

Nutritional Therapy

WHAT IS NUTRITIONAL THERAPY?

Nutritional Therapy, as the core component of Functional Medicine, is a holistic, person-centred approach that uses whole foods, phytonutrients, therapeutic food supplements and lifestyle changes to assist clients to restore and safeguard sound health.

WHAT DOES A NUTRITIONAL THERAPIST DO?

Following a comprehensive consultation, the Nutritional Therapist and client discuss and agree a programme of dietary and lifestyle recommendations based on the client's unique needs and their personal preferences and circumstances. These recommendations can often be supported by findings from functional tests. Follow-up appointments to monitor progress and provide further advice and support take place over the following weeks or months.

At IINH the journey to becoming a Nutritional Therapist begins with the BTEC Diploma in Professional Nutrition & Health Coaching (Year 1). Once this is completed, students move into the second year of the Nutritional Therapy course.

WHAT ISSUES DO NUTRITIONAL THERAPISTS ADDRESS?

Nutritional Therapy can prove effective for a wide range of health issues, including digestive conditions, hormone imbalances, fertility problems, chronic fatigue, heart disease, stress related disorders, raised cholesterol, high blood pressure, skin disorders, food allergies, metabolic conditions, immune system dysfunctions, depression, arthritis, learning and behavioural difficulties, and many more

WHERE DO NUTRITIONAL THERAPISTS WORK?

Many of our graduates are working in a clinical setting, some alongside other therapists. Others are running their own retail or consulting business in the health and nutrition sector, teaching children and adults, educating and advising other healthcare professionals, consulting and training for corporate clients, promoting health initiatives, managing health stores, writing on health matters for newspapers, magazines and specialist journals, among others.





CROSSFIELDS INSTITUTE DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS

QUALIFICATION

Globally Recognised Qualification:

Crossfield's Institute Diploma in Nutritional Science and Therapeutics

Level 6 UK (=Level 8 Ireland)

Level 6 in the UK system (= Level 8 Ireland). Same level as BSc Hons, but note that the NT award is not a degree.



Next Course: Oct 12th 2022

Course Length: 2 1/2 Years.



Time Commitment

1,650 notional learning hours. This includes lecture time, home study, tutorials, reading and assignments (approx. 15 hours per week).



Prerequisite:

Completion of the IINH Nutrition and Health Coaching Diploma programme or equivalent*.

** For those with prior learning from another college, please contact us to discuss further.*

DELIVERY

'Flipped Classroom', online, part-time. Students supported with frequent live tutorials, group work, interactive forums.

ASSOCIATED BODIES

AWARDING BODY

Crossfields Institute – Crossfields Institute is an education charity and an awarding organisation based in the UK.



The organisation is regulated by Ofqual (The Office of Qualifications and Examinations Regulation) who regulate qualifications, examinations and assessments in England and vocational qualifications in Northern Ireland. All awarding organisations including larger ones such as City and Guilds are regulated by Ofqual.

PROFESSIONAL BODY

NTOI (Nutritional Therapists of Ireland) is the professional organisation representing qualified Nutritional Therapists in Ireland.



The organisation is independently run through its membership.

The NTOI is a registered non-profit company with no capital and has a minimum of 3 directors at any time. One of the directives of the board is to ensure that the professional status of NTOI registered Nutritional Therapists is formally recognised in Ireland.

A qualified registered Nutritional Therapist is someone who holds a minimum 3-year diploma in Nutritional Therapy and is trained in basic biochemistry, physiology and pathology as well as 200 hours supervised clinical practice.

As such, a Nutritional Therapist is qualified to work in private practice and see clients on a one to one or group basis. They are fully insured and must comply with the NTOI requirements for Continuing Professional Development (CPD) and Code of Professional Ethics & Practice.



COURSE OUTLINE

UNIT 1. ANATOMY AND PHYSIOLOGY

- Comprehensive knowledge of the structure and function of the major physiological systems of the body – digestive system, liver, endocrine system, immune system, cardiovascular and circulatory system, respiratory system, nervous system, bones and joints and urinary system.
- How the different systems are integrated into the body as a whole.
- Comprehensive anatomical and physiological knowledge to communicate knowledgeably and confidently with other healthcare professionals.
- Understanding of the effect of genetic factors on cell metabolism and function.



UNIT 2. BIOCHEMISTRY

- Understanding of the basic chemistry of the human body and the essential requirements for good health at the cellular level.
- The basic unit of life: the cell – The health of the cell underpins all aspects of our general health.
- Chemical processes and transformations in living organisms, molecular interactions, structural characteristics of molecules.
- Understanding of the substances essential to maintaining life at a molecular level and of the chemical mechanisms and pathways involved.
- Understanding of the structure and function of water, macronutrients and nucleic acids.
- How energy is produced at a cellular level and how macronutrients, with the aid of particular co-factors and co-enzymes, are metabolised into energy.



UNIT 3. PATHOPHYSIOLOGY

- Understanding of pathology and how pathology can affect the functionality and integrity of the different body systems, both directly and indirectly.
- Identifying any clinical imbalances presented by a client to enable a complete assessment from a holistic point of view and therefore identify the most suitable nutritional interventions.
- Ability to identify any potential serious signs and symptoms (red flags as listed in the NTEC Core Curriculum) to refer on to a medical practitioner.
- The origin of disease processes and how diseases develop at both a physiological and biochemical level.
- Clinical features and possible causes of the most encountered diseases and about differential diagnosis.
- Overview of common functional tests and their clinical applications.



UNIT 4. NUTRITIONAL THERAPEUTICS

- Understanding of the key principles and practices of nutritional therapeutics and how they may help combat pathology and disease in the different body systems.
- Founding principles of nutritional therapy and understanding of the principles of Functional Medicine (FM). FM operates with a client centred principle, in that the client, not the disease, is at the centre of any therapeutic interventions.
- How FM tools may be used to identify client needs and develop nutritional therapeutic treatment programmes.
- How nutritional therapy may support various clinical imbalances within body systems.
- Skill of using food as a therapy and exploring the impact of nutrients on the health of the major body systems.
- Sources, functions and interactions of micronutrients.



UNIT 5. CLINICAL PRACTICE CONDUCT

- Conduct live consultations under close supervision allowing development of newly learnt skills as competent practitioners, drawing on the physiological, pathophysiological and nutritional knowledge gained throughout the program.
- Experience the consultation process first hand, initially through observing consultation sessions and then by conducting own consultations under experienced supervision.
- Use of Functional Medicine tools to gather client information, assess and evaluate client needs and build an in-depth assessment of their client.
- Design and evaluate the effectiveness of nutritional therapeutic interventions and provide effective on-going support to clients.
- Opportunity to identify and develop own individual approach as practitioners.
- Discuss and share experiences with peers and explore the subtle complexities of working with real life cases in a supportive environment.
- Explore and utilise reflective practice methods that can be applied to support personal growth and development as a nutritional therapist.



UNIT 6. PHARMACOLOGY

- Nutritional therapists frequently work with clients who are taking doctor-prescribed and/or over the counter (OTC) medications.
 - Key concepts and principles of pharmacology, including how drugs interact with the human organism and with foods and nutraceuticals.
 - Basic understanding of pharmacology and the principles of pharmacokinetics and pharmacodynamics.
 - How commonly used drugs interact with the human organism, including possible side effects and contraindications.
 - How drugs interact with foods, nutraceuticals and other substances.



This unit does not enable learners to prescribe or administer pharmaceuticals in any way and is intended solely to deepen understanding relating to nutritional therapeutic practice.

UNIT 7. PRACTITIONER DEVELOPMENT (INCLUDES PRACTICE MANAGEMENT)

- Knowledge and skills to develop the competencies needed to establish appropriate and effective professional and therapeutic relationships with clients.
- Reflective practice and how this can be used to develop skills as nutritional therapists.
- Explore and practice the skills required to establish, develop and manage therapeutic and professional relationships with clients.
- Develop capacity for empathic and effective communication within the context of a professional relationship.
- Practice management; the legal, ethical, administrative and business requirements of practice, including privacy and data protection, which are essential when offering services to the public.



UNIT 8. UNDERSTANDING AND ACCESSING RESEARCH

It is important that nutritional therapists are research orientated and think critically about the field of nutritional science. As the profession is constantly evolving, nutritional therapists must keep up to date with the latest developments in their field.

- Principles and practices of research to better understand and evaluate publicly available research literature.
- Value and skill of researching information in practice.
- How to access, understand and evaluate the reliability of research data as it relates to clinical decision making.
- How to effectively reference work.



Denise Wogan
Nutritional Science and
Therapeutics student
2019, Foodee Nutrition

"As I reflect over the last few days, I really just wanted to connect to offer my thanks to you all. The evidence I saw presented backed up many of the concepts that you guys taught us over our studies. Much of it I don't think I was ready/able to hear. But as you always said it will come together, and it has. I know now the quality and the standard of the education we received with your college was second to none. I realised how much I have learned both academically but practically through my journey. It was wonderful to sit amongst peers and feel so comfortable in my own skin that I belonged. I am so excited for what the next few years holds and more motivated than ever to go out and work in this area."

JOIN THE IINH COMMUNITY



**I'M READY TO TAKE
THE NEXT STEP**

**CROSSFIELDS INSTITUTE
DIPLOMA IN NUTRITIONAL
SCIENCE & THERAPEUTICS**

You can enrol online by clicking [here](#)
or contact our admissions team.

**I HAVE GOT A FEW
QUESTIONS**

**SPEAK TO A MEMBER OF OUR
ADMISSIONS TEAM**

Our knowledgeable Admissions Team
is here to answer your questions.
If you have any questions, we invite
you to contact us.

CONTACT US TODAY

Visit: www.iinh.net

Email: admissions@iinh.net

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