



# Functional Nutritional Therapy Practitioner Diploma Prospectus 2024



Nutritional  
Therapy  
Association  
Australia/New Zealand



Since 2001, we have been providing individuals with actionable knowledge and evaluative tools to transform their health, families, communities, and careers.

Our values are rooted in a belief in the body's innate ability to heal, a respect for biochemical individuality, a foundational approach to nutrition and health, and an unwavering commitment to a nutrient dense, whole food diet.

**Empowering Individuals. Cultivating Community. Healing the World.**

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# MESSAGE FROM THE FOUNDER



Welcome!

I founded the Nutritional Therapy Association over twenty years ago in order to teach nutrition to health care practitioners. What became almost immediately apparent to me was that in addition to teaching nutritional therapy to doctors, what we really needed was a whole new profession dedicated to the power of whole foods and nutrients to restore and maintain health. In 2001, in a cooperative effort with South Puget Sound Community College, we launched our first Nutritional Therapy Training (NTT) class and graduated our first class of twenty seven Nutritional Therapy Practitioners (NTPs). A new profession was born. Since that time, we have trained over seven thousand practitioners from around the world. Along with our wonderful Instructors, we have taught the curriculum in venues all around the USA, and now have a dedicated Australia/New Zealand branch of the NTA.

Our growing community of students and graduates never cease to amaze me. I watch them going into private practise, working alongside other healthcare professions, adding functional nutrition to their current modalities, getting jobs in the nutraceutical industry, creating podcasts, becoming professional bloggers, writing books, the list just goes on. It is an honour for me to be a part of this incredible group of individuals who are actively helping to change the paradigm of our modern healthcare system toward a more holistic functional model.

I often hear our graduates use the word "transformative" in describing our program. For many, this comes from the transformation that happens in their own health as they apply the concepts learned from the curriculum. For others, this concept of transformation comes from acquiring the science-based skill set needed to translate their passion for health into a deeply fulfilling career path in functional holistic nutrition. As you read through this course prospectus, I invite you to imagine how your training at the Nutritional Therapy Association might assist in transforming your life, and the lives of those you touch.

Healthfully,

A handwritten signature in black ink, appearing to read 'Gray L. Graham'. The signature is fluid and cursive, written on a white background.

Gray L. Graham, BA, FNTF  
Founder



## Dear Believers in Real Food and Real Education,

Thank you for your interest in the Nutritional Therapy Association's training programs. The NTA is an independent vocational school and membership organization based in Olympia, Washington, providing both a fully-online and (currently only in Australia & New Zealand) a blended online and in-person training in holistic nutrition.

Since the first Nutritional Therapy Practitioner (NTP) class in 2001, the NTA has taught thousands of students around the world, changing the lives and health of countless more individuals. Graduates of our programs have gone on to open their own practices, work alongside other medical professionals, act as in-store nutritionists, run corporate wellness programs, teach online and in-person classes, launch careers as nationally recognized thought leaders, publish best-selling books, and improve their overall health, and that of their families, friends, and communities.

Our training programs offer a healthy, balanced, whole-food alternative to the processed, low-fat, grain-based dogma of the "food pyramid", an outdated paradigm that has contributed to many of the rampant health woes plaguing modern societies.

The NTA equips graduates with unique tools for assessing and addressing nutritional deficiencies and imbalances in the body. Instead of resorting to pharmaceutical drugs and surgery, NTA graduates help clients reclaim their health through a step-by-step, foundational approach that emphasizes nutrient-dense, properly prepared foods, lifestyle changes, and targeted supplementation as required.





# NTA PHILOSOPHY

The NTA's philosophy is that the myriad of health problems facing modern society result from weaknesses in the body's physiological foundations brought on by poor nutrition. As an educational organization, NTA is dedicated to helping healthcare professionals and individuals understand and reverse the tragic and unexpected effects of the modern diet on their families, patients, and clients. Our foundational holistic approach focuses on the importance of properly prepared, nutrient-dense, whole foods paired with a well-balanced lifestyle. Throughout our seminars, students access a wide range of educational tools and techniques that help identify and correct nutritional imbalances.

Our courses cover scientific principles about how the human body functions, anatomically and physiologically. We also understand there is an innate intelligence of our own body's nutritional needs that we have lost touch with. The Functional Nutritional Therapy Training Program provides a means to reconnect with, and grow attuned to our body's physiological response to nutrients. We're bringing healthy back.





# FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONER DIPLOMA

A Functional Nutritional Therapy Practitioner™ (FNTPT) is a paraprofessional certified by the Nutritional Therapy Association, Inc.®, trained to evaluate a client's nutritional needs, support normal function, and identify nutritional deficiencies.

The one year Diploma program couples the flexibility of asynchronous, online study with the benefits of instructor-led zoom calls and hybrid format workshops (allowing for in-person or virtual attendance). The FNTPT qualification is currently only available in Australia and New Zealand.

Our curriculum explores not only the anatomy and physiology of nutrition, but stress, sleep, movement, environmental factors, and emotional wellness. We also provide effective client tools via our culinary wellness modules, and functional clinical assessment practical skillset. Students will receive access to comprehensive learning materials, reference documents, presentations and videos through the NTA's online learning platform.

Course requirements consist of module based practical application assignments and quizzes, original content creative projects, and a extensive series of client consultation practical folders. There is a in progress midterm and a final comprehensive examinations for both the theory and practical components of the Diploma. The three hybrid format workshops include hands-on instruction in the NTA's unique Functional Clinical Assessment (FCA) and Lingual-Neural Testing process, diet and lifestyle assessments, review of course material, and examinations.

This program, whilst primarily online is still Instructor-led, with weekly live zoom calls teaching deeper concepts and facilitating student discussions around modules, client work and the functional clinical assessment findings. Clinical work is woven throughout the entire course, with one one one mentorship provided by course mentors, regular case study discussions, as well as each student presenting their own clinical case study to their peers.

Upon completion of the FNTPT program one will be certified as a Functional Nutritional Therapy Practitioner™ by the Nutritional Therapy Association Inc®.

Tuition: \$9,900 AUD\*

\*Tuition does not include costs for required texts, purchase of testing tools (e.g. stethoscope, blood pressure cuff), travel (if attending in person) to the workshops, or hotel accommodations. Financing for the FNTPT Australia class is available from Auswide Bank. For more information, visit the NTA Australia site. The NTA is now offering a tuition payment plan for our FNTPT programs. For more details on Tuition & payment plans visit [www.ntaaustralia.com.au](http://www.ntaaustralia.com.au)



# MODULES OF STUDY

The FNTD Diploma program covers 21 core modules of Study, including the Functional Clinical Assessment skillset that is taught over a series of clinical practicum hours.

- Welcome to the NTA
- Evolution of the Modern Diet
- Introduction to Anatomy & Physiology
- Basics of Nutrition
- Culinary Wellness Part One
- Digestion & Elimination
- Blood Sugar Regulation
- Fatty Acids
- Mineral Balance
- Hydration
- Sleep, Stress & Movement
- Endocrine
- Immune
- Cardiovascular Health
- Nutritional Detoxification
- Barriers, Influences, Emotions & Wellbeing
- Environmental Factors
- Culinary Wellness Part Two
- Practice Resources
- Functional Clinical Assessment Part One
- Functional Clinical Assessment Part Two





# HOURS OF STUDY

The Functional Nutritional Therapy Practitioner (FNTTP) Diploma program in Australia/New Zealand runs for a period of ten months, with total study hours of 1236. The required Diploma study hours are categorized as follows:

- Human Nutrition 420 hours
- Medical Science 412 hours
- Supervised Clinical Practicum 289 hours
- Diploma total 1236 hours

Clinical hours are a combination of client work, in person workshop hours, case study reviews, one on one instructor practice, functional clinical assessment practice hours and a capstone presentation.

In addition to these hours, graduates can opt to enroll in and complete a Post Graduate Clinical Mentorship. The Mentorship runs for a further ten months and involves 1200 hours of study and clinical work.





# MODULE LEARNING OUTCOMES

## Welcome to the NTA

- Explain the Nutritional Therapy Association's mission and guiding principles for optimizing health
- Articulate the role and scope of practice of a Nutritional Therapy Practitioner
- Gain awareness of the process used to perform a client consultation with an FNTPT

## Evolution of Modern Diet

- Understand how the western diet has evolved over the course of history
- Understand how farming practices and food production have changed over time
- Understanding the historical basis for the dietary approach the NTA advocates
- Describe various ways to incorporate food traditions into modern life and explain the benefit of doing so

## Introduction to Anatomy & Physiology

- Define anatomy and physiology
- Understand the foundations of the body, from cellular structure
- Understand the parts and function of cell structure and organelles
- Compare and identify the six levels of structural organization in the human body and their relationship as part of a whole
- Explain impact of nutrition from a cellular level
- Understand cellular protein functions and synthesis
- Describe the organ systems in the body and their functions
- Explain homeostasis and its importance in human health and physiology
- Describe anatomical terms

## Basics of Nutrition

- Understand the relationship between nutrition and the metabolism of the body
- Identify the different forms of metabolism, carbohydrate, lipid and protein
- Summarize the three macronutrients and their roles in the human body
- Understand carbohydrate intake, food sources and the process of digestion and absorption of carbohydrates
- Understand the roles of amino acids and proteins in metabolism



# MODULE LEARNING OUTCOMES cont.

- Identify water soluble vitamins, and recognise their respective food sources, functions of, absorption needs and recommended levels
- Understand deficiency's and toxicity of water soluble vitamins
- Identify the Foundations of health described in the Nutritional Therapy Association paradigm
- Explain the importance of eating a properly prepared, nutrient dense diet and give specific examples of foods and preparation methods with consideration for bio-individuality
- Recognize the importance of micronutrients in a healthy body and recall the broad roles they play

## Culinary Wellness Part One

- Communicate the importance of and strategies for sourcing the best available quality, local and sustainable food as determined by current resources
- Explain the purpose of proper preparation of different foods to improve nutrient density and digestibility
- Understand the stages of pantry and fridge cleanout and a restock
- Create food-based client recommendations aimed at improving a client's food quality and nutrient density, based on culinary wellness principles
- Describe health impacts of using different cookware materials and food storage methods

## Client Consultation

- Understand Motivational Interviewing techniques and identify how to plan for change
- Annotate a client's initial interview questionnaire centred around their health concerns
- Evaluate a Food & Mood Journal for food quality/diversity and broad macronutrient ratios through the lens of a client's concerns
- Create client concern-centred Long Term Goals and Action Step options for discussion with a client
- Create recommendations centred on client concerns and supportive of agreed-upon goals
- Utilize open-ended questions to better understand your client's needs, concerns, and goals as you form recommendations.
- Recommend dietary and lifestyle changes based on bio-individuality that positively impact blood sugar regulation.
- Analyse NAQ (Nutritional Assessment Questionnaire) data through the lens of client concerns.
- Recommend appropriate supplements to support client nutrient needs and health goals.
- Create bio-individual lifestyle changes to improve Foundational balance.



# MODULE LEARNING OUTCOMES cont.

## **Digestion & Elimination**

- Understand & identify gastrointestinal anatomy and movement/motility
- Explain the three Phases of Digestion
- Understand the processes of absorption within the digestive tract
- Identify Dietary Fibre types and Characteristics, and its role in digestion and absorption
- Understand how digestion is fundamental to nutritional therapy, and explain how the body depends on the digestive system to provide the nutrients it needs for structure and function
- Describe digestion as a north to south process, where all systems are necessary for optimal health
- Explain why optimal digestion relies on a balanced microbiome
- Describe the way digestion is supposed to work.
- Explain at least three things that can go wrong in the digestive system.
- Define the three possible reactions a client can have to a nutritional protocol.
- Demonstrate knowledge of digestive specific clinical protocols

## **Blood Sugar Regulation**

- Explain how blood sugar regulation is controlled by the central nervous systems' communication with the main organs of blood sugar regulation.
- Understand the different metabolic states and integrated energy metabolism
- Identify chemical mediators of energy homeostasis
- Understand how historically humans have never had an emergency need to lower blood sugar
- Discuss how the increased consumption of processed and refined foods, environmental toxicity, and stress have created a unique and critical need to address blood sugar regulation
- Discuss how the yearly consumption of processed sugar for the average person is drastically affecting human health
- Discuss the interaction of the pancreas, adrenals, adipose tissue, liver, and skeletal muscle (PAALS), including influential hormones and physiological processes for blood sugar regulation.
- Explain the role of the HPA axis in blood sugar regulation.
- Demonstrate knowledge of blood sugar and adrenal specific clinical protocols



# MODULE LEARNING OUTCOMES cont.

## Fatty Acids

- Understand the general properties of Lipids
- Identify food sources, dietary lipid requirements and digestion of lipids
- Identify fat soluble vitamins, and recognise their respective food sources, functions of, absorption needs and recommended levels
- Understand deficiencies and toxicity of fat soluble vitamins
- Understand healthy fatty acid deficiency is epidemic, and its impact on musculoskeletal issues, endocrine issues, cardiovascular issues, immune issues, allergies and depression.
- Explain how inflammation can be effectively managed with nutritional therapy, to reduce healing time.
- Distinguish between essential and non-essential fatty acids, identify the two essential fatty acids, and recommend a food source for each EFA.
- Summarize four roles fats play in the body and why they are critical to optimal health.
- Explain the impacts to the healing process of a diet that is deficient in Omega-3 and Omega-6 fatty acids and discuss why a balance between the two is important.
- Identify the three primary nutritional cofactors of prostaglandin formation and summarize their roles and importance.

## Mineral Balance

- Understand the functions of bone and the skeletal system
- Explain the process of bone formation, from an initial process, to growth to remodelling
- Identify the major minerals, their dietary sources, functions of, absorption needs, and recommended levels in the body
- Discuss deficiencies and toxicities of major minerals in the body
- Identify the minor minerals, their dietary sources, functions of, absorption needs, and recommended levels in the body
- Discuss deficiencies and toxicities of minor minerals in the body
- Understand the Nutrient References for dietary intake of Minerals in Australia
- Discuss how calcium is a game of cofactors, and its impact on hormonal function, hydration, other minerals, vitamins, fatty acids and digestion.
- Summarize four roles minerals play in the body and why they are critical to optimal health.
- Describe the significance of bone remodeling in calcium homeostasis.
- List the six cofactors of proper absorption and utilization of calcium within the body and explain the role of each.



# MODULE LEARNING OUTCOMES cont.

## Hydration

- Understand the structure and function of the kidneys
- Explain the acid-base balance
- Understand the properties and body distribution of water in the human body
- Discuss the prevalence of chronic dehydration, and why it's the most common nutritional deficiency today
- Describe four important roles water carries out in the body.
- Recommend appropriate amounts of water to maintain proper hydration through different client circumstances.
- Differentiate between the early and chronic signs of dehydration.
- Demonstrate knowledge of kidney specific clinical protocols

## Sleep Stress & Movement

- Understand the structure of the autonomic nervous system
- Explain the function of the autonomic nervous system, and identify sympathetic and parasympathetic activities
- Explain what sleep is, the importance of sleep, what impacts sleep quality, and how poor sleep quality affects physiological functions.
- Explain the different types of stress, the importance of stress management, how to effectively use stress and how poor stress management can affect physiological functions.
- Illustrate different types of movement and articulate the importance and physiological impacts of each type.
- Explain both the interconnected and independent relationships between sleep, stress, movement and the nutritional Foundations.
- Demonstrate knowledge of drug and nutrient interactions, and the ability to research interactions
- Demonstrate knowledge of nutrient dosing guidelines, and an understanding of safe dosing of nutrients

## Endocrine

- Identify the organs, glands and hormones of the endocrine system, and describe their roles in the body and as part of the whole system
- Identify the major classes of hormones and explain the nutrient components of each.
- Understand how the male and female reproductive systems work, and identify how dysfunction can impact each system
- Explain how the endocrine system is a system of complex relationships, where you must always support the whole as well as the parts
- Discuss how to respect the endocrine individuality of each client
- Describe how each of the Foundations supports the endocrine system.



# MODULE LEARNING OUTCOMES cont.

- Describe how a chronic stress response impacts the endocrine system.
- Demonstrate knowledge of endocrine specific clinical protocols

## Immune

- Identify the organs and tissues of the lymphatic system and explain their roles in the body
- Describe the three lines of defense, their mechanisms, and their interaction when the immune system is faced with a stressor.
- Discuss how the immune system vigilantly works to address the underlying causes of inflammation to achieve homeostasis.
- Explain how healthy digestion is key to healthy immunity.
- Explain how to improve immune function, you must strengthen the defenses, and remove the stressors.
- Demonstrate the nutritional therapy approach to help a person navigate dietary intolerances.
- Explain the supporting role each of the Foundations plays in maintaining a healthy immune system.
- Discuss multiple roles of the microbiome in supporting a healthy immune system.
- Recommend dietary and lifestyle changes based on the Foundations and client bio-individuality to positively impact the immune system.
- Demonstrate knowledge of immune specific clinical protocols

## Cardiovascular Health

- Identify the structure and organisation of the heart
- Understand the conduction system, and blood vessel structure and function
- Detail how the heart works when in optimal condition, and identify the major causes of dysfunction in the heart
- Explain the process of lipid metabolism in relation to the heart
- Discuss how a healthy heart depends on a healthy body, and how you must always address the foundations first.
- Explain how Dietary cholesterol does not significantly affect blood cholesterol levels in most people.
- Discuss how Inflammation and LDL particle number can influence the development of atherosclerosis.
- Explain how each of the Foundations supports the cardiovascular system.
- Discuss the Foundational influences of hypertension.
- Analyze the relationship between inflammation and atherosclerosis.
- Demonstrate knowledge of cardiovascular specific clinical protocols



# MODULE LEARNING OUTCOMES cont.

## **Nutritional Detoxification**

- Explain how Detoxification is a parasympathetic process.
- Explain how Detoxification frees vital cellular and organ activities to function efficiently.
- Discuss how you can always address the foundations first, to ensure all elimination pathways are open for detoxification.
- Describe how each of the Foundations support detoxification.
- Discuss the Phase 1 and Phase 2 detoxification process in the liver.
- Demonstrate knowledge of detoxification specific clinical protocols

## **Barriers, Influences, Emotions & Wellbeing**

- Identify internal challenges or biases that might impact your approach as a nutritional professional and develop strategies to navigate them.
- Describe the influences of mental and emotional health on the nutritional therapy process.
- Describe the influences of privilege and social inequality on the nutritional therapy process.
- Identify when and explain how an appropriate referral should be made in client work.
- Craft recommendations and strategies that are considerate of the barriers a client may have to navigate to achieve their desired outcomes

## **Environmental Factors**

- Summarize the impact of toxic environmental factors on the Nutritional Foundations and identify potential connections to client concerns.
- Prioritize the environmental factors that are having the largest impact on client success.
- Recommend lifestyle changes that help mitigate environmental factors contributing to client concerns.

## **Culinary Wellness Part 2**

- Articulate the importance of food preparation techniques to achieve and maintain long-term health.
- Articulate the role of herbs and spices in culinary wellness and describe the benefits they provide within the body.
- Evaluate the use of specialized diets and where they fit into the nutritional therapy process.
- Create culinary wellness-focused recommendations that support your client's goals.



# MODULE LEARNING OUTCOMES cont.

## Practice Resources

- Articulate the next steps you'll need to move towards a career as an FNTP.
- Explain the importance of adhering to the Code of Ethics and Scope of Practice for a Functional Nutritional Therapy Practitioner.
- Identify your business goals, how to set up for success and articulate cultivating your business mindset
- Understand legal considerations, what business structures are and what practitioner insurance is best for your business
- Identify your position in the marketplace
- Identify your services and pricing, including how to set pricing, and when to bring in additional revenue streams
- Understand practice management systems
- Identify strategies for marketing yourself, how to set expectations and creating resources to market yourself
- Understand working in direct partnership with a practitioner, or how to partner through referral relationships
- Learn how to build community and get started with launching your business

## Functional Clinical Assessment Part One

- Understand the Functional Clinical Assessment (FCA) process and how to explain the process to a client in clinical practice
- Explain the importance of body mechanics and demonstrate correct body mechanics
- Articulate the appropriate language when describing & performing the FCA with a client
- Demonstrate knowledge of the FCA landmarks on the body
- Show understanding of the history and background of the FCA
- Show understanding of the physiology of Lingual-Neural Testing (LNT)
- Demonstrate the FCA points for Digestion
- Demonstrate the FCA points for Blood Sugar Regulation
- Demonstrate the FCA muscle test for Fatty Acids
- Demonstrate the FCA points for Mineral Balance
- Demonstrate the FCA points for Hydration
- Perform the FCA on a practise client for all points from Digestion to Hydration showing understanding of correct body usage, mechanics and appropriate language use.
- Perform the LNT process on a practise client, demonstrating understanding of how to correctly LNT nutrients in terms of handling supplements, explaining process to the client and selecting the correct supplements for a point



# MODULE LEARNING OUTCOMES cont.

- Demonstrate knowledge of nutrients that support digestive and blood sugar pathways and understanding of clinical protocols
- Show understanding of how to assess primary override for a client
- Articulate the findings from a case study in relation to the foundations

## Functional Clinical Assessment Part Two

- Demonstrate the FCA points for each of the consequences (Endocrine, Immune, Cardiovascular and Detoxification)
- Perform the FCA on a practise client for all points showing understanding of correct body usage, mechanics and appropriate language use.
- Perform the LNT process on a practise client, demonstrating understanding of how to correctly LNT nutrients in terms of handling supplements, explaining process to the client and selecting the correct supplements for a point
- Demonstrate knowledge of nutrients that support all foundational pathways, and consequential organ systems as well as understanding of the relevant clinical protocols
- Show understanding of the clinical thinking pathways when working with a client
- Discuss how to approach a client and determine the possible primary override
- Demonstrate ability to find the primary override for a client through the LNT process and working through possibilities
- Articulate the findings from a case study, including primary override, findings connection to client concerns and an understanding of the deeper work for this client



# GRADUATE TESTIMONIALS

"The Nutritional Therapy Association has one of the soundest, most thorough, and most accessible nutrition training programs I've seen. I've gone through several nutrition certifications, and this is by far the one I recommend the most. It is based on powerful, logical fundamentals, and provides students with a straight-forward protocol for assessing and working with clients' nutritional needs. Furthermore, their food paradigm—nutrient dense, whole foods, properly prepared—makes intuitive and logical sense. I highly recommend this program to anyone serious about their study of nutrition."

*Margaret Floyd-Barry | FNTT | California*

*Author of 'Eat Naked: Unprocessed, Unpolluted and Undressed Eating for a Healthier, Sexier You*

*'If you've ever been thinking about changing careers and going into the health space, then I highly recommend this program for you.*

*Not only will you be recognised and able to practise and open your own business—which is incredibly powerful—but you'll be able to help yourself and so many people around you. What I particularly love about studying with the NTA is that you learn the science, the biochemistry and the nutritional information that is essential to living a healthy and happy life and how to build, start and grow a successful and sustainable business.*

*You'll literally walk away going - I can do this.'*

*Luke Hines | FNTT | Australia*

*Daily with Luke program, Nine best selling cookbooks, public speaker, TV presenter (pictured)*

"Studying functional nutrition with the NTA has changed my path and was a really important part of my evolving journey as healer. I'm now living my purpose - to guide millions of people to optimal health and the results I'm seeing are phenomenal. Learning the foundations of functional nutrition was essential to this and I'm forever grateful and feel privileged to have the NTA tools in my arsenal."

*Jackie Bowker | FNTT | Gold Coast*

*Founder Feel Better Institute, Australia*





# GRADUATE TESTIMONIALS

"The Nutritional Therapy Association teaches sound, foundational, principle-based nutritional coursework in addition to functionally-based techniques that can be used to assess nutritional status and progress on an individual basis."

Nora Gedgaudas FNTPT, CNS, Author of the international best-selling book, "Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and A Longer Life" (pictured), [www.primalbody-primalmind.com](http://www.primalbody-primalmind.com)

"I enrolled in the NTA's training program because of the solid training, grounded in real food, and the pioneering work of some of the world's greatest healers. The integration of knowledge with the practical skills of working with clients has shaped me into a confident and competent professional. It's not unusual for naturopathic doctors, acupuncturists, and chiropractors to ask for my advice and opinion. One of my best surprises though, was a registered dietitian who came to me for a nutritional consultation to help support her fertility, acknowledging that her training simply hadn't equipped her to deal with this issue herself."

*Sara Russell | FNTPT | Italy*

"Getting lost with nutrition is pretty easy these days but not any more. The NTA course is a comprehensive, no-nonsense, foundational approach to nutrition and healing that will empower you to take back your health and furnish you with all the necessary tools to help others do the same. The study and workload is constant, the teachers excellent, and the support is nothing short of amazing. I hadn't formally studied in over 35 years and during the course, I felt nourished, nurtured and part of the tribe. I think I've joined a cult! and apart from marrying my wife, it's the best thing that I've ever done. There is nothing else out there like this so please check it out. 6 out of 5 stars."

*Chris Garrett | FNTPT | Northern NSW*

"Though I have always been a student of health, NTA has given me enormous confidence to be the teacher of health and wellness I have always wanted to be. I now have FNTPT training to enrich what I do. I love that distinction!"

*Tosca Reno | FNTPT | New York Times Best Selling Author, Creator of the Eat Clean Diet*





# POST GRADUATE TRAININGS

Upon completing the FNTD Diploma program, opportunities to enroll in further trainings is made available to graduates. We find that our graduates often choose additional complimentary study as they have a passion for learning and developing their clinical skills further.

## CAREER DEVELOPMENT COURSE

The NTA offers a Career Development Course for graduates of the FNTD program to learn how to confidently build their business and attract their ideal clients. This is a fully online 8 week course designed to help graduates launch or transform their practice. The course is designed specifically for NTA alumni and holistic health professionals, led by instructors who have their own thriving businesses.

[For more information on the Career Development Course see here.](#)

## ADVANCED TRAINING PATHWAYS

NTA Australia/New Zealand offers students the option to bundle in the cost of additional advanced trainings to their FNTD Diploma Tuition (applies to full payment or payment plans) to support students in continuing their education.

Advanced trainings on offer include lab testing, muscle testing, and subconscious mindset work at present.\*

[For more information on the full trainings that are offered through NTA AU/NZ see the website here.](#)

\*Trainings available to be bundled in with your FNTD diploma tuition are subject to change and discretion of the NTA Australia / New Zealand at time of enrollment



# PARADIGM RELEVANT READING

The following books align with the NTA Philosophy and nutrition paradigm and may be of interest to you. A current required reading list will only be made available to students upon enrollment in the program, as books and texts are always subject to change as our content is reviewed and updated with changes in the nutrition research.

## **Nutrition and Physical Degeneration**

*Weston A Price, DDS*

## **Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet**

*Sally Fallon*

## **Introduction to the Human Body: The Essentials of Anatomy & Physiology 11th Ed.**

*Gerald Totoro & Bryan. H. Derrickson*

## **Motivational Interviewing in Nutrition and Fitness**

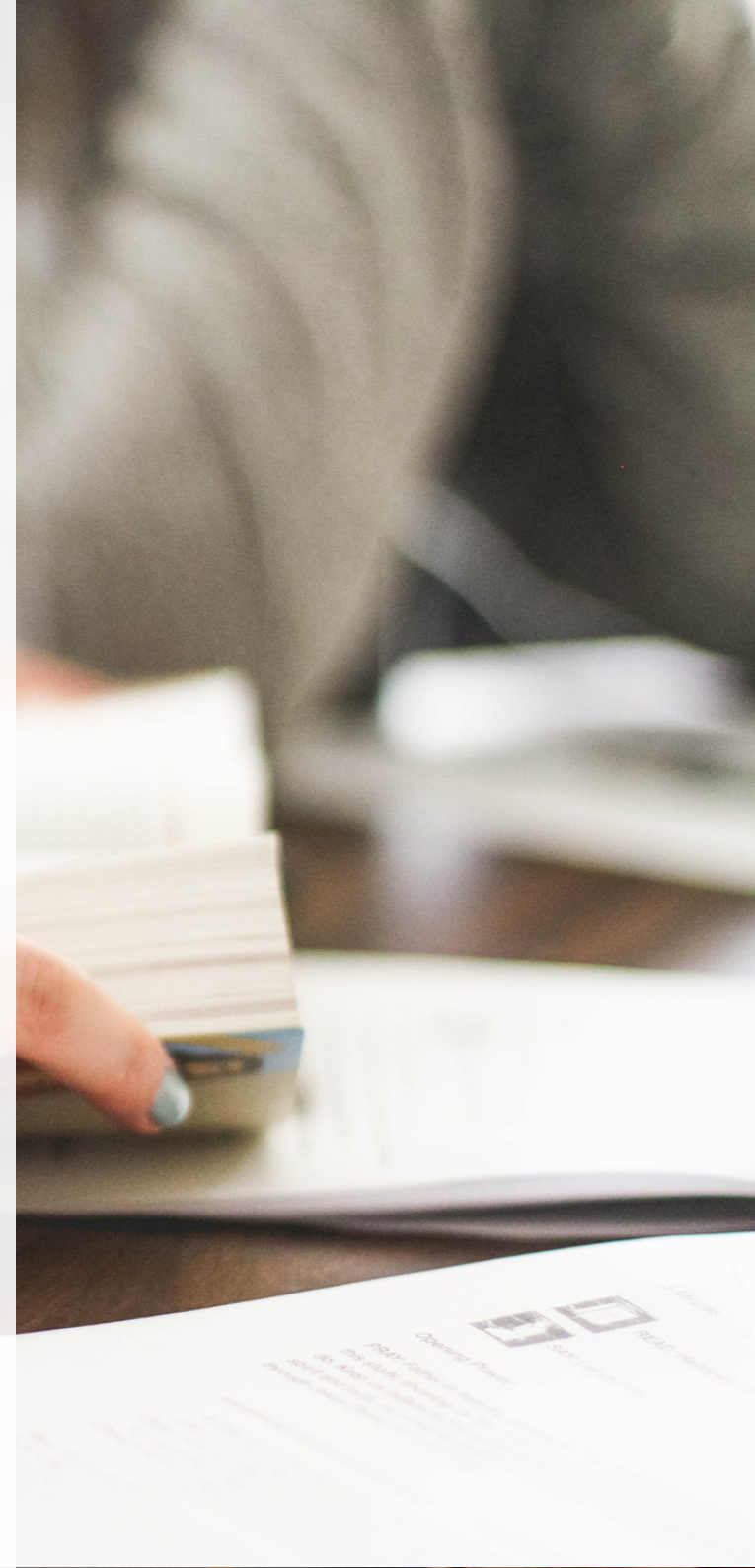
*Dawn Clifford and Laura Curtis*

## **Signs and Symptoms Analysis from a Functional Perspective**

*Dicken Weatherby, N.D*

## **The PEACE Process (2020 Edition)**

*Miriam Zacharias*





# FREQUENTLY ASKED QUESTIONS

## **Do you offer any other courses?**

In the USA, we also offer a Nutritional Therapy Practitioner Online (NTPO) course. Both NTPO and FNTD courses employ foundationally based nutritional recommendations, evaluate food journals, utilise our Nutritional Assessment Questionnaire and make dietary and supplemental recommendations. However, the FNTD course has the additional tool of our Functional Clinical Assessment and subsequent lingual-neuro testing that allows them to further tailor nutritional recommendations to the client's needs.

The Functional Clinical Assessment workshops are mandatory for Australia and New Zealand as they count for the clinical & classroom seat hours that are a requirement for recognition by the Complementary Medical Association UK (CMA UK), The Australian Committee of Natural Therapies (ACONT) and The International Institute for Complementary Therapists (IICT).

The NTA USA Nutritional Therapy Practitioner (NTP) ONLINE only program is not nationally recognized in Australia or New Zealand. Advanced level trainings are available to our FNTD graduates, upon completion of the FNTD Diploma program.

## **What's the difference between the FNTD and the NTPO course?**

The FNTD Diploma is a one academic year-long hybrid training program that equips practitioners to address advanced imbalances and deficiencies in the body with clinical-level nutritional therapy skills and the Functional Clinical Assessment (FCA).

FNTD Diploma qualification, is currently only available in Australia and New Zealand. The FCA workshops are mandatory for Australia and New Zealand as they count for the clinical classroom seat hours that are a requirement for recognition by The Australian Committee of Natural Therapies (ACONT) and The International Institute for Complementary Therapists (IICT) in Australia/New Zealand. International students completing the FNTD course can apply for recognition by the Complementary Medical Association UK (CMA), as well as through IICT.

The NTPO (Nutritional Therapy Practitioner Online) Program is a certificate program. It is a one academic year-long online training program offered by NTA USA that empowers consultants to address foundational nutrition needs, lifestyle challenges, and environmental factors to educate clients on their journey to optimum health. The NTA USA Nutritional Therapy Practitioner Online only program is not nationally recognized in Australia or New Zealand.

## **How can I compare your course to other institutions' courses?**

[Check out our Course Comparison chart here.](#)



# FREQUENTLY ASKED QUESTIONS

## **Is your program accredited?**

The Nutritional Therapy Association began as a private vocational school in Washington State, USA.

Our program is an independently funded organization in USA, Australia or New Zealand. In Australia we are accredited by the Australian Committee of Natural Therapies (ACONT). In New Zealand and Internationally we are recognized by the National Association of Nutrition Professionals (NANP), the International Institute for Complementary Therapists (IICT) and the Complementary Medical Association UK (CMA UK).

## **How long is the program and does it have to be completed consecutively?**

The NTA Australia FNTD Diploma is 10 months (one academic year) in duration and must be completed within the scheduled time. It is the equivalent of a two-year full-time equivalent program condensed into an intensive, one-academic-year format.

Please note that workshop attendance is required to obtain certification. There are three weekend-workshops (run in a hybrid format) for the FNTD course, wherein there is an allowable maximum of 8 missed hours.

## **What are the prerequisites for the program?**

The only prerequisite is high school education. The Functional Nutritional Therapist™ Training Program is not a 4-year program or a prerequisite for a four-year dietetics program. Students must also have access to high-speed internet and be comfortable working in an online environment, as a majority of the coursework will be done online.

## **Will you be offering this course every year?**

Yes, we currently run three enrollment cycles every year. Starting in February, May and September.

## **Where are your classes based?**

Our classes are run primarily online, with three hybrid workshops across the 10 months. We currently hold classes out of Brisbane, Perth, Sydney, Melbourne, Adelaide and Wellington.

For more details on which venue is offered in which enrollment cycle, please check our [upcoming course dates](#).



# FREQUENTLY ASKED QUESTIONS

## **How much is the FNTP Diploma program?**

Currently, it is AUD\$9,900/-. Finance and payment plans are available for tuition fees. Please note tuition does not include required reading, travel, testing tools, or hotel accommodations for workshops if required.

## **Do you offer Payment Plans for Tuition?**

Yes, we offer payment plans for your Tuition. You can also choose to bundle in the cost of your supplement test kit, and any advanced training courses if you wish. [For more details on our payment plan see here.](#)

## **Are there any scholarships available?**

We currently offer one scholarship for each class, each year (which varies between Melbourne, Sydney, Brisbane, Perth and the New Zealand venue which alternates between Auckland and Wellington). Scholarships cover 50% of tuition fees, but do not cover the cost of books, travel or supplies. [More information is available here.](#)

## **How do I register?**

To download a registration form, please [download a Registration Packet here.](#) Registration is on a first-come, first-serve basis and you will be added to a class once payment is received. If you are applying for a loan, we must receive notification that the loan has been approved before you will be registered. We look forward to seeing you in class!

[See more Frequently Asked Questions on our website](#)



# REGISTRATION

Registration for all NTA courses is on a first-come, first-served basis. You will be added to a class once payment is received. Please note that due to the popularity of the course, we are unable to “hold” seats.

## CLASS CYCLES

There are three class cycles a year, commencing in February, May and September. Across these cycles, we run classes out of Brisbane, Sydney, Melbourne, Perth, Adelaide and Wellington, New Zealand. Please see the course date and venue location information on our website for specific details surrounding upcoming classes.

## WORKSHOPS

FNTP students are required to attend three workshop weekends across the program. Workshops are run in a hybrid format, with attendance able to be in person at main centres, in regional small groups, or virtual groups. For more information on workshop preferences see our Registration packet. Workshops are mandatory to attend in your chosen option as these are clinical hours. The remaining clinical hours are completed through practise sessions and client work throughout the course.

**Register now at [www.ntaaustralia.com.au](http://www.ntaaustralia.com.au)**

*Despite the challenges of the current environment around us, we are still running the diploma program in its entirety. If you have any concerns regarding your ability to travel please contact us directly at [info@ntaaustralia.com.au](mailto:info@ntaaustralia.com.au)*





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Nutritional Therapy Association Inc Australia / New Zealand  
PO Box 3558, Hermit Park, QLD, 4812, Australia  
[www.ntaaustralia.com.au](http://www.ntaaustralia.com.au) | [info@ntaaustralia.com.au](mailto:info@ntaaustralia.com.au) | +61 412 965 688