

Level 5 Aromatherapy upgrade course

Outline

This course has been designed to advance aromatherapy qualifications in the UK to level 5 in terms of knowledge, skills and academic achievement.

There are 9 modules in total to complete and each comes with its own coursework requirements. These modules can be used as standalone CPD and a CPD certificate will be issued for each. When all have been completed, students will need to also submit a 3000-word extended research essay for assessment before the level 5 diploma can be issued.

This course is accredited by Complementary Health Professionals.

Pre-requisites

Applicants will need to already hold a recognised level 3 diploma in aromatherapy. By recognised, this means either meeting the Aromatherapy Council's Core Curriculum in the year it was delivered or the CNHC Core Curriculum, first published in 2018. The Aromatherapy Council has published a UK national standard for training since 1991.

Syllabus

1. Advanced Essential Oil Chemistry and Safety

Contents

- Refresh on taxonomy, nomenclature and biosynthesis
- Essential oils functions as secondary plant metabolism
- Understanding the volatile compounds found in essential oils
- Understanding yields and environmental factors affect essential oils
- Understanding GC analysis reports and how to use them
- How essential oil chemistry affects blending and dilution ratios
- Pathways of essential oils for therapeutic actions
- Biological activities of essential oils & cancer chemoprotective activity
- Essential oil safety data and cytotoxicity
- Essential oil Interactions with medications



AROMATHERAPY UPGRADE DIPLOMA

LEVEL 5



- Insightful considerations for choosing the right blend of essential oils for your client, to include methods of calculating percentages in various base products
- Why internal use of essential oils is a dangerous practice

Learning Outcomes

By the end of this course, you will be able to:

- understand secondary plant metabolism in botany
- understand the chemical compounds that make up essential oils
- understand how yields affect essential oil price and how farming issues and crop locations can impact on essential oil components and quality as well as chemotypes
- understand how to obtain and utilise a GC result from your essential oil supplier
- use the facts learned to inform blending decisions and dilution ratios
- understand how essential oils gain entry into the body and psyche and how long they remain active depending on their chemistry
- understand the antibacterial, antimicrobial, anti-inflammatory and antioxidant properties of essential oils
- understand the potential preventative effects of cancer with certain essential oils
- understand how to work out which oils may interact with your client's medications
- implement changes to your consultation method with new considerations when choosing and blending essential oils
- understand why the internal use and neat application of essential oils should be avoided

2. Aromatherapy and Massage for Elderly Care

Contents

- What is "Elderly Massage"?
- The benefits of massage in the care of the elderly
- Precautions that need consideration in elderly massage
- Considerations of health psychology when working with the elderly
- Understanding and Working with Dementia
- Working with staff in a residential care home
- Working with clients in a medical setting
- Preventing Infections in medical settings
- The consultation
- Approaches to treatment, including choices of base products and essential oils
- Essential Oils and Interactions with Medications
- Types of massage sequence and movements that are relevant
- An overview of lymphatic drainage massage
- Aftercare

Learning Outcomes

By the end of this course you will be able to:

- explain why massage is beneficial in elderly care
- work safely and effectively in the care of the elderly with Massage Therapy & Aromatherapy
- understand the needs of the individual in elderly care
- work in collaboration with medical and non-medical staff in the care environment
- take the case effectively for elderly care
- choose the correct types of base products for individual needs
- for aromatherapists, choose appropriate dilution ratios and essential oils and understand potential interactions with medications
- conduct an effective massage routine taking into consideration tissue types, existing medical conditions and emotional needs
- give appropriate aftercare advice in this age group
- understand how to work with clients who have Alzheimer's and Dementia

3. Aromatherapy for Fertility, Pregnancy, Childbirth, Postnatal Care, Babies and Children

Contents

- An in depth understanding of fertility anatomically and psychologically; includes the role of the hormones and both the male and female reproductive systems and how fertilisation occurs successfully
- Causes of infertility and how massage therapy and essential oil therapy can help
- Working sensitively with couples struggling to conceive, undergoing IVF treatments or women who have had miscarriages
- History and Traditional Uses of Pregnancy Massage
- Benefits of massage and aromatherapy for women during pregnancy, labour and the postpartum period
- Maternal & Foetal Development during pregnancy
- Ante-natal assessment checks and what they are for
- Common Ailments of Pregnancy and what this means for both the massage therapists and the essential oil considerations.
- Contraindications and cautions for massage in pregnancy
- Discussion of the base products to use for massage and/or essential oil blends
- Taking the case and the additional information required
- Working alongside the client's midwife and GP
- Essential oils in Pregnancy and safety factors for consideration

- Preparation for treatment – what additional resources are required in the treatment area for massage?
- Positioning of the client for massage therapy
- Massage techniques, both light touch and where you can work deeper, incorporating acupressure and trigger point therapy where appropriate to help alleviate discomfort and support potential emotional release and anxieties
- Preparation for labour – teaching the partner how to massage or use essential oils during labour if the therapist cannot be there
- Massage and aromatherapy during labour – includes choices of essential oils and how to use them in various settings (hospital, birthing centre, homebirth, waterbirth)
- Postpartum massage safety considerations, cautions and appropriate essential oil use
- Massage and aromatherapy for grief
- Post-natal medical health checks and what is assessed
- Postpartum depression
- The benefits of Baby Massage, physical, emotional and mental for baby and the enhancement of bonding for the family
- The safe use of essential oil in babies and breast-feeding women
- How to support the wider family with massage and essential oils and the type of reasons that can occur where families may need additional support
- Working with older children in massage, aromatherapy and essential oils
- Common ailments in babies and young children
- Physical and emotional development of babies and children
- How to evaluate your treatments through use of reflective practice and ensure client outcomes are being met

Learning Outcomes

By the end of this course, you will be able to:

- Be confident to work safely and effectively with women in any stage of their amazing journey, from pre-conception, through to birth and beyond.
- Be insured to work with women and their families to support them all through this life-changing set of events
- Be able to confidently work alongside other healthcare professionals that may be supporting the woman and her family, including accompanying a woman into hospital for labour
- Be able to advise women and their families on self-help and self-care
- Be confident to set up baby massage classes to empower parents to connect with their new-born
- Understanding how to work with children (UK Law), and working in schools

4. Subtle Aromatherapy for the Mind and Energy Systems

Contents

- The science behind sniffing - exploring the olfactory and limbic systems as well as looking at neuroendocrine functions in relation to essential oil inhalation.
- How essential oils affect the brain and assist with memory, performance and concentration – the psychology of essential oils
- How essential oils can affect our mental health and psyche and why it is so useful to help combat the symptoms of stress and anxiety
- Discussion on different methods of inhalation of essential oils with suggested blends to help emotional imbalances
- Discussion on vibrational medicine and how essential oils fit into this theory
- How essential oils can affect the chakras
- How to use essential oils in the Human Energy Field
- Using essential oils with other energy therapies
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Learning Outcomes

- You will be able to work more effectively with clients who have emotional and mental health problems and explain how the essential oils work on the biomechanics of the brain.
- You will be able to skilfully create blends from a different perspective taking into account neurotransmitter activity and essential oil effects on brain waves to assist clients in their day-to-day life to create calm and positivity using essential oils
- You will understand the concepts of vibrational medicine and how essential oils can be used as vibrational tools to help your client's psyche
- You will refresh and increase your knowledge of the different methods of using essential oils to benefit individual client's needs
- You will be able to impact on the state of each chakra using essential oils
- You will be able to introduce essential oils effectively into the client's aura/energy field in order to create balance and wellbeing.
- You will be able to use essential oils in innovative ways alongside other therapies you practice

5. Less Common Essential Oils in Clinical Practice

Contents

You will cover the in-depth botany, yield, chemistry, therapeutic actions, safety data, blending considerations (many from case study experience) and emotional/psychological issues of the following oils, and all information corroborated with up-to-date research:

1. Angelica
2. Bay
3. Black Spruce
4. Bog Myrtle
5. Carrot Seed
6. Cannabis
7. Champaca
8. Clove
9. Copaiba
10. Coriander
11. Frangipani
12. Helichrysum
13. Hyssop
14. Inula
15. Lotus Absolute
16. Mimosa
17. Nutmeg
18. Oregano
19. Plai
20. Star Anise
21. Tuberose
22. Turmeric
23. Violet Leaf
24. White Birch
25. Yarrow
26. Yuzu

Learning Outcomes

By the end of this course, you will be able to:

- Understand how to safely and appropriately use each of the essential oils listed above in your clinical aromatherapy practice.

6. Hydrolats, Infused Oils and Advanced Product Making

Contents

- Manufacture of Hydrolats
- Correct Storage and Hygiene of Hydrolats
- Understanding hydrolat chemistry
- Combinations and blending of Hydrolats
- Hygiene for Product Making
- Useful Equipment
- Carrier oils versus Infused Oils defined
- How to make an infused oil
- Choices of essential oil and herbs
- Blending considerations and how to make good choices
- Ingredients, A useful Kit/ a comprehensive *Materia Medica* of selected ingredients
- Excipients
- Legal Requirements and Resources
- Product Making Handbook
- Product Resources
- Assessment

Learning outcomes

- to choose and use appropriate hydrolats
- to assess and discriminate their quality
- to choose appropriate equipment and storage methods
- to understand the process of distillation
- to choose and use appropriate herbs and essential oils for infusion
- to assess and discriminate ingredient quality
- to choose appropriate equipment and storage methods
- to understand length of shelf-life of infused oils
- to understand the legal requirements when making a product for sale
- to choose and use appropriate ingredients
- to assess and discriminate ingredient quality
- to choose appropriate equipment
- to understand the necessity of using preservatives

7. Essential Oils for the treatment of Chronic Pathologies

Contents

- Understand a number of chronic pathologies and how these affect the client both emotionally and clinically
- Explore the safe and effective method of using and blending essential oils for a number of pathologies to include: different forms of arthritis, osteoporosis, Complex Regional Pain Syndrome (CRPS), diabetes, obesity, COPD, Asthma, Cystic fibrosis, Heart Disease, Stroke and other Brain Injuries, Paraplegia, Reflex Sympathetic Dystrophy (RSD) Syndrome, Epilepsy, MS, CFS, ALS, Parkinson's Disease, Congenital diseases, Long Covid, clients undergoing treatment for cancer and supporting those with terminal illnesses.

Learning Outcomes

By the end of this course, you will feel confident working on clients with these chronic pathologies using essential oils and to work alongside other healthcare professionals and in clinical settings.

8. Essential Oils for Mental Health and Learning Difficulties

Contents

- Understand a number of mental health and learning difficulties and how these affect the client both emotionally and clinically
- Explore the safe and effective method of using and blending essential oils for these clients to include: depression, PTSD, Eating Disorders, Body dysmorphic disorder, Vascular Dementia, (BDD) Personality Disorders, Bipolar Disorder, Abuse, ADHD, Drug & Alcohol Abuse, autism, dissociation and dissociative disorders, hypomania, obsessive compulsive disorder (OCD), Paranoia, Phobias, Psychosis, Schizophrenia, Seasonal Affective Disorder (SAD), Self-harm, Trauma and coping with suicide.

Learning Outcomes

By the end of this course, you will feel confident working on clients with these issues using essential oils and to work alongside other healthcare professionals and in clinical settings.

9. Advanced Communication Skills for Complementary Therapists

Contents

- Introduction
- The importance of therapeutic communication
- Building and breaking rapport with your client
- Understanding visual cues
- Changing mindsets to a positive
- Negation - The consequences of negativity

Learning Outcomes

- You will learn why communication is so important in the therapy process and how this helps build trust with your clients and keeps them wanting to rebook
- You will learn why the most important aspect of therapeutic communication is developing rapport with your client, and how to do this in a subtle way. As part of this learning, you will understand the basic use of Neuro-Linguistic Programming (NLP) principles in communication
- You will understand body language cues in depth and how to use these to assert positive outcomes
- As part of learning how to establish rapport, you will learn about the differences between matching and mirroring, leading, pacing and eye accessing cues. You will be able to understand verbal predicates and non-verbal cues and how to use these in information gathering and its validation
- You will learn and understand how to prepare a client for a treatment using effective therapeutic communication as well as how to develop and maintain rapport
- You will be able to use the techniques taught to give effective post treatment advice and to ensure your client rebooks for their next session (where necessary)
- You will be able to complete the coursework and confidently use the techniques to positive effect in your practice for the benefit of all

Coursework is set per module and consists of a range of exercises and case studies with reflective practice

Further Requirement is an extended research essay of 3000 words for the level 5 qualification, although each module can just be taken as stand-alone CPD.