Essential Health Institute
Aromatherapy Certification Program
2016

PRESENTER: Denise Joswiak
Dates in 2016
Friday & Saturday 9AM-9PM and Sunday 9AM-5PM
January 15, 16, 17
February 19, 20, 21
March 11, 12, 13
April 22, 23, 24

To register: Please call Hermitage Farm Center for Healing 507-281-2791. Please bring deposit/check to class.
Deposit: A $350 non-refundable deposit is required upon registering for this class.
Total Cost: $2,500

Tuition Payment Options:
Payment #1: $350 deposit, balance by December 12, 2015
Payment #2: January 15th: $537.50
Payment #3: February 19th: $537.50
Payment #4: March 11th: $537.50
Payment #5: April 22nd: $537.50

Options for Absence, Withdrawal:
One Time Absence
Day will be video recorded
Outline of the day will be provided
Repeated Absence/Withdrawal from Certification Program
Student will have the option of joining a future ACP training
**Meals:**
Meals will be provided by Hermitage Farm Center during class times for additional $40 for Friday/Saturday and $20 for Sunday. The meal plan includes: lunch and dinner on Friday and Saturday, lunch on Sunday. Snacks during the day. Meal plan is available for general diets. Vegetarian & organic foods are available. Hermitage Farm Center does not have the ability to provide gluten free, vegan, or other types of dietary restrictive diets. We recommend those with these needs bring their food sources. Storage and preparation of food is available with a full kitchen.

**Additional Supplies:**
Essential Health Institute provides all essential oils and supplies used in class. You may wish to (and may need to) purchase additional essential oils and supplies to use in between the workshop sessions. You could purchase these through one of several companies I would recommend, or through me. I would need three weeks notice to have these by the first day of class. Email me with any questions regarding essential oils.

**Continuing Education Hours:**
This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education. Continuing Education Hours in classroom: 129.6 total (32.4 hours provided each 3-day weekend) NCBTMB CEs available on request upon completing certification.
**Lodging:**
Lodging can be secured at Hampton Inn & Suites Rochester NW, 2870 59th St NW, Rochester, MN 55901; 507-289-6100, with a 10% discount for events at Hermitage Farm, if you inform them when making reservations. Other food and all lodging are at the student’s expense.

**Content Discription:**
ACP- 235 hours total
108-in class
76-A&P (online class)
16-case studies (8 case studies outside class worth 2 hrs each), 2 cases in class
14-paper
21-homework/study

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**Requirements**
2 tests, one 3<sup>rd</sup> weekend, one on 4<sup>th</sup> weekend
Paper due on 4<sup>th</sup> weekend
Case studies 3 due 2<sup>nd</sup> and 3<sup>rd</sup> weekend, 2 due 4<sup>th</sup> weekend

**Denise Joswiak** created the Aromatherapy program for the Allina Health system. She enjoys teaching patients, families and nurses, and has taught throughout her 32 years as a nurse. At Allina Health, Denise currently teaches Transformative Nurse Training, Infant Massage, Stress Reduction, Aromatherapy and other classes involving self-care and integrative therapies. Denise is the Integrative Health Clinical Site Lead for United
Hospital and sits on the Penny George Institute for Health and Healing Nursing Council. She is co-facilitator of the United Hospital Holistic Nursing Council. Denise is involved in writing a research article for a nursing journal regarding implementation and effectiveness of aromatherapy in the hospital setting and presented a poster at the 2014 American Holistic Medical Association Conference.

Denise’s love of essential oils began when her children were in grade school. Aromatherapy was a wonderful way to help her children when they were tired and unable to eat in the morning. Within one week of simple, inexpensive aromatherapy her three children were able to eat breakfast and go to school feeling happy and energetic.

Realizing how essential oils could help pain, insomnia, and other personal concerns prompted Denise to become a Certified Aromatherapist. Since then, she attended advanced classes and has attained the international designation of Clinical Aromatherapist.

Essential Health was created as a result of Denise’s passion to help promote and improve health. Her goal is to look at health as an integrative, holistic process—treating each student or client as a respected individual. Different techniques, including aromatherapy, can help a person to put their body in the best state to heal itself.

Denise is excited to share her knowledge and empower people with tools to maintain or improve their health and the health of those they love and serve.

The Essential Health Institute Aromatherapy Certification Program provides deeper levels of information about natural products and beautiful essential oils, hours of blending in class, and the capability to easily create products and share information with others.

**Essential Health Institute**

**Aromatherapy Certification Program**

**Hermitage Farm Center for Healing**

6415 West River Road NW

Rochester, MN 55901

**Why become certified?**

- To learn why essential oils have properties that support and improve health
- You have wondered whether you are buying quality essential oils
- Because you have concerns that products you are currently using on yourself and in your environment are harmful
- You are curious how aromatherapy could promote health of body, mind, emotions and spirit
Creating beautiful natural products for yourself and perhaps professionally interests you
You plan to use essential oils in your professional practice and wish to do so competently
Caring for yourself and others in a natural, healthy way excites you

Who is this program for?
- Anyone who is interested in comprehensive education about essential oils and their therapeutic properties
- Anyone hoping to create products based on that knowledge
- Anyone wishing to use aromatherapy professionally
  - Creating products for wholesale and/or retail
  - Consultations with individuals to help them maintain or improve their health
  - Consultations with organizations (health care institutions, spas, hotels) to improve the health of individuals and/or the environment
  - Teaching classes
- Anyone desiring the knowledge and competence to use essential oils in their current or future professional practice
- Anyone who feels they want more information about essential oils for their personal use

Why take Essential Health’s program?
- Essential Health’s Aromatherapy Certification Program gives you an opportunity to learn in a comfortable atmosphere with a supportive community focused on wellness.
- You will create over $600 of amazing products for your personal use, to share with loved ones, and to use in your case studies.
- Essential oil chemistry will be covered in an entertaining, understandable way.
- You will learn in a variety of ways including frequent hands-on use of the essential oils
- This program is relaxed, fun and will give you the knowledge to use essential oils professionally.
- You attend classes in person from Denise Joswiak BSN, RN, Clinical Aromatherapist.
  
  As a Certified Aromatherapist, she created the aromatherapy program for Allina Health System. She has been teaching patients and nurses since 1982 and is also a trainer for the Penny George Institute for Health and Healing. Denise is grounded in research and evidence-based practice. She is passionate about empowering individuals and changing the culture of healthcare. (Learn more about Denise in attached Bio.)
Curriculum

- Aromatherapy and Essential Oil History
- How Essential Oils Are Extracted From Plants
- Ways to Use Essential Oils (Application Methods)
- Blending and Formulating Products
- Essential Oil Synergy
- Safety Concerns including Medical Conditions and Medication Interactions
- Interesting, Understandable Botany, Anatomy, and Chemistry
- Essential Oil Testing
- Important Information Needed to Choose High Quality Essential Oils
- Aroma Notes & Characteristics
- Emotional and Energetic Qualities of the Essential Oils
- Carrier Oils, Salts & Hydrosols
- Ethical and Business Considerations/Conversations
- Consultation Skills and Practice
- Aromatherapy in Healthcare
- Research and Resources
- Basic Information About Homeopathy, Flower Essences & Herbal Medicine
- Professional Manual Provided to Each Student including each topic discussed

What Exactly are the Products?

- Environmentally Friendly Cleaning Products
- Lip Balms and Glosses
- After Sun Body Butter
- Luscious Body Butter
- Oils, Lotions, Creams & Balms
- Massage Oil for Pain
- Inhalers
- Deodorant
- Healing Salve
- Foam Soap
- Bath Salts
- Sugar Scrub
- Clay Mask
- Potpourri & Incense
- Room & Linen Sprays
- First Aid & Travel Kits
- Specific Products Based on Each Individual Class