



# 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 is:</b> Core or Elective as noted	<b>Subject Credit Points:</b> 2	

### Student Workload:

<b>No. timetabled hours per week:</b> 3	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 5
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### Delivery Mode\*:

☐ On campus ☒ Online / Digital ☐ Blended ☐ Intensive

### Weekly Session^ Format/s - 1 session per week:

<input checked="" type="checkbox"/> eLearning modules:	Lectures: Narrated PowerPoint presentations
	Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

\*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

**Study Pattern:** ☒ 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 flower essence therapy. Students study Bach and Australian Bush flower essences and their application in working with commonly presenting physical, emotional and psychological states that may present in their clinical practice. Students evaluate both classical and current literature for 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. Discuss the history, doctrines and manufacture of Bach and Australian Bush flower essence therapy.
2. Compare and contrast Bach and Australian Bush systems of flower essence therapy for the purpose of prescribing in naturopathic clinic.
3. Appraise the classical and current literature for simplex and complex flower essence therapies for management of emotional states and conditions.
4. Formulate complex flower essence prescriptions and calculate appropriate dosage instructions.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Mid Semester Exam</b> Multiple choice, short answer, and case studies	1-4	1-3	Week 7	25%
<b>Written Assignment</b> (1000 words)	1-4	1-10	Week 10	35%
<b>Final Written Exam</b> Multiple choice, short answer, and case studies	1-4	1-13	Final Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.

### Pass Requirements

To achieve a passing grade in this subject, students must:

- have a cumulative mark of at least 50%, and
- have submitted all assessment items with a value greater than 15%.

### Prescribed Readings:

Wells, M. (2011). *The Bach flowers today*. Mark Wells.

### Recommended Readings:

Blome, G. (1999). *Advanced Bach flower therapy: A scientific approach to diagnosis and treatment*. Healing Arts Press. [\[ebook available\]](#)

Graves, J. (2013). *The language of plants: A guide to the doctrine of signatures*. Lindisfarne Books. [\[ebook available\]](#)

Scheffer, M. (1988). *Bach flower therapy: Theory and practice*. (A. R. Meuss, Trans.). Healing Arts Press



White, I. (1991). *Australian bush flower essences*. Bantam Books.

White, I. (1999). *Australian bush flower healing*. Bantam Books.

Subject Content		
Week	Lectures	Tutorials
1.	<b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching 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 and dosing</li> <li>Flower essence research and evidence based practice</li> </ul>	Tutorial activity topics may include: <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> <b>Bach Remedies for Fear</b> <ul style="list-style-type: none"> <li>Rock Rose, Mimulus, Cherry Plum, Aspen, Red Chestnut</li> </ul>	Tutorial activity topics may include: <ul style="list-style-type: none"> <li>Compare and contrast the 5 Bach remedies indicated for fear</li> <li>Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
3.	<b>Bach Remedies for Uncertainty</b> <ul style="list-style-type: none"> <li>Cerato, Scleranthus, Gentian, Gorse, Hornbeam, Wild Oat</li> </ul>	Tutorial activity topics may include: <ul style="list-style-type: none"> <li>Compare and contrast the 6 Bach remedies indicated for uncertainty</li> <li>Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
4.	<b>Bach Remedies for Lack of Interest in the Present</b> <ul style="list-style-type: none"> <li>Clematis, Honeysuckle, Wild Rose, Olive, White Chestnut, Mustard, Chestnut Bud</li> </ul>	Tutorial activity topics may include: <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 exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
5.	<b>Bach Remedies for Loneliness</b> <ul style="list-style-type: none"> <li>Water Violet, Impatiens, Heather</li> </ul> <b>Bach Remedies for Oversensitivity</b> <ul style="list-style-type: none"> <li>Holly, Walnut, Centaury, Agrimony</li> </ul>	Tutorial activity topics may include: <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> </ul>



		<ul style="list-style-type: none"> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
6.	<b>Bach Remedies for Despondency &amp; Despair</b> <ul style="list-style-type: none"> <li>➤ Crab Apple, Oak, Willow, Star of Bethlehem, Sweet Chestnut, Elm, Pine, Larch</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the 8 Bach remedies indicated for despondency &amp; despair</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
7.	<b>Bach Remedies for Over-care for Others' Welfare</b> <ul style="list-style-type: none"> <li>➤ Rock Water, Beech, Vine, Vervain, Chicory</li> </ul> <b>Bach Remedy for Stress/Emergencies: Rescue Remedy</b> <ul style="list-style-type: none"> <li>➤ Clematis, Cherry Plum, Impatiens, Rock rose, Star of Bethlehem</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the 5 Bach remedies indicated for over-care for others' welfare</li> <li>➤ Discuss the use and application of Rescue Remedy – indications and contraindications</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</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 students</b> – The non-teaching week falls between Weeks 7 and 8		
8.	<b>Australian Bush Flower Essences (ABFE)</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>	<p>Tutorial activity topics may include:</p> <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 for fear with Australian Bush flower essences</li> </ul>
9.	<b>ABFE Remedies for Uncertainty, Lack of Confidence, Shyness</b> <ul style="list-style-type: none"> <li>➤ Angelsword, Sliver Princess, Pawpaw, Monga Waratah, Bush Fuchsia, Turkey Bush, Five Corners, Sturt Desert Rose</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the Bach remedies for uncertainty with Australian Bush flower essences</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
10.	<b>ABFE Remedies for Lack of Interest in the Present, Procrastination</b> <ul style="list-style-type: none"> <li>➤ Sundew, Kapok bush, Isopogan, Jacaranda, Peach-flowered Teatree</li> </ul> <b>ABFE Remedies for Fatigue/ Exhaustion</b> <ul style="list-style-type: none"> <li>➤ Macrocarpa, Old Man Banksia, Swamp Banksia/ Banksia Robur</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the Bach remedies for lack of interest in the present with Australian Bush flower essences</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>



11.	<b>ABFE Remedies for Loneliness, Isolation, Impatience, and Lack of Self-esteem</b> <ul style="list-style-type: none"> <li>➤ Hibertia, Black-eyed Susan, Boronia, Fringed Violet, Pink Mulla Mulla, Tall Yellow Top, Tall Mulla Mulla, Red Grevillea</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the Bach remedies for loneliness and oversensitivity with Australian Bush flower essences</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
12.	<b>ABFE Remedies for Despondency, Despair, and Emotional Turmoil in Relationships</b> <ul style="list-style-type: none"> <li>➤ Waratah, Sunshine Wattle, Sturt Desert Pea, Bush Gardenia, Red Suva Frangipani, She Oak, Wisteria, Billy Goat Plum</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the Bach remedies for despondency and despair with Australian Bush flower essences</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
13.	<b>ABFE Remedies for Anger, Resentment, Stubbornness, Inflexibility, and Life Transition</b> <ul style="list-style-type: none"> <li>➤ Southern Cross, Rough Bluebell, Slender Rice Flower, Red Helmet Orchid, Mountain Devil, Yellow Cowslip Orchid, Dagger Hakea, Bottlebrush</li> </ul> <b>ABFE Remedies for Stress/Emergencies: Emergency Essence</b> <ul style="list-style-type: none"> <li>➤ Angelsword, Crowea, Dog Rose or the Wild Forces, Fringed Violet, Grey Spider Flower, Sundew, Waratah</li> </ul>	<p>Tutorial activity topics may include:</p> <ul style="list-style-type: none"> <li>➤ Compare and contrast the Bach remedies for over-care for others with Australian Bush flower essences</li> <li>➤ Compare and contrast the Bach remedies Rescue Remedy with Australian Bush flower essences Emergency Essence</li> <li>➤ Case-study exploration for determining the most appropriate essence/s with consideration of evidence-based practice</li> </ul>
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to the LMS for exam opening and closing times.	
17.	<b>Final Examination Week 2</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to the LMS for exam opening and closing times.	