



Introduction to Psychoneuroimmunology Based Relaxation Therapy

Summary

Psychoneuroimmunology (PNI) is the science of mind-body interactions. PNI investigates links between thoughts, emotions and resistance to disease.

This course offers students the latest evidence-based research of interactions between neural, endocrine and immune processes. It highlights the effect of stress and relaxation on psychological and physical well-being so that students will gain an introductory understanding of PNI, a scientific and holistic approach to health.

Duration

6 hours

Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Define and describe the development of PNI
 2. Outline pathways of communication between nervous, endocrine and immune systems
 3. Define stress and describe its pathways
 4. Identify differences between acute and chronic stress
 5. Understand a PNI approach to chronic conditions such as depression, anxiety, sleep disorders and trauma
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Assessment

This subject is assessed via:

- Online quiz

Refer to Assessment Pack for full details.

Pre-requisites

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

NCC is a Wi Fi friendly site. Students are encouraged to use laptops/notepads etc. with internet access for log in into e-Learning for resources.

Compulsory Textbooks

Nil

Content

- PNI Definition & History
- Outline / Review Nervous, Endocrine & Immune Systems
- Evidence of Communication b/w CNS, Endocrine & Immune Systems
- Stress Response Pathways
- PNI Interactions in Pain, Depression, Anxiety, Fatigue
- Effects of Relaxation on Immunity & Stress Related Conditions

Certificate of Completion

Participants receive a Certificate of Completion

*If you are learning for personal growth you may elect not to participate in the assessment or receive a Certificate of Completion

Continuing Education Credits

If you are attending this course as a CPE workshop and are practicing an Ingestive modality, upon completion you will be issued with a certificate and letter for CPE Points.

Members of ATMS (Australian Tradition Medicine Society) can receive 6 Continuing Professional Education points for this Nature Care College CPE course.

