

College of
Medicine and
Healing Arts



**Prospectus &
Curriculum
2017/2018**

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College of Medicine and Healing Arts

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*“Come, come, whoever you are,
wonderer, worshipper, lover of leaving,
it doesn’t matter.*

*Ours is not a caravan of despair,
Come, even if you have broken
your vow a thousand times.
Come, yet again, come, come.”*

Mevlana Jelaluddin Rumi

1207 – 1273



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Our Patrons & Advisors

Our Patrons

Prof. Hakim Syed Zillur Rahman - President of Ibn Sina Academy of Medieval Medicine and Science, Aligarh, India.

Dr. Mohammed Khalid Siddiqui - Former Director General, Central Council for Research in Unani Medicines (CCRUM).

Prof. Mir Ajab Khan - Former Dean, Quaid-i-Azam University, Islamabad, Pakistan.

Hakim Ziauddin Ahmad - New Delhi, India.

Our Consultant Advisors

Hakim Haroon Azam Niazi - Rawalpindi, Pakistan.

Dr. Rafeek Hameed - ND, PHD, MGNI, Sri Lanka.

A Brief Introduction

Welcome to the College of Medicine and Healing Arts: the leading organisation for practice, research, and training in the wisdom and science of *Tibb* – whole-person healthcare and medicine, established in Leicester, England.

We are an initiative dedicated to develop and synthesise traditional knowledge and forms of medicine such as *Unani Tibb* and *Tibb-un-Nabawi*, along with useful and beneficial research and innovations from Complimentary & Alternative Medicine (CAM).

Mohsin Health (providing consultations, natural remedies and trusted health information), since 1978, and College of Medicine and Healing Arts (CoMHA), since 2011, are the pioneers and custodians of this knowledge and these skills.

The College welcomes you into its fold and we look forward to serving you as our valued student learner. Details of the programmes the College offers are available in the next section.

Tibb: Whole-Person Healthcare & Medicine

Tibb is an Arabic word which in different places of the world, has been referred to as *Arabic*, *Greco-Arab*, *Hikmah*, *Yunani*, *Oriental*, *Islamic* and *Sufi* medicine. Some of the most illustrious names such as *Ar-Razi* of Persia, and *Ibn Al-Baytar* of Andalusia, Spain, are associated with the tradition of *Tibb*. Maimonides of Cairo, Egypt and *Ibn Sina* (Avicenna) were practitioners and teachers of *Tibb*. *Tibb* is a tradition of health whose synthesis was in the crucible of the Middle East, and integrates elements from Egypt, India, China and Classical Greece.

Today, *Tibb* continues to provide relief for millions of people in India, Pakistan, Afghanistan, Bangladesh, Malaysia, various parts of the Middle East, Africa, USA, Europe and the United Kingdom. *Unani Tibb* medicine is recognised by the World Health Organisation as a tradition of medicine.

Wholeness and Balance

Tibb, which literally means “nature”, is a body of knowledge and practice, which maintains health and endeavours to restore it when lost. Health is a purposeful

condition of *i'tidal* – dynamic balance, in which all the functions of the human being are carried out in a correct and whole manner. The concept of *wholeness and balance* permeates the philosophy, principles and practice of *Tibb*. Once, the condition of wholeness and balance was a norm for most human beings. However, as people and societies moved away from *fitrah* – the natural way of life, disharmony and diseases increased.

Diagnosis

There are three types of professionals within *Tibb*: *Hakim* – a consultant physician; *Tabeeb* – a physician; and *Muhallij* – a practitioner. Every physician within the *Tibb* tradition works with the whole person. In their diagnosis or evaluation, they assess the whole person, while attempting to find the locus of any given disease. An imbalance may be found on one or more of four levels: physical, emotional, mental and spiritual. Depending upon the individual patient's *Mizaj* – temperament, the physician can use one or more of the available techniques or modalities to restore order and balance.

Treatment

On the physical level, the physician may select massage, manipulation or cupping. This may be complemented with subtle changes in diet supported by a single or a

compound remedy from a rich materia medica – selection of healing materials, mostly plant-based.

Psychological & Spiritual Wellbeing

In the 21st Century, people will increasingly experience mental, emotional and spiritual distress and disease. With the rapid increase of technologies and post-industrial lifestyles, human beings are having to deal with relentless change, information overload, and degradation of human values and worth.

It is in this context that IIm-un-Nafsiyat, a wisdom-based, transcendent, and time-tested discipline located within the tradition of Tibb: Whole-Person Healthcare & Medicine, is the most suitable solution towards re-balancing the inner turmoil of the human being.

If necessary and appropriate, the physician can use Nafisiyat – holistic psychotherapeutic measures to balance the inner dimensions of emotions or thoughts.

If there is a spiritual imbalance, then Ruhaniyat – logotherapy – may be used to harmonise the transcendent aspects of Ruh - soul, the core of the human being.

Programmes Available

Foundation in Natural Health

Suitable for those wanting to improve their own and their family's health using the time-tested healing wisdoms of Tibb: Whole-Person Healthcare & Medicine.

- Stage 1 – Life Balance & Healthy Living
- Stage 2 – Whole-Person Healing & Medicine

Diploma in Counselling & Psychotherapy (Nafsiyat)

After the satisfactory completion of Foundation in Natural Health, students may wish to continue towards completion of this professional Diploma.

Those wishing to pursue the *Diploma in Counselling & Psychotherapy (Nafsiyat)* are required to:

- Attend Stages 3, 4, 5 and 6 (see Aim & Objectives).
- Dedicate 6-10 hours per week of independent work.
- Satisfactorily complete all homework assignments;
- Complete ten client case studies;
- Pass their final exams.

To find out more, visit www.CoMHA.org.uk/nafsiyat.

Online Programme(s)

Those who are unable to currently attend in-person can join as an online learner. Foundation in Natural Health is being made available online. Please note our online courses do not replace in-person attendance.

To enroll in Life Balance & Healthy Living online, please visit www.CoMHA.org.uk/Online.

More Information

We look forward to your participation on our programmes. If you have any specific questions or need further information/clarification, you can either:

- E-mail us at admissions@CoMHA.org.uk; or
- Call us on (+44) (0)116 273 86 14

Validation & Qualifications

Accreditation

The College of Medicine and Healing Arts (CoMHA) is accredited by the International Association of Natural Medicine (IANM).

CoMHA has excellent credibility and reputation within the fraternity of *Tibb*, due to its high standards.

Graduates of CoMHA are respected by their peers within complementary and alternative medicine (CAM).

International Association of Natural Medicine (IANM)

Successful graduates can apply to join the association and participate in its running.

Opportunities for Graduates

As our graduate there are different options available to you:

- You may wish to set up your own practice either as a counsellor, relationship counsellor, health coach, life coach, wellbeing advisor or psychotherapist.
- You may wish to work as a practitioner at one of our clinics.
- You may also continue your training with the College of Medicine and Healing Arts, expanding your range and depth of knowledge, and the skills that this classical tradition offers you.
- You may wish to apply with our College to become certified as a trainer and teacher of this tradition.

Professional Indemnity Insurance

Successful graduates of CoMHA can apply for professional insurance before they begin their practice. This protects them and the public.

Support After Graduating

As a CoMHA graduate you will have continuing support after graduating as well as clinical supervision.

Diploma in Counselling & Psychotherapy (Nafsiyat) – Aim and Objectives

Aim of the Diploma Programme

For the graduate to be able to run a safe, effective, legal, financially sustainable and professional counselling and psychotherapy practice based on Ilm-un-Nafsiyat within the Tibb tradition, incorporating useful knowledge and skills from contemporary research and practices from diverse disciplines.

Stage 1 – Life Balance & Healthy Living

We begin by examining contemporary confusions about the nature of knowledge, existence and reality. The solution to this labyrinth is the paradigm of *Hikmah*, holistic cosmology, which learners are introduced to at this stage.

In this stage, learners are also introduced to the *Tibb* whole-person approach, specifically the seven components of the human constitution – *umoor-e-tabiyaat*.

Learners are introduced to the Six Life-Balance Factors – *asbaab-e-sittah-zururiah*, and how to use them to promote their own health.

Learners practically prepare a range of spice mixtures, drinks and dishes according to the recipes in Alchemy in the Kitchen – *alkimia-fil-matbakh*.

Stage 2 – Whole-Person Healing & Medicine

In this stage, learners further their learning by exploring specific interventions pertaining to the Six Life-Balance Factors. One major focus in this stage is nutrition, including *Tibb* nutrition and the seven critical nutritional components.

A key theme introduced in this stage is this healing crisis. Learners are also introduced to single remedies and compound formulations, and begin developing their practical skills in safely preparing these medicines.

Stage 3 – Counselling & Psychotherapy Training

Students in this stage begin to develop their consciousness, approach and skills as future counsellors and psychotherapists. They continue to develop the

knowledge and skills they began to develop in Stage 2, with their now client-centred approach.

In this stage, students learn and develop the skills to conduct a client interview and take relevant case notes, as well as to professionally assess a client. The training delivered in this stage emphasises professional considerations such as health and safety, confidentiality, record keeping and data protection.

Students gain a basic understanding of psychological faculties and energies, and learn about causes of the diseases of the self. They begin to develop the essential qualities of a successful counsellor and psychotherapist.

They begin to transform their own inner dimensions and learn how these qualities and processes can facilitate their clients' psychological health and wellbeing (the inner alchemy).

Stage 4 – Psychotherapeutics & Practice Management

In Stage 4, students learn the protocol for maintenance of psychological health, and the protocol for treatment of psychological diseases.

Specific disease examples are explored with a view to learning how to successfully manage maintenance of

psychological health and treatment of psychological diseases.

Students in this stage are informed of the basic procedures with respect to accidents and emergencies, including psychological emergencies, and to know when to refer a patient elsewhere.

In Stage 4, just like in Stage 3, professional considerations are emphasised, with a particular focus on legislation that is relevant to their practice. In addition, students learn the main professional considerations relevant to their practice.

After completing Stage 4, students can begin to take their own individual client case studies.

Stage 5 – Practice of Counselling & Psychotherapy

This is a practical stage where students continue to develop and demonstrate the skills needed for professional, safe, effective, legal and financially sustainable counselling and psychotherapy practice.

In Stage 5, students continue to learn and demonstrate how to prepare and manage their premises and equipment, receive clients, and interview their clients.

Students are required to attend this stage which will allow them to experience various activities related to successful practice of counselling and psychotherapy.

Stage 6 – Review & Consolidation

This stage is to review the progress of each learner, in regards to their personal development as well as their professional development.

As well as a general review, the focus is specifically on reviewing and updating students' individual client case studies. In this stage, students prepare to complete any remaining coursework and be ready for their exams.

Diploma in Counselling & Psychotherapy (Nafsiyat) – Curriculum

Stage 1 – Life Balance & Healthy Living

Introduction to Tibb

Unit	Title
1.1	Hikmah: The Philosophical Foundations of Tibb
1.2	Definitions and Subject Matter of Tibb
1.3	Arkan: The Elements
1.4	Mizaj: Temperament
1.5	Akhlat: The Humours
1.6	A'dha: The Organs
1.7	Arwah: The Spirits
1.8	Quwwah: The Faculties
1.9	Af'aal: The Functions

Introduction to Life Balance

Unit	Title
2.1	Introduction to Life Balance
2.2	Seasons and Air
2.3	Food and Drink
2.4	Psychological Activity and Rest

- 2.5 Physical Activity and Rest
- 2.6 Sleep and Wakefulness
- 2.7 Elimination and Retention
- 2.8 Life Balance Worksheets

Alchemy in the Kitchen

- | Unit | Title |
|------|---|
| 3.1 | Health and Safety in the Kitchen |
| 3.2 | Health and Safety with Herbs and Spices |
| 3.3 | Chapatti/Roti/Paratha |
| 3.4 | Curry Powder |
| 3.5 | Garam Masala |
| 3.6 | Ghee (Clarified Butter) |
| 3.7 | Kitchari |
| 3.8 | Nabeez (Date Drink) |
| 3.9 | Lassi |
| 3.10 | Moroccan Soup (Harira) |
| 3.11 | Pumpkin and Barley Soup |
| 3.12 | Saffron Elixir Tea |
| 3.13 | Stuffed Date Halwa |
| 3.14 | Water |
| 3.15 | Wholemeal Bread |
| 3.16 | Zaytoon (Olive) Oil |

Stage 2 – Whole-Person Healing & Medicine

Whole-Person Healing

Unit Title

1.1 Understanding Whole-Person Health

Creating a Balanced Lifestyle

Unit Title

2.1 Seasons, Air & Environment

2.2 Food & Drink

2.3 Physical Activity & Rest

2.4 Psychological Activity & Rest

2.5 Sleep & Wakefulness

2.6 Retention & Elimination

Tibb: Whole-Person Nutrition

Unit Title

3.1 Introduction & Definitions

3.2 Keys to Understanding Whole-Person Nutrition

3.3 Nutrition & Wholistic Health

Naturopathic Nutrition

Unit Title

4.1 Introduction to Naturopathic Nutrition

4.2 Macronutrient Composition

4.3 Dietary Fibre and Its Health Benefits

4.4 Essential Fatty Acids

4.5 Balance of Minerals

- 4.6 Micronutrient Composition
- 4.7 Glycaemic Index
- 4.8 Acid-Alkali Balance

Materia Medica

Unit Title

- 5.1 Single Medicaments
- 5.2 Compound Medicaments

The Healing Crisis

Unit Title

- 6.1 Introduction to the Healing Crisis

Stage 3 – Counselling & Psychotherapy Training

Client-Centred Practice

- 1.1 The Counsellor/Psychotherapist's Role and Responsibilities
- 1.2 Professional Considerations
- 1.3 Client Care and Management
- 1.4 Managing the Healing Crisis
- 1.5 Preparing for Client Case Studies
- 1.6 Client-Centred Assessment

Clinical Skills

- | Unit | Title |
|------|---|
| 2.1 | The Art of History Taking |
| 2.2 | Physiognomy |
| 2.3 | Introduction to Iridology |
| 2.4 | The Pulse |
| 2.5 | Stools and their Diagnostic Importance |
| 2.6 | Urine Analysis |
| 2.7 | Use of Equipment in the Clinic and Pharmacy |

Materia Medica

- | Unit | Title |
|------|----------------------------------|
| 3.1 | Single Medicaments (Continued) |
| 3.2 | Compound Medicaments (Continued) |

The Inner Alchemy

Unit Title

- 4.1 Psychological Faculties and Energies
- 4.2 Causes of the Diseases of the Self
- 4.3 Qualities of a Successful Counsellor
- 4.4 Psychotherapist Heal Thyself

Stage 4 – Psychotherapeutics & Practice Management

Psychotherapeutics

Unit	Title
2.1	Introduction to Psychotherapeutics
2.2	Classifications of Psychological Diseases
2.3	Specific Disease Examples
2.4	Emergencies and Accidents
2.5	Death and Dying
2.6	Client-Centred Therapy
2.7	Guidelines for Good Practice
2.8	Phytopharmacy

Practice Management

Unit	Title
3.1	Legislation
3.2	Professional Considerations
3.3	Business Considerations
3.4	Resources for Good Practice

Handbook for Successful Practice Management

1. The Choice of Practice Premises
2. Health and Safety
3. Setting Up a Practice
4. Employment of Staff
5. Financial Management
6. Advertising

How to Register and Enroll

You can register as a student by enrolling on any of our available courses and programmes. You can enroll through our website www.CoMHA.org.uk, or e-mail us to enroll you at admissions@CoMHA.org.uk.

Online Programme(s)

You can enroll yourself instantly on the Life Balance & Healthy Living online programme, just visit www.CoMHA.org.uk/Online.

Get In Touch With Us

If you have further questions, just get in touch with our team. You can:

- Phone us on: (+44) (0)116 273 86 14
- E-Mail us at: admissions@CoMHA.org.uk
- Write to or visit us: 446 East Park Road
Leicester, LE5 5HH
England (UK)

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“Honor your body, which is your representative in this universe. Its magnificence is no accident.

It is the framework through which your work must come; through which the spirit and the spirit within the spirit speaks.

The flesh and the spirit are two phases of your actuality in space and time. Who ignores one, falls apart in shambles. So it is written...”



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