

SUE LINCOLN SCHOOL OF HOLISTIC THERAPIES

PRACTITIONER'S DIPLOMA IN AROMATHERAPY

SYLLABUS

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

Integrated medicine

Holistic approach to healthcare

The relationship between orthodox and complementary medicine

The House of Lords Select Committee report and recommendations.

What is aromatherapy

What are essential oils

What is a 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

Labelling

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

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- 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

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Fixed oils

- Sweet Almond (*Prunus amygdalis var. dulce L.*)
- Apricot Kernel (*Prunus armeniaca*)
- Avocado (*Persea gratissima*)
- 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.*)
- Peach Kernel (*Prunus persica L.*)
- Rose Hip (*Rosa rubiginosa*)
- Safflower (*Carthamus tinctorius L.*)
- Sunflower seed (*Helianthus annuus L.*)
- 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.*)
- Lime Blossom (*Tilia cordata*)

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
- Cream, lotions, gels, ointments
- Poultice
- Clay application
- Products

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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*)
- Cardamon (*Elettaria cadamomum*)
- Cedarwood (*Citrus atlantica*)
- Chamomile German (*Chamomilla recutita*)
- Chamomile Roman (*Anthemis nobilis*)
- Chamomile Marrocan (*Ormenis mixta*)
- Clary Sage (*Salvia Sclarea*)
- Clove bud (*Zyzigium aromaticum*)
- Coriander Seed (*Corandrum sativum*)
- Cypress (*Cupressus sempervirens*)
- Eucalyptus (*Eucalyptus globules*)
- Eucalyptus smithii
- 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*)
- Mandarin (*Citrus reticulata*)
- Marjoram (*Origanum majorana*)

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- Marjoram Spanish (*Thymus mastachina*)
- Melissa (*Melissa officinalis*)
- Myrrh (*Commiphora myrrha*)
- Myrtle (*Myrtus communis*)
- Niouli (*Melaleuca quinquenervia*)
- Neroli (*Citrus aurantium var amara flos*)
- Orange Bitter (*Citrus aurantium var amara per*)
- Oreganum (*Oreganum vulgare*)
- Palmarosa (*Cymbopogon martini*)
- Patchouli (*Pogostemon cablin*)
- Peppermint (*Mentha piperita*)
- Pine (*Pinus sylvestris*)
- Ravansara (*Ravensara aromatica*)
- Rose Otto (*Rosa damascena*)
- Rosemary (*Rosmarinus officinalis*)
- Rosewood (*Aniba roseodora*)
- Sage (*Salvia officinalis*)
- Sandalwood (*Santalum album*)
- Savoury Mountain (*Satureia montana*)
- Spearmint (*Metha spicata*)
- Spikenard (*Nardostachys jatamansi*)
- Tea Tree (*Melaleuca alternifolia*)
- Thyme (*Thymus vulgaris ct linalool*)
- Valerian (*Valeriana officinalis*)
- Vetiver (*Vetiveria zizanoides*)
- Ylang Ylang (*Cananga odorata*)
- Yarrow (*Achillea millefolium*)

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

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

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5. Session closing skills
 6. Monitoring of on-going progress
- Perform a range of diagnostic tests to include:
 1. Postural and skin analysis
 2. Facia mobility
 3. Cellulite
 4. Fluid retention
 5. Flare tests
 - Identify clinical contraindications 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 recognising 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 child care
 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

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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 Prince of Wales Foundation for Integrated Health
- The Aromatherapy Consortium
- The British Complementary Medicine Association

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

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- 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 analyse 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

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- 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.

Case studies comprising of 100 hours of treatments (out of class hours).

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 recognised Anatomy and Physiology qualification along with a Massage qualification and produce a current First Aid Certificate, which will need to be updated every three years.