

# COLON HYDROTHERAPY ACADEMY

## PROFESSIONAL TRAINING PROSPECTUS

Established 2007 | UK & Internationally Recognised



The Colon Hydrotherapy  
**Academy**



**RICTAT**  
International Colonic Association  
Trusted Provider

## About the Academy

The Colon Hydrotherapy Academy (CHA) was established in 2007 by functional medicine practitioner and advanced colon hydrotherapist Kelly Hopley. The Academy is recognised both in the UK and internationally, having trained hundreds of successful practitioners.

We provide practical, hands-on clinical experience with real clients in a safe, professional and controlled environment. Students are supported to learn at their own pace and are encouraged to develop confidence, competence and clinical integrity.

Our purpose is to shape the future of colonic hydrotherapy by educating, supporting and empowering practitioners who are inspired by gut health and guided by ethical, evidence-informed practice.

### Vision and Mission

Our vision is to cultivate confident, safe and effective practitioners capable of delivering high-quality colon hydrotherapy services across diverse professional environments.

Our mission is to uphold the highest standards of care by delivering comprehensive education, continuous professional development and best-practice guidance grounded in ethics and safety.



## Entry Requirements

- Anatomy and Physiology Level 3 (or equivalent)
- A genuine passion for health and wellbeing
- Fitness to practise

Don't worry if you do not have the anatomy qualification, you can study online with us!

---

## Course Overview

Duration: Part-time over five months

Delivery: In-person clinical training combined with online theory sessions

Assessment: Written examination, practical assessments and supervised case studies

---

## Modules Covered

- Nutrition and Introduction to Functional Medicine
- History of Colon Hydrotherapy
- Anatomy, Physiology, Pathophysiology and Pharmacology
- Equipment and Clinic Set-Up
- Professional Conduct and Ethics
- Colon Hydrotherapy Treatment Protocols
- Lifestyle and Dietary Recommendations
- Practice Management, Business and Finance
- Gut Testing



## RICTAT Colon Hydrotherapy Association Membership

Students receive three months of complimentary RICTAT membership from the date of qualification. After this period, the monthly membership fee will apply. RICTAT membership must be maintained for a minimum of 12 months.

***“Transform Lives, Including Your Own, Through Colonic Hydrotherapy.”***

## Online Theory Sessions

Four live Zoom-based theory sessions provide a comprehensive academic and professional foundation, covering:

- The role of colon hydrotherapy within modern healthcare
- Historical and contemporary developments
- Client assessment and health questionnaires
- Indications, contraindications, red flags and referral pathways
- Infection control, COSHH, medications and lab testing
- Ethics, professional conduct and business foundations

## Practical Clinical Training

Seven days (63 contact hours) of in-person clinical training, including:

- Client-led assessment and treatment planning
- Digital Rectal Examination (DRE) and abdominal assessment
- Treatment protocols and colon hydrotherapy techniques
- Documentation, reflective practice and clinical decision-making
- Equipment preparation, hygiene and infection control
- Treatment aftercare and follow-up planning

Clients are provided for the students and students can have colon hydrotherapy treatments themselves if they wish.



## Assessment and Qualification

Students are assessed through a written examination, observed practical assessments and supervised case studies.

Resit opportunities are available should a student not meet the required standard, subject to a small administrative fee.

---

## Student Support and Mentorship

Graduates receive ongoing support through:

- A dedicated professional online community
- Post-training mentorship
- Business set-up guidance
- Equipment and insurance support
- Continuing professional development opportunities



---

## Conference and Continuing Professional Development (CPD)

All graduates are required to carry out 30 hours of ongoing professional development per year through a range of CPD opportunities.

An annual in-person conference offers a valuable platform for networking with peers, reflective practice and the sharing of clinical experience.

The conference also features expert guest speakers from within the field, providing up-to-date insights, evidence-based knowledge and exposure to emerging practices that support both professional growth and high standards of client care.



---

## Additional Learning Needs

At RICTAT, we understand all of our students have different needs, as far as practicable, we are happy to support additional learning needs such as dyslexia or neurodivergence.

If you have any additional needs, please let us know.

## Fees and Payment Options

Total Course Fee: £3,500

- Theory and Registration: £1,250
- Practical Training: £2,250



\*Payment plans are available

---

## Cancellation and Refund Policy

Cancellations 30 days before the start date receive a 50% refund or the option to transfer to a future course.

Cancellations within 30 days are non-refundable but may be transferred subject to availability.

If the Academy cancels or reschedules a course, students may transfer or receive a full refund.

---

## Code of Conduct

All students and practitioners must:

- Maintain professionalism and integrity
- Adhere to hygiene and safety standards
- Respect client confidentiality
- Practise ethically and within scope of practice
- Demonstrate compassion and care practice
- Complete annual professional development hours



## Equipment

All RICTAT graduates are eligible for discounts on disposables and equipment from [www.colonicsupplies.co.uk](http://www.colonicsupplies.co.uk)

For any questions regarding the equipment contact Robert on 07949 930043

### The Legato II Machine



### The Gravity System



## Insurance

All RICTAT graduates are eligible for block insurance schemes through Holistic Insurance Services and Balens.

---

### What do our students say about us?

*What a journey it's been! I've loved every minute of the course 😊 Was sad to be leaving! Can't wait for my colonic journey now.*  
Nikkie.



*I cannot sing your praises enough. You gave me such a warm welcome and made me feel comfortable. Nothing was too much - I loved that it was one to one and I got to have your full attention and pick your brain because I love to ask questions 😊. Thank you for your patience and your kindness that you showed me. I'll always remember that.*

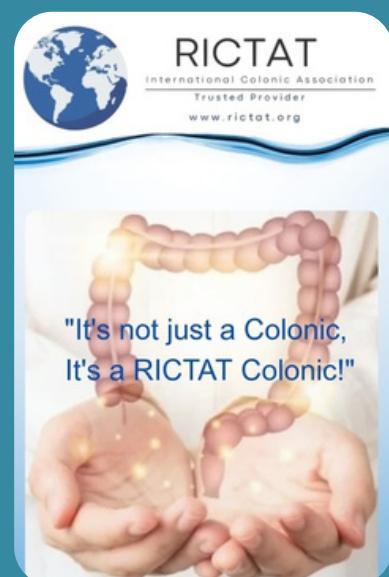
*In addition it was really easy to get to you!*  
Daniela.

*I completed my training with RICTAT this year, and it was an outstanding experience. The program was thorough, with the highest standards in both education and professional practice. What truly stood out was the ongoing support after the training - it's been exceptional. I highly recommend RICTAT to anyone considering a career change or looking to expand their knowledge and services in holistic health.*

*Antonia.*

*What a fantastic week of training!! I successfully passed my Foundation course in colonic hydrotherapy from one of the best trainers I've ever experienced. She was not only a brilliant teacher to myself and my fellow student but she is also one of the loveliest people I've had the pleasure of meeting. She was welcoming from day one and there wasn't anything that was too much trouble. Her teaching method was so engaging and thorough and she encouraged us all the way keeping belief in our abilities.*

*Sophie*



# STEPS

---

## Documentation & Pre-Course Requirements

Valid ID

First Aid Certification

DBS (or international equivalent)

ICO registration

## Anatomy & Physiology Level 3 or above

(If you do not already hold this qualification, it can be organised for you at an additional fee)



## Online Learning

Complete the Introduction to Functional Nutrition module

Attend four online theory sessions via Zoom, including Anatomy & Physiology content, Colonic Hydrotherapy theory, the core principles of gut health, gut testing, accreditation, business & marketing, set up and equipment



## Practical Training

Undertake seven days of in-person, hands-on practical training

Learn equipment setup, treatment protocols, hygiene standards, client care, consultation and assessment skills and supervised practical techniques



## Final Assessment

Complete your final exam and practical assessment to achieve certification as a RICTAT Colonic Hydrotherapist

---

## What you can expect with RICTAT Training:

- ✓ Accredited qualification recognised within the industry
- ✓ Online theory and interactive Zoom training sessions
- ✓ Seven days of professional, in-person practical training
- ✓ Ongoing mentorship and support after qualification
- ✓ Friendly, experienced and therapist-led teaching



Ready to sign up? Or need more information?



**Chair - Kelly Hopley 07974 692504**



**Email - [info@rictat.org](mailto:info@rictat.org)**

---

## Our RICTAT accredited trainers

**Erica Hartley - Sheffield, Yorkshire**

**Tracy Johnson - Skelmersdale, Lancashire**

**Natalie East - Hertford, Hertfordshire**

**Lorraine Paxman - Soberton, Southampton**

**Annie McCue - Letchworth Garden City, FMT Medics**

**Sarah Breslin - Co.Kildare, Ireland**

**Amanda Kearns - Newry, N.Ireland**

**Heather McCabe - Falkirk, Scotland**

**Folasade Adedeji-Orolugbagbje - Lagos, Nigeria**

**Dr's Rani, Asha, Vargehese, Zabeel - Dubai**

**Dr Biney & Gifty Amponsah - Ghana**

**Daphne Mahlaela - Mpumalanga, South Africa**

**Diana Loze - Vancouver, Canada**



**Check out our RICTAT members and former students at:**

**<https://rictat.org/find-a-therapist/>**