featured are case studies, research on anti-infectious qualities of the oils, the chemistry of essential oils and a section on psychoneuroimmunology that shows how essential oils can help restore the mind-body-spirit connection and create balance.

Awaken to Healing Fragrance concludes by exploring the future of essential oil therapy and how it can be integrated into traditional medical systems. Jones discusses energetic medicine, creating aromatic gardens, and establishing integrative medicine clinics where doctors trained in Western medicine would collaborate with alternative therapists such as acupuncturists, nutritionists, and aromatherapists to bring a new consciousness and sense of well-being to healthcare.



Awaken to Healing Fragrance is available on Amazon.com, or in the COBHA office! Check website for book signings and presentation dates!

History, Status and Facility



The College was established in September 1997. It is a private nonprofit educational institution with a 501(c)(3) tax-exempt status recognized and approved to operate by the California Bureau of Private Postsecondary Education. A COBHA Board of Directors consists of Elizabeth Jones, June Smith, Joanna Miller, Paulette Susan and Kai Chope.

The building and land were purchased for the purpose of establishing a College dedicated to the botanical healing arts with a focus on essential oils. A small teacher-student ratio provides a supportive environment for healing and professional development.

COBHA has a lovely classroom. It has an office with a desk, 1 computer, 4 filing cabinets, 2 copy machines, printer, fax and storage cabinets. The classroom has one wall of library books (25 feet long), a cd player, a projector, screen, microscope, 7 tables, 40 chairs, water dispenser, microwave, refrigerator and diffuser with racks of 70 essential oils. Class sessions are held at 4170 Gross Rd. Ext., Ste. #5 Capitola, CA 95010.

A valuable resource to COBHA students, the COBHA library has a great variety of research books on different forms of preventative medicine and holistic health. It has a check-out library of about 50 books. Students sign out books with name, date, and book title, and are permitted to keep the book for 3 weeks. There are many shelves of reference books, including Webster's Encyclopedic Unabridged and other dictionaries, Physicians Desk Reference, nearly 100 books on the subject of Essential Oils, another 100 on Herbalism, a shelf of 60 books on Botany, 30 books on Anatomy & Physiology, 8 books on Chemistry, 10 books on Nutrition, 75 books on Alternative Medicine, 40 books on Mind/Body, 30 books on Energetic Healing, 35 books on Eastern Medicine, 30 books on History of Alternative Medicine, and 3 volumes on Pharmacology. Magazines and professional journals are shelved below, as well as professional papers (some written by COBHA students).

Certification Program

The 456-hour Essential Oil Therapy Certification Program includes the Level I Foundation Course (36 hours), twelve Level II classes (366 hours), and 15 elective credits (54 hours) from classes and/or workshops. Upon successful completion of the program with a grade C or better and a final exam both written and oral, students receive a professional Certificate of Completion. Students can add CEOT (Certified Essential Oil Therapist) after their name. COBHA is the only 456-hour certification Essential Oil Therapy program in the United States. Our program is designed in three trimesters: Fall (September - November), Winter (January - March), and Spring (May - July)

Continuing Education Units

CEU's are available for nurses and massage therapists. A fee of \$25 will be charged for all CEU certificate requests.

COBHA is not accredited by an accrediting agency recognized by the United States Department of Education.

Vocational Opportunities

- Essential Oil Holistic Therapist. in a private practice. SOC 39-000
- Your own business of making Essential Oil products. SOC 25-1000
- Teaching EO therapy at colleges, massage schools, hospitals, and workshops. SOC 11-2000
- Working as a consultant, marketing manager, sales rep, product maker with essential oil companies. SOC 41-2000
- Adding to practices in Reiki, polarity, Brennan method, chakra balancing and gemstones. SOC 39-000
- Adding Essential Oil Holistic Therapy to Alternative Health professions such as: Chiropractor, Wellness Spa, Yoga Studios, Massage, Esthetician, Acupuncturist, Reflexology, Naturopathic, Hypnotherapy. SOC 31-1100

Student Tuition Recovery Fund

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four

(4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four(4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

Note: Authority cited: Sections 94803, 94877 and 94923, Education Code. Reference: Section 94923, 94924 and 94925, Education Code.

Student Tuition Recovery Fund

“The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.” To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure

ADMISSIONS

Admission Requirements

A High School Diploma, GED or equivalent, being at least 18 years old & satisfactory completion of the application & interview process are required for admission to COBHA .

Transfer Credits

Credits for courses taken at state and/or private certified institutions other than COBHA will be applied toward COBHA requirements if taken within three years prior to enrollment at COBHA. Applicants who have studied similar curriculum over three years prior to enrollment may choose exemption from course participation by passing all course exams and paying an adjusted tuition fee. Students enrolling in advanced classes who have not completed the Level One Program must submit documentation from an approved school (approved by COBHA’s Board of Directors) showing equivalent training and pass the final exam. Acceptance in advanced technique classes may be subject to instructor evaluation and involves a \$75 processing fee.

NOTICE CONCERNING TRANSFER ABILITY OF CREDITS AND CREDENTIALS EARNED

The transferability of credits you earn at The College of Botanical Healing Arts is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Essential Herbal Practitioner Certification Program is also at the complete discretion of the institution to which you may seek to transfer. If the credits or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending The College of Botanical Healing Arts to determine if your credits will transfer. A fee of \$75 will be charged for all transcript requests. The College of Botanical Healing Arts has not entered into an articulation or transfer agreement with any other college or university at this time.

International Students

COBHA admits international students but does not provide Visa services.

English as a Second Language

English language proficiency is required to attend COBHA classes. Currently, At this time, COHBA does not offer courses in any other language.

Placement

COBHA does not offer placement services, we will write a potential employer a letter of reference on the students behalf.

Statement of Non-Discrimination

COBHA does not discriminate on the basis of race, gender, ethnicity, religion, age, gender identity or sexual orientation.

Applications

An application for enrollment is available on-line, in office, or through email or fax. All questions must be answered in detail and will be reviewed during the interview.

Submissions

Please bring the following to the interview: 1) A short autobiography of yourself describing your intentions and goals. 2) A current photo of yourself for our files. 3) Two brief letters of character reference, whom we may contact for reference. 4) Application fee of \$50.

Interview Process

After the completed enrollment application is received, the applicant will be contacted to schedule an appointment for an interview with a COBHA staff member. This interview is to evaluate the application, receive submissions, and to complete the COBHA orientation. After the applicant and the application have been evaluated, the interviewer will determine if the COBHA program and the prospective student are compatible. A confirmation of acceptance will be confirmed via phone, mail, or email to the student upon completion of the interview process.

Student Complaint Procedure

COBHA strives to create an atmosphere of mutual respect, honesty and understanding. Students and staff are encouraged to communicate directly with one another regarding any grievance. The Board of Directors is available to meet with grieved parties to resolve conflicts. Students are requested to report any action perceived to be in violation of school regulations. A student who believes their complaint has not been addressed adequately should submit their concern in writing to the Board of Directors. The Board of Directors will provide a written response within 10 business days to any stated grievance. Grievance procedures are conducted in confidence. A student or any member of the public may file a complaint about this institution with the Bureau for Private Post-secondary Education by calling (888) 370-7589 or by completing a complaint form which can be obtained on the Bureau's web site, www.bppe.ca.gov

Conditions for Probation and Dismissal

- Using essential oils or other botanical medicine without respect for safety information presented in class.
- Attending any class or function of the college under the influence of drugs and alcohol.
- Behavior that may be harmful to the learning environment or the reputation of the college (i.e. discrimination based upon race, creed, gender, or inappropriate language and/or conduct.)
- Dishonesty and/or theft.
- Failure to uphold the requirements and policies of COBHA
- After two warnings, one oral and one written, for the same offense, the student will be put on probation for a specified time.

• Send a letter of intent to alter behavior to the board of directors to be removed from probation. There will be a trial period of two classes.

COBHA does not have a pending petition in bankruptcy, nor is it operating as a debtor in possession. It has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement .

Any questions a student may have regarding this catalog that have not been satisfactorily answered by COBHA may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.

Cancellation, Withdrawal, and Refund Policies

- 1) Students who wish to cancel their enrollment in a class must do so in writing. A written statement should be addressed to the board members and must include the date of withdrawal, reason for withdrawal and signature
 - 2) Students withdrawing from the Level II program should schedule an appointment with a school administrator.
 - 3) After the first class, or the 7th day after enrollment, whichever is later, a full refund will be made, excluding applicable non-refundable fees & costs.
 - 4) The refund policy for students who have completed 60 percent or less of the period of attendance shall be a prorated refund
 - 5) Nonrefundable fees (& costs) to be withheld from above refunds: For each Level I & Level II course: a \$100 registration fee For the Level 1 Foundation Course: \$40 for 2 books (unless returned in new condition), \$50 application fee
 - 6) No refund will be given after 60% of the instruction has been completed.
- *Note: any funds spent on essential oils or other products bought by the student are also non-refundable

Payment Plans

Installments that run over the duration of a class may be requested and must be approved by the administration at the time of registration. The number & timing of the payments may be negotiated when setting up the payment plan contract. Please note that discounts do not apply to payment plans and that students who are on a COBHA payment plan and withdraw will be responsible for making all agreed upon payments, less the amount of any refund.

Financial Aid

COBHA also honors grants and scholarships that are awarded by outside agencies & sources. Students are responsible for identifying and applying for any such aid. Currently COBHA does not participate in any federal or state financial aid programs. There may be times, depending on circumstances, when COBHA can offer partial scholarships to its students, but this is not guaranteed. If a student obtains a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds

Standard for Student Achievement

COBHA expects students to be mature, honest, hard working and earnest in their studies. COBHA values academic excellence. Grading is determined by three factors: 1) Attendance (33%), 2) Homework (33%), 3) Final Exam (33%)

Student Services Offered by COBHA

- Library checkout and use of Reference Library 5 days a week.
- Use of garden for making herbal preparations, relaxation and distillation.
- Long-distance learning in real time on Skype
- Internet services in the classroom
- Online registration Payment for classes through PayPal on our website.
- Tutoring services
- Clinic Internship Experience
- College store for books, charts and oils
- Monthly or bimonthly workshops taught by local guest teachers & experts in the field

COBHA does not have dormitory facilities we may help students find local housing. There is a moderate availability of housing located reasonably near COBHA and is estimated that the approximate cost is \$900-\$1200 a month for single occupancy.

Open Houses

COBHA holds open houses three times a year; see website for dates or contact the school. Staff members and faculty highlight either lavender, geranium, or rosemary through distillation demonstrations and infused treats, and introduce COBHA's philosophy. These orientations are very helpful in becoming familiar with the staff, faculty, classroom, and COBHA's principals.

FACULTY

Elizabeth Jones, COBHAA Executive Director & Instructor



Author of Awaken to Healing Fragrance, Elizabeth founded COBHA in 1997 and owns Elizabeth Van Buren, Inc. with Larry Jones. She earned a BS Degree from Skidmore College, Sa-ratoga Springs, NY and received a Secondary Credential and a Masters Degree from UC Berkeley. She is a graduate of the Cali-ifornia School of Herbal Studies, Forestville, CA. Elizabeth was on the education committee at Alliance for International Aromatherapy, working to put national standards in place. She promotes the use of plant energy in the form of Essential Oils, Herbs, and Nutrition for her own commu-nity and globally.

Susan Clingingsmith, CEOT, EOT, successful entrepreneur, COBHA instructor, former VP on COBHA Board, graduate of ILM & former Director of Religious Education in the DSJ and currently in good standing as a Master Catechist, previously certified EMT and worked Membership Dept. for PBS. I have been fortunate to experience and share over 45 years of my abilities to educate, inspire, encourage and challenge all ages, people from all walks of life and circumstances to grow, to understand, and to strengthen themselves, their families, their communities etc. My teaching technique encourages interaction, creativeness, fun, laughter and self-reflection. Experiencing through all 5 senses ignites engagement of the entire being - body, mind and spirit, enabling a comprehension that lasts a lifetime.

Kaysi Contreras is a COBHA graduate is passionate about the power of natural medicine from the food we eat to the volatile compounds extracted from plants in the form of essential oils and hydrosols. Kaysi is dedicated to her work with youth, and teaches in schools, hospitals, and for Stanford's SMASH summer program. She is a wellness practitioner for LUMA in downtown Santa Cruz working with clients one on one, and creates proprietary custom blends for business branding.

Class Attendance

1. The certificate program requires attendance in all classes and/or completion of instructor's approved make-up(s) for those classes missed.
2. It is the school's view that each student's registration for a class represents a commitment to organize one's life in service to the criterion of attendance. It is understood that important issues do occur that are of such a nature as to preclude attendance to a class(es). The school desires these situations to be kept to a minimum.
3. A student cannot miss more than 25% of the total class hours and receive credit for the course.
4. Please notify the instructor or school if possible, in advance of an absence. When a student misses a class, the student is responsible for getting the homework assignments, class notes, and taped lecture or for rescheduling dates of assignments due. Students must complete all class assignments and exams to be eligible for Certificates of Completion.
5. If a class is not completed due to absence or incomplete work, repeating the class the next semester at 50% of normal tuition is available. The student will be the assistant for that class.
6. Makeup assignments must be completed and delivered to the instructor within ten (10) calendar days of the final class in order to avoid receiving an incomplete. Total grade for the class will be dropped one letter grade unless the instructor, due to extreme medical crisis or other special circumstances of the student, agrees to make an exception.
7. Medical crisis situations beyond colds and flus are given special consideration and will be handled on a case by case basis. Doctor's statements may be required.

Leave of Absence:

If the student is missing more than two classes, they are eligible to re-take the same class again at 50% off the tuition.

Tuition & Costs

	Class	Cost	Hours
Level I	Foundation Course	\$699 .00	36
Level II			
1.	History of Medicine	\$408.00	24
2.	Aroma Botany	\$544.00	32
3.	Anatomy & Physiology I	\$408.00	27
4.	Anatomy & Physiology II	\$408.00	27
5.	Advanced EO Chemistry	\$544.00	32
6.	Mind & Body	\$544.00	36
7.	Clinical Science	\$527.00	32
8.	Energetic Healing	\$544.00	32
9.	Communication & Bus	\$340.00	20
10.	Clinical Practice Theory	\$596.00	34
11.	Clinical Internship	\$782.00	46
12.	Community Outreach	\$408.00	24
	Subtotal	\$6,053.00	402
<u>Electives</u>			
	54 Credit Hours	\$1,030.00 (estimate)	54
<u>Non Refundable Fees</u>			
	Application Fee	\$50.00	
<u>Total Tuition & Fees</u>		7,832.00 (estimate)	
<u>Estimate of other costs</u>			
	Books & Essential Oils	\$1,867.50 (estimate)	
<u>Total Tuition , Fees & Estimated Costs</u>		\$9,699.50 (estimate)	
	Additional Fees: Transcripts \$75 & CEU Certificates \$25 per request		

*Student is responsible for transportation and admissions fee's on field trips.
All class fees include a \$100 Non Refundable Registration Fee
Tuition and all other fees and costs are subject to change.

COURSES

Level I -Foundation in Essential Oil Therapy (36 hours)

This course is a prerequisite to Level II courses.

An introduction to the healing realm of aromatherapy and an exploration of how essential oils, originating in plants, work holistically, interacting with and benefiting the human body, its emotions as well as the mind and spirit. We look at the use of essential oils in the ancient Egyptian and Greek worlds, their chemical makeup and study their effects on the Immune System, the emotions, and the Limbic Brain. An introduction to skin care and aromatherapy massage is explored. 23 essential oils are introduced. Students practice the skills of blending oils and preparing case studies.

Level I is also offered On-Line. There will be a 10 day elapse between receipt and resending evaluations to distant learners. Please refer to our website www.cobha.org

Level II–Course 1-The History of Medicine (24 hours)

A fascinating study of the evolution of medicine. Students follow circuitous path of herbal and Western Medicine. Subjects (such as the dark ages of plagues, witch burnings, blood-letting, the islands of healing light, the Salem University in Italy, and the alchemy of Paracelsus) include the present day emergence of herbalism and aromatherapy along with the technological advances of allopathic medicine. Students create herbal and essential oil balms and write a research paper on one figure from the colorful history of medicine.

Level II–Course 2 -AromaBotany (32 hours)

The abstract and mysterious quality of essential oils become a living botanical reality as students study the plants of their origin. A walk through a fragrant garden begins with the gymnosperms (conifer trees), which offer oils from wood, and continues with angiosperms (flowering plants), which provide oils from seeds, roots and leaves. Students study photosynthesis, flower reproduction, and exploring various plant parts. Includes field trips to botanical gardens in the Santa Cruz area.

COURSES (continued)

Level II-Course 3-Anatomy and Human Physiology,

Part One (27 hours)

A comprehensive study of Essential Oils and herbal care in relation to Anatomy and Physiology. The focus of this class is an in-depth study of the human cell and skin, the Skeletal and Muscular System, and the Respiratory System. Students learn how essential oils may strengthen these systems and offer healing when there are imbalances or disease.

Level II-Course 4 -Anatomy and Human Physiology,

Part Two (27 hours)

Continuing the study of the human body, this class focuses on the Cardiovascular System, the Digestive System, and the Urogenital and Gynecological Systems. Students look at using essential oils, herbs, and nutrition as alternative medicine for these systems.

Level II-Course 5 - Advanced Essential Oil Chemistry (32 hours)

Students gain a deeper appreciation of essential oil functional groups in this course. The meaning of optical isomers, ethers, and oxides is clarified, along with the reason why some essential oils heal and others are toxic. The class offers some hands-on experience in distillation using equipment for steam, steam and water, and solvent extractions. Larry Jones provides students with a greater understanding of GCMS (Gas Chromatography / Mass Spectrometry) analysis of essential oils and why it is important in order to guarantee their quality and purity.

Level II- Course 6 - Mind and Body (36 hours)

This class focuses on how essential oils affect the Limbic Brain and Endocrine, Nervous and Immune Systems, creating a mind-body connection. Students study therapies for psychoneuro-immunology disease, including spiritual applications. This class elicits a creative response of awareness of how thoughts and emotions effect one's health. Students learn to recognize methods that prevent disease and create harmony in the body.

Requirements for Graduation

1. Complete all courses (456 hours) with passing grade of C, including completing all examinations and assignments.
2. Complete a Clinical Internship.
4. Pay all tuition and fees in full.
5. Complete a final three-hour written examination and a one-hour oral examination.
6. **CONGRATULATIONS!**

Location & Directions

The College of the Botanical Healing Arts is located at 4170 Gross Rd Ext., Ste. # 5 Capitola, CA 95010 www.cobha.org

Behind Pizza My Heart on 41st Avenue, across from the car dealership.

Weekend Workshops/Elective Credits

Spiritual Nutrition

1 p.m. - 4 p.m.

In this workshop, we will explore the Spiritual Nutrition paradigm and how it affects and amplifies the evolutionary unfolding of the spiritual being that we are. From this perspective, we can think about nutrition in a different way. We will learn that what we eat affects the functioning of our mind, and how our food choices reflect our state of harmony with ourselves, our world, and the divine. This view of nutrition helps us to understand what it means to live an integrative, harmonious, and peaceful life on this planet. We will see how our spirit, our mind, our emotions, our body, and even our genetic expression are affected by the food we eat

Distillation 101: An Aromatherapy and Alchemical Hands on Day

9 a.m. - 5 p.m.

Full day demonstration learning how to steam and hydro distill plant material in a traditional copper still. Learn how to collect and prepare herbs, how to separate essential oils from water, and sterilize your environment and material for optimal shelf life and preservation. Take home your freshly distilled essential oils

Enhance your Sweet Spot of Mind

12 p.m. - 5 p.m.

Learn how to create new neuro-pathways!

Your experience matters everyday for your future health and happiness due to the ways the brain continually learns and changes. With EFT (Emotional Freedom Tapping) and accelerating personal resource states, energy kinesiology, special meditations, heart intelligence, essential oils and leading edge neuroscience!

COURSES (continued)

Level II-Course 7 - Clinical Science

(32 hours)

This course covers the study of disease, addictions and pathology, as well as the study of viruses, bacteria, fungi and some of the many illnesses that they may cause. Conditions such as multiple sclerosis, cancer, obesity and drug addiction are reviewed. Students learn how supplements, such as a minerals, vitamins and herbs work well with essential oils to restore balance to the body.

Level II- Course 8 - Energetic Healing

(32 hours)

This course introduces students to the mystery of the human etheric body, the chakra systems, and its connection to the body's endocrine system. Students look at various healing methods that focus on subtle energies, including Flower Essences, Homeopathy, Hydrotherapy, and Aromatherapy. Through class experiences, students explore how energy fields exist and how essential oils affect these fields. The goal of this class is to discern methods to keep the body's aura healthy and to promote spiritual healing.

Level II-Course 9-Communication & Business Skills (20hours)

This course focuses on the ethics of being an Aromatherapy Practitioner. Through communication skills, the student learns how to develop a sound relationship with clients. Also covered: How to start a business, keep records, and maintain other legal considerations. Students prepare a business plan and/or design a brochure and a business card. Students will also learn how to prepare a PowerPoint presentation.

Level II- Course 10 - Clinical Practice Theory

(34 hours)

This course works in conjunction with Course 11 (Clinical Internship). Students discuss their experience from the clinic. Fellow students offer support and suggestions in dealing with client issues. Ways to improve structure and functioning of clinic are explored. Setting up an ideal clinical situation is a written assignment. With the conclusion of reflexology.

COURSES (continued)

Level II- Course 11 - Clinical Internship (46 hours)

During this course students apply the knowledge acquired from all Level I and Level II courses. Students create a clinic atmosphere, schedule appointments, publicize their clinic to the community, and maintain records. During the Clinic they interview clients, assess their condition holistically, do a reflexology treatment, create a custom blend and offer healthy lifestyle suggestions.

Level II-Course 12- Community Outreach (24 hours)

A life changing experience for student and clients in need of therapeutic services. We will share our love of essential oils and herbs with new friends in assisted living homes and other places in the community. There will be an orientation class, then 6 classes of spending time with those in need of therapeutic care followed by a short time to share in classroom. Presenting oils to smell, to experience in hand massage, to evoke memories, and to provide the education to make each visit meaningful.

Electives -

COBHA has an exciting elective program for students to chose different workshops every month to complete the 54 units required for graduation. Here are some of the rotating subjects COBHA offers: Distillation, Hydrosol, Advanced Reflexology, Essential Oils for Children, Nutrition for Health. Stress Release, Massage with Essential Oils. Herbal Medicine, Sound Healing, Essential Oils for depression, Flower Essences, Making Facial Creams, Herbal preparations: Salves, Health and Wellness principles, product making: Lotions, spritzer, lip balms, and roll ons. Elective credits are also offered to students attending conferences of the National Association for Holistic Aromatherapy (NAHA), Alliance of International Aromatherapists (AIA), and/or the Pacific Institute of Aromatherapy (PIA).

These elective workshops are available to all students of COBHA and to the general public.

All student files are kept confidentially at COBHA, student transcripts are kept permanently

Weekend Workshops/Elective Credits

Fundamental Emulsions 101: Lotions, Creams and Gels

9 a.m. - 5 p.m.

Have you ever wanted to know the Chemistry behind making Lotions, Creams, and Gels? Because of the nature of essential oils and their inability to blend in water, often, the aromatherapist's only choice is to dilute aromabends into pure carrier oils (such as olive, jojoba, sunflower etc...) or alcohol. Gels, Lotions and creams are great and convenient bases for aromatherapeutic products, may they be cosmetic or medicinal. They offer a smooth penetration of the epidermis leaving the skin soft with no oily feeling. The workshop will largely be demo-oriented, and you will be introduced to many interesting raw materials such as waxes, hydrofoils, and varied carrier oils for the basic mechanisms of making emulsions. You will also learn preservation and sanitary guidelines. You will take home your own cream and a gel custom scented with your own aromatherapy blend. (Students are encouraged to bring their own essential oils)

Learn Effective Relaxation and Methods for Stress Relief

10 a.m. - 4 p.m.

Expand your toolbox and learn practical relaxation and healing techniques. Assist yourself, those you love and your clients in a more effective way, in the mind-body connection to relieve stress and pain. Perfect for Aromatherapists, Life Coaches, Counselors, Nurses, Massage Therapists, Reflexologists and Healers. Creative imagery, affirmations, brain wave information and beautiful templates are included. Learn how to incorporate essential oils and spritzer into healing sessions.

Introduction to Psych-K and the Body Code System

1 p.m. - 3 p.m.

This workshop introduces you to the concepts of Psych-K and the Body Code system. Through Psych-K we "re-parent" ourselves with positive, life-affirming programming and beliefs that we should have had all along. In the Body Code System, there are 6 main areas in which our spiritual, physical, and emotional selves can be out of balance, and can lead to physical pain and disease. Using muscle testing, we ask the subconscious, "What is the underlying cause of my health issue?"

Weekend Workshops/Elective Credits

It's All About the Blend

10 a.m. - 12 p.m.

We will explore how essential oils will boost your culinary creations while dramatically changing the flavor profile of your dish. Learn the health benefits of perfect blended smoothies, soups, juice and Buddha bowls. Simple, quick and easy recipes that you will be able to recreate in your own kitchen while you start eating for health.

Key Health & Wellness Principles in today's Challenging Environment

10 a.m. - 3 p.m.

We will be discussing the basic Principles of Health and Wellness that can be immediately implemented in your life. You will learn about functional medicine tests for assessing your health including adrenal stress tests, full functional thyroid testing, autonomic nervous system assessment using heart rate variability and organic acids urine testing for assessing biochemical individuality, detoxification, and nutrient needs. We will also cover the need for periodic detoxification, the key role of the liver, kidneys and lymphatic systems for proper elimination, the key role of the intestinal microbiome for health including ways to assess imbalances such as leaky gut syndrome and intestinal microbial overgrowth. The second half of the seminar will address the history of Energy Medicine and its many diagnostic and treatment approaches. In today's imbalanced environment we also discuss the current electromagnetic challenges and how to protect yourself from its adverse effects.

Pendulum Dowsing

1 p.m. - 5 p.m.

Pendulum dowsing is the most common form of dowsing. You can use it in all areas of your life and business. Using a pendulum is like having a precision meter to indicate what your intuition is telling you. In this class we will be learning to dowse accurately with a pendulum, and then use the pendulum with charts and directly with oils and supplements.

Level I - Course I

Foundation Course in Essential Oil Therapy

Lavender ~ Jasmine ~ Orange ~ Cedarwood ~ Thyme
Bergamot ~ Cypress ~ Frankincense ~ Myrrh ~ Roman Chamomile ~
Patchouli ~ Peppermint ~ Eucalyptus ~ Juniper Tea Tree ~ Lemon
~ Rose ~ Geranium ~ Rosemary
Fennel ~ Grapefruit ~ Clary Sage ~ Ylang Ylang

Level II - Course I - History of Medicine

Cardamon ~ Clovebud ~ Garlic ~ Nutmeg ~ Vervain ~ Wormwood ~
Burdock Root

Course II - Botany

Pine ~ Sandalwood ~ Elemi ~ Ginger ~ Vetiver ~ Hyssop
Lime ~ Angelica ~ Lavandin ~ German Chamomile

Course III - Physiology Part I

Helichrysum ~ Marjoram ~ Cajeput ~ Camphor ~ Ravintsara Arnica ~
Comfrey ~ Aloe Vera ~ Horehound

Course III - Physiology Part II

Black Pepper ~ Cinnamon ~ Coriander ~ Dill ~ Celery Seed Sage ~
Hawthorne ~ Licorice Root ~ Dandelion ~ Raspberry Leaf

Course V - Mind & Body

Basil ~ Bay Laurel ~ Lemongrass ~ Petitgrain ~ Niaouli Palmarosa ~
Mandarin ~ Spikenard ~ St. John's Wort
Saw Palmetto ~ Astragalus

Course VI - Clinical Sciences

Myrtle ~ Oregano ~ Eucalyptus ~ Citriodora ~ Galbanum Valerian ~
Spearmint ~ Yarrow ~ Goldenseal
Echinacea ~ Milk Thistle

Course VII- Energetic Healing

Rosewood ~ Neroli ~ Carrot Seed ~ Tulsi ~ Melissa
Mugwort ~ Ginseng

Course VIII- Clinical Practice

Spruce ~ Benzoin

Books by Course

Level I

Level I - Course I Foundation Course in Essential Oil Therapy

Provided with class fee:

Davis, Patricia. Aromatherapy: A-Z.

Jones, Elizabeth Anne. Awaken to Healing Fragrance

Level II

Level II - Course I - History of Medicine

Griggs, Barbara. Green Pharmacy

Course II - AromaBotany

Lawless, Julia. The Illustrated Encyclopedia of Essential Oils

Rose, Jeanne. 375 Essential Oils and Hydrosols

Brian Capon, Botany for Gardeners

Courses III – Physiology Parts I & II

Marieb, Elaine. Essentials of Human Anatomy and Physiology

Course IV—Advanced Essential Oil Chemistry

Bowles, Joy E. The Chemistry of Aromatherapeutic Oils

Course V – Mind & Body

Pert, Candace B. Molecules of Emotions

Damian, Kate & Peter. Aromatherapy Scent and Psyche

Marieb, Elaine. Essentials of Human Anatomy and Physiology

Course VI – Clinical Sciences

Buckle, Jane. Clinical Aromatherapy: Essential Oils in Practice

Course VII- Energetic Healing

Davis, Patricia. Subtle Aromatherapy

Worwood, Valerie Ann. The Fragrant Heavens

Course VIII- Communication & Business Skills

Sohnen-Moe, Cherie M. Business Mastery

Weekend Workshops/Elective Credits

Reflexology

10 a.m. - 4 p.m.

This hands-on workshop will focus on essentials and benefits of foot and hand reflexology and how to incorporate essential oils. Learn how to use and read a reflexology chart, locate reflex points, and perform basic techniques. Everyone will get to experience and practice giving a foot reflexology foot session!

The Feminine Journey: An Exploration of the Spiritual Journey for Women

10 a.m. - 5 p.m.

is an exploration of the feminine psychological and spiritual journey using myth, music, story, and ancient text toward personal transformation. Participants will be exposed to a variety of spiritually nourishing practices as well as an opportunity to explore their own spiritual journey. It is asked that students bring one small natural item to decorate an altar, a small personal item to represent their journey, if possible a magazine to cut pictures from, and a small food item to share. Participants receive a 25 page booklet about the myth of Eros and Psyche as well as one CD of music.

Botanical Extracts 101: For the Herbal Formulator

9 a.m. - 1 p.m.

In this demo and hands on class, students will learn the therapeutic mathematical ratios to make quality botanical extractions in alcohol, glycerin and oil. These extracts are very versatile and can be used for medicine, perfume and cosmetic formulas. The goal of this class is to enable students to work from the raw dried, fresh or wild harvested materials to the finished product. These botanical extracts are a perfect base and potent ingredient for making quality medicinal, aromatherapy and cosmetic products. A range of cosmetically and medicinally prized plants will be presented; giving the students the opportunity of a hands-on experience, for making their customized botanical extracts themselves. Many other botanical extraction techniques will be shared during the class such as effleurage and percolation. Students will bring home a customized glycerin extract and oil extract and a previously infused, ½ oz botanical tincture.