



# Colonic Training Information



**RICTAT**  
International Colonic Association  
Trusted Provider



# COLON HYDROTHERAPY TRAINING SCHOOLS PROSPECTUS



## WHY CHOOSE A RICTAT SCHOOL?

- ✓ Working to National Occupational Standards
- ✓ GRCCT registered
- ✓ Training successful students for sixteen years
- ✓ Government UK Registered learning provider
- ✓ Post training mentorship and business set-up advice





# WELCOME

Welcome to the colon hydrotherapy academy and RICTAT. This prospectus will provide you with the information you require to become a colon hydrotherapist.

Our colon hydrotherapy training meets national occupational standards and our schools have been training successfully for over fifteen years with prominent alumni who have gone on to work in the media as well as developing numerous clinic chains.

Students receive ongoing mentorship support after training in business set-up if required. Prospective students can speak to our prominent alumni before joining us to hear about their colon hydrotherapy training journey.





# ABOUT

If you hold a recognised certificate in Anatomy and Physiology Academic NOF Level 4 or Level 5 (eg A Level or higher) or are, or have been, a Doctor, Nurse, Physiotherapist, Nutritionist, Naturopath etc or if you have completed a recognised certificate in Anatomy and Physiology Academic NOF Level 4 or 5, you may be able to claim the accreditation of prior learning to shorten the course.

If you do not have this qualification, you can undertake the RICTAT's access course in Anatomy and Physiology which is delivered by RICTAT as a self-study online course which usually takes around 12 weeks of self-study with mentor support.





# OUR COURSE

Our course in Anatomy and Physiology is a self-study course consisting of 12 units. We recommend two text books to accompany the course which will give you a good understanding of the body systems eg. digestive, circulatory, etc. in preparation for your practical training at one of our recognised schools.





# FOLLOWING ON

Following the successful completion of the Anatomy and Physiology module you will complete some extended questions to be completed and submitted to your tutor before your practical training commences.

There will also be an informal interview with your Tutor for them to introduce themselves to you and to gain a little more insight as why you want to train as a Colon Hydrotherapist.



The full colon hydrotherapy course including Anatomy & Physiology is 381 hours. This is a mixture of asynchronous and synchronous learning, hence virtual, pre-recorded, guided and in-person study.



# TRAINING

During your practicals training you will undertake 130 hours of classroom tutoring some of which is virtual, this will include:

- In depth study of the digestive system including disease states, common digestive problems
- Theory and history of Colon Hydrotherapy contra-indications to treatment
- Guidance in relation to setting up a Colon Hydrotherapy Business
- Observation and participation in Colon Hydrotherapy treatments







# PRACTICAL



Your six day practical training will take place at one of our many Schools. There are four based in the UK, Sheffield, Lancashire, Hertfordshire and Southampton and several overseas in the following locations, Canada, Nigeria, Dubai, Northern Ireland, Southern Ireland and South Africa. Your assigned tutor will help you with the organisation.

You will complete a minimum of 12 case studies in clinic and follow up with a further 3 treatments during a booster day between qualification and business start-up.

After the practical students will complete a written exam and submit their case study portfolio.



# CURRICULUM TO BE STUDIED

- The current national legislation, guidelines, organisational policies and protocols which affect your work practice
- The policies and guidance that clarify your scope of practice, accountabilities and the working relationship between yourself and others
- The structure, function, location and interaction of glands, organs and systems of the body:
- The gastrointestinal tract, associated organs and autonomic nervous system
- The integration of the gastrointestinal tract, associated organs and autonomic nervous systems and their role in detoxification pathways
- The changes and clinical features of a broad range of common diseases of the gastrointestinal tract
- Common terminology used in the pathology of gastrointestinal diseases and gastrointestinal disorders
- How psychological states affect the colon
- The actions and side effects of the major classes of drugs used for gastrointestinal diseases and disorders and how to access information about pharmaceuticals
- The actions and side effects of other drugs on the gastrointestinal tract
- How to recognise interactions between food, drugs, herbs and supplements and how to access information
- How to source and order laboratory tests when clinically indicated
- The ways in which complementary practitioners work with medical practitioners
- The principles and purpose of standards for infection prevention and control
- How to ensure the safe decontamination of equipment and environments
- How to minimise the risk of cross contamination to maintain a safe environment
- The importance of ensuring the treatment room is set up and equipped prior to each client in accordance with agreed guidelines.



- How to minimise the risk of spreading infection when removing and laundering used linen
- How to dispose of clinical and non-clinical waste correctly in accordance with agreed guidelines
- The importance of wearing professional and/or personal protective clothing to carry out the treatment in accordance with agreed guidelines
- The importance of personal hygiene in the prevention of cross contamination and how to maintain high standards of personal hygiene at all times
- How to perform hand hygiene to prevent the spread of infectious agents
- How to communicate with clients in a manner which suits the individual client's needs
- How to communicate effectively seeking consent, ensuring the client feels safe, in control and relaxed at all times
- How to position the client for optimal treatment outcome whilst maintaining comfort and dignity
- How to recognise red flags and contraindications and the appropriate action to take should the treatment be contraindicated.
- How to recognise clients' responses and make any necessary adjustments or terminate treatment
- How to vary water flow, volume and temperature in response to feedback from the client
- How to allow the client's body and responses to determine the length of treatment
- How to administer rectal implants and enemas when clinically indicated
- How to administer abdominal massage
- The appropriate response in relation to an emergency situation
- How to provide after care advice and self-care measures:
- Basic lifestyle requirements for health and wellbeing and how to provide advice on healthy eating
- When to recognise completion of the client's therapeutic intervention as part of the treatment plan
- How to evaluate the outcomes and effectiveness of the colon hydrotherapy treatment to support future plans and actions
- How to maintain clear, accurate records and keep records safely stored and secured in line with organisational requirements



# WHY CHOOSE RICTAT TO TRAIN?

Our course is open to everyone who wants to train and meets the prerequisites

Our course meets National Occupational Standards

RICTAT is a registered government learning provider

All our lectures have an educational background/qualification

Learning is flexible to meet students' needs

All students will be assigned a mentor and after training support

Students will receive business advice in relation to setting up a clinic and support with equipment

Membership of RICTAT

Successful and prominent industry alumni





# COSTS

If the Anatomy and Physiology level 4 self-study course is required, the cost is £500 inclusive of all materials and accreditation.

Once you have decided which school you wish to attend you will be assigned a personal tutor to support your journey.

The cost of the colon hydrotherapy course is £3000 (this includes registration with RICTAT three months) and all teaching, practicals, exams and accreditation, no hidden costs.

Payment credit schemes are available.





# STEPS



Do you have anatomy & physiology level 4, if not this can be studied through our academy



If you have the Anatomy & Physiology level 4 or after completion, complete four precourse questions and informal interview



At this point you will be assigned a personal tutor and mentor and choose your practical training location



# STEPS



Training at your preferred location for six days in clinic working with clients



Complete the final examination and accreditation, activate your RICTAT membership and start working as a colon hydrotherapist



## **THE INVESTMENT:**

All training (Pre study, Online, Practical, Homework, Post Study, Mentorship Program):

Total Cost: £3000

If a one-to-one course is required: £3500

If you require Anatomy and Physiology: £500\*

\*to be completed within 9 months of booking

For more information on our equipment, please visit the website below:

[www.colonicsupplies.online](http://www.colonicsupplies.online)

For more information on RICTAT

[www.rictat.org](http://www.rictat.org)





## SHORT COURSES & CPD

### Food Intolerance Testing

Train to use IGG food intolerance testing

### Enema & Herbs for Colon Hydrotherapy

Train how to use herbal infusions alongside colon hydrotherapy

### Nutrition Advisor

Train in the fundamentals of nutrition and functional medicine

### Refresher Training

For those who wish to join RICTAT, but didn't train with us, we offer a colonic refresher course. For more information please contact:



[contact@colonhydrotherapyacademy.com](mailto:contact@colonhydrotherapyacademy.com)



07974 692504



[www.colonhydrotherapyacademy.com](http://www.colonhydrotherapyacademy.com)



# CONTACT

For further details and to register as a trainee please contact RICTAT

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