

Kinesiologist

Natural therapists specialise in a range of complementary and alternative medical techniques and remedies (including homeopathy, herbalism and aromatherapy), which they use to diagnose, treat and prevent physical illness or dysfunction.

Kinesiologists may perform the following tasks:

- analyse patients' eating habits and develop personalised nutrition plans
- prescribe natural medicines such as herbal remedies, vitamin compounds and mineral supplements
- use organic techniques to stimulate the body's capacity for self-healing
- examine the iris (the coloured part of the eye) to analyse and treat illness in various organs of the body (known as iridology).

Specialisations:

Aromatherapist

An aromatherapist blends therapeutic plant oils, including essential oils, and uses methods such as topical application, massage and inhalation to promote psychological and physical wellbeing.

Herbalist

A herbalist prescribes and prepares natural remedies specific to their clients' health profiles, using plants and plant parts. These remedies can take the form of tablets, capsules, teas, tinctures, extracts, essential oils (aromatherapy) and other herbal preparations.

Homeopath

A homeopath prescribes medicines and therapeutic measures to assist the natural tendency of the body to heal itself. A homeopath takes into account the individual's whole physical and emotional environment as well as the specific symptoms of illness.

Kinesiologist

A kinesiologist uses non-invasive muscle monitoring to evaluate imbalances in the body's nervous system and energy systems and employs muscle-testing techniques to restore and promote overall health and wellbeing.

Naturopath

A naturopath provides holistic remedies for physical ailments by assessing the client's lifestyle, including mental, emotional, nutritional and physical habits. They prescribe necessary changes (as well as herbal and natural medicines) to encourage the maintenance of a lifestyle that supports health and wellbeing.

Personal Requirements:

- desire to help people achieve good health
- committed to promoting complementary and alternative medicine as a complement to conventional medical treatments
- a mature and confident personality
- good communication skills.

Related Jobs:

- Chinese Medicine Practitioner
- Massage Therapist

Education and Training:

To become a natural therapist you usually have to complete a VET qualification in the natural therapy field in which you wish to practise. You may be required to attend an interview. As subjects and prerequisites can vary between institutions, you should contact your chosen institution for further information. You may be able to study through distance education.

You can also become a natural therapist by completing a degree in the natural therapy field you wish to practise. To get into these courses you usually need to gain your VCE. Prerequisite subjects, or assumed knowledge, in one or more of English, biology and chemistry are normally required. You may also be required to attend an interview. A number of institutions in Australia offer degrees in the natural therapy field. Institutions have different prerequisites and some have flexible entry requirements or offer external study. Contact the institutions you are interested in for more information as requirements may change.

Additional Information:

Natural therapy is not a registered health profession. However, national professional bodies such as the Australian Traditional Medicine Society and the Australian Natural Therapists Association set standards for membership.

Related Courses:

While the following courses are related to this occupation, they may not necessarily lead directly to employment, nor provide the most direct pathway to the occupation. Courses which provide preliminary or informal training, as well as those which provide additional job skills following initial qualifications may also be listed.

*Course is offered by more than one institution. Click link for details.

- Certificate IV in Aromatherapy *
- Certificate IV in Kinesiology *
- Diploma of Aromatherapy *
- Diploma of Kinesiology *
- Diploma of Reflexology *
- Diploma of Shiatsu and Oriental Therapies *
- Advanced Diploma of Alexander Technique Teaching

- Advanced Diploma of Aromatic Medicine
- Advanced Diploma of Homoeopathy *
- Advanced Diploma of Naturopathy *
- Advanced Diploma of Western Herbal Medicine *
- Bachelor of Complementary Medicine
- Bachelor of Health Science - Naturopathy *
- Bachelor of Health Science - Western Herbal Medicine
- Bachelor of Health Science / Bachelor of Applied Science - Chinese Medicine
- Master of Wellness

Employment Opportunities:

Due to the increasing awareness of alternative forms of medicine, natural therapy is becoming a more widely recognised industry. Natural therapists usually work in private practice, and success depends largely upon the local community's willingness to receive complementary and alternative medical treatments. Other career options include employment in group practices, research, consultancy, government agencies or in industries such as health food and natural products.

For Further Information:

Australian Natural Therapists Association
1800 817 577
info@anta.com.au
www.anta.com.au

Australian Traditional Medicine Society
(02) 8878 1500
info@atms.com.au
www.atms.com.au