

RESTORE! A Comprehensive Wellness Program to Guide You in How to Obtain Your Ideal Level of Well-Being



Course Catalog 2024

Greetings!

The fact that you are reading this tells me that you are someone who is committed to seeking the best possible care for yourself and those you love, and you understand that there is more to health and wellness than what is being taught mainstream.

This course catalog is dedicated to educating you about RESTORE! and how it can benefit you in your journey of healing and well-being.

We are committed to providing you with a quality educational experience. You will not only learn the information but learn the application of the information which is one of the most important parts that is often overlooked in other wellness programs.

In short, when you choose to join our family of RESTORE! you are choosing to join a network of like-minded individuals who want to live a life of wellness.

Before deciding to join the program, understand that this is not a coaching program! This is a course that teaches you about your whole body, and how you can take care of it to the best of your ability. Because let's face it, you don't know what you don't know!

This program teaches you how your body is made to operate and what you can do to help it stay in a state of wellness.

Cheers to your well-being!

Jendayi A. Stafford, Ph.D.
Chief Academic Officer

RESTORE: A Comprehensive Wellness Program to Guide You in How to Obtain Your Ideal Level of Well-Being

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Program Description

This program will provide students with a comprehensive understanding of the 7 Realms of being and their impact on overall health and wellness. Students will also explore various alternative medicines and holistic healing practices.

Learning Objectives:

By the end of the program, participants will have a strong understanding of the human body and alternative healing practices. They will also be able to integrate a variety of holistic healing practices into their daily lives and develop a deeper understanding of the mind-body connection and its impact on overall health and well-being. Specifically, participants will:

1. Develop an understanding of the interconnectedness of their mind, body, and spirit via the 7 Realms of Being (emotional, mental, physical, relational, environmental, social, and spiritual).
2. Understand mental health and its connection to their overall well-being.
3. Gain knowledge of human anatomy and the role of different organ systems in healing and maintaining overall health.
4. Learn about the most common autoimmune diseases, their root causes, and how they affect your overall well-being.
5. Explore the benefits of a balanced and healthy nutritional regimen and learn about the healing properties of different foods and supplements, as well as how nutrition can support their overall health.
6. Gain knowledge of different holistic healing modalities such as homeopathy, essential oils, and herbal supplements.

7. Be able to develop a personal holistic self-care plan that incorporates a range of techniques and practices, tailored to their individual needs and preferences.

Instructional Strategies

The **blended** class meets virtually every week (for approximately 2-3 hours), and that learning environment is extended through weekly online collaborative and independent learning activities. Virtual classroom instructional strategies include experiential activities, large and small group activities, presentations, and discussions. The online component of the blended course, delivered through MCC Wellness Academy and Zoom, may include threaded discussions, journals, blogs, readings, videos, links to web research and resources, and the use of audio/video synchronous and asynchronous multimedia tools.

Weeks At-A-Glance:

Week 1: Introduction to the Program

Week 2: The 7 Realms of Being

Week 3: Brain-Body Connection

Week 4: Mental Health

Week 5: Review of weeks 1-4 (Test prep)

Week 6: Human Anatomy

Week 7: Human Anatomy

Week 8: Human Anatomy

Week 9: The Vagus Nerve

Week 10: Review of weeks 6-9 (Test prep)

Week 11: Epstein Barr Virus

Week 12: Autoimmune Diseases

Week 13: Review of weeks 11-12 (Test prep)

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Week 14: The 5R Holistic Healing Protocol

Week 15: Nutritional Regimen

Week 16: Homeopathy

Week 17: Essential Oils

Week 18: Herbal Supplements

Week 19: Work on the Final Project

Week 20: Continue to work on Final Projects

Week 21: Final Project Presentations & Graduation

Required Course Text:

All required course materials will be provided.

Methods of Evaluation for Determining Grades

Grades are determined on a pass/fail scale basis using the following scale:

PASS - 80% or greater

FAIL - 79% or less

Time Requirements

This course is a mix of live online/in-person instruction once a week and independent instruction. The total time required for the live classes is between 2 and 3 hours depending on the information being covered for that week (approximately 52.5 hours during the program). The independent instruction requires an average additional time of 5 hours per week (a total of approximately 105 hours during the program).

During the first week, you are provided with tools that will help you with your time management, so that you can be successful with the course.

Success Strategies

Read the syllabus carefully. It is your responsibility to understand it, so if you have any questions, please ask (early in the course!) Although the entire syllabus is useful to your learning, be certain you understand the performance requirements (deliverables) and the course schedule (when things are due). All assignments must be completed and turned in on time to receive full credit. Talk with your instructor if you are not going to turn work in as assigned.

Assignment Submission. Written assignments are submitted electronically as Microsoft Word documents on or before the due dates; instructions for turning in assignments are found in the weekly map. Papers are *strongly encouraged* to follow APA guidelines and *must* be proofread to ensure spelling and grammar are correct and be double-spaced.

Late Work. Successfully completing RESTORE requires good time management. All assignments should be completed and turned in on time. Unexcused late work that is more than a week late may be eligible for up to half credit.

Team Assignments. Students are expected to work effectively together to accomplish team assignments, collaborate, and function as both leaders and followers. If you experience difficulties working with your team, you should make every effort to resolve issues within the team. However, you may contact your instructor for guidance if necessary. Because team projects are outcome-based, all team members usually earn the same grade. However, the instructor reserves the right to assign different grades if there is a substantial imbalance in individual contributions.

Deadlines. Odd things happen in cyberspace—emails get lost, servers disconnect temporarily, and login fails. Do not wait until the last minute to do your work. Please allow time to meet deadlines. Reply and check for replies on every email sent and received. You are responsible for getting the work turned in on time.

Instructor Availability. Your instructor is available to talk individually with students to ensure an adequate understanding of the course requirements and provide additional assistance if needed. You are encouraged to e-mail your instructor with questions or concerns.

Safeguards. Back up your work on a thumb drive, make a hard copy and email it to yourself. If you experience any computer difficulties, you are responsible for

solving your technical problems that are not related directly to MCC Wellness Academy.

Confidentiality. Please assume and grant full confidentiality when sharing aspects of work and personal life. Information may be proprietary, is often deeply personal, and should not leave the virtual classroom unless otherwise noted. Do not cut and paste comments or utilize materials without written permission from the author!

Attendance and Other Class Policies

Requirements for students' attendance and participation will be defined by each instructor based on the following policy:

- Monday of the first week is considered the first day of Class for online and blended instruction. This includes instruction for fully online classes and online instruction supporting blended classes.
- Regular onsite or Zoom attendance is expected for student success. If a student misses more than *five* onsite or Zoom classes or *five weeks* of engagement in an online class, the student may, at the discretion of the instructor, fail the course.
- Students who will miss more than *five* classes have the responsibility to discuss their attendance with the instructor in advance. Students should also consider withdrawing from a course if they are absent more than *five*. Instructors may, but are not obliged to, accommodate students under extraordinary circumstances, but the student must request accommodation and provide requested supporting documentation.
- If a student misses a portion (e.g., arriving late or leaving early) of an onsite course, the student's grade may be adversely affected. Students who are not in attendance for *at least 75 percent* of any scheduled class may be considered absent for that class. Students should discuss missing portions of a class with their instructor to determine how their grades may be affected.
- Regular online attendance/participation and engagement are expected for student success in both fully online and blended courses. Online participation is evident through posting to a discussion board, wiki, virtual office or classroom meeting, a drop box, attending a virtual seminar, completing real-time activities or quizzes, or other course-related activities (synchronous or asynchronous).

Netiquette for Online Course

- Be polite and respectful of one another.
- Avoid personal attacks. Keep dialogue friendly and supportive, even when you disagree or wish to present a controversial idea or response.
- Be careful with the use of humor and sarcasm. Emotion is difficult to sense through text.
- Be helpful and share expertise. Foster community communication and collaboration.
- Contribute constructively and completely to each discussion. Avoid short repetitive “I agree” responses and don’t make everyone else do the work.
- Consider carefully what you write. Re-read all e-mails and discussions before sending or posting.
- Remember that e-mail is considered a permanent record that may be forwarded to others.
- Be brief and succinct. Don’t use up other people’s time or bandwidth.
- Use descriptive subject headings for each e-mail message.
- Respect privacy. Don’t forward a personal message without permission.
- Cite references. Include web addresses, authors, names of articles, date of publication, etc.
- Keep responses professional and educational. Do not advertise or send chain letters or advertisements.
- Do not send large attachments unless you have been requested to do so or have permission from all parties.

Americans with Disabilities Act Statement

According to the Americans with Disabilities Act (ADA) of 1990, an individual with a disability is defined as having functional limitations resulting from a diagnosed disability and applies to an individual who has a physical or mental impairment that substantially limits one or more of the individual’s major life activities; has a record of such an impairment; or is regarded as having such an impairment. In compliance with ADA guidelines, students who have any condition,

either permanent or temporary, that may impair or impact their ability to successfully complete assignments, and tasks or satisfy course criteria are requested to notify their school Advisor or Director to understand how to apply for Student Disability Services. If and/or when the Director of ADA Services grants the student formal approval, both the student and professor will be notified. It is highly suggested that the student contacts their professor to discuss accommodation during the first week of the session. The granting of accommodation will not be retroactive and cannot jeopardize the academic standards or integrity of the course.

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RESTORE! A Comprehensive Wellness Program Academic Calendar 2024

Winter/Spring Session:

Early Bird Registration	October 19 - November 15, 2023
Standard Registration	November 16, 2023 - January 7, 2024
First day of class	January 8, 2024
Last day to add class	January 15, 2024
Last day of class (Graduation)	May 30, 2024

Spring/Summer Session:

Early Bird Registration	March 1 – March 10, 2024
Standard Registration	March 11 – April 7, 2024
First day of class	April 8, 2024
Last day to add class	April 15, 2024
Last day of class (Graduation)	August 29, 2024

Fall/Winter Session:

Early Bird Registration	June 1 – June 19, 2024
Standard Registration	June 20 – July 7, 2024
First day of class	July 8, 2024
Last day to add class	July 15, 2024
Last day of class (Graduation)	December 5, 2024

Tuition

*All registrations require a \$97 non-refundable registration fee. All monthly payment plans are subject to a \$20 surcharge

Early Bird Registration One-Time Payment of \$1100 or 5 monthly payments of \$240

Standard Registration One-Time payment of \$1800 or 5 monthly payments of \$360

*If payments made from payment plans go 45 days past due, then you will be removed from the program.

Get on the waitlist today at <https://jendayiastafford.com/restore>

About Jendayi A. Stafford, Ph.D.



Dr. Jendayi A. Stafford, a medically retired Navy veteran, is a developmental psychologist and integrative nutrition health practitioner dedicated to educating and advocating for holistic healing and transforming the lives of those suffering from chronic diseases.

She holds a Bachelor's degree in Social Science with an emphasis in Psychology, Sociology, and Criminal Justice, 3 Masters degrees in Psychology, Developmental Psychology, and Organizational Leadership, as well as a Ph.D. in Developmental Psychology. She also holds several certifications in Human Resource Management, Pharmacy Technician and Integrative Nutrition Health Practitioner.

Dr. Stafford is the Founder and Director of Mission Counseling & Consulting, LLC, the Founder and Chief Academic Officer for MCC Wellness Academy, and the Director of Training and Professional Development for Dr. Heather Hamilton's BreakThrough! course for mental and metabolic health recovery. She serves as the Congressional Lead for the fourth district of Virginia for the Homeopathy Action Team with the Americans for Homeopathy Choice and also serves with the

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American Institute of Homeopathy's National Homeopathic Product Certification Board as a member of both the Outreach and Global Committees.

Dr. Stafford's unwavering dedication, expertise, and compassionate nature make her a revered figure in the fields of psychology and holistic healing. Through her profound insights, she inspires and empowers individuals to achieve health, happiness, and overall well-being.