

**Carol Bennington, PhD**  
**Flower Essence Training and Credentials**  
**25 years of working with flower essences**  
**as a practitioner, instructor and consultant and personal experience**

Doctoral Degree in Wisdom Studies; Master's and Bachelor Degrees in Education

Dissertation: *Flower Essences: A Doorway to a Deeper Connection with Nature Through Plants*

Doctoral Dissertation on flower essences and personal connections with Nature

- Contrasted flower essence systems: Bach and multiple North American systems
- Researched flower essence user's relationship with Nature - with a global response
- Explored indigenous cultures relationships with plants

Bach Foundation Registered Practitioner – registered with the Bach Centre, UK

**Flower Essence Training**

Herbal Apprenticeship, Healing Hearts Herbal School, Newark, Ohio

Bach Flower Remedy Training

- Bach International Education Program: Practitioners Course, Levels I – III, USA
- Studies at the Bach Centre, England
- Bach International Education Program Teachers Training: Level 1, Level 2, Pet's & People, USA

North American Flower Essence Practitioner Training

- Flower Essence Society Professional Course, Nevada City, California
- Desert Alchemy Flower Essence Therapy Course, Tucson, Arizona
- Flower Essence and Chakra Healing Experiential Program: A Journey of Initiation and Renewal Level I & II, Center for Plant Studies and Healing Arts, Clarkdale, AZ
- Essence of the Desert Basic Courses, Tempe, AZ

**Flower Essence Instructor**

- Adjunct Faculty, Southwest College of Naturopathic Medicine, Tempe, Arizona
  - Designed and taught customized Botanical Medicine Course for credit to medical students
- Instructor and seminar designer, customized seminar for naturopathic physicians
  - Approved by the Arizona Naturopathic Medical Association for continuing medical education units
- Adjunct Faculty, Southwest Institute of Healing Arts, Tempe, Arizona
  - Designed and taught customized Flower Essence Course
- Faculty, Ohio Institute of Energetic Studies and Bodywork, Columbus, Ohio
  - Designed and taught customized Flower Essence Course
- Bach International Education Program Instructor -Courses approved by the Bach Centre, UK Levels 1 & 2 of the Practitioner Program, various locations in US & Canada

**Consultations, Customized Seminars, Programs and Retreats**

Flower Essence Instructor, Consultant and Practitioner

Owner of Awakening Hearts, LLC various locations since 1995

**Conference Presenter**

- *Bloom! Cultivate Your Best-Self & Grow Your Resilience with Flower Remedies*, Healing Touch Worldwide Conference, Chicago, Illinois, 2014
- *Celtic Connections: Wales, the Birthplace of Flower Power - Dr. Bach's Discovery of Flower Remedies*, Arizona Highland Celtic Festival, Flagstaff, Arizona, 2013
- Flower Essence Presenter, The Ohio State University College of Medicine and Public Health, Columbus, Ohio. 2000 & 2001