

## SYLLABUS

### PRACTITIONER'S DIPLOMA IN CLINICAL AROMATHERAPY

The development and history of Aromatherapy from its roots in the ancient use of aromatics up to the 21<sup>st</sup> century.

Integrated medicine Holistic approach to healthcare

The relationship between orthodox and complementary medicine

The House of Lords Select Committee report and recommendations.

Definition of aromatherapy.

Definition of essential oils.

Chemotype

Synergy

Absolutes

Resinoids

Taxonomic classification of aromatic plants

Botany and plant structure

Oxidation and reduction

Plant Families

Organoleptic analysis

Adulteration

Organic Essential Oils

Handling and storage of essential oils

Shelf life and oxidation

Hydrolats – pH testing for degradation

Tissanes

Infused oils

Macerated Oils

Tinctures

Making an Individual Prescription (IP)

Dilution rates

Labeling

#### Organic Chemistry as relating to essential oils

- Elements, molecules, atoms
- Major families in essential oil components (Monoterpenes, sesquiterpenes, diterpenes)
- Functional groups with the addition of oxygen (alcohols, phenols, aldehydes, ketones, acids, esters, oxides, ethers)

#### Essential oils Profiles

- Latin names
- Synonyms
- Plant Family
- Chemotypes
- Habitat
- Extraction method
- Geographical origin
- Representative constituents
- Therapeutic properties
- Physical Characteristics
- Yield
- Traditional uses
- Cautions and contraindications

## Safe and unsafe oils

- Oils suitable/not suitable for high blood pressure
- Oils suitable/not suitable for low blood pressure
- Pregnancy
- Epilepsy
- Diabetes
- Palliative Care

## Essential oil safety

- Hazards and risk
- Photosensitivity
- Sensitisation
- Irritant dermatitis
- Allergic contact dermatitis
- Toxicity
- Metabolisation and excretion of essential oils
- Safety

## Essential oil Production and Quality

- Hydro-distillation
- Water and steam distillation
- Expression
- Solvent extraction
- Percolation
- CO2 extraction
- Enfleurage

## Methods of testing

- Gas Liquid Chromatography
- Mass spectroscopy
- Optical Rotation

## Fixed oils

- Sweet Almond (*Prunus amygdalis var. dulce L.*)
- Apricot Kernel (*Prunus armeniaca*)
- Avocado (*Persea gratissima*)
- Carrot (*Daucus carota*)
- Coconut (*Cocos nucifera L.*)
- Evening Primrose (*Oenothera biennis L.*)
- Grapeseed (*Vitis vinifera L.*)
- Hazelnut (*Corylus avellana L.*)
- Jojoba (*Simmondsia sinensis*)
- Macadamia (*Macadamia integrifolia*)
- Mustard Seed Yellow (*Brassica nigra L.*)
- Olive Oil (*Olea europaea*)
- Peach Kernel (*Prunus persica L.*)
- Rosehip (*Rosa rubiginosa*)
- Safflower (*Carthamus tinctorius L.*)

- Sesame Seed (*Sesamum indicum*)
- Sunflower seed (*Helianthus annuus L.*)
- Tamanu (*Calophyllum inophyllum*)
- Walnut (*Juglans regia L.*)
- Wheatgerm (*Triticum vulgare L.*)

### Herbal oils

- Arnica (*Arnica Montana L.*)
- Calendula (*Calendula officinalis L.*)
- Comfrey (*Symphytum officinale L.*)
- St John's Wort (*Hypericum perforatum L.*)

### Methods of application and blending

- Inhalation (respiratory absorption)
- Olfaction
- Percutaneous absorption
- Effect of massage

### Therapeutic application of essential oils

- Baths
- Massage
- Compress
- Inhalation/vaporisation
- Direct application
- Poultice
- Clay masks
- Products
  1. Creams
  2. Lotions
  3. Gels
  4. Ointments
  5. Balms
  6. Exfoliators
  7. Deodorants
  8. Lip balms
  9. Shampoo's
  10. Naso-inhalers
  11. Sun Screens

### Theories of Blending

- Chemistry
- Fragrance
- Aesthetically
- Clinically
- Synergy and antagonism

## List of essential oils to be studied

- Basil (*Ocimum basilicum*)
- Benzoin (*Styrax benzoin*)
- Bergamot (*Citrus bergamia*)
- Black Pepper (*Piper nigrum*)
- Cajeput (*Melaleuca cajuputi*)
- Caraway (*Carum Carvi*)
- Cedarwood (*Citrus atlantica*)
- Chamomile German (*Chamomilla recutita*)
- Chamomile Roman (*Anthemis nobilis*)
- Clary Sage (*Salvia Sclarea*)
- Clove bud (*Zyzigium aromaticum*)
- Coriander Seed (*Corandrum sativum*)
- Cypress (*Cupressus sempervirens*)
- Eucalyptus Tasmanian Blue Gum (*Eucalyptus globulus*)
- Eucalyptus Peppermint (*Eucalyptus dives*)
- Eucalyptus Narrow Leaved Peppermint (*Eucalyptus radiata*)
- Eucalyptus Gully Gum (*Eucalyptus smithii*)
- Eucalyptus Lemon (*Eucalyptus stageriana*)
- Everlasting (*Helichrysum italicum*)
- Fennel Sweet (*Feoniculum vulgare*)
- Frankincense (*Boswellia carteri*)
- Geranium (*Pelargonium graveolens*)
- Ginger (*Zingiber officinalis*)
- Grapefruit (*Citrus paradisi*)
- Hyssop var decumbens (*Hyssop officinalis var. decumbens*)
- Jasmine (*Jasminum officinalis*)
- Juniper (*Juniperus communis*)
- Lavender (*Lavendula angustifolia*)
- Lavandin (*Lavendula x intermedia*)
- Lemon (*Citrus limonum*)
- Lemongrass (*Cymbopoggon citratus*)
- Lime (*Citrus Limetta*)
- Mandarin (*Citrus reticulata*)
- Marjoram Sweet (*Origanum majorana*)
- Marjoram Spanish (*Thymus mastachina*)
- Melissa (*Melissa officinalis*)
- Myrrh (*Commiphora myrrha var molmol*)
- Myrtle (*Myrtus communis*)
- Niouli (*Melaleuca quinquenervia*)
- Neroli (*Citrus aurantium var amara flos*)
- Nutmeg (*Myristica fragrans*)
- Orange Bitter (*Citrus aurantium var amara per*)
- Orange Sweet (*Citrus sinensis*)
- Origanum (*Origanum vulgare*)
- Patchouli (*Pogostemon cablin*)
- Peppermint (*Mentha piperita*)
- Petitgrain (*Citrus aurantium var amara fol*)
- Pine (*Pinus sylvestris*)
- Rose Otto (*Rosa damascena*)
- Rose Cabbage (*Rosa centifolia*)

- Rosemary (*Rosmarinus officinalis*)
- Sage (*Salvia officinalis*)
- Sandalwood (*Santalum album*)
- Spearmint (*Metha spicata*)
- Spikenard (*Nardostachys jatamansi*)
- Tea Tree (*Melaleuca alternifolia*)
- Thyme (*Thymus vulgaris ct linalool*)
- Valerian (*Valeriana officinalis*)
- Vetiver (*Vetiveria zizanoides*)
- Wintergreen (*Gaultheria Procumbens*)
- Ylang Ylang (*Cananga odorata*)

**Students are to make a study of 10 of the following as part of their studies:-**

- European Silver Fir (*Albies alba fol*)
- Yarrow (*Achillea Millefolium*)
- Calamus (*Acorus Calamus*)
- Verbena (*Lippia citriodora*)
- Dillseed (*Anethus graveolens*)
- Angelica (*Angelica archangelica*)
- Rosewood (*Aniba rosaeodora*)
- Labdanum (*Cistus ladaniferus*)
- Cardamom (*Elettaria Cardamomum*)
- Star Anise (*Illicium verum*)
- Elecampane (*Inula Helenium/Graveolens*)
- Kanuka (*Kunzea ericoides*)
- Bay Leaf (*Laurus nobilis*)
- Manuka (*Leptospermum Scoparium*)
- May Chang (*Litsea cubeba*)
- Cornmint (*Mentha arvensis*)
- Catnep (*Nepeta cataria var. citriodora*)
- Palmarosa (*Cymbopogon martini*)
- Black Spruce, (*Picea mariana/P. nigra*)
- Pimento (*Pimento Dioica*)
- Aniseed (*Pimpinella anisum*)
- Ravensara (*Ravensara aromatica*)
- Summer or Garden Savory (*Satureia hortensis*)
- Winter or Mountain Savory (*Satureia Montana*)

**The student will also be expected to make a study of 5 of the following banned oils.**

- Garlic (*Alium sativum*)
- Mugwort (*Artemesia absinthum*)
- Annual Wormwood (*Artemesia alba*)
- Pennyroyal (*Mentha Pulegium*)
- Bitter Almond (*Prunus amygdalus var amara*)
- Rue (*Ruta graveolens*)
- Tansy (*Tanacetum vulgare*)
- Thuja (*Thuja occidentalis*)

The student will be able to discuss environmental issues, which may influence the current use and/or availability of essential oils eg. Rosewood,

Sandalwood.

### **Plant Families to be considered**

- Annonaceae Family
- Apiaceae (Umbelliferae) Family
- Asteraceae (Compositae) Family
- Burseraceae Family
- Cupressaceae Family
- Geraniaceae Family
- Lamiaceae (Labiatae) Family
- Lauraceae Family
- Myristicaceae Family
- Myrtaceae Family
- Pinaceae (Abietaceae) Family
- Oleaceae Family
- Piperaceae Family
- Poaceae (Gramineae) Family
- Roseaceae Family
- Rutaceae Family
- Santalaceae Family
- Styracaceae Family
- Valerianaceae Family
- Verbenaceae Family
- Zingiberaceae Family

### **Clinical Practice**

The student will be able to:

- Prepare the treatment area
- Identify key points in the compilation of a consultation sheet
- Complete consultation sheet accurately
- Demonstrate procedures required in order to perform a client consultation and assessment for treatment
- Carry out an effective consultation to demonstrate the following:
  1. Empathetic listening skills
  2. Appropriate use of open and closed questions
  3. Analysis of body language
  4. Offer suggestions regarding diet and lifestyle
  5. Session closing skills
  6. Monitoring of on-going progress
- Perform a range of diagnostic tests to include:
  1. Postural and skin analysis
  2. Facial mobility
  3. Cellulite
  4. Fluid retention
- Identify clinical contra-indications which require the avoidance of specific products or treatment methods

- Demonstrate an effective approach to treatment
  1. Appropriate and detailed essential oil selection
  2. Safe, hygienic and accurate blending
  3. Appropriate and safe treatment
- Devise a treatment plan to meet individual client needs
- Give advice on aftercare and make recommendations for home care
- Identify potential situations and conditions which require client referral to medical and non-medically trained healthcare professionals
- Discuss the importance of recognizing ones own limitations as a therapist
- Explain the use of aromatherapy for special client groups and situations:
  1. Skin care and associated conditions
  2. Pregnancy
  3. Baby and childcare
  4. Stress related conditions: nervous tension, anxiety, depression
  5. The elderly
  6. Cancer care
  7. People with physical and learning difficulties
- Discuss the use of essential oils and related products in clinical environments
- Describe the term “psychological” aromatherapy
- Describe the mental and emotional benefits of aromatherapy
- Describe the placebo effects and mind-body connection

### **Professional Practice and Management**

The student will be able to:

- Ethical Management of a professional practice
- Describe the maintenance of up to date and secure client records
- Explain confidentiality
- Explain time management
- Describe safety in the clinic
- Explain boundaries of the therapeutic relationship
- Liaise with other healthcare professionals
- Work within an orthodox healthcare setting

The student will be able to explain briefly the following bodies:

- The UK Medicines Control Agency (MCA)
- The UK Aromatherapy Trade Council (ATC)
- The Complementary and Natural Healthcare Council (CNHC)
- The Aromatherapy Consortium (AC)

The student will be able to describe:

- A sole trader
- A partnership
- A limited company

The student will be able to identify the issues for Aromatherapists in connection with the following:

- Curriculum vitae
- Scope of practice
- Insurance: professional indemnity/public/product liability
- Advertising and marketing
- Financial management and accountability  
accounts, taxation, data protection, NI contributions, pensions
- Development of practice

The student will be able to explain the implications of legal requirements for good practice:

- Health, hygiene and safety at work Act
- COSHH
- RIDDOR
- Local authority by-laws
- Data protection Act
- Consumer protection Act
- Goods and Services Act
- Veterinary Surgeons Act
- Trades Descriptions Act
- Inland Revenue
- Public Performance License (in terms of playing music for clients)

### **Professional Self-Development**

The student will develop an understanding of the key elements of continuing professional development and research.

The student will be able to:

- Identify the advantages of personal self-development
- Explain the requirements for continuing professional development
- Explain the necessity of keeping up to date with changes in the profession
- Explain the advantages of participation in local support groups
- Develop an understanding of Aromatherapy research in terms of :
  1. Research methodologies
  2. Ethics of conducting research
  3. Conducting literature searches
  4. Accessing scientific data
- Read and critically analyze research papers
- Identify strategies for maintaining practitioner health and well-being
- Develop an awareness of other complementary therapies

## Practical Skills

The student will be able to:

- Greet a new client, conduct an appropriate consultation
- Discuss treatment, explain the main features and reasons for the treatment chosen with the client
- Blend oils safely and appropriately for the individual
- Carry out an appropriate treatment, using massage if applicable
- Carry out any other treatment which would be applicable in that situation
- Explain what treatment would be suggested if facilities permitted
- Provide suitable after care, advice and home treatments

The student will be expected to undertake a 3,000-word thesis on a specialist area in aromatherapy.

Research into over 100 common conditions most likely to be encountered in the normal day-to-day working i.e. head lice, athlete's foot, herpes simplex, frozen shoulder, headaches, constipation, a burn, sinusitis, sciatica, endometriosis etc., identifying the symptoms, diagnosis, treatment and prognosis and any aromatherapy considerations.

Case studies comprising of 100 hours of treatments (out of class hours) 80 of which should be full body treatments.

Complete an extensive portfolio, which includes sections on Business Practice, Anatomy and Physiology, Hygiene, Legislation, Other Complementary Therapies, Nutrition, Orthodox Specialists, Hypothetical Scenarios, First Aid, Conditions Related, Treatment Related, Health and Safety and Communication Skills.

These hours are external to class contact time.

Students will need to hold a recognized Anatomy and Physiology qualification and produce a current First Aid Certificate, which will need to be updated every three years.

## **Recommended Reading**

### **Anatomy**

Kapit W, Lawrence M. Elson (2003) The Anatomy Colouring Book, Random House International Paperback 161 pages ISBN: 0375763422

Page, Martyn **Human Body** Dorling Kindersley Paperback 448 pages ISBN 0751335142

Ross J, Wilson R Ross & Wilson (Ed) (2004) Anatomy & Physiology in Health & Illness Churchill Livingstone Paperback 504 pages (June 27, 2001) ISBN: 0443064687

Tortora & Grabowski (2003) An Introduction to the Human Body John Wiley Smith T (Ed.) ISBN: 047125150X

### **Pathology**

Ball J (1990) Understanding Disease: Health Practitioner's Handbook The C W Daniel Company Ltd

Fox S, Pritchard D (2001) Anatomy, Physiology and Pathology for the Massage Therapist, Corpus Publishing Limited

Henry JA (Ed.) (2004) BMA New Guide to Medicines and Drugs Dorling Kindersley (2003) British National Formulary BMJ Books Martin E (Editor) (2003)

Martin E (2003) Concise Colour Medical Dictionary Oxford University Press Mosby's Medical Nursing and Allied Health Dictionary (Oct 2001) Hardcover 432145 pages Publisher: Mosby ISBN: 0323014305

Smith, T Editor (Sep 2000) BMA Complete Family Health Guide Hardback 1104 pages) Dorling Kindersley ISBN 0751327220 Handbook of Signs & Symptoms Second Ed. Paperback 664 pages ISBN 0874348935

### **Applied Aromatherapy**

Battaglia, S. (2003) The Complete Guide to Aromatherapy. Second edition The Perfect Potion Paperback 202 pages ISBN: 0646428969

Biel A (2001) Trail Guide to the Body Books of Discovery; 2nd Rev Edition Spiral Bound ISBN: 0965853411

Bowles E Joy (2003) The Chemistry of Aromatherapeutic Oils Australia, Allen & Unwin Paperback 256 pages ISBN 174114051X

Buckle, J. (2003) Clinical Aromatherapy 2nd Edition, Churchill Livingstone. Paperback 236 pages (August 20, 2003) ISBN: 0443072361

Caddy, R. (1997) Aromatherapy: Essential Oils in Colour. Amberwood Publishing

Clarke, S. (2002) Essential Chemistry for Safe Aromatherapy. Churchill Livingstone Paperback 256 pages (March 27, 2002) ISBN: 0443064857

Davis, P (1995) Aromatherapy an A-Z C.W. Daniel Co. Ltd Paperback 335 pages ISBN: 0852072953

Gascoigne, S. (1992) Prescribed drugs and the Alternative Practitioner: The

Essential Guide. Energy Medicine Press ISBN: 1-85398-022-6  
 Gattefossé, R.M. Gattefossé's Aromatherapy (1993) The First Book on Aromatherapy, C.W. Daniel Co. Ltd. Paperback 176 pages ISBN: 0852072368  
 Kusmerik, J. (2002) Liquid Sunshine. Floamicus ISBN: 0-9543295-0-3  
 Lawless, J. (2002) The Encyclopaedia of Essential Oils. Harper Collins Paperback 224 pages ISBN: 0007145187  
 Sellar, W. (2001) The Directory of Essential Oils. C.W. Daniel Co. Ltd Paperback 191 pages ISBN: 0852073461  
 Tisserand, R. Balacs, T. (1995) Essential Oil Safety; A Guide for Health Professionals Churchill Livingstone, Hardcover 296 pages ISBN: 0443052603  
 Tisserand, R. (1997), reprinted 1993) The Art of Aromatherapy C.W. Daniel Co. Ltd. Paperback 321 pages ISBN: 085207140X  
 Juhan D (1998) Job's Body A Handbook for Bodywork Barrytown Limited Paperback: 412 pages ISBN: 1581770227  
 Lavabre, Marcel (1997) Aromatherapy Workbook. Inner Traditions International, Paperback 192 pages ISBN: 0892816449  
 Price, S. (1983) Practical Aromatherapy. HarperCollins Paperback 128 pages ISBN: 0722508050  
 Price, S. (1999) Aromatherapy for Health Care Professionals. Churchill Livingstone. Paperback 394 pages ISBN: 0443062102  
 Valnet, J. (1980, re-printed 1991) The Practice of Aromatherapy. C.W. Daniel Co.  
 Worwood, V. (1997) The Fragrant Mind. Bantam Paperback 640 pages ISBN: 0553407996  
 Price L & S (2004) Understanding Hydrolats: The Specific Hydrosols for Aromatherapy: A Guide for Health Professionals Churchill Livingstone Paperback, 300 pages, ISBN: 0443073163  
 Mosby's Fundamentals of Therapeutic Massage. (2004) Mosby Unknown Binding 1408 pages ISBN: 0323026818  
 Vickers, A. (1997) Massage and Aromatherapy: A Guide for Health Professionals. Nelson Thornes Paperback 328 pages (July 1, 1996) ISBN: 0412576309

### **Therapeutic Relationship**

Mitchell, A. Cormack, M. (1998) The Therapeutic Relationship in Complementary Health care. Churchill Livingstone

### **Legislation and Ethics**

S12(1) of the Medicines Act 1968 and proposed review MHRA documents.  
 The Cosmetic Products (Safety) Regulations 1996  
 Massage & Special Treatment Licensing Acts & Regulations

### **Business Practice**

Aldred Elaine M., "A Guide to starting your own Complementary Therapy Practice" (2007), Churchill Livingstone ISBN -0-443-10309-7  
 Bailey, Anthony The "Which" Guide to Starting Your Own Business: How to

Make a Success of Going It Alone ("Which?" Consumer Guides); Paperback ~ Paperback 288 pages (March 2003) Publisher: Which? Books ISBN: 0852029306

Bickne, Carrie Web Design on a Shoestring; Hardcover ~ Hardcover 250 pages (July 2003) Publisher: New Riders ISBN: 0735713286

Reuvid, Jonathan & Millar, Roderick Start Up and Run Your Own Business; Paperback ~ Paperback 292 pages (September 3, 2003) Publisher: Kogan Page ISBN: 0749440287

Rooney, Kathy (Editor) Good Small Business Guide: How to Start and Grow Your Own Woods, Caspian From Acorns... How to Build Your Brilliant Business From Scratch; Paperback ~ Paperback 172 pages (December 12, 2003) Publisher: Prentice Hall ISBN: 0273688057

Webb P & S (2003) The Small Business Handbook: An Entrepreneur's Definitive Guide to Starting a Business Paperback 608 pages (December 15, 2003) Publisher: Bloomsbury ISBN: 0747566909

Updated May 2009 CP 24 Inland Revenue Leaflets (available as PDF's from <http://www.hmrc.gov.uk/leaflets/>): SE/1 Thinking of working for yourself? - Includes an application form to register yourself as a self-employed person and also to register for National Insurance Contributions. CF10 – Self-employed people with small earnings ES/FS1 – Employed or self-employed for tax and national insurance contributions SA/BK4 Self Assessment. A general guide to keeping records. Gives general advice about the records that need to be kept for tax purposes each year and how long they need to be kept. SA/BK8 Self Assessment. Your Guide.

## **Research**

Lewith G. (2001) Clinical Research in Complementary Therapies. Churchill Livingstone Paperback 392 Pages ISBN 044306367

Sutton C (1987) Handbook of research for the helping professions, New York

## **Reflection**

<http://www.trainer.org.uk/members/theory/process/reflection.htm>

Boud D, Keogh R & Walker D; (1985) Reflection: turning experience into learning,

Kogan Page Johns C. (2002) Guided Reflection Blackwell Science Johns C. (2000) Becoming a reflective practitioner; a reflective and holistic approach to clinical nursing, practice development and clinical supervision

Blackwell Science Johns C (1994) Guided reflection. In reflective practice in nursing (Palmer A et al eds) Blackwell science, Oxford Reflection -

<http://www.trainer.org.uk/members/theory/process/reflection.htm>