

Course title: Colour Therapy		Course ID: C2342710
Start date: 15/01/2020	End date: 05/02/2020	Day(s)/time(s): Wed 10:00
Number of sessions: 4	Hours per session: 2	Tutor: Anna Michalska-Tomajer
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 2
Title of qualification to be gained:		
Fee: £32.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Gorse Covert Community Centre, Maxwell Drive, Loughborough, Leicestershire, LE11 4RZ		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments The Theme(s) used in planning your course is/ are: <ol style="list-style-type: none"> 1. Health and Wellbeing 2. 		

Course Aim

This course is perfect for anyone who wants to learn more about colour healing and learn about the practice of colour therapy.

Studies have shown that the colours can have an impact on our mood and how we perceive the world.

Course Description

Students will learn about the practice of Colour therapy, also known as chromotherapy, which uses the benefits of different colours and shades to affect wellbeing.

Scientifically, colours have been proven to affect our moods and perception, and there is evidence of this form of therapy dating back to ancient Egypt, historic China and ages-old India. In fact, healing by means of colour and light was the first type of 'therapy' used by man.

As each colour has a unique light wavelength, the colour therapy principles use the energy of each shade to boost your mental and physical health.

These ideas can be used to decorate at home, in decor and furniture, and in the clothes you wear – in a similar way to using aromatherapy to influence mood.

Students will learn and practise some simple processes to expand their knowledge.

Do I need any particular skills or experience?

What will I achieve?**By the end of the course I will be able to:**

1. demonstrate a basic understanding of the theory of colour therapy
2. demonstrate effective techniques and practices based on colour therapy
3. suggest ways to use colour therapy in the home, decor and fashion.
4. describe and discuss how to use colour to support healing

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions

What else do I need to know? Is there anything I need to bring?

- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact:
WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
Funding Agency



The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW