

MACROBIOTIC & LIFE COUNSELLING TRAINING

Third Year Course Details

A one and a half year course of training and personal development to become:

a Macrobiotic Specialist Cook & Healing Guide

and a Macrobiotic & Life Counsellor

April 2015 to September 2016

Course Overview

We have planned an exciting and in depth third year course, to give you a thorough training in the skills of becoming a Macrobiotic Specialist Cook, and a Macrobiotic & Life Counsellor, and to facilitate your continuing self development. This course will help you develop solid professional skills that will make it easy for you to make the move from being a student into professional practice as a Macrobiotic Healing Cook able to cook for people with specific illnesses including life-threatening problems, and Macrobiotic Counsellor.

The course has 40 days of teaching in ten 4 day modules and an eleventh 2 days of assessments. This is spread over 18 months to give you plenty of time for practicing your cooking and counselling skills. Spread over a longer period means that the monthly instalments for paying the fees drops from £244 for your second year course to £213 for the third year course. However if finances are an issue for you, please talk to us!

In the morning exercises you will be learning to teach Do-in exercise yourself with practice teaching the whole class, giving you valuable experience in leading a group and developing your teaching skills; meditation and internal Ki development for building your Kidney Ki and strengthening your Central Channel; deeper shiatsu treatments including using the Governing and Conception Vessels; and palm healing using the chakras for physical, emotional and spiritual healing.

In the cooking the main emphasis will be on refining your cooking skills and learning how to cook for those who are ill, including in depth use of Five Transformational theory. This needs a good feel for cooking and a mastery of all the details that affect the final outcome of a dish and meal. The cooking classes will again be a combination of demonstration classes and hands-on cooking primarily with Karin Baanks with some teaching from Anna MacKenzie who will be teaching healing cooking and cooking for those who are dying, from her vast experience of cooking for those who are ill.

We shall continue with Health Studies covering illnesses in all the major systems of the body that were not covered during the second year course, as well as taking a detailed look at how to have a healthy pregnancy, a natural birth, how to feed babies, and dealing with babies' and children's health problems.

On an emotional level there will be further study and practice of western counselling skills, study of the Five Defences, a psychological system created by Wilhelm Reich that fits very well with the Oriental Five Transformations system, and gives a lot of insight into the psychological patterns that underlie our lives and health. We will also be exploring and strengthening the energies of our own sex, and looking at how to create healthy communication within relationships, and how to help when things go wrong. There will also be further Women's and Men's Group workshops.

Marijke is continuing to take a sabbatical and hopes to return to doing some teaching in 2015 or 2016, so we are hoping that she will be giving some teaching on this course, but this is not definite.

The homework will mainly be cooking assignments and the giving of full consultations (including giving full recommendations) to case studies under our supervision, so that you can build your skills and confidence in Macrobiotic & Life Counselling over the 18 months.

When you have fully completed the Third Year Course you will be able to apply to the Macrobiotic Association of Great Britain to join their register of Macrobiotic Practitioners as a Macrobiotic Specialist Cook & Healing Guide, and as a Macrobiotic Counsellor, and to advertise yourself on the Association website.

Dates

There are 40 days of teaching in ten teaching modules of 4 days, each starting at 6.00 pm on Wednesday evening with dinner, and ending at 3.30 pm on Sunday. In addition there is an eleventh module of 2 days, for all the final assessments for the Macrobiotic Specialist Cook and Macrobiotic & Life Counsellor qualifications.

2015

1. April 15-19
2. May 20-24
3. July 1-5
4. Sept 16-20
5. Nov 4-8
6. Dec 16-20
7. Feb 3-7

2016

8. Mar 23-27
9. May 11-15
10. June 22-26
11. Sept 2-4 (Fri – Sun)

Times

Each teaching block begins with supper at 6.00 pm on the first day, and ends at 3.30 pm on the last day. We know that some of you have big distances to travel, but please make sure that you are able to attend fully for all of these times. Please do not plan other events during the course modules, as it is sometimes necessary to change the programme around according to the needs of the group.

Venue

If there are 8 or more students with at least 8 wanting accommodation, the course will be held mostly at Eden Rise with one or two modules at Brimpts Farm. If there are less students the course will be held at Buckyette Farm in the cooking school and the first floor Shiatsu Studio.

Fees and Paying in Instalments

The full fee for the course, including all teaching and meals, not including accommodation, is £4400. This is payable as a deposit of £600 which will secure your place on the course, and then either one payment of £3800 paid a minimum of THREE WEEKS before the first day of the course, or by 18 monthly instalments of £213.33 payable by standing order from April 20th 2015 to September 20th 2016, this includes a £40 administration fee. (This is less than the second year instalments of £244.54)

The two day assessment in September 2016 is charged separately at £220.

If you want to pay by instalments you can tell us on the Application Form. The attached Payment Schedule shows the information you need to set up a standing order with your bank.

Please note the following conditions of enrolment:

1. The balance of the course fees must be paid, or standing order set up with your bank, **by March 23rd 2015.**
2. Once a course has started students are financially committed to paying the whole course fee, whether the balance of fees have been paid in one payment or are being paid in instalments.
3. Refunds cannot be given if a student leaves the course.
4. Course fees are not normally transferable to another course.
5. All charges from overseas bank transfers to be paid by you.

Accommodation

Separate information will be given for accommodation at Eden Rise and Brimpts Farm. Prices may rise slightly due to Eden Rise and Brimpts Farm increasing their fees. If the course is held at Buckyette Farm, you can either find your own local Bed & Breakfast (without the breakfast!) or other accommodation, or sleep on futons at the school at a low cost.

Applying For A Place On This Course

You are eligible to apply for the Third Year Course once you have satisfied all the requirements of the Second Year Course. Please fill in and send the Application Form at the end of these Course Details to Oliver at the school. If you are still completing work for the Second Year Course and know that you definitely want to join the Third Year Course, please fill in the Application Form and send it to us so that we know you are enrolling.

Meals

During all modules all meals are provided, with the highest quality organic and local foods possible. These are prepared by a macrobiotic chef, or sometimes during a cooking class. ***If you cannot attend certain days of the course and are going to miss meals, please inform the head cook for your course, as well as the office.***

Course Layout

The layout of a typical teaching block will look like this, with some variation according to the group's particular needs.

First day	6.00 - 7.30	Sharing supper together
	7.30 - 10.00	Introducing the weekend, checking on progress with homework, personal sharings and progress reports.
Intermediate days	8.00 - 9.00	Morning exercises
	9.00 - 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 3.00	Lunch and break
	3.00 - 6.00	Classes or workshops
	6.00 - 7.30	Supper and break
	7.30 - 9.30	Classes, tutorials or workshops on some evenings
Last day	8.00 - 9.00	Morning exercises
	9.00 - 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 2.00	Lunch
	2.00 - 3.30	Homework setting, personal sharings.
	3.30	Farewells until the next time!

Some evenings are free, and on some there is a class. Please do not book anything else during modules, as the timetable may change according to your group's needs.

Third Year Syllabus

PHILOSOPHY & SELF DEVELOPMENT WORK

- Incarnation, deep memory of past lives, and finding our purpose and destiny in this lifetime.
- Developing your internal Male and Female energy.
- Further use of the Seven Levels of Judgement (or Consciousness).
- Nine Star Ki astrology, an amazing system which ties into the Five Transformations.
- Spiritual practices including the art of chewing, silence, meditation, opening the spiritual channel and upper chakras, stages of spiritual breakthrough and realisation.

HEALTH STUDIES

- Completing the pathology of the body systems not yet covered – cardiovascular, nervous, endocrine, immune and lymphatic, reproductive, skeletal systems, the special senses, plus connective tissue problems, and a special look at helping people with cancer.

- Helping people who are dying.
- Mental Illness – understanding bipolar disorder, depression, schizophrenia, anxiety and other emotional and mental problems from an oriental point of view, and what can be done to help.
- Women's health problems, plus a look at menopause.
- Men's health problems.
- How to have a healthy pregnancy and childbirth, and how to deal with infertility and other common problems during this time.
- Understanding the health of babies and children, their common problems and how to help them.
- Understanding mental health problems from an Oriental perspective, and how they may be helped e.g. bipolar disorder (manic depression), schizophrenia, depression, phobias and anxiety and panic attacks.
- Further practice of giving dietary and life consultations, including conducting interview sessions on the public, and presentations by people who have healed health problems using a macrobiotic approach.
- For homework you will be giving a minimum of 3 consultations to each of 20 clients, making a total of 60 full consultations, including the giving of recommendations, with supervision and guidance. This builds your confidence and skills in giving personal health consultations, using all the theory that you have been learning, so that by the end of the course you can easily move into giving professional health consultations.

DIAGNOSIS

- Further practice of oriental diagnosis including the Five Defences, and Destiny Diagnosis looking into the soul qualities and what the future holds for people.
- Posture and Movement diagnosis.
- Reading and drawing the energetic picture of clients.
- More in depth study of facial area, posture and movement, sclera and questioning diagnosis, touch diagnosis of the Back Areas and abdomen, to refine and deepen your diagnosis of clients.
- Chakra diagnosis.

HEALING COOKING

- The main study is of Healing Cooking. There will be cooking demonstrations on how to cook for yin and yang imbalances in the Five Transformations, and how to cook for specific diseases.
- The use of special dishes, drinks and condiments for healing particular problems.
- Learning the healing properties of particular foods like miso, kuzu, umeboshi etc.
- Hands on cooking of many medicinal recipes.
- Practice of hands on cooking for different imbalances and health problems.
- Demonstration and practice of cooking for those who are dying.
- Giving a consultation and then cooking for a client, under guidance, during a module.

BODYWORK

- Students teach Do-in to build confidence in teaching, and to develop your teaching of Do-in.
- Shiatsu and exercises for the Governing and Conception Vessels, and useful tsubo.
- Giving shiatsu in side position.
- Making accurate energy diagnoses, as a basis for giving personalised shiatsu treatments.
- Shiatsu to help pregnancy, birth and breast feeding.
- Palm healing on the chakras, to heal physical problems and clear emotional and spiritual blockages.

WESTERN STUDIES

- Completing the in depth study of the anatomy, physiology and basic pathology of the major systems of the body – cardiovascular and lymphatic systems, the nervous and endocrine systems, special senses, reproductive system, the body's defence mechanisms including the immune system, the skin including a look at the typical stages in the formation and development of cancer.
- Western pathology of common health problems in the above systems, which will also be studied from an energetic point of view within macrobiotic healing.
- Further principles of western nutrition with a look at other dietary approaches such as Food Combining, the Blood Group diet, alkalizing diets and how to test your own acid/alkaline balance.

EMOTIONAL HEALING

- Further use of chakra breathing to release old stuck emotions held within the body, and bring in more light and love.
- Deeper study of how we can use interventions in counselling, using the Six Category Intervention analysis system, especially confronting, prescriptive and informative interventions.
- Further work on understanding relationships and the kind of help you can give to people with problems in this area.
- Further work on developing an awareness of your own emotional patterns, their causes and how to transformation of them.
- How to help people with strong emotions during consultations.

PHYSICAL AND ENERGETIC EXERCISES

- Teaching Do-in self shiatsu and Makko Ho exercises, including practice in the class, with an emphasis on intimate experience of the 14 meridians.
- Simple meditation practice every weekend.
- Chakra breathing through all 7 main chakras for daily cleansing and raising of vibrational level.
- Internal Chi Gong exercises for vitalising the central channel, building Kidney Chi, and raising the vibration and activity of particular chakras.

BUSINESS SKILLS

- How to create a business as a Macrobiotic Specialist Cook and Macrobiotic & Life Counsellor.

This syllabus may be varied according to the needs and progress of this particular group.

Other Opportunities to Study, Practice & Develop

We recommend that you widen your learning and experience during the third year course in the following ways:

- Sitting in on consultations with Oliver, Marijke, or other macrobiotic counsellors.
- Assisting experienced macrobiotic cooking teachers in their classes, or cooking for events such as the Macrobiotic Association Summer Gathering, or the annual One World Camp.

- You are expected to be actively involved in your own physical and emotional healing, including using other complementary therapies, and having your own emotional counselling or psychotherapy sessions.

What to Bring

Clothing

As well as your normal daily wear, please bring clean, loose, comfortable cotton clothing for doing exercises in. Jeans and tight trousers will not do, nor skirts or dresses.

For hands on cooking classes you will need to bring suitable clothing and shoes, an apron, plus hair ties if you have longer hair.

Writing Materials

You will be provided with extensive course notes, which you need to bring every module. You will also need A4 file paper or a book to write in for additional notes.

These Course Details

Please bring these Course Details every weekend as we will be referring to the practical information they contain. This is especially important on the first weekend when we shall be running through how the whole course will work.

A Knife

For the hands on cooking classes.

Your Diary

As you may need to book in times for consultations or extra activities.

The Teachers

The main teacher for this course is Oliver Cowmeadow. Marijke De Coninck is presently taking a sabbatical but hopes to be doing some teaching in 2015 or 2016. Karin Baanks is the main cooking teacher, with Anna MacKenzie teaching on how to cook for those who are dying. Lucie Thring is the main morning exercise and shiatsu teacher, and Keith Belliss will be teaching some further western pathology classes. Susannah Uren will be running a Women's workshop.

Course Requirements

The Third Year Course trains you to become a Macrobiotic Specialist Cook & Healing Guide, and a Macrobiotic & Life Counsellor. The requirements for both qualifications are

the same, except that for Specialist Cook you only need to give 15 Health Consultations for homework, whereas you need to give a minimum of 60 for the Macrobiotic & Life Counsellor qualification (seeing 20 clients for 3 sessions each).

At the end of the Third Year Course you will receive a diploma as a Macrobiotic & Life Counsellor, and as a Macrobiotic Specialist Cook & Healing Guide, on satisfying the following requirements.

1. A minimum of 90% attendance of teaching days on the course.
2. Completion of all homework.
3. A pass in the end of year theory assessment.
4. A pass in the end of year cooking assessment.
5. A pass in the end of year practical assessment.
6. A pass in the end of year interview.

Attendance

Hopefully students will be able to fully attend all of the course, however if some days have to be missed due to illness etc. this should not exceed 10% of the course or 4 teaching days. If you miss days, it is your responsibility to make up the missed work. This is most easily done by getting together with or communicating with other students who attended the missed days.

If you miss more than 10% you will need to discuss with Oliver how to make up the missed teaching, through tutorials with the teachers, attending other classes or other appropriate tuition. Teachers will normally charge for giving tutorials; if several students combine to take a tutorial it will work out considerably cheaper.

Homework

Between weekends there will be various kinds of work to be completed by the following weekend. This will mainly consist of giving consultations to clients, and cooking assignments, plus some background reading and other written work. The amount of work will be approximately 6 to 8 hours per week.

There will be some western anatomy, physiology and pathology teaching. Students who have previously completed a course within the last 5 years covering the same syllabus to at least the same depth, may be exempted from the homework on producing evidence of their previous studies. If this applies to you, please submit evidence of your previous studies to Oliver.

Assessments

There will be continuous assessment during the course on your cooking skills and client consultations. At the end of the year there will be a theory paper assessing your

knowledge, a practical cooking assessment, a practical assessment preparing compresses & external remedies, a bodywork assessment, and an interview in which we can see how you have progressed with the course, and whether you are ready for professional practice.

Should you not succeed with a particular assessment, we will guide you on what extra study or practice you need, before retaking the assessment. There will be a fee of £40 for retaking a theory paper or cooking assessment, and £20 for retaking a compress & external remedy assessment or interview.

Personal Development During This Course

This course is intended to aid your own physical, emotional and spiritual development, as well as teaching you the knowledge, skills and techniques of healing others. We are expecting that during this third year, you will be integrating what you are being taught into your own life, be cooking for yourself and any others in your home on a regular basis, and going through deeper changes in your own personal development and evolution. Emotionally we expect you to be developing a clearer awareness of your deeper emotional patterns, their origins and their influence on your life, and be actively working to transform these.

As always, if you find yourself going through inner difficulties, please get support from your peers, teachers, or other health professionals.

Book List

Below are books that you will find useful to read during this course. You may want to buy some of them, as you will find yourself wanting to refer to them frequently, but others you may want to borrow.

PHILOSOPHY

Macrobiotics: An Invitation to Health and Happiness, George Ohsawa. GOMF.
Essential Ohsawa, George Ohsawa. GOMF.
The Book of Macrobiotics, Michio Kushi & Alex Jack. Japan Publications.
Feng Shui Astrology. Jon Sandifer,

HEALTH STUDIES

The Yellow Emperor's Classic of Internal Medicine, Ilza Veith. Uni of California.
Natural Healing Through Macrobiotics, Michio Kushi. Japan Publications.
The Cancer Prevention Diet, M Kushi. St.Martins Press.
Macrobiotic Home Remedies, Michio Kushi. Japan Publications.
The Macrobiotic Path to Total Health, M Kushi & A Jack. Ballantine Books.
Traditional Acupuncture: The Law of the Five Elements, D Connelly.
Macrobiotic Pregnancy and Care of the Newborn, M & A Kushi. Japan Publications.
Macrobiotic Childcare & Natural Health, M & A Kushi. Japan Publications.
A Natural Approach to Allergies, M Kushi. Japan Publications.
A Natural Approach to Obesity, Weight Loss and Eating Disorders, M Kushi. Japan Publications.
A Natural Approach to Diabetes and Hypoglycaemia, M Kushi. Japan Publications.

Doctors Look at Macrobiotics, Edited by E Esko. Japan Publications.

DIAGNOSIS

Your Face Never Lies, Michio Kushi. Avery Publishers.

Reading The Body, Wataru Ohashi. Penguin Compass.

How to See your Health: The Book of Oriental Diagnosis, Michio Kushi. Japan Pub.

COOKING

Food Children Enjoy, Peta Jane Gulliver. Cornish Connection.

Aveline Kushi's Complete Guide to Macrobiotic Cooking, Aveline Kushi.

The Self-Healing Cookbook, Kristina Turner. Earthtones Press.

And many others!

BODYWORK

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.

Fourteen Classical Meridians, by Sue Hix, or a set of meridian charts.

The Shiatsu Handbook, Shizuko Yamamoto. Avery.

WESTERN MEDICINE

Human Form & Function, Minett, Wayne & Rubenstein. Collins Educational.

The Anatomy Colouring Book, Kapit & Elson. Harper Collins.

Black's Medical Dictionary, Ed G Macpherson. A & C Black Publishers.

Principles of Anatomy & Physiology, Tortora & Derrickson. Wiley.

New Optimum Nutrition Bible, Patrick Holford. Piatkus.

EMOTIONAL HEALING

Helping the Client, John Heron. Sage Publications.

PHYSICAL & ENERGETIC EXERCISES

The Book of Do-in, Michio Kushi. Japan Publications.

The Library

The school has a library of books and videos. These can be used on the tuition weekends, and can be taken out until the next teaching block. Details of all books borrowed must be recorded in THE BOOK by the Classroom Assistant. Please remember to bring them back on the next weekend!!!

Your Feedback to the School

Every teaching block we will be asking you for written feedback on the course and the teaching, so that we can make improvements to the quality of your training. Of course, if there is anything you are unhappy about or if you have any suggestions to make, you do

not have to wait for this written feedback - tell us as soon as possible so that we can remedy or improve the situation.

The Macrobiotic Association Practitioner Register

Looking into the future, the government is encouraging a move to self-regulation within complementary medicine in order to protect the public and to set definite standards of training and practice. It is doing this through the Complementary and Natural Health Council, which is overseeing the process of each complementary medicine forming its own professional body.

The Macrobiotic Association of Great Britain has set training standards for three macrobiotic healing arts, Macrobiotic Cook & Health Advisor, Macrobiotic Specialist Cook & Healing Guide, and Macrobiotic Counsellor. After being awarded an IMS certificate as a Macrobiotic Cook & Health Advisor at the end of the Second Year course, we encourage you to sit the association assessment to join their Practitioner Register, and appear on the Association website as an accredited practitioner.

The Association's assessments are progressive, so to become a Macrobiotic Specialist Cook & Healing Guide you need to have already studied for and passed their assessment as a Macrobiotic Cook & Health Advisor. To become an accredited Macrobiotic Counsellor you need to have already passed their assessments as a Macrobiotic Cook & Health Guide and a Macrobiotic Specialist Cook & Health Guide. We therefore encourage you to start the process of gaining professional accreditation with the Association by applying for accreditation as a Macrobiotic Cook & Health Advisor.

Getting In Contact

There are a number of ways of contacting us before or during the course. For administrative matters such as dates, payment of fees etc. please contact the office, which is normally staffed Monday to Friday 10.00 am to 4.00 pm.

The School	01803 762593	info@macroschool.co.uk
Oliver Cowmeadow	01803 762593	oliver@macroschool.co.uk
	In emergency use home number 01803 762393	
Lucie Thring	07976 535546	lucieshiatsu@yahoo.co.uk
Karin Baank		karinbaank@hotmail.com
Keith Belliss	07970 504659	keithbelliss@tiscali.co.uk

International Macrobiotic School, Coach House, Buckyette Farm, Littlehempston,
Totnes, Devon TQ9 6ND

In emergencies only you can call Oliver at home outside normal office hours on 01803 762393.

MACROBIOTIC & LIFE COUNSELLING TRAINING
- SCHEDULE FOR PAYMENT OF COURSE FEES -

THIRD YEAR: April 2015 – September 2016 (course code 04.15/3)

The full fee for the year is £4400. We need you to pay your course fees by the dates given on this sheet.

Deposit (£600) - can be paid by cheque (to International Macrobiotic School) or bank transfer. **Due as soon as you receive our offer of a place, or by 23rd March at the latest.**

Balance (£3800) – can be paid by cheque or bank transfer.

Due by 23rd March at the latest, or

Instalments (eighteen payments of £213.33) – must be paid by Standing Order or bank transfer, in accordance with the schedule below. Please note that payments will need to leave your account some days before the dates they are due to reach us, because of bank processing times.

FIRST INSTALMENT:	to be received on 20th April 2015
SUBSEQUENT INSTALMENTS:	to be received on the 20th of each month
FINAL INSTALMENT	to be received on 20th September 2016

PAYMENT INFORMATION

<u>BANK NAME</u>	LLOYDS TSB
<u>BRANCH</u>	TOTNES
<u>SORT CODE</u>	30-98-69
<u>ACCOUNT NAME</u>	INTERNATIONAL MACROBIOTIC SCHOOL
<u>ACCOUNT NUMBER</u>	27953568
<u>PAYMENT REFERENCE</u>	04.15/3 – <i>your surname</i>

FOR PAYMENTS FROM ABROAD:

PAYMENTS TO BE IN POUNDS STERLING
 ALL BANK CHARGES PAID BY SENDER

<u>IBAN</u>	GB43 LOYD 3098 6927 9535 68
<u>BIC / SWIFT CODE</u>	LOYDGB21183

PAYMENT REFERENCE 04.15/3 – *your surname*