



## Diploma of Aromatherapy

National Training Code: HLT51407

Please note: Course structure is current as of 2 June 2011

Aromatherapy is the use of aromatic extracts of plants for healing, relaxation and general improvement of our quality of life, be it at home or in the work place. The plant extracts used, the essential oils, are volatile substances of great structural complexity. Essential oils play an important role in our lives, and we encounter them every day in perfumes, cosmetics, spices and culinary herbs.

The history of Aromatherapy dates back thousands of years, and aromatic herbs, woods and resins have been used extensively by most cultures through the ages. Only in the last hundred years, with the advances in chemistry, have synthetic fragrances to some extent replaced the use of natural, plant-derived aromas in perfumes and foodstuffs.

Modern Aromatherapy utilises pure, natural essential oils of the highest quality. Individual blends are applied to the body using special massage techniques. Other ways of administering essential oils are in steam inhalations, hand and foot baths, poultices and compresses and evaporating them in oil-burners.

### Diploma of Aromatherapy - Course Content

*Please note on page 4 there are 12 pre-requisites units of competency for this Qualification.*

**This qualification is comprised of 6 common units, 4 specialised units and 2 elective units of competency.**

#### **Diploma Units of Study in bold**

- ▶ Anatomy & Physiology 1A (Regional) - 24 hours
- ▶ Anatomy & Physiology 1B (Systematic) - 24 hours
- ▶ Medical Science Review 1A &1B - 60 hours
- ▶ **Anatomy & Physiology 1C (Applied)** - **24 hours**
- ▶ Study Skills - 48 hours
- ▶ Symptomatology & Pathology for Bodyworkers - 36 hours
- (NB: Students who have completed Symptomatology, Diagnosis & Pathology 1A, 1B & 1C do not need to do Symptomatology & Pathology For Bodyworkers)*
- ▶ Swedish Massage - 42 hours
- ▶ Aromatherapy Studies – An Introduction - 24 hours
- ▶ Advanced Aromatherapy - 24 hours
- ▶ Aromatherapy Techniques 1 - 24 hours
- ▶ **Aromatherapy Techniques 2** - 24 hours
- ▶ **Chemistry & Pharmacology of Essential Oils** - 24 hours
- ▶ **Aromatherapy For Complex Needs** - 24 hours
- ▶ Clinical Aromatherapy - 24 hours
- ▶ Communicate With Clients - 24 hours
- ▶ Safe Practices - 12 hours
- ▶ Business Skills - 21 hours
- ▶ **Develop Professional Expertise** - 24 hours
- ▶ **Clinical Supervision - Tactile** - 10 hours
- ▶ Apply First Aid - 12 hours
- ▶ Aromatherapy Student Clinic Term 2 - minimum 50 hours
- ▶ Student Clinic Observation Term 2 - 72 hours
- ▶ **Aromatherapy Student Training Clinic Term 3** - **minimum 30 hours**

#### **Visa Requirements**

- ▶ **Chemistry Review – International Student** - **90 hours**
- ▶ **Medical Science Review 1C – International Student** - **30 hours**
- ▶ **Student Clinic Observation Term 3 – International Student** - **12 hours**

**Anatomy and Physiology 1A (Regional) (2 hours a week for 12 weeks OR Distance learning)**

This module teaches the structure, general function and organisation of the human body with a thorough look at the musculoskeletal system. *Free tutorials available*

**Anatomy and Physiology 1B (Systematic) (2 hours/week for 12 weeks OR Distance learning)**

This module introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory and genito-urinary. *Free tutorials available*

*Pre-requisite:* Anatomy & Physiology 1A.

**Anatomy and Physiology 1C (Applied) (2 hours a week for 12 weeks OR Distance learning)**

This module integrates your knowledge of Anatomy & Physiology 1A & 1B, increasing your understanding of a wide range of body functions. Subjects studied include the anatomy and physiology of stress, sleep, consciousness, memory, emotions and behaviour.

*Pre-requisites:* Anatomy & Physiology 1A & 1B

**Symptomatology & Pathology for Bodyworkers (3 hrs/week for 12 weeks OR D/L)**

This module is designed to cover the basic principles of pathology, methods of collecting data on clients, problem-solving, establishing a treatment plan and when to refer a client. Common complaints, illnesses and skin conditions that may be encountered by a bodywork therapist will also be covered in depth.

*Pre-requisites:* Anatomy & Physiology 1A, 1B

*Note: Students who have completed the modules 'Symptomatology, Diagnosis & Pathology 1A, 1B & 1C' do not have to do 'Symptomatology & Pathology for Bodyworkers'.*

**Swedish Massage (3.5 hours a week for 12 weeks OR Intensive)**

This module offers a wonderful introduction to the fundamental techniques of massage. You will learn massage routines for the whole body, contra-indications and professional conduct.

**Aromatherapy Studies – An Introduction (2 hours a week for 12 weeks OR Distance learning)**

Includes the history of Aromatherapy, manufacturing of essential oils, therapeutic properties, blending, etc. Minimum of 30 essential oils are covered in depth. This course is a pre-requisite for all other Aromatherapy subjects.

**Aromatherapy Techniques 1 (2 hours a week for 12 weeks)**

This course brings the Aromatherapy practice to life by integrating the student's knowledge of massage, anatomy, physiology and aromatherapy. The student learns to combine the unique rhythmic aromatherapy massage techniques with an understanding of essential oils.

*Pre-requisites:* Aromatherapy Studies - An Intro, A & P 1A, Swedish Massage

**Aromatherapy Techniques 2 (2 hours a week for 12 weeks)**

The techniques acquired in Aromatherapy Techniques 1 are developed further. It also includes massage in pregnancy, poultices and compresses, skin care and masks, cellulite treatment and infant massage.

*Pre-requisites:* Aromatherapy Studies - An Introduction, Anatomy & Physiology 1A, 1B, Swedish Massage

**Advanced Aromatherapy (2 hours a week for 12 weeks OR Distance learning)**

An expansion of Aromatherapy Studies, this module considers the more exotic essential oils, advanced blending techniques, skin type analysis and the many rewarding applications of aromatherapy as a healing discipline.

*Pre-requisites:* Aromatherapy Studies - An Introduction, Anatomy & Physiology 1A,

*Co-requisite:* Anatomy & Physiology 1B

**Chemistry & Pharmacology of Essential Oils (2 hrs/week for 12 weeks OR Distance learning)**

This module will give you a working knowledge of basic organic chemistry, focussing on the study of essential oil constituents, including the nature and properties of various functional groups which are found in essential oil molecules, as well as the absorption, metabolism and therapeutic/toxic effect of essential oils in humans.

*Pre-requisites:* Aromatherapy Studies - An Introduction, Anatomy & Physiology 1A

*Co-requisite:* Anatomy & Physiology 1B

*NB: Students who have completed Chemistry & Herbal Medicine 2B (Pharmacognosy) do not need to do Chemistry & Pharmacology of Essential Oils.*

**Clinical Aromatherapy (2 hours a week for 12 weeks OR Intensive)**

Focuses on the therapeutic use of Aromatherapy in the treatment of conditions affecting the different body systems.

*Pre-requisites:* Aromatherapy Studies - An Introduction, Anatomy & Physiology 1A & 1B, Swedish Massage.

*Co-requisites:* Advanced Aromatherapy, Aromatherapy Techniques 1

**Aromatherapy For Complex Needs (Intensive)**

Aromatherapy has many clinical applications within both holistic and orthodox medicine. Guest speakers will discuss the use of Aromatherapy within their specialised areas of expertise. Topics covered will include geriatric care, oncology, palliative care, wound healing, as well as issues relating to emotional and mental health. Blending of appropriate therapeutic oils will be discussed. A range of complementary health modalities will be identified, analysed and evaluated.

*Pre-requisites:* Aromatherapy Studies – An Introduction, Swedish Massage, Anatomy & Physiology 1A & 1B.

**Business Skills**

This module introduces students to basic business skills. Covered are issues of referrals, bookkeeping requirements for a practice and working with colleagues for the resolution of a treatment plan for the client.

## Diploma of Aromatherapy Module Descriptions & Study Options

### **Communicate With Clients** (*Intensive*)

This module covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

### **Safe Practices** (*Workshop*)

This workshop incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

### **Develop Professional Expertise**

In this module the budding practitioner will develop skills on managing a practice. You will learn how to find the latest information on research in the field of complementary medicine and to implement this knowledge in practice. An important part of this module is writing a business plan

### **Clinical Supervision – Tactile**

This module supports students in the facilitation of effective communication in relation to clinical practice and the health sector.

*Pre-Requisite* – Certificate IV level Student Clinic

*Co-Requisite* - Student clinic

### **Apply First Aid Certificate**

It is a requirement of the course that students hold a current First Aid certificate at graduation.

## Visa Requirements – Additional **Certificate IV** Units of Study

**Medical Science Review 1A – International Student** (*2.5 hours a week for 12 weeks*)

**Medical Science Review 1B– International Student** (*2.5 hours a week for 12 weeks*)

**Study Skills – International Student**

**Student Observation Clinic– International Student**

## Visa Requirements – Additional **Diploma** Units of Study to meet

**Medical Science Review 1C – International Student - 30 hours**

In this unit of study, students will expand their knowledge of the human body systems. Online workshops will be used to assist in knowledge and visualisation of body systems and muscles. A series of DVDs are presented with learning activities to assess skills and knowledge.

**Chemistry Review 1C – International Student** (*2.5 hours a week for 12 weeks*)- **90 hours**

In this unit of study, students are supported in their study of Chemistry and its relevance to nutritional medicine. Online resources are used to assist students in understanding of Chemical concepts with learning activities and tutorial style workshops.

**Student Observation Clinic– International Student- 12 hours**

## Student Training Clinic

Diploma term requirement: 30 hours

Diploma total requirements: 80 hours (includes Certificate IV 50 hours of Student Training Clinic)

Pre-requisites: Aromatherapy Studies - An Introduction , Swedish Massage, Aromatherapy Techniques 1, Anatomy & Physiology 1A&B, Safe Practices & Communicate with Clients.

## Degree Pathways

This Professional Training Program is eligible for articulation into the Bachelor of Health Science (Complementary Medicine) at Charles Sturt University.

Students on any International Visa sub-class who wish to pursue this pathway to the Bachelor of Health Science (Complementary Medicine) need to be aware that the course is delivered by Distance Education and is not CRICOS Registered. Charles Sturt University cannot support an international Student Visa for this course and you should seek approval from your CRICOS registered provider to apply for this pathway. You can continue to study with CSU towards this

## Nominal Hours and Duration of Course

Nominal hours for the international version of the Certificate IV in Aromatherapy is 753 hours.

The duration of this course is a total of 3 terms equal to 36 weeks of term class contact and 8 weeks of holidays and mid term breaks. making a total of 42 weeks.

## Recognition of our Course

The Diploma of Aromatherapy is fully Government accredited with ASQA (The Australian Skills Quality Authority) and CRICOS approved. The Diploma of Aromatherapy is also fully accredited with the International Aromatherapy & Aromatic Medicine Association Inc (IAAMA) and the Australian Traditional Medicine Society (ATMS)

## Fees Payable

Fees are payable as per Nature Care College's terms and conditions.

## Full Time Program

One Year (*Certificate IV in Aromatherapy terms 1 & 2, Diploma units term 3*)

	SEGMENT ONE – 6 weeks	SEGMENT TWO – 6 weeks
Term One	Anatomy & Physiology 1A Swedish Massage Aromatherapy Studies Introduction Communicate With Clients Medical Science Review 1A– International Student Study Skills (12hrs) – International Student	Anatomy & Physiology 1B Advanced Aromatherapy Aromatherapy Techniques 1 Safe Practices Business Skills Study Skills– International Student (12hrs)
Term Two	S&P for Bodyworkers Clinical Aromatherapy Student Clinic Apply First Aid Medical Science Review 1B– International Student Student Clinic Observation– International Student (72hrs) Study Skills– International Student (24hrs)	
Term Three	Anatomy & Physiology 1C Develop Professional Expertise Aromatherapy For Complex Needs Chemistry & Pharmacology of Essential Oils Aromatherapy Techniques 2 Clinical Supervision – Tactile Student Clinic Medical Science Review 1C – International Student Chemistry Review 1C – International Student Student Clinic Observation – International Student (12hrs)	

It is essential that students acquire, or have access to, a massage table from the beginning of the course as they will be required to practice massage on a regular basis. Massage tables are available for hire from the Nature Care Clinic ph: 9906 1566, or for purchase from The Emporium ph: 9438 3298

## The following units of competencies are prerequisites for this Diploma

HLTARO401A Work within an aromatherapy framework  
 HLTARO402A Plan aromatherapy treatments  
 HLTARO403A Provide aromatherapy treatment  
 HLTARO405A Apply aromatherapy assessment framework  
 HLTARO406A Plan aromatherapy treatment  
 HLTIR301A Communicate and work effectively in health  
 HLTTOHS300A Contribute to OHS processes  
 HLTIN301A Comply with infection control policies and procedures in health work  
 HLT404B Communicate effectively with clients  
 HLTCOM406B Make referrals to other health care professionals when appropriate  
 HLTFA301B Apply First Aid  
 HLTAP401A Confirm physical health status

*The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.*

**The Diploma of Aromatherapy (HLT51407) is nationally recognized under the Australian Quality Training Framework. The following table lists the Units of Competency achieved upon successful completion of the award. Subjects that correspond with each Unit of Competency are also listed below.**

Code	Title	Common/ Specialist/ Elective
HLTCOM502B	Develop professional expertise	Common*
CHCORG28A	Reflect and improve upon professional practice	Common*
HLTCOM503B	Manage a practice	Common*
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Common*
HLTAP501A	Analyse health information	Common*
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	Common*
HLTARO511A	Provide specific aromatherapy assessment and care	Specialist**
HLTARO510A	Monitor and evaluate aromatherapy treatments	Specialist**
HLTARO509A	Plan a specialised aromatherapy treatment	Specialist**
HLTARO507A	Analyse and compare different complementary health modalities	Specialist**
HLTHIR501A	Maintain an effective health work environment	Elective**
HLTCOM510A	Provide services to clients with chronic diseases or conditions	Elective**

Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
HLTCOM502B	Develop professional expertise	Develop Professional Expertise
CHCORG28A	Reflect and improve upon professional practice	Clinical Supervision - Tactile Student Clinic
HLTSHU509B	Maintain personal health and awareness as a professional responsibility	Clinical Supervision - Tactile
HLTCOM503B	Manage a practice	Develop Professional Expertise
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Develop Professional Expertise
HLTAP501A	Analyse health information	Anatomy & Physiology 1C
HLTARO511A	Provide specific aromatherapy assessment and care	Student Clinic
HLTARO510A	Monitor and evaluate aromatherapy treatments	Student Clinic Aromatherapy for Complex Needs
HLTARO509A	Plan a specialised aromatherapy treatment	Aromatherapy Techniques 2 Aromatherapy for complex needs Chemistry & Pharmacology of Essential Oils Student Clinic
HLTARO507A	Analyse and compare different complementary health modalities	Aromatherapy for Complex Needs
HLTHIR501A	Maintain an effective health work environment	Clinical Supervision - Tactile
HLTCOM510A	Provide services to clients with chronic diseases or conditions	Aromatherapy for Complex Needs Student Clinic
Supervised Student Training Clinic: 80 hours total <i>Certificate IV: 50 hours</i> <i>Diploma: 30 hours</i>		