



THE TRAINING CENTRE OF WELLBEING COLOUR THERAPIST

Colour Therapy is a complementary therapy for which there is evidence dating back thousands of years to the ancient cultures of Egypt, China and India. Colour is simply light of varying wave lengths, thus each colour has its own particular frequency and energy. Colour Therapy is a totally holistic and non-invasive therapy and, really, colour should be a part of our everyday life. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow for no reason. Nothing on this earth is here just by chance; everything in nature is here for a purpose. Colour is no exception. All we need to do is to heighten our awareness of the energy of colour and how it can transform our lives. As a professional therapist, you will be able to do this. The capacity for health and wellbeing is within us all. Colour therapy is safe to use alone or alongside any other therapy whether orthodox medicine or another complementary therapy and is safe and helpful for adults, children and animals too. It works alongside sound, aromatherapy, reflexology, Reiki and Art and many more. You are required to demonstrate basic knowledge in human anatomy and physiology and a workbook is supplied upon booking your place and upon full payment of £300.

This course is accredited by the Complimentary Medical Association and approved by Balens Insurance.

The cost of this course is £300

This course is fun and interactive with lots of practical exercises. It can be studied by attending an intense study weekend or by attending 12 monthly, 2hour classes that are available daytime and evening. Guided learning hours are 16-24 classroom based and 120 self study.

The course includes a full printed manual and a starter colour therapy kit.

THE TRAINING CENTRE OF WELLBEING LTD

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There is also a requirement for you to agree to our codes of conduct and these are supplied upon booking your place on our course. The course has a final exam that can be completed at home and you must complete 3 case studies in order to gain your practitioners certification.

Subjects included in the course are:

What is Holistic Therapy

An introduction to Codes of Conduct and Ethics for Colour Healers

Origins and History of Colour Healing

Anatomy and physiology

Colour Psychology

How does Colour Healing work?

Art Therapy

Colour Meditation

Mandalas

Colour and other therapy: Crystals, aromatherapy and energy healing.

Chakras

Application of Colour

Colour Therapy

The Human Aura

Colour in our Environment

