

**Southern School of Natural Therapies**

# **Celebrating 60 years and looking to the future**

Celebrating



**SOUTHERN SCHOOL  
OF NATURAL THERAPIES**

• •  
This book is dedicated  
to SSNT pioneer  
**Judy Jacka**  
and her memory

• •  
Her impact and legacy  
will live on and inspire

# From strength to strength, leading with care, connection and innovation

click here



## First college in Victoria

to gain degree accreditation for Naturopathy and Clinical Myotherapy.



**60+ years** of academic excellence and experience at SSNT.

## SSNT plays a leading role

in developing international natural medicine, as Part of Torrens University's global network.



**The oldest** natural therapies school in the southern hemisphere, and one of the oldest **in the world.**



## SSNT's library holds 7000 titles

one of Australia's largest collections of natural medicine texts and journals.



## Many alumni are leaders

of natural therapies and alternative medicines in Australia and around the world. click here



## 544 telehealth consultations

delivered lockdown relief to Naturopathy, Nutrition and Western Herbal Medicine clients.

## SSNT – a future of influence and innovation built on a formidable legacy

Through the legacy of the ground-breaking work of two pioneers of natural medicine in Australia - Alfred and Judy Jacka, The Southern School of Natural Therapies (SSNT) has become one of Australia's most respected and leading institutions in the natural and alternative medicine industry. This Torrens University giant is centred around its people and its values, with a strong focus on continuing to build upon its formidable reputation, forging global industry connections, innovation and creating a better world for future generations.

### Driven by the power of knowledge and expertise

With over 60 years of building a connected community of students, alumni and staff and an era of rich academic excellence and experience, SSNT's strong reputation is built from the highest quality education for current and future practitioners of natural therapies. Thousands of the school's graduates have passed through the iconic buildings in Fitzroy. Just as more people have turned to alternative medicine in recent decades, so has SSNT's reputation and impact, and that of its graduates. Indeed, SSNT, its staff, researchers and graduates have made important contributions to the building of trust in naturopathy.

From being the oldest natural therapies school in the southern hemisphere and the first college to gain degree accreditation for courses of their kind in Australia, to now providing innovative solutions such as flexible telehealth consultations in Australia, SSNT addresses the needs of community and society. Our areas of discipline are aligned to industry, national and global priorities and directed to individual and community health, public health and positive ageing.

### SSNT's impact today

Natural therapies is becoming increasingly relevant today and is recognised, respected and depended upon by people who turn to it as an alternative to more traditional medicine. In fact, natural therapies is no longer seen as an opposing paradigm to medicine. It is considered an essential compliment by many industry experts.

Through its reputation and connectivity, SSNT has built unrivalled trust within industry and its community today. It is a place where people increasingly turn to become practitioners and to seek healing and care. This is particularly important during the last couple of years, as the pandemic and shift of focus to wellbeing provided much hope in times of uncertainty.

The motto, Get Well, Stay Well, Feel Well, Learn Well, inspires the work of students, staff and the SSNT community. Through creativity, innovation, boldness, a global mindset and the greater good, SSNT has through the years delivered invaluable experiences for students with the opportunity to work alongside industry experts at its Practice Wellbeing Centre, a multi-disciplinary clinic in Fitzroy and now at campuses across Australia. SSNT's impact was seen in action during the beginning of the pandemic. When face to face consultations were not possible due to lockdowns, The Practice Wellbeing Centre quickly pivoted its offering and provided invaluable telehealth services to hundreds of clients in the community. As a further commitment to community and health professionals, SSNT along with Torrens University launched a special free online short course Connecting with Telehealth with a comprehensive overview of telehealth best practice delivery.

SSNT is today an integral part of the Torrens University family, which it joined in 2014. The university continues to take the lead in a number of areas in Australia - among them, demonstrably swift online capability during the pandemic, in order for our students to keep learning. Today, SSNT and Torrens University offers its students a truly hybrid on-campus and online learning experience.

## Determining the future with global perspectives

SSNT is set for 21st century influence. Under the custodianship of Torrens University Australia, SSNT continues to be a major player in complementary medicine and is enriched by a global perspective – focused on making positive impact on global communities.

Through its 60+ years of experience, SSNT brought best practice for naturopathy to Australia and as part of Torrens University, it is helping shape a global health agenda through its connection with organisations such as the World Naturopathic Federation.

With natural therapies becoming even more relevant today and our network of global alumni, SSNT is creating connections between institutions around the world, we are providing hope to in times of uncertainty.

It is exciting to see what is in store for SSNT, as it continues to welcome the next generation of natural therapy practitioners through the doors. As the health and wellbeing sector grows exponentially, naturopathy is contributing in a meaningful way to global health and SSNT looks forward to playing a key role in the future development of complementary medicine in Australia and around the world.

## Our People

Critical to the history, present impact and future focus of SSNT, are its people. From pioneers to students, to alumni and to community, the people of SSNT are passionate, connected, breaking new ground and taking industry forward. As you will see in this publication, the people of SSNT have contributed to community through many facets – education, partnerships, research, thought leadership, passion, connections and community.

With people at the centre of everything we do, a new scholarship honours the founders of SSNT. At our 60th anniversary in 2021, we launched a new SSNT full scholarship honouring the legacy of the school's founders Alf and Judy Jacka. Both were integral in establishing the legacy and excellent reputation SSNT has today. The Jacka Scholarship will provide a great opportunity for a new Naturopathy or Western Herbal Medicine student to build expertise and indeed contribute to the legacy and reputation of SSNT into the future.

“I had the most wonderful, supportive, & intelligent supervisors that pushed me to be the best version of myself.”

**Sage King**

Naturopath & Nutritionist, Fertile Ground Health Group at The Melbourne Apothecary



“My studies made me realise that nutrition is the backbone of health. Southern School helped me learn how to ask the right questions. As a good clinician, you need to ask questions and truly listen to patients.”

**Nicole Bijlsma**

Naturopath, Healthy Home Expert

# Forging the beginnings of a world leading natural therapies institution

The Torrens University giant that the Southern School of Natural Therapies (SSNT) has become over the years, is the legacy of the ground-breaking work of two pioneers of natural medicine in Australia – Alfred and Judy Jacka. With the initial support of Maurice Blackmore, the founder of the globally renowned Blackmores Group, as well as other founding pioneers, their research-based efforts ultimately led to SSNT courses becoming the first of their kind to be accredited in Australia. This included degree accreditation for naturopathy and degree qualifications in Chinese Medicine, Myotherapy and Clinical Nutrition.

[click here](#)



### Alf Jacka (1920-1998)

Alf began his professional career as an electrical engineer and then later studied and practiced in natural therapies in search of cure for his extreme fatigue caused by an accident.

In 1961, with clinics across Victoria, Alf was encouraged by Maurice

Blackmore to establish SSNT. Initially, Alf housed the school at his East Melbourne clinic and was appointed its inaugural Dean.

Alf focused on teaching at the clinic, and was considered a humble and generous teacher.

After his death in 1998, the SSNT library was renamed Alf Jacka Library in his honour.



### Judy Jacka (1938 - 2022)

Shortly after graduating from General Nursing Training at Prince Henry's Hospital in the 1960's, Judy Jacka was appalled at certain elements of the traditional medical model and the lack of publication on alternative medicine. Fascinated by the idea that vitamins, minerals, herbs and homeopathy could help to treat a range of chronic

disorders, she resolved to find a better approach to health and disease.

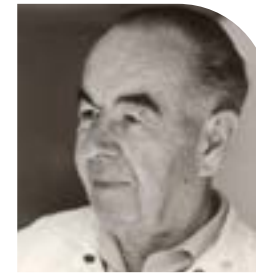
Judy's relationship with SSNT flourished after receiving her diploma in 1971. By 1972, she was named Director and later held roles as Principal and Chairperson of SSNT.

Judy and Alfred were married in March 1976 and continued to have a 17-year partnership, personally and professionally. Judy had a strong focus on helping graduates of naturopathic modalities become established in practice during this time.

In the 1970s and 80s, Judy represented the school and the industry to fight for the recognition of natural therapies in Australia and her political and academic work came to fruition, with SSNT offering Australia's first Bachelor of Health Science – Naturopathy. Marcus Blackmore was a pivotal partner for Judy's vision.

Most recently, Judy was Vice Chairperson of the Jacka Foundation of Natural Therapies, where she made a significant impact. In her time there, she inspired SSNT students and the community to raise the standards of natural medicine now and into the future. Judy passed away recently and her presence is sorely missed in her community. Her legacy and impact will live on.

SSNT's early days in the 1960s.



### Maurice Blackmore (1906-1977)

Maurice (founder of Blackmores Ltd) was a pioneer of natural therapies in Australia.

After gaining a Diploma from the British Naturopathic College, he opened the first naturopathic rest home and first health food store in Queensland. He also established a laboratory to manufacture vitamins and minerals.

Having prompted Alf to establish SSNT in 1961, Maurice became its mentor. He heavily influenced curriculum and even designed the first ever exam.



### Marcus Blackmore

Marcus, son of Maurice, was pivotal in establishing SSNT alongside Judy and Alf Jacka. A big part of this was the he shared the same strong passion for natural medicine, like his father.

After completing his naturopathic degree, he began a career at the family company, Blackmores.

Marcus was instrumental and supported Judy and Alf as they fought and won many legal battles that posed a risk to SSNT and Natural Therapies in Australia.

“ The traditional role of a University is to acquire, enhance and preserve knowledge and, in turn, to impart that knowledge on those willing to learn. The health courses offered by Torrens University are a reflection of that role but are executed with a sense of 'purpose'. It is that 'purpose' that makes careers in this space so rewarding for both students and our graduates. There can be nothing more purposeful in life than to offer an individual a healthier life.”



### Professor Kerry Bone

Kerry was lucky enough to be one of the early students at SSNT, when the school was still operating out of Alf and Judy's home in Kew.

“ I think the legacy of Maurice Blackmore and Alf Jacka is very significant for this profession. That includes the financial legacy, which is much needed to improve educational facilities and capability for the profession in the future. We are unbelievably indebted to Alf and Maurice. So it's just wonderful to see the anniversary for their lifelong work being recognized at Torrens University.”

My studies at SSNT (especially that very first subject in Naturopathic Philosophy with Judy) really gave me the perfect understanding and grounding from which to build my career. And even though I am very science focused in my approach to herbal medicine, I still firmly believe in those important, traditional and `empirical roots that we have in natural therapies. There is most certainly a role for both, and the task is to embrace one without losing the other.”





“SSNT has been a huge part of my life. I started studying part time at SSNT in 1984 ... there was something very special about SSNT back then. It was filled with like-minded people and I felt like I had found my tribe. I began teaching massage in 1990, and over time switched to teaching Herbal Medicine and Naturopathy. Over the last 38 years I have had many different roles at SSNT and seen many changes but what I most remember and appreciate is the commitment of all the wonderful staff and students to the school and the profession and the community of Naturopaths and Herbalists that I am honoured to be a part of.”

**Sue Buckle**

Lecturer in Health Science  
Torrens University Australia



“I was elected into the Student Union which was quite exciting at the time as SSNT was working to become the first private education provider to gain degree accreditation for naturopathy, accepting students for degree-level coursework in 1998... SSNT was an inspiring time and I can only hope the students now and in future get as much out of it as I did.”

**Fiona Darroch**

Psychologist and Consultant Family Court and  
Federal Circuit Court of Australia

“We often hear how ‘one person can make a difference’ – for me that person was Judy Jacka and knowing her has been a continued inspiration. At SSNT, I loved the smell of the clinics which was a composite of all the herbal extracts and tablets, oils, balms and ointments on the shelves of the dispensary. Listening to the patients’ many stories was inspiring, particularly those from people helped by naturopathy after years of unsatisfactory medical treatments.”

**Dr Pauline McCabe**

Secretary, Jacka Foundation of Natural Therapies



## SSNT's impact today – adapting to the contemporary environment

From rapid response to the COVID-19 pandemic and 2019/20 bushfires with innovative solutions for students and community to providing research based expertise to the herbal manufacturing industry – the work of SSNT remains groundbreaking, responsive and agile in the 21st century.

Under Torrens University's custodianship, SSNT is today a major global contributor player in complementary medicine, proudly training the next generation of natural therapy practitioners, collaborating with alumni now leaders in their own right and building on invaluable research to the future needs of industry and community.



### Catherine Smith

Catherine is a Program Director (Naturopathy and Western Herbal Medicine) at Torrens University.

She believes SSNT's impact was seen action during the beginning of the pandemic. When face to face consultations could not happen, The Practice Wellbeing Centre quickly

pivoted its offering and provided invaluable telehealth services to hundreds of clients in the community.

“ SSNT has such a proud legacy that is evidenced by the strong and connected community of practitioners who represent excellence in naturopathic and western herbal medicine health care.

I am enormously proud to be part of this community, leading the next generation of practitioners to continue the SSNT legacy in a university environment.”



### Sally Chick

Sally is a Health & Healing, Naturopath at Windana Drug & Alcohol Recovery.

After a career change and during her time as a student at SSNT, Sally started managing a naturopathic clinic in Richmond. After graduating in 2005, she practised there for a few years before building her own practice

working with clients with mental health and addiction concerns.

She then began her journey with Windana Drug & Alcohol Recovery, in Victoria using natural therapies as part of the primary treatment program. Now having been at Windana for over 10 years and she now manages the Community Services team, encompassing community and residential care.

Through her life changing journey at SSNT, Sally now makes a significant contribution to her community and manages contemporary programs to address society's current needs.

“ SSNT was and still is an amazing school. The school creates the feeling that you're doing something really special, you're learning something that is life changing and impactful today. I believe those of us who work in health have a huge responsibility to share the knowledge that we have been privileged enough to gain.”



### Jenny Adams

A proud practitioner and educator, Jenny is a Naturopath for Foundation House and one of SSNT's Clinical Supervisors and Lecturers.

Through her journey as a student and lecturer at SSNT she is making a significant contribution to industry and community today, through:

- Publishing a textbook on herbal manufacturing, which is now widely used in industry
- Contributing to curriculum and the education of past and current SSNT students
- Aiding to advance the health, wellbeing and human rights of people from refugee backgrounds who have experienced torture or other traumatic events, through her work with Foundation House.

“ Despite the challenge of adapting to changing times, SSNT continues to stick to its core principles, consistently attracts a fantastic cohort of students and continues to produce exceptional natural therapy practitioners every year.”



Our clinics are always stocked to ensure we are ready to make an impact everyday.



“The horse industry is largely hampered by misunderstanding and lack of appreciation for correctly used and prescribed natural medicine. Professionally and politely standing my ground, whilst justifying my therapeutic decisions is a common challenge. Yet I’m able to do this with both confidence and conviction, a skill which is fundamentally a result of two key lecturers at SSNT.”

**Camilla Whishaw**  
Equine Naturopath, Optim Equine

“It took me 10 years to complete my degree and I am so happy it did. Through that time I got to witness the best of both worlds, the magical and medicinal. I learnt you cannot have one without the other. I now use this as the main philosophy of all that I do.”

**Bree Melotte**  
Owner, Iris Practice Pty Ltd





## Delivering healing and care through creativity, innovation, boldness, a global mindset and the wider good

SSNT's much celebrated motto "Get Well, Stay Well, Feel Well, Learn Well" continues to inspire the work of students, staff and the SSNT community. This is synonymous with Torrens University's values and organically. Through creativity, innovation, boldness, a global mindset and the greater good, SSNT has delivered invaluable experiences for students with the opportunity to work alongside industry experts at its clinics across its campuses.



**Lesley Braun** ← click here

Lesley is the Group Director of Blackmores Institute, Australia and Asia. Her team works to improve the quality use of complementary Medicine (QUCM) and share knowledge with the purpose of improving people's lives. She is also an Adjunct Associate Professor at the National Institute of Complementary

Medicine (Western Sydney University) and a Professor at Southern Cross University. Her various appointments means that she has a massive impact on the industry and its future.

She has also co-authored four best-selling textbooks, is the founding Editor-in-Chief of the journal *Advances in Integrative Medicine*, was a regular columnist for the *Australian Journal of Pharmacy* for 20 years and was named The CEO Magazine's Health and Pharmaceutical Executive of the Year in 2018.

“ At SSNT, the diversity in thinking, backgrounds and experience really added to the richness of the conversation and made studying at SSNT really stimulating. The changes that have happened over that period of time are phenomenal. Not just within the school but in healthcare in general. When I started, no one knew what a naturopath was. It excites me to think about how far we've come since then, and how far we still can go.

My advice for students is that a lifelong passion for learning, and a willingness to give new things a go and stay open minded has gotten me to where I am today. I encourage young learners to apply the same attitude toward their own development.”

Lesley is truly a shining example of SSNT's quality of alumni and we look forward to seeing her contribute further to curriculum and thought leadership in the industry.



**Jules Galloway** ← click here

Jules is an alumna and Naturopath who says the world needs more healers, helpers, practitioners, researchers and educators than ever before. But there is one point she is even more emphatic about. It is that along with education, like her own journey at SSNT there is one critical piece when it comes to making

a difference in the world. It is the power of people and the power of you.

Jules became one of Australia's first practitioners doing online consultations when she says there were many detractors.

“ I saw clients on Skype. I picked up clients in far reaching places that didn't have access to 'praccies' like us – [In] Katherine, Northern Territory. Exmouth, WA. Norfolk Island. Queensland. Mining Camps. Bali.”

Jules' work has also taken her to Pacific Islands countries like Fiji and Vanuatu, working with teams on the prevention of lifestyle diseases.

“ We are stronger...when we stick together. The moment in my life when I began to see other practitioners as a source of collaboration – it opened up a whole world of abundance.”  
“My advice to students and new graduates? Don't wait for the jobs to come to you. Be brave and go out and create them. Make the doors open for YOU. A whole world of possibilities awaits.”



**Dr Judy Singer**

Judy is a Research Fellow at University Centre for Rural Health, University of Sydney.

Her time at SSNT began as the receptionist. Inspired by what she was seeing on a daily basis, she signed up as a naturopathy student and was drawn to the world of natural medicines.

Judy's time at SSNT really set her up for a rich and varied naturopathic career, which included creating a wellbeing program at Fairlea Women's Prison, volunteering at the Victorian Foundation for Survivors of Torture, a community-based mental health services for refugees, 10 years of practice at Foundation House, and a PhD exploring the meanings and experiences of complementary therapies for refugee women survivors of torture.

Speaking of her time at SSNT, Judy says,

“ As students, we felt our teacher's enthusiasm and passion come through in the way they taught, inspiring us to be creative, to experiment with remedies and to really immerse in the concepts we were learning about. So much of the curriculum was experiential! My time at SSNT really set me up for a rich and varied naturopathic career and the incredible camaraderie between us students created our own communities of practice outside of the classroom.”



**Rachel Arthur**

Rachael is a speaker, mentor, educator, researcher, writer, a business owner of Rachel Arthur Nutrition and also a previous lecturer.

Her contribution to industry, education, thought leadership and the wider community is enormous and was informed by her time at SSNT as a student.

“ One of the most important things I learnt through my studies at SSNT was that the fields of medicine and naturopathy are not opposing paradigms or worlds. There is a lot of shared ground between them. That is the ground that I walk now, and I am teaching and mentoring other naturopaths, nutritionists, osteopaths and doctors – helping them to understand how we can collaborate and ultimately achieve better outcomes for our patients.”

Rachael is embodying our values, connecting the world for good and providing access to quality education.

Producing healing creams as part of our bushfire appeal in 2020.





“When I enrolled in SSNT in 1993, it was the best place to study naturopathy, as it had the highest standard of education. As a nurse, we were taught how to care for others, and in naturopathy, we were taught to care for ourselves. This shaped the rest of my life, and when I teach others, I make sure this message is passed on. The calibre of what the academics taught me in naturopathy was astounding, and I still follow some of their careers now. Their knowledge base and kindness will never be forgotten.”

**Sandra Lucas**

Lecturer in Nursing, Latrobe University



“The knowledge I gained from my studies at SSNT has been fundamental in giving me the confidence to go for my dream, helping women with anxiety with my holistic approach.”

**Georgie Collinson**

Mindset Coach & Nutritionist

## SSNT is set for 21st century influence

The legacy, expertise and wealth of knowledge at SSNT will no doubt play an important role in the future development of complementary medicine. With over 60 years of history, the time is now ripe to take SSNT to its next stage of evolution and cement the institution as a future player.

SSNT looks forward to welcoming the next generation of natural therapy practitioners through the doors. And now with the Jacka Scholarship, we will provide a great opportunity for new students to build expertise and contribute to the legacy and reputation of SSNT in the future. SSNT will play a pivotal role in global growth and the future development of complementary medicine, in turn contributing to health worldwide.



**Lisa Hilbert**

SSNT alumna Lisa is an entrepreneur, naturopath and founder of her own brand, **Tea Tonic**.

She founded Tea Tonic in her final year of study in 1998, when she launched her first tea (Complexion Tea). Since then, Tea Tonic has grown to be one of the premier suppliers of first grade

organic teas and is now stocked in cupboards all over Australia. Lisa is ready to take her brand and passion to impact people's health into the future.

Lisa says,

“ it was so fulfilling knowing that I made a real difference to people's health and lives. The teachers' practical experience and knowledge gave me the confidence of being able to apply what I learnt in the classroom to my profession. Hearing them made the textbooks and learning come alive. Preparing a student to be confident when graduating and going forward into their own work makes SSNT and Torrens a leading institution for the 21st century.”

We hope to set up many more students for their careers and future impact in the world.

click here



**Dr Greg Connolly**

Greg is a SSNT alumnus and now senior lecturer in naturopathy at Torrens University Australia.

Greg was in fulltime clinical naturopathic practice from 1988 to 2010 and was a part-time lecturer and clinical supervisor at the Fitzroy campus from 1993- 2012. Greg

completed his PhD in Medical Anthropology on complementary medicine and cancer care at The University of Melbourne in 2018.

At the SSNT 60th anniversary celebrations said the time was ripe to take SSNT to its next stage of evolution and into the future.

“ SSNT has successfully navigated 60 years of teaching holistic naturopathic principles whilst maintaining academic and scientific rigour. It's going from strength to strength in becoming a world leader in naturopathic education. Our next step-up now is to produce really good academics who can do research in sciences, in social sciences [for the future].”



**Kath Curry**

Kath is the General Manager Health and Education at Torrens University Australia.

Kath Curry has 35 years' experience connecting people, ideas and practice in the education, health and government sectors. She has built a career as an innovative leader

with integrity – from her first job as a nurse, educator of Aboriginal Health Workers, through to her former role as Dean (VET College) at Victoria University where she led reform in trade's pedagogy to now leading an innovative health portfolio for Australia's newest university.

Kath's passion for living better, not just longer, saw her establish a Centre for Positive Ageing and Wellbeing at Torrens University. Kath focuses on linking vision to strategy, on access to education, employment outcomes and workforce development and wants to ensure the legacy that has been built at SSNT and Torrens University continues to make a significant impact into the future.

“ I think that herbal medicine, how we use our plants and resources from nature to actually impact and improve our health is such an amazing science and we are so privileged to be a part of it and contribute to new knowledge. Integrative medicine is so important now with where we're going to. People often use holistic medicine with mainstream medicine and there is a place for both. We are the profession and the medicine of the future – of that there is no question. We are proud to be continuing the legacy.”

SSNT Fitzroy Rooftop alive with students.





“As an early tech adopter, I enthused sceptical practitioners to dial into internet to connect with herbalists around the world and in the past decade to consider the benefits of a digital practice. In 2014, I closed my Melbourne clinic to take my naturopathic and mentoring fully business online, enjoying the freedom and location independence this offers.”

**Gill Stannard**

Naturopath and Mentor



“I have fond memories of study and love telling the future naturopaths that I meet that it can and will be a full time job, if you have the passion and drive to do it!!”

**Kate Naylor**

Naturopath, Mt Eliza Natural Therapies



“There’s just been something very solid about the students that come out. Not only do they have a great education. But they’ve also been exposed to these new ideas.”

**Dr Sue Evans**

Educator, consultant, researcher



## Under Torrens University's custodianship, SSNT plays a key role in global growth

The wealth of knowledge and experience at SSNT coupled with Torrens University's global reach, provides a strong foundation for SSNT and the wider Health faculty at Torrens University to continue to play a leading role in the development of complementary medicine internationally. As a member of the World Naturopathic Federation, which consults to the World Health Organisation, we look forward to forging stronger ties and contributing to the natural, alternative medicine and wider health industries globally.



**Natalie Cook**

Natalie is the Director of Innovation, Industry and Employability – Health and Education at Torrens University and an alumna of SSNT. She also has strong ties with the World Naturopathic Federation.

Nat has a strong a passion for accessible healthcare and sustainable

wellbeing and brings more than 25 years of experience in higher education, environmental NGOs and the airline sector.

Nat is an advocate for the global reach of natural therapies and alternative medicines and as such is dedicated to bringing this to the student experience, ensuring that students efforts translate seamlessly into a successful career via industry immersion, integrated learning practices and innovative curriculum design.

“ Our graduates are all around Australia now and leading in their fields. In fact, our voices are heard around the world as part of the World Naturopathic Federation. With over 60 years of experience behind us, we are excited to see what is in store for SSNT @ Torrens University, as we continue to welcome the next generation of natural therapy practitioners through the doors. As the health and wellbeing sector grows exponentially, naturopathy is contributing in a meaningful way to global health.”



**Denise Hung**

Denise is a current student and SRC member at SSNT at Torrens University.

The international student, moved to the Southern Hemisphere in 2017 to work towards a higher education degree with SSNT. When asked why she chose Australia and SSNT, Denise says, “I knew it was going to change

my life but little did I know it had changed so much. My motivation for a better experience for an international student started with being the minority in a classroom. The student-centered teaching approach [at SSNT] was essential and critical for an adequate understanding of our future in patient-centered facilities. The smaller the classroom also meant, the more opportunities for me to embark on roles I had never embark on before.”

Denise is passionate about her studies, her future in this industry and the global reach studying at SSNT has provided her with.

“ At SSNT, a student becomes a pioneer in the natural medicine industry... I developed the courage to dwell deeper into traditional knowledge and further analyze the relevance for our presence in modern society... To be part of SSNT, is more than being a student. I became a leader, an innovator, a health practitioner and a friend. As years to come, I only wished for everyone to continue their passion and share their knowledge as a community around the world.”



**Brigid Batty**

Brigid is a Senior Clinician at Health Optimising, a world leading natural healthcare clinic in London, UK.

Inspired by her time studying at SSNT, she set out for global domination after graduating from her degree in Naturopathy.

“ I work for one of the UK's most renowned naturopaths. They specifically hired me because of my Australian naturopathic training and I wouldn't have my amazing job without my degree from SSNT! I am really thankful for it and particularly lecturer for Anne Howard who encouraged me to travel and work abroad with my degree.”



SSNT's library holds one of the largest collections of natural therapies texts in Australia.



“I want to let students know that the skills I have from studying at SSNT have taken me all over the world and I feel confident to travel and start new jobs with the education and training I received studying Clinical Myotherapy.”

**Kim Hammond**  
Clinical Myotherapist

“In my career, I went from clinical practitioner, to back at SSNT working in industry engagement and from there onto international business development. While it seems like a totally different career path, there are a lot of skills and experiences that the course taught that help me in my career. The clinical skills of building rapport, clear communication, understanding a situation from a holistic perspective and looking at ways of solving the issue are crucial to success as a Chinese medicine practitioner and are skills I use every day in my current role.”

**Linden Tolhurst**  
Associate Director International Recruitment



## The power of alignment, collaboration and support

At SSNT we believe in the transformative power of connecting education and industry. Everything we do is interconnected with industry and in collaboration with industry leaders – to ensure our curriculum is agile, continuously evolving to reflect industry needs and always real world relevant. We are an essential part of the industry ecosystem and command a strong standing and respect across the whole sector. This is evident through our strong relationships with industry associations. They recognise our legacy and leadership and acknowledge our longevity in this industry.



### Board of Directors, Complementary Medicine Association (CMA)

“Directors, staff and Members of the Complementary Medicine Association (CMA) would like to officially congratulate the Southern School of Natural Therapies (SSNT) on their 60th anniversary! Since its inception, SSNT has provided quality education of complementary medicines and has developed into an iconic leader of the profession throughout Australia. The CMA has been proud to accept many students and graduates of SSNT as Members and looks forward to a close working relationship in the future. Congratulations on your outstanding achievement!”



### Dr. Iva Lloyd, ND President, World Naturopathic Federation

“The World Naturopathic Federation would like to wish SSNT a happy 60th anniversary. We are so proud to have SSNT as an Educational member of the WNF. When the WNF held its General Assembly in Australia in 2019, SSNT graciously hosted the WNF and representatives from sixteen countries. We look forward to continuing to work with such a high-quality naturopathic educational institution.”



### ARONAH board Australian Register of Naturopaths and Herbalists

“The ARONAH board would like to congratulate SSNT on 60 years of naturopathic and Western herbal medicine education. ARONAH is committed to the highest standards of education for naturopaths and Western herbalists and shares SSNT’s knowledge that excellence in education is vital to the ongoing success of our profession now and into the future. Happy birthday SSNT!”



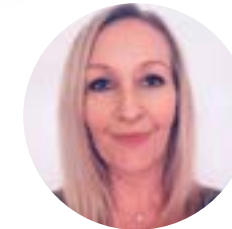
### Anna Yerondais, Chief Executive Officer, Myotherapy Association Australia

“The team at Myotherapy Association Australia wish SSNT a very Happy 60th Birthday and thank them for their dedication in providing excellence in quality training for the Myotherapy profession. The educators and student bodies that support students throughout the program have always demonstrated passion and commitment to their work. The Association have supported SSNT in the development of what is now recognised as one of the Nation’s leading Degree Myotherapy programs. Well done to all the team at SSNT. Enjoy your celebrations and we look forward to continuing our positive relationship with you, your people and students.”

“SSNT has always been highly regarded as education provider across the sector and amongst industry leaders. The graduates we produce, across all modalities, including naturopathy, western medicine, Chinese medicine are of high quality and exceed industry expectations. The feedback we consistently receive highlight to us that industry are supportive and advocates of our grads and the work we produce.”

### Natalie Cook

Director of Innovation, Industry & Employability  
Health & Education



“SSNT has Industry relationships with reputable and highly recognised organisations that provide a range of experiences for students to be involved in. This includes Work Integrated Learning opportunities that can lead to employment, research and development experiences, mentoring, internships and sharing of up to date industry information. These industry connections provide a chance to network and create ongoing valuable career relationships and keeps students up to date with all the new information related to their chosen sector. Strong connection to industry ensures students gain the skills to prepare them for the next steps of their career.”

### Beck Hockin

Industry Consultant  
Torrens University Australia



“I returned to teach briefly at SSNT in 2015. It was a changed place – still lively, still filled with keen students and still supporting education in natural medicine. But now solidly evidence based and teaching a much less discursive view of the natural therapies. During this period the prevailing social perspective changed from naturopathy as an alternative medicine, to naturopathy as a complementary medicine. Naturopathy was becoming progressively more mainstream.”

### Dr Assunta Hunter

Research Assistant/ Qualitative  
Researcher at University of Melbourne



“I loved studying at SSNT so much so, I couldn’t wait to come back and teach there myself! Thinking of my lecturers always reminds me of what an impact sharing the love of a topic has.”

**Emily Bradley**

Naturopath / Nutritionist + Lecturer Health Science, SSNT



“Over my 27 years at SSNT I taught and mentored thousands of massage students and many lecturers in my faculty. Since that time I have continued in my massage practice and have gone on to study an advanced diploma of Myotherapy.”

**Claire Lamicela**

Vitality Expert, Inner clarity



“When I reflect upon my time at SSNT, I’ve had varied roles for well over a decade, but what stands out to me, regardless of my role, is the privileged experience I have had to share a journey of transformation with students.”

**Louise Zylan**

Lecturer in Health Science, Torrens University Australia

“My Naturopathic Philosophy class was really impactful, because that set the foundation for naturopathic principles and holistic ideas. This really shaped my worldview. There was something special about being around like-minded people too, which is something that I probably hadn’t experienced before. Finding peers with similar minds, similar inquiries and passions had a lasting impression. It had a big impact on me in my younger life.”

**Danny Urbinder**

Naturopath



“I remember the profound impact that the first year subject Transpersonal Psychology, had on me. Taught by a psychologist, it explored both the theory and the practice of the mind and behavior. It remains the best subject I have ever studied and was a key part of the reason I chose to go on to study conventional medicine.”

**Professor Stephen Myers**

PhD BMed ND FACNEM FASLM

Director, Natural Medicine Research Unit, Southern Cross University



## SSNT 60th celebration [← click here](#)

**In what was a challenging couple of years, we were privileged to have the opportunity to celebrate the 60th anniversary of SSNT in 2021. It was remarkable to come together as a community to celebrate. This is a celebration of people, comradery and legacy.**

At the SSNT 60th celebration, we launched the Southern School of Natural Therapies Jacka Scholarship. This full scholarship celebrates the legacy created by Alf and Judy Jacka for new Naturopathy and Western Herbal Medicine students based in Melbourne. To find out more, [click here](#).

