



COLONIC TRAINING CURRICULUM AND TIMETABLE

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INSTITUTE OF PROFESSIONAL COLON HYDROTHERAPY
WWW.COLONICTRAINING.CO.UK

Core Curriculum requirements and Course syllabus

General description:

See critical path online

<https://ipch.org.uk/images/pdf/CRITICAL-PATH-COURSE-IPCH.pdf>

Direct learning hours:

100 hours minimum. This is made of 64 hours of in-clinic practical training, 10 hours of remote/out-sourced supervised clinical practises, 20 hours of virtual live classroom and one-to-one tutorial, and 6 hours examination

Home study hours (estimated):

Studying of colonic treatment procedure using video (15 hours), studying of course manual (80 hours), writing of case studies and associated research (20 hours), researching

Supervised colon hydrotherapy practices:

15 minimum, more depending on background, experience and classroom performance – of which 5 supervisions maximum can be out-sourced outside (with an ARCH approved therapist). This option is available to facilitate the student's training and is relative to the student's abilities, situation and geographic location

Written up case studies: 3 of 2 treatments minimum each:

Three case studies on three different people. Those are collated by the students after their 15 supervised practices on willing volunteers outside the classroom and under the terms of their student's insurance (IPCH scheme with Balens).

Continuous learning assessment:

This takes the form of 9

Minimum requirement for enrolling on the course:

1. Recent evidence of police check (DBS)
2. A current 1st aid Certificate or evidence of commitment to doing a 1st aid course within 3 months of enrolling on a course (**EFAW Level 3 course minimum**)
3. Student's insurance in place

Training requirements for course completion:

The student's pre and current training is assessed formally prior to the start of the course and a completion pathway is agreed and mapped out according to the following criteria:

1. An A&P certificate (**Level 3 minimum**) either independent or as part of a body base qualification (i.e. massage or personal trainer qualification)
2. Hands-on experience in a body-based modality. **The minimum is defined by either:** an "Access Course" to professional massage training (which represent at least 21 contact learning hours) **or a basic qualification in either** Care (NVQ level3), Nursing, Reflexology, Acupuncture, etc.
3. Complementary health and nutritional knowledge. **The minimum is defined by either:** having completed the Nutrihub course in Nutrition to Foundation level (or equivalent) <https://nutrihub.org/foundation/> **or a qualification in:** Nutrition Coaching, Homoeopathy, herbalism, Personal Trainer (PT Level 3 minimum), etc.

Professional qualification recognised as acceptable level for enrolling on the course without additional studies:

- Full Professional Qualification in Acupuncture, Osteopathy, Naturopathy, Massage, Reflexology, Aromatherapy, Herbalism, etc.
- Professional Qualification in Personal Training (level 4), Pilates, Yoga Therapy Practices
- Nursing or Medical Practice

The option of advance training modules is available and may be recommended to a student depending on their skills, experience and classroom performance. Modules available include nutrition-based modules and a 2-day hands-on Visceral Massage Practice

Entry condition:

A virtual interview to determine suitability of candidate on the course (ability, language skills, mental health, motivation, premises access, etc.) followed by a formal application to include DBS, student insurance provision, ARCH data sharing consent, medical history and consent to receive colonic treatment, 1st Aid qualifications (EFAW minimum level); A&P (level3 minimum).

The course comprises of:

- Orientation session with each individual student to map-out the student's training including co-requisite studies, case study practice conditions and requirements specific to the student (access to existing treatment room or setting up from scratch; access to external supervision or needing provision for supervision), business model and general plans
- 6 days core training
- 1 day of supervised Clinical Practice
- 4 virtual classroom modules (5 hours each) with Continuous Assessment quizzes throughout
- Homework (2 externally sourced - by the student - case study clients for case study writing, each receiving 2 supervised treatments minimum)
- 1 externally (ARCH) assessed exam (3 hours written and 2 hours practical)

Objectives of Core Practical Training 6 days (48 contact hours) of classroom (6 practices minimum)

Practicing Colonic Hydrotherapy treatments (giving and receiving)

Physical examination including Digital Rectal Examination (DRE) and abdominal assessment

Treatment protocol and practice including herbal implant

The use of water temperature

Cleaning routine practice and hygiene

Treatment after care and possible reactions

Understanding Indications, Contra-indications, Red-flags and Referrals in the practice of Colonic Hydrotherapy

Consent form and medical history assessment on externally sourced real-life clients

Understanding the meaning and relevance of a "Case History"

Applied A&P: The GI tract and ancillary organs (function, circulation, pathways)

Applied A&P: The Autonomic Nervous system (function, effect, interactions with gut and general health)

Sourcing laboratory testing: their use, symptomatic context and limitations

Motility disorders - their causes and management in the context of Naturopathic Colonic Hydrotherapy

Digestive disorders - their causes and management in the context of Naturopathic Colonic Hydrotherapy

The relationship between gut health and general health (hormonal, mental/neurological, immunological)

Client-centred approached and effective communication for building trust

Basic room set up and plumbing requirements

Objectives of clinical practice day (5 treatments minimum)

Experience a full day of treatments and the imperatives of time management

Practice taking a case history pre-treatment within a limited time frame

Practice a follow up treatment on a known practice client for the purpose of preparing and writing a case study

Objectives of Online Theory Modules (4 modules)**1. Pre-Core-training virtual introduction**

- Historical context for Colonic Hydrotherapy
- Naturopathic context for Colonic Hydrotherapy
- Physio-pathological reasoning behind contra-indications
- Red-flags and requirements for good case history taking and thorough examination

2. Pathology & Medications Lab testing

- Recognising the signs and differences between IBS and IBD
- Understanding the influence of neurological diseases on bowel function and implication for Colonic Hydrotherapy
- Familiarising on medical bowel investigations, treatments and medications
- Assessing compatibility of medication and pathology with Colonic Hydrotherapy

3. Metabolism & detailed A&P of Pancreas, Kidneys and Liver

- Understanding the impact of stress on gut function and health
- Working with Syndrome X, pre-diabetic and diabetic clients
- Understanding Kidney function and naturopathic protocols to support kidney function
- Understanding Liver function and naturopathic protocols to support Liver function

4. ARCH, Practitioner ethics & Marketing

- Understanding the elements of a professional practice and accountability including CPD & self-reflective practice and Ethics
- Understanding advertising standards and marketing of a Colonics Hydrotherapy practice
- Support on setting up personal goals and development

Objectives of Case Study practice homework (2 externally sourced - by the student - case study clients, each receiving 2 supervised treatments minimum)

Practising independently finding clients

Receiving a less intrusive supervision (this can be from an approved therapist or done virtually) to allow more independent thinking from the student

Practising follow-up appointments with less paperwork and more time to dedicate to the actual treatment

Practising writing and submitting a case study; demonstrating the thinking which justified a particular treatment action or recommendation

Objectives of exam 2 hours practical 2 hours written

Verification of standards of practice as per ARCH requirement for safe and competent practitioner

Zoom Modules Syllabus

Module 1 Historical context & Contraindications

(5 hours including continuous assessment quizzes after each section)

1. General history & hydrotherapy
2. Holistic principles & Naturopathic detox
3. Treatment modalities & Indications
4. Contraindications & Red Flags

Pathology & Medications

(5 hours including continuous assessment quizzes after each section)

1. IBD, IBS & Diverticular disease
2. Coeliac, Malabsorption, GORD, PUD
3. Infections, Cancer, Haemorrhoids etc.
4. POP, Neurological diseases, Eating disorders

Metabolism & detailed A&P

(5 hours including continuous assessment quizzes after each section)

1. Adrenals & Stress
2. Pancreas & Syndrome X
3. Kidney & Kidney detox
4. Liver & Liver detox

ARCH, Practitioner ethics & Marketing

(5 hours including continuous assessment quizzes after each section)

1. Regulatory framework & Ethics
2. ARCH function & Membership
3. Marketing
4. Prepare personal goals

TIMETABLE MODULE 1

Day One

Based on 4 students attending

Aim for the day:

Benefits and factors that make colonic a useful treatment and in what context

Indications and limits of what can be advertised

After-Care and FAQ

Purpose and requirements for the medical questionnaire (inc. contraindications & consent)

Preparations prior to the treatment and client's screening (medical questionnaire taking; blood pressure assessment; abdominal examination; digital rectal examination)

Colonic Systems and types of equipment

Hygiene and Set up requirements (U=bend, couch, toilet, etc.)

Demonstration of a Colonic Treatment

9.30	a.m.	FAQ Colon Hydrotherapy
10:30	a.m.	Medical and consent form <ul style="list-style-type: none"> • Basic medical history taking • Consent wording and purpose • Issues with epilepsy, diabetes, eating disorders, anaphylactic shock, Vaso-vagal response and blood pressure screening
11.30	noon	Equipment set up, room layout and plumbing regulations
12.30	p.m.	Colonic machines: types, pros & cons
01:00	p.m.	Lunch
02:00	p.m.	Demonstration of a colonic on the gravity system using disposable tubing and herbal implants <ul style="list-style-type: none"> • Abdominal examination • Digital examination • Tube set-up and disposal with emphasis on hygiene awareness • Last stage tubing and enema bucket (Milton/bleach) • Surfaces and toilet cleaning procedure and suitable cleaner (environmental considerations)
04:00	p.m.	Tea break/discussion
04:30	p.m.	Practice on each other of: <ul style="list-style-type: none"> • Abdominal Examination • Digital Procedure • Tube set-up and disposal
06:30	p.m.	Finish

<p style="text-align: center;">Day Two Based on 4 students attending</p>

Aims of the day:

A&P of the lower bowel and rectum and pelvic floor

Colonic Practice and observation

Toilet-break (planned and unplanned) practice

Introducing the Case Study form as support to learning to take a case history and make client centred recommendations

Constipation (causes and treatment)

Asking a client about their stool and bowel emptying habits (Bristol stool Chart and basic stool colours)

Herbal Implants and herbal prescriptions understanding and practice

09:00	a.m.	Anatomy and physiology of <ul style="list-style-type: none"> • Rectum • Colon • Ileo-caecal valve • Pelvic Floor
10:15	a.m.	Practice on each other on the gravity system with toilet break
11:30	p.m.	Practice on each other on the gravity system with toilet break
12:45	p.m.	Lunch
01:45	p.m.	Constipation Using the questionnaire as an aid for clinical assessment (identifying the causes and symptoms), make naturopathic recommendations in relation to: <ul style="list-style-type: none"> • Stool description (Bristol stool chart) • Colon dysfunctions leading to constipation
03:15	p.m.	Herbs and herbal implants
03:45	p.m.	Tea break/discussion video on coffee enema implants
04:15	p.m.	Practice on each other on the gravity system with toilet break
05:30	p.m.	Practice on each other on the gravity system with toilet break
06:45	p.m.	Self-reflective practice on the day
07:15	p.m.	Finish

<p style="text-align: center;">Day Three Based on 4 students attending</p>
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Aims of the day:

A&P of upper GI tract and accessory organs (Salivary Glands, Liver, Gallbladder, Pancreas)

Colonic Practice and observation

Bloating (causes, testing and treatment) using the CS questionnaire as support

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|-------|------|---|
| 9.00 | a.m. | Anatomy and physiology of: <ul style="list-style-type: none">• Gastro-Intestinal Tract (mouth to ICV)• Liver/Gall Bladder (role in digestion only)• Pancreas (digestive enzyme production only) |
| 10:15 | a.m. | Practice on each other on the gravity system |
| 11.30 | a.m. | Practice on each other on the gravity system |
| 12:45 | p.m. | Lunch |
| 01:45 | p.m. | IBS and Bloating
Using the questionnaire as an aid for clinical assessment (identifying the causes and symptoms), make naturopathic recommendations in relation to: <ul style="list-style-type: none">• Hypo-chlorhydria, and Malabsorption (including laboratory testing)• SIBO (including laboratory testing)• Dysbiosis, Parasites and Candida overgrowth (including laboratory testing)• Food Sensitivities (including laboratory testing)• Leaky gut (including laboratory testing) |
| 03:45 | p.m. | Tea break/discussion/watch video on SIBO |
| 04:15 | p.m. | Practice on each other on the gravity system |
| 05:30 | p.m. | Practice on each other on the gravity system |
| 06:45 | p.m. | Stool observation |
| 07:15 | p.m. | Finish |

Day Four (Sunday)
Based on 4 students attending

Aims of the day:

Client-centred approach towards client handling

Colonic Practice with case history taking (towards a full CS preparation – on a fellow student)

Introducing external clients

Colonic practice and observation

9:00	a.m.	Active listening, Client-centred client handling, managing expectations and making recommendations for compliance
10:30	a.m.	Practice on each other on the gravity system (Treatment Room 1) Student A/B
10:30	a.m.	Concomitant practice of full questionnaire/case history taking (Treatment Room 2) Student C/D
11:45	a.m.	A/B & C/D Swop practice/treatment room
01:15	p.m.	Lunch
02:00	p.m.	Practice on Gravity Fed System on a model (external client) Student A (Student B observes) (Client)
02:00	p.m.	Concomitant practice of full questionnaire/case history taking on client (Treatment Room 2) Student C (Student D observes) (Client)
03.:15	p.m.	Swop practice/treatment room
04:30	p.m.	Tea Break
04:15	p.m.	Practice on each other on the gravity system B/A
05:30	p.m.	Practice on each other on the gravity system D/C
06.45	p.m.	Self-reflective practice on the day
07:15	p.m.	Finish

Day Five (Monday)
Based on 4 students attending

Aims of the day:

A&P of Enteric Nervous System (ANS)

Colonic Practice with case history taking (towards a full CS preparation – on a fellow student)

Introducing external clients

Colonic practice and observation

9:00	a.m.	Anatomy and physiology of Autonomic and Enteric Nervous System
10:30	a.m.	Practice on each other on the gravity system (Treatment Room 1) Student B/A
10:30	a.m.	Concomitant practice of full questionnaire/case history taking (Treatment Room 2) Student D/C
11:45	a.m.	Swop practice/treatment room
01:15	p.m.	Lunch
02:00	p.m.	Practice on Gravity Fed System on a model (external client) Student B (Student A observes) (Client)
02:00	p.m.	Concomitant practice of full questionnaire/case history taking on client (Treatment Room 2) Student D (Student C observes) (Client)
03.:15	p.m.	Swop practice/treatment room
04:30	p.m.	Tea Break
04:15	p.m.	Practice on each other on the gravity system A/B
05:30	p.m.	Practice on each other on the gravity system C/D
06.45	p.m.	Self-reflective practice on the day
07:15	p.m.	Finish

Day Six (Tuesday)
Based on 4 students attending

Aims of the day:

Colonic Practice with case history on external clients

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|-------|------|--|
| 9:00 | a.m. | Colonic practice on a client (Client) <ul style="list-style-type: none">• Taking a case history with colonic treatment on a client• Actively listening, managing expectations language and communication skills• Creating a safe space: Appreciation Acknowledgement Acceptance• Making appropriate recommendations and maximising compliance |
| 11:00 | a.m. | Colonic practice on a client (Client) <ul style="list-style-type: none">• Taking a case history with colonic treatment on a client• Actively listening, managing expectations language and communication skills• Creating a safe space: Appreciation Acknowledgement Acceptance• Making appropriate recommendations and maximising compliance |
| 13:00 | p.m. | Lunch |
| 02:00 | p.m. | Colonic practice on a client (Client) <ul style="list-style-type: none">• Taking a case history with colonic treatment on a client• Actively listening, managing expectations language and communication skills• Creating a safe space: Appreciation Acknowledgement Acceptance• Making appropriate recommendations and maximising compliance |
| 04.00 | p.m. | Colonic practice on a client (Client) <ul style="list-style-type: none">• Taking a case history with colonic treatment on a client• Actively listening, managing expectations language and communication skills• Creating a safe space: Appreciation Acknowledgement Acceptance• Making appropriate recommendations and maximising compliance |
| 06.00 | p.m. | Finish |

TIMETABLE INDIVIDUAL CLINICAL PRACTICE DAY

Aim for the day:

Experiencing a day in a busy clinic

Listening for the need and client centred approach to colonic hydrotherapy

Practising colonic with appropriate responses to client's need within time constrain x5

09:30	a.m.	Colonic practice on a client <ul style="list-style-type: none"> • Taking a case history with colonic treatment on a client • Actively listening, managing expectations language and communication skills • Creating a safe space: Appreciation Acknowledgement Acceptance • Making appropriate recommendations and maximising compliance
11:30	p.m.	Colonic Practice on a client (follow up treatment)
01:00	p.m.	Lunch
02:00	p.m.	Colonic Practice on a client (follow u treatment)
03:30	p.m.	Colonic practice on a client <ul style="list-style-type: none"> • Taking a case history with colonic treatment on a client • Actively listening, managing expectations language and communication skills • Creating a safe space: Appreciation Acknowledgement Acceptance • Making appropriate recommendations and maximising compliance
05:00	p.m.	Colonic Practice on a client (follow up treatment)
06:30	p.m.	Finish

NB After the clinical practice day, the student is required to access a treatment room to collate two case studies consisting of two different people receiving a colonic treatment on two separate occasions. The student must include a comprehensive case history taking on the first treatment and make relevant recommendations. The following up treatment should include a summary on previous recommendations and further recommendations if appropriate.

All four treatments must be supervised by an ARCH verified practitioner. Supervision can be remote or in person.

TIMETABLE PRE-EXAM

Day Eight
Based on 4 students attending exam

Aims of the day:

Learning about post-colonic implants, types and applications
Practising administering a colonic implant using a 30ml syringe and catheter
Revising the main topics in preparation for the written exam
Familiarising with the treatment room ahead of the practical exam
Sharing and discussing the student's experience with their colonic studies and case studies
Networking and sharing experiences about clinical space and marketing

09:30	a.m.	Self- reflective practice and review/sharing of CS practices
10:00	a.m.	Revisions and discussion based on assignment and exam topics
12:30	p.m.	Lunch
13:30	p.m.	Revisions and discussion based on assignment and exam topics
03:30	p.m.	Tea break and coffee preparation for implant
04:00	p.m.	Demonstration of a colonic with coffee enema implants, toilet break and post-colonic implant
06:00	p.m.	Final discussion on the day
06:30	p.m.	Finish