




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 the Bach Flower Remedy and multiple North American flower essence 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 Course, 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