

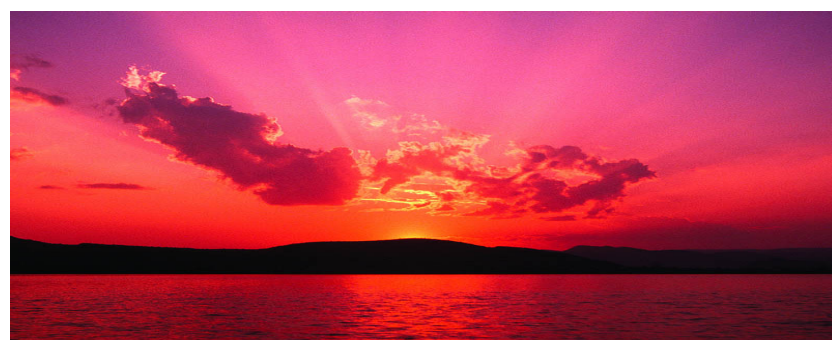


Upgrade Course Information

For

EPASA Registration

2011



THE TRAINING INSTITUTE OF CHOICE

TABLE OF CONTENTS

From the coffee table	3
From the desk of EPASA	4
Main subjects for upgrading	7
Ethnomedicine upgrade courses	8-9
Ethnopsychology upgrade courses	10-11
News letter	12
Hypnotherapy certification course	13
Course content	14-15
TS101 Basic Trance State Therapy1	16
TS102 Basic Trance State 2	17
TS103 Advanced Trance State Therapy 1	18
TS104 Advanced Trance State Therapy 2	19
TS201 Analytical Trance State Therapy 1	20
TS202 Analytical Trance State Therapy 2	21
LC201 Life Coaching	22
IK101 IAK1: African Traditional Medicine & Herbs	23
IK102 IAK2: African Philosophy of Healing	24
IK201 IAK3: Ethnopsychology	25
AP101/102 Anatomy & Physiology 1&2	26
PP101/201 Pathophysiology 1&2	27
CS202 HIV/Aids Counselling	28
SS201 Signs & Symptoms (Facial & Body)	29
IR101/102 Iridology 1&2	30
IR201/202 Iridology 3&4	31
CS101/201 Counselling Skills 1&2	32
NU101-104 Nutrition 1-4	33
AB201 Abnormal Psychology	34
EB201 Ethnobotany	35
PM201 Hypnoanaesthesia & Pain Management Specialty C	36
PL201 Advanced Past Life Regression Specialty Certification	37
MS301 Advanced Metaphysical Science 1	38
MS302 Advanced Metaphysical Science 2	39

FROM THE COFFEE TABLE

ETHNOMEDICINE

The increasing popularity and effectiveness of Ethnomedicinal remedies is apparent as sales rise on a daily basis. The discipline has its foundation in ancient wisdom and has run trials over the centuries. The success of these herbal remedies has inspired many pharmaceutical companies to rake over the traditional ashes of time in search of the magic and to manufacture synthetic counterparts on a mass production basis. We as herbalists maintain that a note or two taken from a symphony is just a sound. You need the wholeness of the herb for healing and for maintaining a state of wellbeing. Health and vitality require not only a remedy but a conducive life style.



Your Ethnomedicine Practitioner will identify conditions, dispense herbal remedies and make recommendations of nutrition. The most difficult part for the patient is to accept the need for life style change and to re-engineer themselves. This requires in many cases to give up some of the "nice" but not so good eating habits. May we be brave enough to say that your patient needs to re-train their taste buds.

MANUFACTURES

Ethnomedicine Practitioners extend a thank you for your dedication in manufacturing and research to bring the highest quality of medicines and formulations to the Practitioner for treatment of their patients.

FROM THE DESK OF EPASA

WHY UPGRADE?

Over the past decade or so there has been a proliferation of healers in South Africa. In many cases these healers have not identified themselves in clear terms as to what they actually practice and what remedies are prescribed. Many have not registered with an association and should they wish to do so do not know which association to register with.

A cross section of these healers shows that in the main they have primary health care training through various institutions across the country. Many Practitioners are found to be using iridology, sclerology, and a host of electronic diagnostic equipment for making an assessment of their clients. The use of herbal remedies is also apparent.

EPASA has for the past two decades lobbied for the recognition of Ethno medicine. Through these concredited actions EPASA, which is a self regulatory body, took the challenge of regulating Ethno medicine practitioners. The membership grew rapidly,

From the outset EPASA aligned under the Traditional Health Practitioners Act of 2004. EPASA attended many meetings and workshops with leading Traditional Organizations and various subject matter experts, which culminated in the drafting of a National Framework to support the Act.

Government Gazette, 25 July 2008 No. 31271

In 2007 the Parliamentary Portfolio Committee on Health found it appropriate to direct Ethno medicine toward the Allied Health Professions Council of South Africa (AHPSCSA) under the auspices of the National department of Health.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

FROM THE DESK OF EPASA

WHY UPGRADE? (CONTINUED)

This resulted in the submission by EPASA for the opening of a register for Ethno medicine. These submissions, supported by workshops and presentations were instrumental in the acceptance of an Ethno medicine register, in principle, by the AHPCSA.

EPASA showed that the practice of Ethno medicine has a specific Philosophy and Principle of healing that does not overlap with other modalities practiced under the AHP Act. Ethno medicine is the modern application of "indigenous health practices" of South Africa.

Now, more so than in the past years, is it imperative that healers who wish to identify under Ethno medicine come forward and declare themselves as willing participants of the modality.

Upgrading of members.

The purpose of having upgrade criteria for member registration is for uniformity in education of EPASA members. This uniformity in education will have the outcome of predictable service delivery which is of a high standard.

EPASA has the task of presenting each member, with their portfolio of evidence (subjects completed, relevant to the scope of practice.) to Council for review.

EPASA approved training institutes:

Translife Training Institute	Johannesburg
Wellness Centre	Pretoria
Roots (massage)	Meyerton

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FROM THE DESK OF EPASA (CONTINUED)

EPASA APPROVED MANUFACTURES 2011

HERBTRON

HERBAL AFRICA

MEDFORD

PHEKO

TIBBS

Contact the manufactures via their websites

HELP DESK: 0861 105 808

MAIN SUBJECTS FOR UPGRADING

THE ETHNOMEDICINE PRACTITIONER

The following pages show the modules required for full registration with EPASA. The modules and content have been selected by subject matter experts in the field of Ethno medicine and Ethno psychology.

Where your registration is for only Ethno medicine you will be required to do the modules listed under Ethno medicine.

Where your registration is for only Ethno psychology you will be required to do the modules listed under Ethno psychology.

Where your registration is for both modalities you will be required to do the modules listed under Ethno psychology only as they cover the requirements for both modalities.

The AHPCSA are likely to require all practitioners to do a course in clinical medicine and diagnosing. A dispensing license will also be required. EPASA does not have sight of these requirements at present but will keep you informed.

As you can well appreciate there is a lot of study requirements for many of our EPASA members. Our suggestion is that you do not leave it to the last minute.

A priority of the AHPCSA is to protect the public. Council will not register practitioners who are inadequately trained.

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ETHNOMEDICINE [CLASSROOM STUDY]

Anatomy and Physiology

AP101 Anatomy & Physiology 1 5 Days - R2850

AP201 Anatomy & Physiology 2 5 Days - R2850

Pathophysiology

PP101/201 Pathophysiology 1&2 5 Days - R2850

Nutrition

NU101 Nutrition 1 2 Days - R1710

NU102 Nutrition 2 2 Days - R1710

NU201 Nutrition 3 2 Days - R1710

NU202 Nutrition 4 2 Days - R1710

Iridology

IR101 / 102 Iridology 1&2 5 Days - R3450

IR201 / 202 Iridology 3&4 5 Days - R3450

Trance State Therapy

TS101 Basic Trance State Therapy 1 2 Days - R1710

TS102 Basic Trance State Therapy 1 2 Days - R1710

TS103 Advanced Trance State Therapy 1 2 Days - R1710

TS104 Advanced Trance State Therapy 2 2 Days - R1710

Signs and symptoms (facial)

SS201 Signs & Symptoms of disease 5 Days - R2850

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

ETHNOMEDICINE [continued]

Indigenous African Knowledge

IK101	African Traditional Medicine (Herbs)	2 Days - R1710
IK102	African Healing Philosophy	2 Days - R1710
EB201	Ethnobotany	8 Days - R6850

Trip to Traditional Healers Training Centre

DT101	Trip to Traditional Healers College	1 Day - TBA
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Counselling / HIV / Aids counselling

CS101	Counselling Skills 1	2 Days - R1710
CS201	Counselling Skills 2	2 Days - R1710
CS202	HIV/Aids Counselling	2 Days - R1710

Ethno Massage Techniques

MT201	Ethno Massage Techniques	2 Days - R1710
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First Aid Level 2

FA201	Attend at any Seta Registered F/A Trainer	4 Days - TBA
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Jurisprudence

JP201	Available after opening of register: AHPCSA	1 Day - TBA
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Management Information Systems

MI201	Tools to run your practice	2 Days - R1710
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(Translife Training Inst prices incl vat)
(Ethnomedicine Institute prices—not vat)

THE TRAINING INSTITUTE OF CHOICE

ETHNOPSYCHOLOGY [CLASSROOM STUDY]

Anatomy and Physiology

AP101	Anatomy & Physiology 1	5 Days - R2850
AP20	Anatomy & Physiology 2	5 Days - R2850

Pathophysiology

PP101/201	Pathophysiology 1&2	5 Days - R2850
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Nutrition

NU101	Nutrition 1	2 Days - R1710
NU102	Nutrition 2	2 Days - R1710

Iridology

IR101 / 102	Iridology 1&2	5 Days - R3450
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Trance State Therapy

TS101	Basic Trance State Therapy 1	2 Days - R1710
TS102	Basic Trance State Therapy 1	2 Days - R1710
TS103	Advanced Trance State Therapy 1	2 Days - R1710
TS104	Advanced Trance State Therapy 2	2 Days - R1710
TS201	Analytical Trance State Therapy 1	4 Days - R3450
TS202	Analytical Trance State Therapy 2	4 Days - R3450

Signs and symptoms (Facial)

SS201	Signs & Symptoms of disease	5 Days - R2850
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Life coaching

LC101	Life Coaching 1	2 Days - R1710
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HELP DESK: CALL: 0861 105 808

ETHNOPSCHOLOGY [continued]

Indigenous African Knowledge

IK101	African Traditional Medicine (Herbs)	2 Days - R1710
IK102	African Healing Philosophy	2 Days - R1710
EB201	Ethnobotany	8 Days - R6850

Day Trip to Traditional Healers Training Centre

DT101	Trip to Traditional Healers College	1 Day - TBA
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Abnormal Psychology

AB201	Abnormal Psychology	2 Days - R1710
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Counselling / HIV / Aids counselling

CS101	Counselling Skills 1	2 Days - R1710
CS201	Counselling Skills 2	2 Days - R1710
CS202	HIV/Aids Counselling	2 Days - R1710

First Aid Level 2

FA201	Attend at any Seta Registered F/A Trainer	4 Days - TBA
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Jurisprudence

JP201	Available after opening of register: AHPCSA	1 Day - TBA
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Management Information Systems

MI201	Tools to run your practice	2 Days - R1710
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(Translife Training Inst prices incl vat)
(Ethnomedicine Institute prices—not vat)

THE TRAINING INSTITUTE OF CHOICE

TRANSLIFE

NEWSLETTER

Volume 1, Issue 1
15 April 2011

Dear students,

Translife will do all possible to expedite your upgrading requirements as described by Epsa. It is however your responsibility to complete the upgrades as soon as possible to avoid disappointment when the window period closes.

Recommendations:

Connect with the Translife Training Institute web site: www.translife.co.za for a booking form that you may complete and submit. You will also find the course dates.

Course venue: HELVETIA HOUSE Edenvale

Please book early to secure your seat and avoid disappointment.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

HYPNOTHERAPY

INTERNATIONAL MEDICAL DENTAL HYPNOTHERAPY
ASSOCIATION
(IMDHA)

HYPNOTHERAPY

Translife Training Institute is licensed to train the IMDHA hypnotherapy certification course. There are 174 schools worldwide

Curriculum

TS101	Basic Hypnosis 1	2 Days - R1710
TS102	Basic Hypnosis 2	2 Days - R1710
TS103	Advanced Hypnosis 1	2 Days - R1710
TS104	Advanced Hypnosis 2	2 Days - R1710
TS201	Hypnoanalysis 1	4 Days - R3450
TS202 (incl. vat)	Hypnoanalysis 2	4 Days - R3450

The above modules can be used to RPL you into the Ethnomedicine and Ethnopsychology programs listed on pages 8-11

This certification course also allows you to work as a Hypnotherapist in the UK and in many states of the USA. In South Africa, Non-Clinical Hypnosis Students can register with the following associations in South Africa: EPASA (Ethnomedicine Practitioners Association of South Africa) as an Ethnopsychologist, TRAMSO: Traditional Medical Systems Organization.

Further training and requirements are required for registration with these associations.

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THE TRAINING INSTITUTE OF CHOICE

Course Content in brief

These courses are designed for upgrading purposes only.

Anatomy and Physiology

Fundamentals of the nine human systems

Pathophysiology

General diseases of the human body

Nutrition

What the body needs for reconstruction and wellness.

Iridology

The study of the Iris/Sclera gives the practitioner a systemic overview of the patient, outlining generic propensities, acute conditions

Trance State Therapy

Known in the west as Hypnotherapy. An international benchmark of the International Medical and Dental Hypnotherapy Association (IMDHA) USA forms the fundamental subjects. The training includes Dream analysis, Regression to source of problems, Past life regression, Release from addictions, to mention a few.

Abnormal psychology

Gives the student an understanding of the Western Psychologies terminology and an insight to the Pathology

Counselling

All health sector personnel are required to understand the principles of counseling

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

HIV /Aids Counseling

Legal considerations are taught supported by practical demonstrations

Life Coaching

Goal setting is taught together with the fundamental principles employed

Indigenous African Knowledge

Ethnomedicine is the modern version of the indigenous health practises in Africa

First Aid level 2

The correct and effective stabilization of a patient is an important first step in health care

Signs and symptoms (facial)

"A persons face does not lie". A wide range of pathology can be determined simply by learning these signs

Day trip to Traditional healers training centre

An insight to indigenous health practices and of the workings of a healing / training centre

Management Information Systems

The rules regarding patient file keeping and the effectiveness of general office administration

Jurisprudence

Once practitioners are registered under an Act they need instruction on the legal paradigm into which they have entered

Further information: Help Desk: 0861 105 808

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS101 Basic Trance State Therapy 1 Basic Hypnosis 1

Some items covered in the course:

- Legality of Hypnosis & Trance State Therapy
- History of Hypnosis
- The Subconscious Mind & how it works
- Misconceptions about Hypnosis
- Truths about Hypnosis
- Types of Hypnosis & Trance State Therapy
- Salient features of Hypnosis
- Progressive relaxation technique
- Rules of the mind
- The Psychology of suggestion & positive statements
- Affirmations for good health
- Dave Elman Technique
- Student Practical

The Aim of this course is to teach the student:

- How to use suggestions to achieve a desired outcome
- Using the Dave Elman Method to Induce Hypnosis
- Understanding how the Conscious & Subconscious mind works; how we get information into the subconscious & retrieve information from it.
- Introduce students to practicing Dave Elman Technique

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS102
Basic Trance State Therapy 2
Basic Hypnosis 2

Some items covered in the course:

- Emotions
- Video "What the Bleep"
- Commonly asked questions
- Suggestibility testing
- Trance inductions
- Stop Smoking "Workshop"
- Video: "Create your Day"
- Dave Elman Induction Techniques: more practical
- Self Hypnosis: Theory and student Practical
- Rules of the mind
- The Psychology of suggestion & positive statements
- Affirmations for good health

The Aim of this course is to teach the student:

- To understand what Emotions are, how they affect our bodies and lives, right down to cellular level, and the individual consciousness and health of each cell; how body chemicals are released causing disease linked to emotion
- The Science of Suggestibility, and the role it plays in Hypnotic Induction. Practical demonstrations.
- What the ISE (Initial Sensitizing Event: Causing the client's problem) is, and how the Subconscious mind works regarding the ISE.
- How to assist people to stop smoking – in groups
- What causes Weight-Problems, and how to assist your client using various techniques, e.g. Self-Hypnosis, Self-Regression, Ideomotor Phenomena, Positive Suggestions, Imagery etc. for Weight Control.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS103
Advanced Trance State Therapy 1
Advanced Hypnosis 1

Some items covered in the course:

- Revision
- States of Hypnosis
- NLP: Finding your Basic Communication Type & Practical as applied in Hypnosis & Ethno psychology.
- Instant Inductions. How to induce Hypnosis/Trance State within a minute or less.
- Scoring: Basic Communication Type & Eye Pattern Charts. Checklist for Discovering Learning Channels: What is your listener's communication channel? Which side of your brain calls the shots?
- Deep Breathing and the Recovery Process.
- Psychophysical Reaction Checklist.
- Introduction to Ancient Wisdom: The Seven Rays as applied in Ethnopsychology; principles of Ethnopsychology, Journey of the Soul; formation of our Solar System.
- Karma and Soul agreements.
- Introduction to Regression and applying of NLP Anchoring techniques and suggestion.

The Aim of this course is to teach the student:

- Different States of Hypnosis & how to achieve them.
- Instant Inductions – condition client for instant induction.
- Basic Neuro-Linguistic Programming to assist you in dealing effectively with people regarding Inductions and Suggestive Hypnotic Techniques to improve Sports Performance, Studies, Weight Loss, Stop Smoking, Self-Esteem, Stress-Management, Insomnia, Bed-wetting, Nail Biting and more ...
- A basic understanding of the 'Other Worlds', and the difference between spirit, soul and Human being.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS104
Advanced Trance State Therapy 2
Advanced Hypnosis 2

Some items covered in the course:

- Initial Sensitizing Event (ISE)
- Subsequent Sensitizing Event (SSE)
- Symptom Producing Event (SPE)
- Symptom Intensifying Event (SIE)
- ISE's related to Weight problems and how to solve
- Hypnoanaesthesia: Glove Anesthesia for pain & painless dentistry; full arm catalepsy. (Esdaile-coma state and Painless birth covered in Hypnoanaesthesia & Pain Management Specialty Certification Course)
- The psychology of pain, Pain theories, Pain Management.
- Student Practical: Regression to mother's womb, Spiritual Contract with Parents.
- Lives between lives theory and possibilities.

The Aim of this course is to teach the student:

- How to uncover the ISE, SSE, SPE and SIE, and techniques to correct the effects of these deep hidden memories.
- Regression Techniques: Student practical using Age- and Soul-Regression to early childhood, birth experience, time in mother's womb, before conception and even further back in time. What were the person's goal and purpose for this life, and why did they choose their parents, country etc.
- The basics of Hypnoanaesthesia, Hypnodontics, Pain Management through Hypnosis, Glove Anaesthesia, Hypnotic suggestion for Pain & Stress management.
- Creating a Magic-Spot for people who have a fear of needles and injections; Glove Anaesthesia (numbness of the hand), and how to transfer the anaesthesia to the jaw (painless dentistry) or other parts of the body for pain etc.
- All about past life experiences and how to reverse the emotional effect on the body in the current life.; learn how to handle "abreaction", relieve the emotions and traumas of long ago, do the forgiveness, and healing your own body cells.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS201
Analytical State Therapy 1
Hypnoanalysis 1

Some items covered in the course:

- Introduction to Hypnoanalysis; Hypnoanalytic Consultation
- Intake Form & Theory of Clinical Hypnoanalysis
- Release Form; My Freedom List; My Success List
- Double Diagnosis and concepts of Ethnomedical & Ethnopsychological diagnostics
- Basic Fundamentals of Hypnoanalysis; Time Line Technique—NLP, Trance and Hypnotic methods.
- Word Association Test: Practical & concepts of analyzing results to establish a pattern. Obesity Word Association Test.
- Concepts and demonstration of Spirit Release Therapy, Vows, contracts, attachments and Ethnopsychology concepts.

The Aim of this course is to teach the student:

- The full function of Analytical Trance State, utilizing the Intake Form, Word Association Test, Obesity WAT test, with comprehensive Script file for Positive Change.
- Suggestions are given during the course for the student to have a dream, which will be Analyzed during Hypnoanalysis 11.
- Time-line Techniques and the use in Hypnoanalysis.
- How to find a pattern from information from the Intake Form, Word Association test, and Time-Line Techniques – do Age/Soul-Regression to the event causing the Physical Manifestation of the emotional trauma – and correct!
- These advanced Hypnoanalysis Techniques are valuable tools for Psychologists, Medical Practitioners, Ministers and Ethnopsychologists to use in assisting patients.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

TS202
Analytical State Therapy 2
Hypnoanalysis 2

Some items covered in the course:

- Hypnoanalysis & Analytical Trance State Goals in Therapy
- Subconscious Order of Importance; 7 R's of Hypnotherapy
- Dream Analysis: Theory, Demonstration and Student Practical, Interpretation and correcting association ISE's & understanding the connection of the meaning of the dream with the experience of the soul.
- Sexual Disorders
- Techniques for Release of Negative Energy/Colour Demonstration of Dream Analysis
- Demonstration of Hypnosis for Studies, Sport, Phobias & Fears.
- Student Practical: Dream Interpretation & correcting associated ISE's
- Setting up 10 session Go-Getters programme.
- IMDHA Exam.

The Aim of this course is to teach the student:

- How powerful our dreams are, and what they are trying to tell us and by taking the client back to "dream the dream again" through hypnosis and find meaning of the dream.
- Suggestions for further dreams, dealing with the same problem – forming a pattern.
- How emotions, actions and choices are linked to our soul-purpose.
- You will learn how to construct a plan to assist your client in 10 powerful sessions and negotiate a Life-Coaching agreement to assist your client to design his/her future and achieve goals.
- As per Course Objectives in Hypnoanalysis 1, 3 months practical with a fellow-student and one client will be required, as well as an assignment before certification.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

LC201
Life Coaching

Some items covered in the course:

- Introduction to Life Coaching. What is Life Coaching, Why a Life Coach; Categories of Coaching; Six components of Holistic Life Coaching;
- Six components of Life Coaching & Holistic Life Coaching principles.
- Applied Meditation, the role of Imagination and Intuition
- Teaching your client applied Meditation & Self Hypnosis
- Getting started!
- Action Pack part 1: Client policies & procedures; HLC Agreement; Client intake form; De-cluttering.
- Action Pack part 2: Holistic Life categories; my personal vision; my career vision.
- Action Pack part 3: Action your goals; Budgets; Intake form cont'd; Telephonic session preparation form; Session Planner.
- Student Practical: Action Packs

The Aim of this course is to teach the student:

- What Life Coaching is; why people need Life Coaching
- Components of Life Coaching
- Holistic Life Coaching Principles
- Revision of methods learned in preceding modules: TS101-TS103 and how to apply in the science of Life Coaching.
- How to teach your Client Self-Hypnosis and Visualization.
- How to work with Life Coaching Action Packs.
- Policies and Procedures, Coaching Agreements, De-Cluttering, Life-Mapping and many other tools.
- You will learn about Thoughts, Intuition and more ..Modules 1,2,3

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

IK101
Indigenous African Knowledge
African Ethnomedicine & Herbs

Some items covered in the course:

- Introduction to Ethno medicine & History of Ethno medicine
- The Role of Traditional Healers in Society & in Primary Health care delivery.
- The Traditional Healer & Western Medicine
- Traditional Concepts of Disease
- The History of Ethnomedicine Studies
- African Traditional Herbs, Other Herbs. Medicinal Plants of South Africa
- Introduction to Manufacture and Quality

The Aim of this course is to teach the student:

- The importance of Medicinal Plants
- Cultural Aspects of Healing
- Methods of Collection and storage
- Health through cultural Heritage
- Specifically African Traditional Medicinal Plants and how they can be applied in both Ethno medicine and Ethnopsychology with the specific focus of understanding the methodologies and philosophies of African Traditional Healing.
- The course is best suited for the student who has completed Ethnobotany, Anatomy & Physiology, Pathophysiology, Signs & Symptoms (facial, tongue etc.), and has a special interest in the combinations of herbs and other ingredients as included in the African Philosophy of healing.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

IK102
Indigenous African Knowledge
African Healing Philosophy

Some items covered in the course:

- Introduction of African Philosophy of Healing
- Important concepts for Healing
- DVD: "Ways of our Fathers", and student group participation.
- Understanding African Worldviews
- Holistic Conception of Life
- African "Traditional Religion", as seen from a western perspective vs. an African perspective
- Symbols in Story-Telling
- Indwelling Aspect of God
- God in Africa
- The difference between an African Traditional Healer, Diviner, Sangoma, Traditional Surgeon, Traditional Birth Attendant, and their functions.
- The Philosophy of Ritual in the African culture eg. Initiation, Burial, Initiation, etc.
- Ancestors: Who are they? Are they worshipped? How close are they to their families after death and how do they affect each other?
- Demonstration of Divining Bones, the philosophy behind the science, and practical demonstration of how Traditional Healers expertly weave counseling methods in a divining session to achieve a desired outcome; a session is filled with reflection, suggestions and a natural method of understanding the clients soul and heart.

The Aim of this course is to teach the student:

- The basic principles behind the Philosophy of African Healing, which includes the myths, truths and misconceptions of Ancestral influence, worship and commitment.
- Demonstration of Divining bones gives students an Academic appreciation of the science, but does not include any practical. Further studies are available from the lecturer, for registration with Tramso, a Traditional Healers Association.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

IK201
Indigenous African Knowledge
Ethnopsychology

Some items covered in the course:

- Introduction to Ethnopsychology
- Philosophy of Ethnopsychology, and its relationship to Metaphysics, Ancient Wisdom, African Traditional Healing, Ethno Therapies and religion.
- The Seven Rays or Soul Types, which is the core of Ethnopsychology. Methods of Analysis to determine to which Ray we belong, the Virtues and Vices with their challenges in life.
- Ancient Wisdom concept of the Origin of Spirit, Soul and human Soul, energies and influences affecting us, their impact on our life, and subsequent disturbances in the physical, etheric, astral, mental, intuitional and other spiritual bodies.
- Student practical determining Ray Types with suggestions for changing vices to virtues.
- Demonstration and Practical of typical Indigenous African physical and emotional problems caused by muti, curses, vows, beliefs, witchcraft and other related causes.
- Home study and assignment is based on the new psychology that is much needed in South Africa, which deals with specific issues experienced by people affected by apartheid, colonialism, indigenization which has a major effect in our modern times.

The Aim of this course is to teach the student :

- A much deeper understanding of the specific problems experienced by all races in South Africa, as it relates to cultural influences and beliefs, encompassing the suffering of human beings through change.
- It is a prerequisite that students must have completed all Trance State Modules, Counseling and African Philosophy of Healing, as the course has a large component of practical which requires confidence in dealing with the unseen world. Students at this level of training usually have developed higher intuition, rather than lower psychism and astral abilities.
- How to deal with all beings on all levels with love and respect & how to combine all the Ethno psychological tools available to assist a human being to achieve freedom in the true sense.
- Students learn new tools to help themselves to evolve spiritually, expand their consciousness, through understanding the challenges of each Ray as it affects us in real life.

COURSE BOOKING: WWW.TRANSLIFE.CO.ZA

AP101/102
Anatomy & Physiology

Some items covered in the course:

Introduction to Anatomy & Physiology
The Chemical Basis of Anatomy & Physiology
Cell & Cell Physiology
Tissues
The Integumentary System
Bones & Joints
The Skeletal System
Muscle Tissues
The Muscles
Nervous Tissue
Nervous System Organization
The Special Senses
The Endocrine System
The Blood
The Cardiovascular System
The Lymphatic and Immune Systems
The Respiratory System
The Digestive System
Metabolism and Nutrition
The Urinary System
Fluid, Electrolyte, and Acid/Base Balance
The Male Productive System
The Female Productive System

The Aim of this course is to teach the student:

- Develop an appreciation for the structures and functions of the Human body.
- Examine the interdependence of the integumentary, skeletal, and muscular systems, as these relate to the protection, support and movement of the human body.
- Assess the integration and coordination of body functions and their dependence on the endocrine and nervous systems to regulate physiological activities
- Analyse the physical, chemical, and biological properties of process systems as these relate to transportation, absorption and excretion, including the cardiovascular, respiratory, digestive, excretory and immune systems.
- Analyze the role of the reproductive system as it pertains to the growth and development of humans.
- Students will study major systems of the body pertaining to a normal or healthy body, the basic nutritional influences on normal functioning and basic disorders that can lead to disease. This course will be especially beneficial for students who wish to pursue careers in health sciences.

PP101/202
Pathophysiology 1&2

Some items covered in the course:

Disorders of Cells and Tissues
Genetic Basis of Disease
Blood Disorders
Cardiovascular Disorders
Disorders of the Lymphatic System
Disorders of the Nervous System
Special Senses Disorders
Disorders of the Endocrine System
Disorders of the Respiratory System
Disorders of Nutrition
Disorders of the Digestive System
Disorders of the Urinary System
Disorders of the Skin
Disorders of the Immune System
Disorders of the Musculoskeletal System
Disorders of the Reproductive Systems

The Aim of this course is to teach the student:

- Describe the basic concepts of Pathophysiology at the cellular level related to injury, the self-defense mechanism, mutation, and cellular proliferation.
- Outline the basic physiological mechanisms leading to diseased state.
- Outline the important pathological processes, which affect the organ of interest.
- Describe the impact of organ pathology on organ function.
- Describe clinical characteristics of diseased state of the organ of interest.
- The four major topics to be addressed are Etiology (cause/causes of the disease), pathogenesis (the nature of the disease process and its effect on normal body functioning), complications (other consequences which might arise if the disease progresses), and prognosis (the likely outcome). The course will be more concerned with cellular mechanisms responsible for the disease state in conjunction with general mechanisms necessary to reinstate homeostasis rather than the specific "clinical treatment" aspect of disease. The course will not emphasize epidemiology, pharmacology, or molecular biology. The primary focus will be on conceptual understanding of disease mechanisms.

CS202
HIV/Aids Counseling

Some items covered in the course:

- Poem
- Introduction to HIV/AIDS
 - Origins
 - Evolution of the HI Virus
 - Modes of Transmission
 - Infection Prevention - High Risk Factors
 - Taboos, Myths and Legends
 - Infection Process
 - Opportunistic Infections
- Sexual Behaviour and Cultural Aspects
- Understanding the VCT Process
 - Why Test
 - Pre-Test Counselling
 - Legal Issues around VCT – Consent etc.
 - Types of tests
- Post-Test Counselling
 - Responsibility of the infected person
 - Lifestyle Changes
- Referrals
- Principles Of Anti-retroviral Treatment
 - Why / Who / When / How
 - Resistant strains
- Death & Dying
- Counselling - Do's and Don'ts
- Rapid Testing Process (practical)

The Aim of this course is to teach the student:

- The Origin and evolution of the HI Virus, modes of transmission, infection prevention and risk factors.
- To understand the infection process, pre-test counselling methods, legal issues around VCT, and different types of tests.
- The Principles of Anti-retroviral treatment, Counselling techniques, and practical classroom Rapid Testing Process in class.

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SS201
Signs & Symptoms of disease
(Facial & Body)

Some items covered in the course:

- Introduction to Signs & Symptoms
Dr. Marie's Observations
The Concept of Yin and Yang
Order of the Universe
Constitution and Condition
- Antagonistic & Complemental Relations in the Human Structure & Function
- Shape of the Face and Head
- Seven General Head Shapes & the Personality Trait for each
- Correlations between the Head, Systems and the Peripheral parts of the body
- Signs & Symptoms that can be observed in following parts of body:
The Mouth, Lips and Teeth: The Mouth & Lips
The Eyebrows and Eyes
The Nose, Cheeks and Ears
The Forehead
The Hair
The Hands
The Feet
The Skin

The Aim of this course is to teach the student:

- To be able to tell what is wrong with a person by just looking at a person.
- To be able to do a mental assessment/diagnosis through observation of various facial and other body signs.
- In this course module, we focus on one of the aspects of diagnostics, based on Oriental diagnosis, which is widely used universally. Facial/body signs & symptoms as diagnostic tool does not require expensive equipment, nor sophisticated technology. The only tools we need to employ are our eyes, ears, touch, nose and intuition.

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IR101/102
Iridology 1&2

Some items covered in the course:

Introduction to Iridology and short History of Iridology
Iridology Charts
Anatomy of the Eye, Iris Zones and fields
Iris Signs: Angle of Fuchs; Central Heterochromia; Chords; Ciliary Zone; Collarets; Contraction Furrows; Cataract Potentials; Crypts, Defect signs; Density; Perifocal signs; Pinguecula; Prolapsus of the Transverse colon; Pterygium; Pupil Border; Pupillary Ruff; Radials; Radial Furrows; Rarefaction; Sectorial Heterochromia; Shading; Sphincter pupillae; Stomach Ring; Tophi; Topolabile; Topostabile; Transversal; Vascularized Transversal; White fibres raised; Binocular Heterochromia; Hyper-tropic & Hypotropic pigments; Bipolar Disorder; Gateway Arch; Osseous netting; Roof Top Transversals; Arthritic Sign, Cardiac Risk; Spleen-Heart Transversal; Major Iris Types; Subtypes; Pigment Types
Collarette Wreath; Wreath placement in relation to the Pupil
Wreath Quality; Wreath Shapes; Other Types of Wreaths;
The Stomach Zone
Pupillary Ruff; Quick Iris Evaluation for Vitality and Suggestion
Pupillary Tonus
Contraction Furrows
Lacunae Types
Iris Evaluation Forms and Students Practical, including: Iridology Camera pictures of student eyes for class evaluation
... and more

The Aim of this course is to teach the student:

- A comprehensive understanding of the science of Iridology to be able to do an evaluation of the Iris recognizing many Iris signs.
- To understand the Major Iris Types & Subtypes, with their inherent weaknesses and required dietary and nutritional adjustments.
- At the end of the course, the student must be able to do a full Iridology Assessment including diet and nutritional advice.
- Students will study major systems of the body pertaining to a normal or healthy body, the basic nutritional influences on normal functioning and basic disorders that can lead to disease. This course will be especially beneficial for students who wish to pursue careers in health sciences.

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**IR201/202
Iridology 3&4**

Some items covered in the course:

Jensen Chart, Hering's Law of Cure, The Nervous System & Organs as seen in top section of Iris: Thalamus; Hypothalamus; Forebrain; Acquired Mental Speech; Cerebral Cortex; Forebrain: Mental Ability; Cerebellum; Autonomic Nerve Wreath; Medulla; Basil Ganglia; Thalamus; Animation Life; The Glands & the Iris: Anatomy & examples in Iris Pineal Gland; Thalamus; Hypothalamus; Pituitary Gland; Thyroid Gland; Parathyroid Gland; Thymus Gland; Adrenal Gland; Mydriosis, Pancreas; Gonads; Kidneys; Liver; Gastro Intestinal Tract; Small Intestine & Bowel; Heart; Lungs; Respiratory Tract; : Anatomy, Illustrations and examples in Iris, Iridology Contradictions
Local Phenomena that make an Iridology examination difficult.
Sclerology : Introduction and Charts
Basic Premises of Sclerology
Basic Sclerology Lines: Simple/Medium/Advanced Stress; Congestion; Toxic Stress with Secondary Involvement; Critical Stress; Encapsulation; Abnormal Stress; Reticulated Stress; Infection Pocket; Healing Line
Colouration of Sclera
Some Sclerology Signs: Pinguecula; Pterygium; Tumour; Vessel Pooling (string of pearls)
Heart Transversal; ... and more ...
Conjunctiva signs;
Student Sclerology practical & evaluation.
Emotional Iridology: Illustrations & Examples in Iris Classifications, Chart; Intro—& Extroverts

The Aim of this course is to teach the student:

- A comprehensive understanding of the science of Iridology, and an introduction to Sclerology to be able to do an evaluation of the Iris, Sclera, and Emotional components, recognizing many Iris and Sclera signs. Weaknesses and required dietary and nutritional adjustments.
- At the end of the course, the student must be able to do a full Iridology Assessment including diet and nutritional advice.
- Students will study major systems of the body pertaining to a normal or healthy body, the basic nutritional influences on normal functioning and basic disorders that can lead to disease. This course will be especially beneficial for students who wish to pursue careers in health sciences.

Page 31

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**CS101/2021
Counseling Skills 1&2**

Some items covered in the course:

Fundamentals of Counseling:

The differences & similarities between Psychotherapy & Counseling; What counseling involve; About the counselor-client relationship; The importance of confidentiality in the counseling setting.

The Counseling Role:

Qualities of a Counselor; Creating core conditions.

Skills used in Counseling:

Both Basic & more Advanced Skills; How to understand specific words used by the client; About the use of empathy; The basics of counselor-client body language.

The Benefits of acquiring Counseling Skills:

Learn through examples how counseling skills can enhance your personal life; How counseling skills can be used in the workplace; how core conditions can be achieved.

Enjoying the Exploration of learning Counseling Skills:

Ways in which you can develop self-awareness and understanding; The use of visualization & meditation; Stress management & assertiveness training models; How to work with dreams.

Course Components:

The origins of counseling; Role of Personal Therapy; Basics of group work and supervision. Professional adherence to codes of ethics and practice.

The Three Major Approaches:

The Psychodynamic approach to counseling; The person-centered approach to counseling; The Therapeutic relationship & the aims of therapy in these three main approaches.

Demystifying the jargon:

How different defenses work; some analytical terms & their origins. What the commonly used terms of counseling mean.

Dealing with Anger:

How to cope with Anger: your client's and your own; The cognitive behavioural and psychodynamic perspectives on working with the angry client.

Underlying Issues:

What can help when a client brings difficult issues, such as prolonged grieving; Client & Counselor views of suicide; How to help those who are self-harming; The definition of Abuse.

Cultural Issues:

How to gain an insight into other cultures; The counselor-client relationship in a cross-cultural setting; Other cultural perspectives.

Working Online:

The differences between face-to-face counseling & counseling via the internet. Advantages & disadvantages of telephone/ Internet Counseling.

..... and more ... plus practical

The Aim of this course is to teach the student:

- An overview of the main theories, skills and applications of one-to-one counselling, its origins, the role of the counsellor, practical use of counselling skills and training involved in becoming a professional counsellor.

Page 32

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NU101/102/103/104
Nutrition 1-4

Some items covered in the course:

Water:

Water & Healing; Our drinking water; Water Requirements.

Carbohydrates:

Simple sugars, Fiber, Requirements; Carbohydrate Digestion & Metabolism.

Proteins:

Amino Acids; Food, Protein & Complementarity; Digestion & Metabolism; Protein Functions; Protein Requirements.

Lipids : Fats & Oils:

Classification & Biochemistry; Digestion & Metabolism; Functions; Requirements, Deficiency & Excess; Dietary Fat & Disease; Cancer Prevention; Cardiovascular Disease Prevention.

Vitamins:

Dietary Reference Intake; Other Nutritional Supplement Terms; Vitamin Availability; Who needs vitamins? Special Suggestions; The Individual Vitamins; Fat-Soluble Vitamins; Water-Soluble Vitamins; B-Complex Vitamins; Other B-Vitamins; The future of Vitamins.

Minerals:

The Macrominerals; The Micro minerals; Possibly Essential Trace Minerals; Toxic Minerals & Heavy Metals; The Future of Minerals.

Special Supplements:

Antibiotics; Anti-Inflammatories; Antioxidants; Bone & Joint Strengtheners; Circulatory Aids; Detoxifiers; Digestive Support; Energy Boosters & Stress Reducers; Genetic Support & RNA/DNA; Glandulars; Green Foods; Immune Support; Mental & Nervous System Support; Metabolic & Cellular Aids; Mood Balancers; Plants Oils, Fish Oils & Fatty Acids;

Foods:

Fiber, Phytonutrients; Flowers; Bee & Flower Pollen, Fruits, Vegetables, Grains; Seeds; Nuts; Oils; Dairy Products; Seafood; Poultry & Eggs; Red Meats; Seasonings; Beverages.

Diets:

Types of Diets; Cultural Diets; Western Diets; Other Diets.

Nutritional Habits:

Habits to Change; Combining Foods; Reading Food Labels.

Food and the Earth:

General Concerns: What is the Danger? How Chemicals cause damage? Indoor Pollutants; Toxic Problems in our Food Chain; How Chemicals get into our food; Organic Foods: A solution?; Food Processing; Food Additives

Building a Healthy Diet:

Components of a Healthy Diet; The Ideal Diet.

Nutritional Application:

Life Stage Programs; Performance Enhancement Programs; Medical Treatment Programs; Detoxification and Cleansing Programmes; Survival, Vitality Now & Health Forever.

The Aim of this course is to teach the student:

- Nutrition and its vital importance in creating good health, the importance of wholesome foods, recommended daily food program, special Health-Building foods; Whole Foods; Brain & Nerve Foods and a nutritional program that will support all body structures, restore nutrient-depleted tissues, repair damaged tissues and rejuvenate the energy production capability of the cells of the body.
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AB201
Abnormal Psychology

Some items covered in the course:

- Introduction and Historical Review
- What is Normal Behaviour?
- Psychopathology
- Current Paradigms in Psychopathology
- Diagnosis and Assessment
- Research Methods in the Study of Psychopathology
- Anxiety Disorders
- Somatoform Disorders and Dissociative Disorders
- Stress and Health
- Mood Disorders

Aim of this course is to teach the student:

- The Characteristics of Normal and Abnormal behaviour; DSM-IV-TR.
- What is Mental Disorder, Anxiety Disorder, Phobias, Panic Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress, Somatoform & Dissociative Disorders, Stress, Mood Disorders eg. Major Depressive Disorder, Bipolar Disorders, Eating Disorders, Substance Related Disorders, Schizophrenia, Personality Disorders, Sexual & Gender Identity Disorders, Childhood Disorders, Late Life Psychological Disorders ... and more ...
- Legal & Ethical Issues

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EB201
Ethnobotany 1

Some items covered in the course:

- History of Ethno medicine & Herbs
- African Traditional Herbs
Western Herbs
Medicinal Plants of South Africa
- Manufacture and Quality
- Importance of Medicinal Plants
- Plants parts used
- Methods of Collection and storage
- Active Ingredients (Chemical Compounds) in medicinal plants
- Student Practical in making Herbal Remedies & Tinctures.
.... And more

The Aim of this course is to teach the student:

- Ethnobotany is the study of the inter-relationship between people and plants, particularly the way in which plants impact on human culture and practices, and how humans have used and modified plants, and how they represent them in their systems of knowledge.
- This course will overview and explore theory of plants used as medicines, cultural perspectives of herbal medicine.
- Students will understand how environmental factors, preparation methods, and belief systems can affect the strength and efficacy of herbal medicines.

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PM201
Hypnoanaesthesia & Pain Management

Some items covered in the course:

Induction of Hypnosis
Formulation of Therapeutic Suggestions
Deepening Techniques
Procedure for awakening.
Hypnotic Anaesthesia Principles
Glove Anaesthesia
Hypnoanaesthesia for Children
Catatonic States
Full Body Catalepsy
Glove Anaesthesia
Esdaile (Coma) State
Hypnotic Natural Childbirth
Hypnodontics – Hypnosis in Dentistry
Pain Management
The Psychology of Pain
Pain Management Therapy
Methods for Pain control in Headaches
The Psycho physiological Aspects of Hypnosis
Basic introduction to Communication Types
Pre-Operative & Post-Operative care.

The Aim of this course is to teach the student:

- Advanced Hypnoanaesthesia Techniques
- The Course is practical orientated. A basic knowledge of Hypnosis is required. Ideal for Doctors, Dentists, Nurses & Other Health Care Professionals.
- IMDHA Specialty Certification only available for Certified IMDHA Hypnotherapists.
- Students with no training, will be required to do Modules 1&2 before attending this module

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PL201

Advanced Past Life Regression Specialty Certification Course

Some items covered in the course:

Introduction to Advanced Past Life Regression (PLR)
What is Past Life Regression?
Reincarnation and its Relationship to you.
How does the Subconscious & Superconscious mind work?
Past-Life Guided Meditation
- A Spiritual Sanctuary
- White Light Protection
- Finding your Higher Self
- Meet your Spiritual Guides.
Induction Methods for Past Life Regression
The Spiritual Dimensions – Planes of Existence
The Soul – The Human Soul, Soul, Spirit (Ego, Solar Angel & Monad)
How the Solar System was formed, and our place in it.
The role of devas/ angels on our path into incarnation.
How do we move into the physical planes in a group soul (involution).
What happens in the Astral Plane; who and what is there? Can we get there?
Find your Purpose in this Life. Discover your Soul-Qualities & who you are as a soul.
Learn how you died in previous lives, and where your soul went after dying.
Karma (Cause and Effect) Where and what are the Akashic Records & can we recall during Life between Lives (LBL) Regression?
What is meant by the Seven Rays, Hierarchy, Ascended Masters & where do we fit in?
The three aspects of God: Will, Love & Wisdom & Active Intelligence (Father, Son & Holy Spirit).
The Second and Higher Initiations

The Aim of this course is to teach the student:

- Instant and Rapid Methods to achieve Trance States for Regression to Past Lives.
- Ancient Wisdom Teachings regarding the Soul, Spirit and Human soul.
- Practical Hands-on Advanced Past-Life Regression Techniques – to not only *look* at Past Lives, but to *fix* the problems causing disease, stress, anxiety, psychosomatic disorders etc. in the current life.
- How to do regression to a time when you made contracts for this life & other lives.

Page 37

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MS201

Advanced Metaphysical Science 1

Some items covered in the course:

Introduction to Metaphysics
The Field of Evolution
Where does our Spirit come from?
The coming forth of Monads.
The Formation of the five Planes
The Kingdoms of Life
The attachment of the higher Atoms: Higher /Lower Triads
The Creative Hierarchies
Group Souls; Mineral, Vegetable & Animal Group Souls
Individualization: Mechanism and Purpose
Individualisation: Methods and Degrees
Functions of the Causal Body
Composition & Structure of the Causal Body & Causal Thought
Development and Faculties of the Causal Body
Life after Death: The Fifth, Sixth & Seventh Heavens
The cause of Reincarnation
Permanent Atoms and the Mechanism of Reincarnation
The Ego (Soul) and Reincarnation
The Ego (Soul) and his "Investment"
The Ego (Soul) and the Personality
The Ego (Soul) in the Personality
The Ego & the Personality: Sacramental Aids
Memory of Past lives
The Ego (Soul) on his own Plane
Initiation
Buddhic Consciousness
The Ego (Soul) and the Monad (Spirit)

The Aim of this course is to teach the student:

- To understand the origin of life and manifestation by creating an overall picture of the process. In later modules, we will study these bodies, e.g. the Astral Body, the Mental Body, the Etheric Double, and much later the workings of the higher spiritual bodies. atoms and mental unit, of new vehicles of the same kind, in order that man's evolution on the three lower planes of existence can be continued.

Page 38

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Further information: Help Desk: 0861 105 808

COURSE INFORMATION

To the best of our knowledge we believe all information within this brochure to be correct at the time of printing. Translife Training Institute reserves the right to change course dates without further notice, although we always endeavour to inform our students of any such changes in good time.

TRANSLIFE TRAINING INSTITUTE

Helvetia House
Greenvale Rd.
Wilbart
Bedfordview/Edenvale
Phone: 011 450-4563
Fax: 0866 279 604
E-mail: translife@telkomsa.net