

# AROMATHERAPY

**Minimum Award Level:** Equivalent to Certificate IV

Minimum Total Hours	525	Total Core Component Hours	525
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### Core Components

Anatomy & Physiology	100 hours
Massage for Aromatherapy	70 hours
Elective*	200 hours
Supervised Clinical Training	80 hours
Communication	30 hours
Practice Management	30 hours
Safe Practices	15 hours

### Elective

Aromatherapy	200 hours
Ayurveda Aromatherapy	200 hours

\* Either Aromatherapy or Ayurveda Aromatherapy must be completed.

### Notes

Provide First Aid Certificate - required.

ATMS defines face to face practical study as only study which in the opinion of ATMS is undertaken in the physical presence of the lecturer, trainer, presenter. It excludes all forms of study delivered remotely by electronic and similar modes, and including even those which allow for real time interaction between lecturer/students and students/students. It also excludes all home study, prior reading/study for lessons, research for assignments, unless done in the physical presence of the subject lecturer, tutor, presenter etc.

The modality specific subjects of bodywork courses need to contain a certain amount of face to face practical study. For accreditation in Aromatherapy, ATMS requires a minimum of 40 hours of Massage for Aromatherapy and Aromatherapy or Ayurveda Aromatherapy training to be done by face to face training, which is on top of the supervised clinical training component.

ATMS also requires that all supervised clinical training be completed by face to face practical training.

*These are the Minimum Education Standards for ATMS Accreditation, however, no training in needling, manipulation, ingestible medication or electrophysical therapies can be included unless otherwise indicated in these Standards. The ATMS Minimum Education Standards are subject to ongoing review and therefore may change at any time without notice.*

## Anatomy & Physiology

Minimum total hours for this component: 100

### Learning Outcomes

- List the fundamentals of cell structure and function
- Demonstrate a knowledge of commonly presenting conditions in an aromatherapy clinic
- Demonstrate the ability to use common medical terminology
- Describe homeostatic mechanisms in the body
- Locate the major bones and muscles on the body
- Demonstrate an understanding of the functions of the major muscle groups
- Demonstrate an understanding of the articular system, classification of joints, types and ranges of motion
- Describe the action of the lymphatic system
- Describe the structure and function of the nervous system and special senses
- Demonstrate an understanding of the structure and function of the major organ systems of the body
- Demonstrate an understanding of basic pathology and symptomatology

## Massage for Aromatherapy

Minimum total hours for this component: 70

### Learning Outcomes

- Demonstrate commitment to the central philosophies of massage practice
- Identify and describe principles and practices of massage
- Demonstrate an understanding of the contraindications to aromatherapy massage
- Perform an aromatherapy massage health assessment
- Develop an aromatherapy treatment plan
- Apply basic aromatherapy massage techniques
- Demonstrate preparation and application of oils, creams, lotions, infusions etc in aromatherapy
- Explain the therapeutic effects of aromatherapy massage
- Demonstrate the key elements of draping

## Aromatherapy (Elective)

Minimum total hours for this component: 200

### Learning Outcomes

- Outline the history of aromatherapy
- Demonstrate an understanding of basic chemistry of essential oils
- Demonstrate an understanding of the bio-availability and activity of essential oils through the body systems
- Explain how blends and formulas are created
- Explain the nature and uses of a blending chart
- List the contraindications and cautions for aromatherapy treatments
- List the main extraction methods for essential oils
- Classify the categories and functions of at least 10 carriers and 30 essential oils
- Define the differences between natural and synthetic essential oils
- Follow occupational health and safety procedures
- Comply with infection control policies and procedures
- Demonstrate an understanding of the therapeutic applications of essential oils, their characteristics and sources
- Describe the role of the integumentary, olfactory, nervous and lymphatic systems in aromatherapy



OR

## Ayurveda Aromatherapy (Elective)

Minimum total hours for this component: 200

### Learning Outcomes

- Demonstrate an understanding of gunas (attributes) and how they define the nature of the three doshas
- Describe the anatomy of marma (vital energy) points used in Ayurveda
- Demonstrate an understanding of the three doshas - Vata, Pitta and Kapha and how they function in health and disease
- Describe the three body-types in Ayurveda
- Describe the philosophical basis of Ayurveda, the traditional medical system of India, and its relevance to a contemporary western aromatherapy practice.
- Demonstrate an understanding of Ayurvedic therapeutics - how to pacify the three doshas, including using aromatherapy treatments
- Describe the attributes of several Ayurvedic aromatic oils
- Demonstrate an understanding of Ayurvedic massage treatments, incorporating Ayurvedic aromatic and medicated herbal oils and involving stimulation of marma points
- Demonstrate an understanding of an holistic approach to client management from the perspective of Ayurveda
- Follow occupational health and safety procedures
- Comply with infection control policies and procedures
- Demonstrate an understanding of the therapeutic applications of essential oils, their characteristics and sources

### Notes

Either Aromatherapy or Ayurveda Aromatherapy must be completed.

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## Supervised Clinical Training

Minimum total hours for this component: 80

### Learning Outcomes

- Demonstrate an ability to obtain, record and maintain accurate client records
- Perform an aromatherapy massage health assessment
- Analyse and interpret the information obtained from the client history and the aromatherapy massage health assessment
- Discuss the treatment strategy with the client including gaining informed consent
- Treat clients using aromatherapy techniques
- Communicate effectively with clients and other health care professionals
- Demonstrate an ability to work in a group practice
- Work effectively in the health industry
- Make referrals to other health care professionals when appropriate



- Demonstrate an ability to administer a practice
- Follow occupational health and safety procedures
- Comply with infection control policies and procedures
- Demonstrate an ability to work within ethico-legal boundaries
- Demonstrate an ability to write a professional report
- Apply first aid if required

### **Notes**

Supervised clinical practice refers to a situation where a student consults with clients, performs an appropriate health assessment, prepares and provides treatment/management plans, in a clinic open to members of the public and while under the supervision or direction of a clinician, tutor or practitioner employed or contracted by the college or institution.

Supervised clinical practice must be undertaken in the presence of a lecturer, tutor, or qualified supervisor who must be physically present at and directly observing at least part of each student consultation. Selection of a clinical practice supervisor is determined by the teaching institution.

ATMS requires that all supervised clinical training be completed by face to face practical training. Supervised clinical practice does not include any unsupervised practice on family, friends or other students, or consultations/treatments provided in a classroom setting.

For Aromatherapy at least 80% of the clinic hours must be spent actively assessing and treating clients under supervision (i.e. no more than 20% of the time spent observing, working in reception etc).

## Communication

Minimum total hours for this component: 30

### **Learning Outcomes**

- Demonstrate effective professional communication skills with staff, clients and other health care professionals.
- Plan and conduct interviews with clients and staff
- Accurately record information from interviews and other contacts
- Develop effective workplace relationships
- Contribute to workgroup activities
- Identify potential conflicts and strategies for their resolution
- Respond effectively to difficult and challenging behaviour
- Observe all legal requirements and ethical boundaries associated with aromatherapy practice

## Practice Management

Minimum total hours for this component: 30

### **Learning Outcomes**

- Demonstrate an ability to establish and maintain administrative systems for managing an aromatherapy practice
- Identify all legal, financial and insurance requirements in establishing and maintaining an aromatherapy practice
- Demonstrate an ability to conduct the financial administration of an aromatherapy practice
- Establish practice management strategies for marketing, monitoring stock etc
- Demonstrate an ability to administer personnel management strategies
- Demonstrate an ability to establish and follow self-monitoring strategies
- Demonstrate a familiarity with the requirements of relevant professional associations



## Safe Practices

Minimum total hours for this component: 15

### Learning Outcomes

- Follow organisational procedures for hazard identification and risk control
- Contribute to occupational health and safety in the workplace
- Use and implement strategies as directed to prevent infection in the workplace
- Use strategies to prevent work overload
- Work in a safe manner
- Use and implement strategies to prevent manual handling injuries
- Collect, handle, store and manage clinical and other waste in a safe manner
- Clean and disinfect equipment and surfaces
- Demonstrate hygiene management procedures
- Identify and respond to infection risk

