

## SUBJECT OUTLINE



Subject Name:

### Flower Essence Therapy

Subject Code:

**NATF311**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total course credit points:</b>	<b>Level:</b>
Bachelor of Health Science (Naturopathy)	128	Core 2 <sup>nd</sup> Year
Bachelor of Complementary Medicine	48	Elective 3 <sup>rd</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject Coordinator:</b> Tanya Morris (Brisbane Campus)		
<b>Subject is:</b> Core or Elective as noted	<b>Subject Credit Points:</b> 2	

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>3</b>	<b>2</b>	<b>5</b>

#### Delivery Mode:

Face to face	Details:	1 x 2 hours lecture. 1 x 1 hour tutorial
E-Learning	Details:	Narrated Powerpoint presentations. Tutorial - Tutor moderated discussion forum and activities Student handouts, web-based resources
Intensive Delivery	Details:	Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week. Assessment: Quiz during week 2. Mid-Semester exam completed at the start of week 4. Final exam completed in Week 6.
Full Time		
Part Time		

**Pre-requisites:** SOCF111

**Co-requisites:** Nil

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject provides students with grounding in the knowledge, skills and judgements necessary to clinically apply Bach and Australian flower essence therapy. Students study flower essences and their application in working with commonly presenting physical, emotional and psychological states that may present in their clinical practicum. Students evaluate both traditional evidence and scientific research as it applies to individual flower essences and their clinical blends for acute and chronic treatment of emotional and/or mental and/or physical symptoms. This allows students to apply flower essences singly and in combination to clinical management of specific health-related issues.

### Learning Outcomes

1. Explore the history, doctrines and manufacture of different versions/systems of flower essence therapy.
2. Compare different systems of flower essence therapy for the purpose of identifying specific clinical applications.
3. Evaluate both classic, modern empirical and scientific research data as they apply to different individual or blended flower essence combinations.
4. Critically appraise specific flower essence therapies and apply theory to determine the most specific agent (or agents) required in managing complex cases.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
<b>Quiz 1</b> Multiple choice, short answer questions (30 mins)	1,2,4	1-3	4	20%
<b>Mid-Semester Exam</b> Multiple choice, short answer questions and case study (45 mins)	3,4	1-7	8	30%
<b>Final Exam</b> May include short answer, extended response and case studies (1.5 hours)	1-4	1-13	Final Exam Period	50%

**Prescribed readings:**

1. Wells, M. (2011). *The Bach flowers today*. Balwyn North, VIC: Author.

**Recommended readings:**

1. Barnao, V., & Barnao, K. (1997). *Australian flower essences for the 21<sup>st</sup> century*. Perth, WA: Australian Flower Essence Academy.
2. Blome, G. (1999). *Advanced Bach flower therapy: A scientific approach to diagnosis and treatment*. Rochester, VT: Healing Arts Press.
3. Graves, J. (2013). *The language of plants: A guide to the doctrine of signatures*, Great Barrington, MA: Lindisfarne Books. [ebook available]
4. Scheffer, M. (1988). *Bach flower therapy: Theory and practice*. (A. R. Meuss, Trans.). Rochester, VT: Healing Arts Press.
5. White, I. (1999). *Australian bush flower healing*. Sydney, NSW: Bantam Books.

Subject Content		
Week	Lecture	Tutorial
1.	Introduction (Subject Outline / Subject Rationale / Subject Assessment / Student Resources): <ul style="list-style-type: none"> <li>• History of flower essences</li> <li>• Flower essence varieties</li> <li>• The doctrine of signature and its application to flower essence therapy</li> <li>• The language of flowers</li> <li>• How do flower essences work?</li> <li>• Methods of preparation</li> <li>• Flower essence research.</li> </ul>	Relevant activities as directed by the lecturers/tutors through in class discussion and activities or via the student discussion forum. Teaching and learning activities may be modified or adapted to suit the particular learning strategies and delivery style.  General topics for the week: <ul style="list-style-type: none"> <li>• Doctrine of signatures</li> <li>• Comparison of different flower essence therapies</li> <li>• How do flower essences work?</li> </ul>
2.	<b>The Bach Flower Remedies:</b> <ul style="list-style-type: none"> <li>• Introduction and history; Edward Bach</li> <li>• Bach's 7 categories of remedies</li> </ul>	Activities determined as per week 1  General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 5 Bach remedies</li> </ul>

	<b>Bach remedies for fear:</b> (Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chestnut) Research / evidence based practice literature supporting the use of flower essences utilisation.	indicated for fear <ul style="list-style-type: none"> <li>• Case-study for determining the correct fear essence/s.</li> </ul>
3.	<b>Bach remedies for uncertainty:</b> (Cerato, Scleranthus, Gentian, Gorse, Hornbeam, Wild Oat) Research / evidence based practice literature supporting the use of flower essences utilisation.	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 6 Bach remedies indicated for uncertainty</li> <li>• Case-study for determining the correct essence/s.</li> </ul>
4.	<b>Quiz</b> <b>Bach remedies for lack of interest in the present:</b> (Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut, Mustard, Chestnut Bud) Research / evidence based practice literature supporting the use of flower essences utilisation.	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 7 Bach remedies indicated for lack of interest in the present</li> <li>• Case-study for determining the correct essence/s.</li> </ul>
5.	<b>Bach remedies for loneliness:</b> (Water Violet, Impatiens, Heather) <b>Bach remedies for Oversensitivity:</b> (Holly, Walnut, Centaury, Agrimony) Research / evidence based practice literature supporting the use of flower essences utilisation.	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 4 Bach remedies indicated for loneliness</li> <li>• Compare and contrast the 4 Bach remedies indicated for oversensitivity</li> <li>• Case study for determining the correct essences.</li> </ul>
6.	<b>Bach remedies for despondency &amp; despair:</b> (Crab Apple, Oak, Willow, Star of Bethlehem, Sweet Chestnut, Elm, Pine, Larch) Research / evidence based practice literature supporting the use of flower essences utilisation.	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 8 Bach remedies indicated for Despondency &amp; Despair.</li> </ul>
7.	<b>Bach remedies for overcare for others' welfare:</b> (Rock Water, Beech, Vine, Vervain, Chicory) <b>Bach remedy for stress/emergencies: Rescue Remedy</b> Research / evidence based practice literature supporting the use of flower essences utilisation.	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Compare and contrast the 5 Bach remedies indicated for Overcare for others' welfare</li> <li>• Discuss the use and application of Rescue Remedy – indications and contraindications.</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8. <b>Semester 2 &amp; Online</b> - The break week falls between Weeks 7 and 8.		
8.	<b>Mid-Semester Exam</b> <b>Australian Flower Essences:</b> <ul style="list-style-type: none"> <li>• Introduction to Australian plants as flower essences</li> <li>• History, background, indigenous use of Australian flowers as therapy</li> <li>• Examples of Australian flower essence systems – similarities &amp; differences</li> </ul> Throughout the study of Australian flowers as essences, flowers from different genera of plants are examined, including their indications according to the different systems of essences (e.g. "Living Essences" &	Activities determined as per week 1 General topics for the week: <ul style="list-style-type: none"> <li>• Discuss the unique characteristics of Australian flowers and their use as flower essences</li> <li>• Compare and contrast the Bach remedies with Australian flower essences.</li> </ul>

	<p>“Bush Flower Remedies”.</p> <p>Research / evidence based practice literature supporting the use of flower essences utilisation.</p>	
9.	<p><b>Australian Flower Essences:</b></p> <ul style="list-style-type: none"> <li>• The Wattles (Acacia genus)</li> <li>• The Kangaroo Paws (Anigozanthos genus)</li> <li>• The Bottlebrush (Callistemon genus)</li> </ul> <p>Research / evidence based practice literature supporting the use of flower essences utilisation.</p>	<p>Activities determined as per week 1</p> <p>General topics for the week:</p> <ul style="list-style-type: none"> <li>• What similarities and differences exist in the indications for flowers from the same genus (Wattles; Kangaroo Paws, Bottlebrush)?</li> <li>• Critically evaluate and discuss the indications for essences featured in different flower essence systems – how they are similar and different.</li> </ul>
10.	<p><b>Australian Flower Essences:</b></p> <ul style="list-style-type: none"> <li>• The Boronias (Boronia genus)</li> <li>• The Banksias (Banksia genus)</li> <li>• The Waratahs (Telopea genus)</li> </ul> <p>Research / evidence based practice literature supporting the use of flower essences utilisation.</p>	<p>Activities determined as per week 1</p> <p>General topics for the week:</p> <ul style="list-style-type: none"> <li>• What similarities and differences exist in the indications for flowers from the same genus (Boronias, Banksias, Waratahs)?</li> <li>• Critically evaluate and discuss the indications for essences featured in different flower essence systems – how they are similar and different.</li> </ul>
11.	<p><b>Australian Flower Essences:</b></p> <ul style="list-style-type: none"> <li>• The Gums (Eucalyptus genus)</li> <li>• The Water Lilies Nymphaeaceae family)</li> <li>• The Grass Trees (Xanthorrhoea &amp; Kingia genera)</li> </ul> <p>Research / evidence based practice literature supporting the use of flower essences utilisation.</p>	<p>Activities determined as per week 1</p> <p>General topics for the week:</p> <ul style="list-style-type: none"> <li>• What similarities and differences exist in the indications for flowers from the same genus (Gums, Water Lilies, Grass Trees)?             <ul style="list-style-type: none"> <li>◦ Critically evaluate and discuss the indications for essences featured in different flower essence systems – how they are similar and different.</li> </ul> </li> </ul>
12.	<p><b>Australian Flower Essences:</b></p> <ul style="list-style-type: none"> <li>• Australian Orchids</li> <li>• What similarities and differences exist in the indications for Orchids used as essences?</li> </ul> <p>Research / evidence based practice literature supporting the use of flower essences utilisation.</p>	<p>Activities determined as per week 1</p> <p>General topics for the week:</p> <ul style="list-style-type: none"> <li>• Case studies – determine appropriate flower essences to assist with the management of the case.</li> </ul>
13.	<p><b>Australian Flower Essences:</b></p> <ul style="list-style-type: none"> <li>• Other Australian flowers as essences - a selection of other native Australian plants whose flowers are used as essences</li> </ul> <p>Research / evidence based practice literature supporting the use of flower essences utilisation</p>	<p>Activities determined as per week 1</p> <p>General topics for the week:</p> <ul style="list-style-type: none"> <li>• Case studies – determine appropriate flower essences to assist with the management of the case.</li> </ul>
14.	<b>Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled during this week.</b>	
15.	<b>Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled during this week.</b>	
16-17.	<p><b>Final Exam</b></p> <p><b>On campus enrolled students:</b> please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p> <p><b>Online enrolled students:</b> You are required to sit examinations on campus per the <b>Examination Policy - Higher Education</b>. The Exam Week for subjects offered online is identified in the Online Calendar.</p>	