

# The Blue Heron Academy of Healing Arts and Sciences

## Blue Heron Academy eLearning Fact Sheet

### **eLearning at the Academy** **Online Training Programs**

The unique elearning and online programs at the Blue Heron Academy of Healing Arts and Sciences offer you the opportunity to obtain outstanding training in alternative and holistic health care, as well as, in personal fitness, yoga, and massage. Our overall elearning program is dedicated to providing students with excellent training in core educational topics and through our hybrid elearning which combines elearning with apprenticeship and mentorship. As an institution we are friendly, relaxed, and supportive and for the last 35 plus years our thousands of program graduates have expressed their gratitude for the education that they have received at the Blue Heron Academy.

#### **eLearning Works for You!**

- Self-paced instruction delivers content in modules to match your learning style.
- Continue your present job while you train for a rewarding, new career.
- Receive personal guidance from our teaching faculty who work directly with you.
- Train on the job and receive professional certification.
- Train in an apprenticeship or with a local mentor.
- Become eligible for national board certification in select professional fields.

#### **Learn more about our wide selection of eLearning programs:**

- Naturopathic Medicine
- Nutrition and Weight Management
- Holistic Health Practitioner
- Herbal Medicine
- Holistic Health Consultant
- Practical Acupuncture
- Acupressure and Massage
- Personal Fitness Consultant
- Yoga Teacher Certification
- Lymphedema

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## eLearning Program Descriptions:

### **Naturopathic Medicine Consultant Program**

The Naturopathic Medicine Consultant Program combines studies in basic health science courses (anatomy, physiology, kinesiology, pathology and chemistry) with core courses in naturopathic, homeopathic, holistic, herbal, and nutritional medicine, along with massage, hydro, and exercise therapy. The Naturopathic Medicine Consultant Program provides you with a diploma in Naturopathic Medicine. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Naturopathic Medicine Consultant Program

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00 with the exception of the Naturopathic Medicine Consultant Program and the Clinical Massage Sciences Program.

### **Nutrition & Weight Management Program**

Clinical nutrition is defined as the "sum total of the processes involved in the taking in and utilization of food substances by which growth, repair, and maintenance of activities in the body as a whole or in any of its parts are accomplished including ingestion, digestion, absorption, and metabolism." A vital aspect of the Blue Heron Academy's clinical nutrition eLearning program is its association with holistic, complementary and alternative healthcare. Weight Management Consultants are vitally needed to assist clients who are struggling with

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eating disorders, obesity, clinical obesity and morbid obesity. This program in weight management prepares you to work with individuals who are over fat and physically out of condition. This program teaches you the core skills needed to work with this large population of clients, including proper assessment and evaluation, long term client tracking and reassessment, medical history, dietary assessment, as well as, diet, fitness and lifestyle consultation. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Clinical Nutrition and Weight Management Consultant

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional books or materials will I need?

The Nutrition Almanac. Estimated cost of the Nutrition Almanac 5th Edition: \$10-\$18 purchased on line at Amazon.com, or your local book store.

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **Holistic Health Consultant**

Holistic Health Care is based on the concept of achieving balance, or what is called homeostasis, in the various systems of the body and on physical, emotional and spiritual levels. The Blue Heron Academy eLearning certification program in holistic health care provides you with training in nutrition and diet, physical fitness assessment and training, and stress management. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Holistic Health Consultant

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

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What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **Fitness Consultant Program**

The Blue Heron Academy has been providing residential classes in personal fitness and exercise, and certifying trainers, for over twenty-five years. Now you can study the Blue Heron Academy personal training methods and become a certified Fitness Consultant through our dynamic and highly successful eLearning certification program. The Blue Heron Academy has the only program that incorporates personal training with a comprehensive wellness approach to personal fitness instruction. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Holistic Health Consultant

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **Herbal Medicine Program**

Herbal medicine is not only an ancient system of health care, but it is growing in importance and recognition among the general public and medical profession. The Blue Heron Academy has been a leader in herbal medicine training in its residential training programs for twenty-five years. In the BHA Herbal Medicine eLearning certification program you learn the basic concepts and methods of herbal medicine along with the modern techniques that are based on the latest scientific research and evidence regarding how herbs work and what health care conditions they can be used to treat. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Herbal Counselor

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Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **Yoga Teacher Certification**

The Yoga Teacher Certification program is designed for experienced yoga practitioners who want additional training and certification to become a certified and national board certified yoga instructor. The program is for yoga practitioners who want to teach yoga classes, lead group yoga classes, design yoga training programs for individuals, and/or provide yoga seminars and workshops. The course curriculum includes yogic art and science, yoga teaching methodology, human anatomy, physiology, and kinesiology, yoga philosophy, lifestyle, and ethics, body movement sciences, yogic practice and science (practicum). The Yoga Teacher Certification program combined with personal practice, a practicum, and recommended mentorship and/or apprenticeship totals a minimum of 500 clock hours. Successful graduates of the Yoga Teacher Certification program are eligible to sit for the National Association of Therapeutic Exercise Yoga Teacher Certification Examination and to receive national board certification as a yoga teacher. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Certified Yoga Teacher

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

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What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **Lymphedema Program**

The Blue Heron Academy of Healing Arts and Sciences is the first school in the US to provide research based certification in Manual Lymph Drainage and Complete Decongestive Therapy in accordance with the methods and protocols established by Gregory T. Lawton, D.N., D.C. This program is a comprehensive and dynamic approach to lymphedema therapy that exceeds and moves well beyond current existing programs in lymphedema therapy. Dr. Lawton has based this program upon early techniques that were more comprehensive than the Vodder method, as well as, new physical methods based on the latest scientific research regarding lymph fluid dynamics. No other lymphedema training program has access to Dr. Lawton's new treatment protocols, but they are contained within this lymphedema training program. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Lymphedema Technician

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional books or materials will I need?

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## **Practical Acupuncture**

This course provides specialized information in the latest scientific and medical advancements in acupuncture. The course material in this program reviews the latest research from the fields of bio-medicine, bio-mechanics, neurology, immunology and endocrinology that demonstrates in western medical terms, how acupuncture affects the human organism. This eLearning course presents acupuncture as a neurophysiological science and as a sub-discipline of manual medicine. The Practical Acupuncture course is ideal for physicians and allied medical personnel including physical and occupational therapists, as well as, nurses who desire to add acupuncture to their therapeutic regime as a treatment modality. This program is recommended for allied medical personnel who will be working under direct physician supervision. All Blue Heron eLearning programs are state licensed!

Note: We strongly recommend combining these eLearning lecture eClasses with our hands on residential seminars and clean needle training classes.

What Certification will I receive?

Certification: Practical Acupuncture Certificate of Completion

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We do suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional books or materials will I need?

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## **Acupressure and Massage**

The acupressure program is designed for the student looking for beginning training in acupressure, or the massage therapist looking for additional training and certification hours. The certified acupressure program is a 100-hour training program that provides you with a



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certificate in acupressure. The program combines eLearning materials with a hands on Acupressure Kata Meridian Massage Technique DVD. All Blue Heron eLearning programs are state licensed!

What Certification will I receive?

Certification: Acupressure Massage Certificate of Completion

Where can I use this certification?

Because every state has different regulatory requirements we do not provide legal advice. We do suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials the cost of those materials is generally less than \$50.00.

## **The Clinical Massage Therapy Sciences Diploma Program**

The Blue Heron Academy of Healing Arts and Sciences in partnership with the American Medical Massage Association provides the Clinical Massage Therapy Sciences Diploma Program to massage therapists who are seeking advanced training in manual therapy and additional clock hours. The AMMA is licensed by the state of Michigan to provide two post graduate diploma programs for massage therapists seeking to extend their education beyond their initial 500 or more hours of training in massage therapy. Graduates of this AMMA program will receive a diploma in Clinical Massage Therapy Sciences and a school transcript



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issued by the American Medical Massage Association. This is a clinical massage postgraduate program that requires a minimum of 500 hours of supervised in class training for program enrollment.

The Clinical Massage Therapy Sciences Diploma Program (CMTS) program is offered in two levels: One level is for students who do not need clock hours in core curriculum requirements such as anatomy, physiology, kinesiology, and pathology and the other level is for students that do need these additional hours, perhaps for state licensing purposes.

The CMTS Level One and Level Two programs are only provided to students that have completed 500 hours or more of in class supervised instruction.

Participants in Level One or Level Two programs will be required to send proof of having obtained a certificate of completion from a licensed massage therapy school, or comparable instruction meeting the educational requirements in a relevant field such as nursing, chiropractic or physical therapy, that provided a minimum of 500 hours of training. Transcripts must be forward to the Blue Heron Academy for review prior to the purchase of this program.

This program, upon completion, will provide you with 13 lessons in clinical massage therapy and will provide you with approximately 525 hours of education. This is a self-paced distance education program.

What Certification will I receive?

Certification: Diploma in Clinical Massage Therapy. Upon successful completion of the Clinical Massage Therapy Sciences program, you will receive a Diploma. Upon successful completion of the National Certification Exam (optional), you will receive certification through the National Board Certification Agency (NBCA).

Where can I use this certification?

Generally, the clock hours can be added to your massage therapy student transcript, but because every state has different regulatory requirements we do not provide legal advice. We suggest that you check your state regulatory laws to make certain that you will be able to utilize this program in your state.

What additional training may I receive?

We strongly recommend combining elearning courses with apprenticeship, mentorship, internship or externship. Upon completion of your elearning program you may petition the National Board Certification Agency to sit for the national board certification exam. You might

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also consider attending either Blue Heron Academy residential training or continuing education seminars.

What additional books or materials will I need?

Generally, all materials are included within the elearning course materials that you will receive, however, on occasion your elearning course advisor will recommend additional books or course materials. When there are additional course materials needed for the CMTS program the cost of those materials is generally less than \$150.00.

## CAREER SERVICES:

The Academy provides job placement assistance but does not guarantee job placement. Jobs in the holistic health care field are primarily self-employment and private practice.

- On Campus Job Board
- Job Board
- In Class Resume Writing Assistance
- Practice Building Instructions
- Professional Membership and Insurance
- Career Counseling
- Business Development Training
- Job Interview Preparation

## PROGRAM ENROLLMENT AND REGISTRATION:

### How do I enroll and begin my elearning program?

To begin the enrollment process simply chose your elearning program or programs and purchase your program(s). You will also need to complete the online elearning registration form. Once we receive notification of your purchase and the completed form we will contact you within one to two business days.

## SALLIE MAE FINANCIAL CORPORATION STUDENT TUITION LOAN:

A student loan with Sallie Mae can offer the student a lower monthly payment as well as money for additional expenses.

BLUE HERON®



ACADEMY OF  
HEALING ARTS  
AND SCIENCES