



TRANSLIFE

PROSPECTUS

and

SOUTH AFRICAN HYPNOTHERAPY ASSOCIATION

TRADITIONAL MEDICINE ASSOCIATION

2018

www.translife.co.za

www.hypnotherapyassociation.co.za

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TRANSLIFE

WHO ARE WE?

COLLEGE OF TRADITIONAL MEDICINE



PRINCIPAL

Dr. Mervyn Bartholomew (Deceased May 2016)

B.Msc, M.Msc, D.Phil, D.Emed, EPP, CHT, Rev, T/Dr.

Doctor of Philosophy, D.Phil
Specialist Ethnomedicine Practitioner, SP.Emed
Specialist Ethnopsychology Practitioner, SP.EPP
Traditional Medical Practitioner, T/Dr
Certified Hypnotherapist IMDHA, C.Ht
Ordained Minister, Rev











TRAINING DIRECTOR

Dr. Trudie Bartholomew, PhD

CMA, B.Msc, M.Msc, D.Phil, D.Emed, EPP, CHT, Rev, T/Dr.

Doctor of Metaphysics, M.Msc
Doctor of Divinity, specializing in Pastoral Counselling Psychology, D.D
Specialist Ethnomedicine Practitioner, SP.Emed
Specialist Ethnopsychology Practitioner, SP.EPP
Traditional Medical Practitioner, T/Dr
Certified Hypnotherapist IMDHA, C.Ht
Ordained Minister, Rev
Cost & Management Accountant - Financial Management, CMA

OUR TEAM

		
	<p>Dr. Trudie Bartholomew, PhD PRINCIPAL Training: Hypnosis, Ethnopsychology African Healing Philosophy Divination</p>	
		
<p>T/Dr. Marius van der Vyver LECTURER Training: Iridology / Personality Iridology Ethnobotany/Herbs</p>	<p>Dr. Alwyn van Wyngaarden LECTURER Training: Sclerology & Signs</p>	<p>Peter Welgemoed , EPP LECTURER Training: Influential Communicaion Hypnotherapy</p>
		
<p>Margie Frayne LECTURER Training: Ethnobotany / Herbs</p>	<p>Sandra Joubert LECTURER OFFICE MANAGER Training: Nutrition</p>	<p>Ziggy Potgieter LECTURER Training: Anatomy & Physiology, Pathophysiology</p>
		
<p>Dr. Marie Pretorius, PhD LECTURER Training: Signs & Symptoms</p>	<p>Dr. Barbara Louw, PhD LECTURER Training: Trauma Support</p>	<p>Dr. Brian Greenblatt, PhD LECTURER Training: Neuro Linguistic Programming</p>

		
<p>Starajean Artman, EPP LECTURER Training: HIV/Aids Counselling</p>	<p>Jon van Zyl LECTURER Training: Clinical Life Coaching</p>	<p>Rhodes Taylor-Broun, EPP LECTURER Training: Abnormal Psychology</p>
<p>RIP DECEASED</p>		
		
<p>Prof. Heleen Coetzee LECTURER DECEASED Training: Anatomy & Pathology Clinical</p>	<p>Dr. M. Bartholomew, D.Phil, T/Dr PRINCIPAL DECEASED Training: Hypnosis & Nutrition</p>	<p>T/Dr. Seth Seroka LECTURER DECEASED Training: Divination & African Healing</p>

HYPNOTHERAPY
INTERNATIONAL MEDICAL & DENTAL HYPNOTHERAPY ASSOCIATION

CERTIFIED HYPNOTHERAPIST TRANCE STATE THERAPY							
		Days	Hours	Hours	Hours		
Unit	Course: Module 1	Class	Class	Home Study	Practical	Total	Price
Unit 101	Basic Hypnosis	4	32	30	18	80	R 4,800
Unit 102	Advanced Hypnosis	4	32	30	18	80	R 4,800
Unit 103	Analytical Trance State Therapy	4	32	30	18	80	R 4,800
Unit 104	Hypnoanalysis	4	32	30	18	80	R 4,800
Unit 107	Life Coaching	2	16	10	14	40	R 2,400
Unit 108	Hypnoanesthesia & Pain Management	2	16	10	14	40	R 2,400
	Total IMDHA Certification Modules	20	160	140	100	400	R 24,000
	IMDHA Exam & Registration Fee \$159	R 2,300					R 2,300
	South African Hypnotherapy Association	R 300					R 300
	Required Reading :						
	Hypnotherapy - Dave Elman	Unit 101					R 480
	Power of your Subconscious Mind - Murphy	Unit 102					R 180
	Mind-Probe Hypnosis - Mutke	Unit 103					R 180
	Other Worlds - Torkom Saraydarian	Unit 104					R 280
	Script Book - Translife	Unit 104					R 280
	** Prices subject to change						
	Other Requirements:						
	Tests, Assignments, Home Study & Exam						
	10 Case Studies						
	Hypnoanalysis final practical assignment						
	TOTAL:	20 days	160	140	100	400	R 28,000

SPECIALTY CERTIFICATION COURSES BELOW : (OPTIONAL)							
		Days	Hours	Hours	Hours		Price
Unit	Course:	Class	Class	Home Study	Practical	Total	
Unit 105	Ethnopsychology	4	32	30	48	110	R 4,800
Unit 106	Indigenous African Knowledge	2	16	0	4	20	R 2,400
Unit 107	Life Coaching 1 (Holistic)	2	16	10	14	40	R 2,400
Unit 108	Hypnoanesthesia & Pain Management	2	16	0	0	16	R 2,400
Unit 109	Advanced Soul & Past Life Regression	2	16	0	0	16	R 2,400
Unit 110	Divination & Higher Consciousness	4	32	20	18	70	R 4,800
Unit 111	Abnormal Psychology	4	32	70	0	102	R 4,800
Unit 112	Counselling Skills	4	32	40	10	82	R 4,800
Unit 121	HIV/Aids Counselling	2	16	0	0	16	R 2,400
Unit 123	Trauma Support & Counselling	2	16	0	0	16	R 2,400
Unit 501	Personality Iridology & Time Line	4	16	20	24	60	R 4,800
IMDHA CERTIFICATION REGISTRATION COSTS							
\$159	IMDHA Certification exam & registration						
\$109	Annual Renewal Fee on anniversary date						
CPD Points	Continued Professional Development p.a.	30 hrs					
REQUIRED READING FOR IMDHA CERTIFICATION							

PAYMENT OPTIONS – IMDHA HYPNOTHERAPY CERTIFICATION COURSE

20 days Classroom Training

- **Full course paid in advance at time of booking: R 24,000 less 10% discount R2,400 = R21,600**
- **Pay modules as you attend: R2,400 per 2 day modules = R24,000**
50% non-refundable deposit at time of booking & balance 15 days prior to commencement of course.
- **Books & Registration Fees : Payable at start of the Module**

Specialty Certification Courses IMDHA : Course fee payable to Translife plus \$50 to IMDHA

BOOKING

On receipt of the completed booking form you will be sent an invoice.

Your booking will only be confirmed once you have paid the required 50% deposit. The balance of the course fee is payable 15 working days prior to commencement of the course. Cancellation of courses must be received in writing by fax or e-mail at least 5 working days prior to commencement of course; otherwise student is liable for full cost of course.

Courses completed may be re-attended (sit-in) at 50% of the course price. A maximum of 8 students per module due to intensity of modules.

A minimum of 8 students required for course to commence, otherwise course may be postponed. Course dates subject to change.

[DOWNLOAD BOOKING FORM](#)

LIFE COACHING
INTERNATIONAL HOLISTIC LIFE COACHING ASSOCIATION

CERTIFIED LIFE COACH							
		Days	Hours	Hours	Hours		
Unit	Course: Module 1	Class	Class	Home Study	Practical	Total	Price
Unit 101	Basic Hypnosis	4	32	30	18	80	R 4,800
Unit 102	Advanced Hypnosis	4	32	30	18	80	R 4,800
Unit 107a	Life Coaching 1	2	16	10	14	40	R 2,400
Unit 107b	Life Coaching 1 - Clinical	2	16	10	14	40	R 2,400
	Total IHLCA Certification Modules	12	96	80	64	240	R 14,400
	IHLCA Exam & Registration Fee	R 300					R 360
	South African Hypnotherapy Association	R 300					R 300
	Required Reading :						
	Hypnotherapy - Dave Elman	Unit 101					R 480
	Life Coaching Book	Unit 102					R 180
	Mind-Probe Hypnosis - Mutke	Unit 103					R 180
	** Prices subject to change						
	Other Requirements:						
	Tests, Assignments, Home Study & Exam						
	10 Case Studies						
	Life Coaching final practical assignment						
	TOTAL:	12 days	96	80	64	240	R 15,900

PAYMENT OPTIONS – LIFE COACHING COURSE

12 days Classroom Training

- **Full course paid in advance** at time of booking: R14,400 less 10% discount R1,440 = **R12,960**
 - **Pay modules as you attend:** R2,400 per 2 day modules = **R14,400**
- 50% non-refundable deposit at time of booking & balance 15 days prior to commencement of course.**

Books & Registration Fees : Payable at start of the Module

ETHNOMEDICINE PRACTITIONER

Completion of Modules 1&2

Register:

TRADITIONAL HEALTH PRACTITIONER

Category:

HERBALIST

MODULE 1: Category: HERBALIST : Ethno Health Advisor			Study Hours				
ETHNOMEDICINE - MODULE 1			Class	Home	Practical	Total	Cost
Unit	Name of Course	Days					
101	Basic Hypnosis	4	32	30	18	80	R 4,800
110	Nutrition & Lifestyle	4	32	30	8	70	R 4,800
116	Ethnobotany 1	4	32	30	28	90	R 4,800
117a	Anatomy & Physiology 1	2	16	20	0	36	R 2,400
106	African Healing Philosophy	2	16	0	4	20	R 2,400
119	Iridology 1	4	32	22	50	104	R 4,800
	TOTAL	20	160	132	108	400	R 24,000
MODULE 2 : Category: HERBALIST : Ethnomedicine Practitioner (After completion of Modules 1&2)							
ETHNOMEDICINE - MODULE 2			Class	Home	Practical	Total	Cost
Code	Name of Course	Days					
114	Signs & Symptoms (Facial, tongue & body)	4	32	28	20	80	R 4,800
118	Pathophysiology	6	48	50	0	98	R 7,200
117b	Anatomy & Physiology 2	4	32	50	0	82	R 4,800
120	Ethnobotany 2	6	48	52	40	140	R 7,200
	TOTAL	20	160	180	60	400	R 24,000

PAYMENT OPTIONS – ALL MODULES

20 days Classroom Training

ETHNOMEDICINE

- **Full course paid in advance at time of booking: R 24,000 less 10% discount R2,400 = R21,600**
 - **Pay modules as you attend: R2,400 per 2 day modules = R24,000**
- 50% non-refundable deposit at time of booking & balance 15 days prior to commencement of course.**
- **Books & Registration Fees : Payable at start of the Unit**

ETHNOPSYCHOLOGY COURSE

Completion of Modules 1&2

Register:

TRADITIONAL HEALTH PRACTITIONER

Category:

DIVINATION

MODULE 1: Trance State Therapist – IMDHA Certified Hypnotherapist ETHNOPSYCHOLOGY - MODULE 1			Study Hours				
Unit	Name of Course	Days	Class	Home	Practical	Total	Cost
101	Basic Hypnosis	4	32	30	18	80	R 4,800
102	Advanced Hypnosis	4	32	30	18	80	R 4,800
103	Analytical Trance State Therapy	4	32	30	18	80	R 4,800
104	Hypnoanalysis	4	32	30	18	80	R 4,800
107	Life Coaching 1	2	16	10	14	40	R 2,400
108	Hypnoanesthesia & Pain Management	2	16	10	14	40	R 2,400
	TOTAL	20	160	140	100	400	R 24,000
MODULE 2 : Ethnopsychology Practitioner (After completion of Modules 1&2) ETHNOPSYCHOLOGY - MODULE 2							
Unit	Name of Course	Days	Class	Home	Practical	Total	Cost
105	Ethnopsychology	4	32	30	48	110	R 4,800
106	African Healing Philosophy	2	16	0	4	20	R 2,400
109	Advanced Soul/Past Life Regression	2	16	10	14	40	R 2,400
110	Divination & Higher Consciousness	4	32	20	18	70	R 4,800
110	Nutrition & Lifestyle	4	32	30	8	70	R 4,800
116	Ethnobotany 1	4	32	30	28	90	R 4,800
	TOTAL	20	160	120	120	400	R 24,000

PAYMENT OPTIONS – ALL MODULES

20 days Classroom Training

ETHNOPSYCHOLOGY

- **Full course paid in advance at time of booking: R 24,000 less 10% discount R2,400 = R21,600**
- **Pay modules as you attend: R2,400 per 2 day modules = R24,000**
50% non-refundable deposit at time of booking & balance 15 days prior to commencement of course.
- **Books & Registration Fees : Payable at start of the Unit**

COURSE DETAILS

Course Structure and Content

The course is structured cumulatively - with the content of one module building on that of the previous one.

Unit 101: Basic Hypnosis

Duration: 4 consecutive days - classroom

- Introduction to quantum physics
- Short history of hypnosis
- The subconscious mind relative to hypnosis
- Somnambulism
- Psychology of suggestion
- Emotions
- Basic hypnotic inductions – techniques
- Instant inductions
- Self-Hypnosis
- Student classroom practical
- Test
- Home assignment, including text book reading & practical

Unit 102: Advanced Hypnosis

Duration: 4 consecutive days - classroom

- Smoking cessation
- Weight reduction
- Group hypnosis
- Student practical (regression)
- Sports uses
- Neuro Linguistic Programming: hypnosis application
- Fears and phobias
- African Traditional Healing Terminology
- Hypnoanesthesia and pain management introduction
- Student classroom practical
- Test
- Home assignment, including text book reading & practical

Unit 103 Analytical Trance State Therapy

Duration: 4 consecutive days - classroom

- 7 R's of Trance State Therapy & Hypnotherapy
- Comprehensive intake form
- Word association test
- Regression to cause
- Introduction to Parts therapy
- Soul / Past life regression pertaining to WAT Test
- Soul attachment, contracts & vows
- Student classroom practical
- Test
- Home assignment, including text book reading & practical

Unit 104: Hypnoanalysis**Duration: 4 consecutive days - classroom**

- African philosophy and principles of healing (introduction)
- Dream analysis
- Metaphysics, Ancient Wisdom and Intuition
- Analysis of Intake Form & Word Association Test
- Regression to ISE'S as per Word Association Test
- Student practical
- Test
- 10 Case studies
- Home assignment, including text book reading & practical

Unit 105: Ethnopsychology**Duration: 4 consecutive days - classroom**

- African philosophy and principles of healing
- African Worldview
- Bridging of Western Psychology & African Traditional Healing
- A Calling to become a Healer
- Metaphysical disorders
- Specific African Traditional Psychological Issues
- Understanding realms of the spirit world
- The reality of Muti, Curses & Tokoloshes
- Dream analysis and the use of Psychoactive plants
- Introduction to Divination
- Student practical & Test
- 10 Case studies
- Home assignment, including text book reading & practical

Unit 106: African Philosophy of Healing**Duration: 2 consecutive days - classroom**

- Introduction to African Traditional Medicine, Ethnomedicine, Ethnopsychology
- African Philosophy of Healing
- Holistic Conception of Life and African Worldviews
- Philosophy of Ritual in African Culture
- The Role of Ancestors
- Myths, Truths and misconceptions of the Ancestral role
- Demonstration of Divining methods.
- Demonstration of Traditional Hers Counselling methods.
- Reflection, suggestions and natural connection with soul.
- Student practical
- Home assignment and test

Unit 107: Life Coaching 1 - Holistic**Duration: 2 consecutive days - classroom**

- Introduction to Life Coaching
- What Life Coaching is and why it is necessary.
- Categories and Components of Life Coaching
- Self-Hypnosis and Applied Meditation
- Imagination and Intuition
- Action Packs 1-3, dealing with various aspects of coaching
- Client policies and procedures
- Life Coaching Agreement
- Intake Form
- Holistic Life Categories, Visions, Career
- Actioning Goals, Budgets
- Student practical
- Home assignment
- For Life Coaching certification, an additional two days Clinical Life Coaching training is required.

Unit 108: Hypnoanesthesia & Pain Management

Duration: 2 consecutive days - classroom

- Formulation of Therapeutic Suggestions
- Hypnotic Anaesthesia Principles
- Glove Anaesthesia
- Hypnoanesthesia for Children
- Catalepsy: Arm & Full Body
- Esdaile (hypnotic coma) state
- Hypnotic Natural Childbirth & setting up a clinic for Painless Birth
- Methods for pain control using hypnosis
- Pre-operative & Post-operative care
- Journey-techniques: a person's consciousness travels to the part of the body where the cause of the physical discomfort or problem started
- Finding the ISE (cause of the pain or discomfort) and eliminating the cause Student practical
- Test

Unit 109 Advanced Soul/Past Life Regression

Duration: 2 consecutive days - classroom

- Ancient Wisdom teachings regarding the Soul, Spirit and Human Soul
- Contracts, Vows and Soul Agreements
- What is Soul Life Regression?
- Formation of our Solar System and our place in it.
- The role of Devas/Angels on our path in this life
- Involution and Evolution, planes of existence and group souls
- Finding your purpose for this life.
- Discover your soul-qualities & who you are as a soul
- Life between Lives
- Karma (law of Cause and Effect)
- Visit the Akashic Records
- Student practical
- Test

Unit 110 Divination and Higher Consciousness

Duration: 4 consecutive days - classroom

- Introduction to Divination
- Purpose of developing Higher levels of Consciousness
- Methods of Divination
- Demonstration of Divining Methods
- Recognising a Calling
- Dangers of Lower Psychism
- Angels, Devas, Guides and Ancestors
- Counselling Skills in Divination
- Divining Tools
- Meditation methods and the purpose of meditation
- Student practical
- Test

Unit 114: Signs & Symptoms - Facial

Duration: 4 days - classroom

- Introduction to Signs & Symptoms
- The aim of the course is to tell what is wrong with a person by just looking at him
- Making a mental assessment/diagnosis through observation of various facial, tongue and other body signs.
- Facial/body signs & symptoms as a diagnostic tool do not require expensive equipment or sophisticated technology; we employ our eyes, ears, touch, nose and intuition.
- Shape of Face & Head and its meaning.
- Signs & Symptoms: lines, colour, skin tone, marks, swelling etc. . that can be observed in the following parts of the body:
- The Mouth, Lips & Teeth
- The Eyebrows & Eyes
- The Nose, Cheeks & Ears
- The Forehead
- The Hair
- The Hands

- The Feet
- The Skin
- Other diagnostic tool: taking of blood pressure, sugar testing and more.
- Student practical
- Test, class and home assignments, including text book reading

Unit 115: Nutrition and Lifestyle

Duration: Four consecutive days - classroom

Day 1 – Basic Nutrition

Section 1: Basic Nutrition

- Introduction to nutrition and living a healthy lifestyle
- Basic nutrition and balance
- Functions of the essential nutrients
- Protein
- Carbohydrates (Inc. Glycaemic Index)
- Fats
- Vitamins
- Minerals
- Water
- Healthy eating guidelines
- Building blocks for calculating what you need – Macros, Calories
- Eating organic whole foods
- The effects your preservatives and additives on the body
- Food pyramids and the eating well plate – incl. Vegan, Vegetarian

Section 2 – Nutrition & health

- Nutrition and the influence on your lifestyle & vice versa
- The key to finding the balance and structuring for consistency
- The digestion system – incl. Bowels, Kidneys, Lungs/Bronchioles, Lymphatic Systems & Skin Nutrition
- Influence of bad nutrition on your health
- Leaky gut syndrome
- Food allergies & intolerances
- Your body's PH balance - Acidity & Alkalinity
- Diabetes, Cancers, Auto-immune disease, Cholesterol, Metabolic Syndrome
- Candida
- Physical readiness questionnaire (Part-Q Form)

Section 3 – Understanding your body

- Body Composition: Metabolic types, Body types and Body shape
- What is my Metabolic Type?
- What is my Body Type?
- What is my Body Shape?
- Being vegan & vegetarian
- Detoxification & Food Combining
- Diet types
- The China Study – eliminating animal products
- The Banting revolution - Low carb, high fat
- Hormone reset diet - The effects on your hormones
- Blood types diet
- The elimination diet – finding the problem
- The starvation diet – How your body reacts when you are not eating enough
- Effects of dairy, gluten & sugar on your health
- Eating to clean – cutting whole food groups
- Carb cycling – When and how to eat carbs
- Intermittent fasting

Section 4 – Lifestyle & wellness

- Principals of wellness
- Wellness assessment form
- Where to start when making changes
- How to set up an action plan
- Do we need to exercise?
- What would be the minimum requirements to stay healthy?
- How to get your mind right
- Meditation, mindfulness and sleep

- Effects of stress on the body

Section 5 – Summary

- How to decide what is best for you
- How to follow the guidelines and stay on track
- Ways to track progress
- It all comes down to Hering's Law of Cure

Additional:

- Student practical
- Test
- Home assignment

Unit 116: Ethnobotany 1

Duration: 4 days - classroom

- Introduction and History of Ethnobotany, Traditional Medicine and Herbal Medicines
- Cultural Aspects of Healing
- Plant Parts Used
- Methods of Collection, Storage and Drying of Medicinal Plants
- Dosage forms, Methods of Preparation and Administration
- Active Ingredients, Constituents and Properties of Herbs
- Modern and Traditional Methods of making Herbal Preparations.
- Types of Herbal Remedies: Tinctures, Capsules, Creams, Salves, Powders
- Dosage and Formulation Criteria
- Herbs for Digestive & Nervous Systems
- Class Practical: Herbal Tincture Preparations
- Student Practical: Herbal Formulations for Digestive & Nervous System
- Test
- Home assignment: Herbs for Specific Digestive & Nervous System Conditions

117: Anatomy & Physiology

Duration: 6 days - classroom

- The aim of the course is to develop an appreciation for the structures and functions of the physical body.
- Students will study the 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.
- 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
- Tests & Exam

Unit 118: Pathophysiology**Duration: 6 days - classroom**

- The course deals with the basic concepts of Pathophysiology at the cellular level related to injury, the self-defence mechanism, mutation and cellular proliferation
- The four major topics to be addressed are Etiology (cause/causes of disease), pathogenesis (the nature of the disease process), complications (other consequences which might arise if the disease progresses), and prognosis (the likely outcome)
- The course is 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.
- This module will not emphasize epidemiology, pharmacology or molecular biology; the primary focus will be on conceptual understanding of disease mechanisms.
- 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

- Tests and Final Exam

Unit 119: Iridology**Duration: 4 days - classroom**

The aim of the course is to give the student an understanding of the science of Personality Iridology to be able to do an evaluation of the Iris, learn about different personality types, how it affects our lives, health, emotions and relationships. The course is practical, and students will be equipped to make a proper diagnosis, as well as learn how to do lifestyle changes to restore health.

The student will be empowered and advised regarding easy to operate equipment and a camera, which could also be bought from the lecturer.

Iridology should not be complicated! We teach practical, hands-on techniques, without the difficult terminology !

- History of Iridology
- Anatomy of the Eye
- Iris Charts
- Iris Zones
- Iris Signs:
- Major Iris Types :
- Characteristics, Behaviours, Risk Factors, Nutritional/Lifestyle Adjustments
- Pigment Types
- Collarette (Autonomic Nerve Wreath) & wreath placement in relation to the pupil
- Stomach Zone & Pupillary Ruff
- Pupillary Tones, Flattening and Deformation
- Stress Lines
- Markings in the eye: Lacunae and Crypts
- The Nervous System & Brain Area
- Personality types and specific problems of each
- Timeline – showing traumas at different ages, and future projection.
- Emotional Iridology
- Student Practical
- Test, Assignment and Home Study

Unit 120: Ethnobotany 2**Duration: 6 days - classroom**

- The aim of the module is to teach the student an overview of available herbs in South Africa, as well as other western herbs. The student will be able to identify some plants, compile basic formulations and have an overview of African Traditional Herbs & dangerous plants.
- Students will learn simple formulations and basic practical making of tinctures.
- Prerequisite is completion of Ethnobotany 1
- Pharmacokinetics: Remedy Absorption, Distribution, Metabolism, Excretion & Sensitivity
- Herbs for various disorders
- Herbs: Medicinal Herbs of South Africa: Botanical description, parts used, Medicinal uses, Preparation & dosage, Active ingredients, Pharmacological effects & areas of distribution
- Various Other western Herbs
- Psychoactive Plants
- Other African Traditional Medicinal plants
- Poisonous Plants of South Africa
- Dosage and Formulation Criteria
- Herbs for the various body systems
- Class Practical: Herbal Tincture Preparations, and introduction to creams.
- Student Practical: Herbal Formulations for Various body Systems
- Planning an herb garden: Culinary, Aromatic, Medicinal, Natural Insecticide, Indigenous African sections and Herb trees.
- Propagating Plants
- Test
- Home assignment: Herbs for various body system disorders and complete discussion list of herbs as required in assignment layout.

Graduation

Optional:

Registration with the International Medical and Dental Hypnotherapy Association (IMDHA)
 Registration with the Ethnomedicine Practitioners Association of South Africa (EPASA) IMDHA Hypnotherapy Certification Requirements
 EPASA Ethnopsychology Certification Requirements

Course Start Date, Duration and Schedule

The starting date is determined per group / request / circumstances.
 The Course is presented over a period of **six months** –classroom sessions, assignments, home reading, practical and case studies.

Multiple choice tests after each unit. IMDHA exam after completion units 101-104.
 A certification ceremony after successful completion of course

Course Materials to be provided by Translife

One study guide (work book) per Unit per participant including notes where relevant.
 Required and Suggested reading: optional additional text books available for students to purchase.

Registration with relevant Traditional Healers Association in terms of the
Traditional Health Practitioners Act 2007 (Act 22, 2007)

NQF Standard

Level 5

Credits

50 credits

Minimum Admission Requirements for Participants

Senior certificate
 Over 18 Years of age
 or of mature age 25 years and older

Maximum Number of Participants

8 Maximum participants per course – Minimum 8 participants

Proposed Lecturing Venue

Depending on the group – conference centres - not necessarily at the Translife campus :
 Translife Campus:
 7, Koggelaar Street, Rooihuiskraal, Centurion. 0154. Gaugeng.
 Students seen by appointment only.

OUR TRAINING INSTITUTE

Translife Centre



Training Room 1

Translife Centre was started by Drs. Mervyn & Trudie Bartholomew, PhD, T/Dr, training Hypnotherapy in 2002, and registered as a training institute with the IMDHA (International Medical & Dental Hypnotherapy Association: USA) in 2003.

The training centre has gained international respect for the quality of training and professionalism, which led to the award of 'Educator of the Year' by the IMDHA in 2006. This award is a great honour, as the IMDHA has over 57 registered schools and 7000 members worldwide. Mervyn was invited to train our Life Coaching module in Detroit, USA during the time of the 2006 IMDHA Conference. Unfortunately he passed away in 2006, but the school will remain successful due to his positive and professional influence over the years.

In 2004, we formed the International Holistic Life Coaching Association and the South African Hypnotherapy Association (HA) (formerly HEPASA), which was aligned under EPASA (Ethnomedicine Practitioners Association of South Africa) in 2006.

As we were both Traditional Herbalists since 2002, registered with the Western Cape Traditional Healers Association, and Traditional Medical Practitioners, completed training diviners registered with TRAMSO (Traditional Medicine Systems Organization), it was a natural flow of events to ease into training of Trance State Therapy, Ethnomedicine, Traditional Healing and naturally Ethnopsychology, Traditional Herbs & all aspects of divining, divinity and practical application of Metaphysics. Years of studying Ancient Wisdom, is demonstrated in the practical application of Metaphysics and Soul therapy throughout our training.

Recently we were led to embrace the Traditional Medicine Association (TMA) which is open to all categories and professional levels of traditional healers. This association fosters a modern/academic approach, giving all members the opportunity for further education. Many have found that with further education their proficiency is improved and so service delivery to the patient is optimized.

Translife Centre is the faculty that offers short upgrade course for registration with the Traditional Medicine Association (TMA) and the Ethnomedicine Practitioners Association of South Africa (EPASA). Although the school is in the process of registration with Department of Education, we do not yet offer a SAQA qualification. This final step will take place once the Traditional Healers Council opens for registration.

Training and registration is done in accordance with the:
Traditional Health Practitioners Act, 2007 (Act 22, 2007)

Students who wish to study for registration with the IMDHA (International Medical & Dental Hypnotherapy Association: USA), may complete the required 20 days training in order to qualify to write the IMDHA exam for 'Certified Hypnotherapist', and use the hours for recognition of prior learning to apply to the requirements for 'Trance State Therapy' modules. The course content is the same, and compares with the highest standards in the world. In 2003 the IMDHA required 120 classroom hours, which has now been increased to 220 hours plus home study.

Students who wish to be registered with the Australian Hypnotherapy Association will require 500 hours training plus 500 hours practical hypnotherapy work. Our school forms part of the South African Hypnotist Examiners Board; at this stage Australian Accreditation is available through a recognition of prior learning process.

WHAT MAKES OUR TRAINING DIFFERENT? ETHNOPSYCHOLOGY MODULES

After a lifetime of studying all aspects of ancient wisdom, theosophy, metaphysics, hypnotherapy and related subjects, it is possible for us to combine principles of higher metaphysical teachings with modern trance state therapies, to bring about a deeper knowledge of states of consciousness of the many various cultures in Africa and particular South Africa. Students from other Africa countries treasure the knowledge obtained from our training, as it is possible to apply it in practice, helping people in both rural and developed areas.

We are blessed to have had the opportunity to work with many South Africans who spent years in exile as well as local African cultures. Our trained practitioners can thus deal with all aspects of typical problems experienced by the changed circumstances in our country and help the modern African person in a way that he uniquely appreciates and understands. Traditional Psychology, also called Ethnopsychology greatly focuses on this aspect, backed up by a deep understanding of Ancient Wisdom and African Traditional Medicine Systems. Knowledge of Nutrition, Signs & Symptoms and if in addition qualified as a Herbalist, gives the practitioner a wide variety of tools to assist in the diagnosing, treatment and prevention of disease as stipulated in the Traditional Healers Act, within the prescribed traditional philosophy of healing.

Our students learn how to 'see' what the client sees in regression. After 20 days of training, most of the practitioners can see with open eyes what happened e.g. to the client in the womb, when they made the spiritual contract for this life, or where they resided in spirit world before conception; even higher heavens of bliss & beauty.

We trust that you will enjoy your studies with us, and find the combination of tools that you require from the vast amount of subjects presented by our highly professional, yet compassionate team of lecturers. May you find the bliss & beauty of who you really are!

Terms of reference

Government Gazette, 25 July 2008 No. 31271

The Traditional Health Practitioners Act, 2007 (Act 22, 2007)

and the Draft Policy on African Traditional Medicine for South Africa can be viewed on our website: www.translife.co.za

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.

The Associations affiliated to Translife have for the past two decades lobbied for the recognition of Traditional Healing & Ethnomedicines. Through the actions of these self-regulating associations, who took up the challenge of regulating Ethnomedicine & Traditional Herbalists, the membership grew rapidly.

From the outset EPASA & TMA aligned under the Traditional Health Practitioners Act of 2007. The directors of Translife 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.

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

The Associations have the task of presenting each member, with their portfolio of evidence (subjects completed, relevant to the scope of practice.) to Council for review. Over the past few years, many practitioners have submitted their profiles/portfolios, which are displayed at the Department of Health Traditional Medicine resource centre.

Your Traditional Herbalist 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?

WHAT OUR STUDENTS SAY ABOUT OUR COURSES

It was the most amazing life healing experience. Trudie and Mervyn are so full of love, wisdom and light. This has been a course of self-growth and self-understanding. I loved it. Everyone should experience this.

They are the most loving and kind people that I have ever met. Their knowledge on the subject is superb and they are able to answer all questions with confidence.

They are patient and their methods of teaching are excellent with an even balance between theory and practical. The environment that they create is one of safety and non-judgment. I felt wonderfully comfortable and safe at all times. This is a wonderful course that met all my expectations. The course is comfortably paced so that all concepts can be grasped and understood with enough time for questions. I enjoyed the practical sessions. I feel that it was such an important learning experience to see and 'experience' the practicals.

Colette Delezenne.

They have a deep passion for the subject and a huge amount of love and respect for each student. They know the subject matter well, can express themselves clearly & teach with excellent practical examples. I felt welcome and was encouraged to ask questions. Enjoyed the course very much.

Trudie is wonderful to learn from. We should all aspire to her loving, caring and supportive ways. Love to see how Trudie works! She is such a gentle and caring person. She teaches in such a loving way – you really love what you do & love working with all your students.

Peta-Lee Wainer

Very professional, empathetic and knowledgeable. Eager to share their knowledge on a variety of problems and topics. Kindness & love seems to flow from them everywhere. The course is very useful to people who would like to help other people through Hypnosis. Very professionally delivered. Great course for people who would like to become more "spiritual" & in touch with their past. Course should be slightly longer as there is *just so much* information to be processed!

Malindy Rosen

It was a great privilege to be taught by you! I liked the theoretical information and the practical sessions. The revision from time-to-time helped me to keep track of what was done. I believe I have more insight in myself and will have more understanding and empathy for other people. My experience and perception of hypnosis is positive and I know people need to be treated with respect. The part of the course that I enjoyed most was Hypnoanesthesia. I did a lot of introspection without being hard on myself.

Barbara Louw - Gauteng

Mervyn & Trudie are the best! They have more than given 150% and I am deeply grateful for their insight, time and care. I enjoyed Hypnoanalysis - the world of problems of the client can be identified and brought to the fore which include attachments, entities, past life experiences, vows made and contracts on the spiritual level. Hypnosis is a science, not some stage act which when induced has powerful healing and therapeutic qualities. It commands responsibility by the practitioner and is never to be used for personal purposes of the practitioner. The course opened up a whole new real world to me!

Louise Schomburg - Gauteng

All parts of the course were Whow! I hope to get 10% of Mervyn & Trudie's experience within a 12 month period. I changed emotionally and in life goals. The course opened me to new ideas & I enjoyed the new experiences, which improved my quality.

Gail Gibson - Gauteng

Mervyn & Trudie are very lovely and down to earth. They are able to offer to students with warm hearts. They are just amazing! Hypnosis is the essential adjunct in the world of health to change people. The course will make me the best hypnotherapist; it gave me wisdom and self-confidence to work with people from different religions. I enjoyed the dream analysis most. It was very interesting easy to analyze a dream. I am now positive in life all the time and learnt that we are what we think. People need to know about this course!

Qondile Manana - Swaziland

The course made me grow to my full potential to be a help for others; it broadened my vision and changed my perceptions. What I mostly enjoyed about the course was the teaching on Ancient Wisdom; the 7 planes of existence. Mervyn & Trudie have great hearts!

Sylvia Strydom - Nelspruit

Mervyn and Trudie are excellent trainers. I look up to them and they are more than brilliant. I'm glowing again!

Danielia van Heerden – Nelspruit