



## Certificate IV in Aromatherapy

National Training Code: HLT42707

Please note: Course structure is current as of 28 October 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 workplace. The plant extracts and the essential oils used, 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.

### Certificate IV in Aromatherapy - Course Content

▶ Anatomy & Physiology 1A (Regional)	- 24 hours
▶ Anatomy & Physiology 1B (Systematic)	- 24 hours
▶ Symptomatology & Pathology for Bodyworkers	- 36 hours
<i>(NB: Students who have completed Symptomatology, Diagnosis &amp; Pathology 1A &amp; 1B do not have to do Symptomatology &amp; Pathology For Bodyworkers.)</i>	
▶ Swedish Massage	- 42 hours
▶ Aromatherapy Studies – An Introduction	- 24 hours
▶ Aromatherapy Techniques 1	- 24 hours
▶ Advanced Aromatherapy	- 24 hours
▶ Clinical Aromatherapy	- 24 hours
▶ Communicate With Clients	- 24 hours
<i>(NB: Students who have completed Communication Skills For Health Professionals 1A do not have to do Communicate With Clients).</i>	
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ Apply First Aid Certificate	- minimum 12 hours
▶ Aromatherapy Student Clinic	- minimum 50 hours

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: 8423 8444, or for purchase from The Emporium ph: 8423 8477

## Certificate IV in Aromatherapy

### Unit of Study Descriptions & Study Options

#### **Anatomy and Physiology 1A (Regional) (2 hrs/week for 12 weeks OR Distance learning)**

A fundamental component of all major modalities, this module will teach you about the structure, general function and organisation of the human body.

#### **Anatomy and Physiology 1B (Systematic) (2 hrs/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, & genito-urinary.

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

#### **Symptomatology & Pathology for Bodyworkers (3 hrs/week for 12 weeks OR Intensive OR Distance learning)**

This unit of study 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

N.B. Students who have successfully completed Symptomatology, Diagnosis & Pathology 1A & 1B do not have to do Symptomatology & Pathology for Bodyworkers.

#### **Swedish Massage (3.5 hrs/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 (Intensive 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.

#### **Aromatherapy Techniques 1 (Intensive)**

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 Introduction, Anatomy & Physiology 1A, Swedish Massage.

#### **Advanced Aromatherapy (Intensive 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.

#### **Clinical Aromatherapy (Intensive)**

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

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

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

#### **Communicate With Clients (2 hrs/week for 12 weeks OR 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.

#### **Business Skills (Intensive)**

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills required to administer a practice. You will also learn how to make referrals to other health care professionals and community services when appropriate, develop your networking skills, comply with statutory obligations and maintain ethical work practices.

#### **Safe Practices (Workshop OR Distance Learning)**

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.

#### **Apply First Aid Certificate**

It is a requirement of the course that students hold a current first aid certificate at graduation.

#### **Aromatherapy Student Clinic**

Total requirement: 50 hours.

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

## Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject. They are also available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or [info@naturecare.com.au](mailto:info@naturecare.com.au) or on the website.

## Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

## Recognition of our Course

The Certificate IV in Aromatherapy is fully Government accredited with the NSW Vocational Education Training Accreditation Board (VETAB). The Certificate IV in Aromatherapy is also accredited with the professional associations - the Australian Traditional Medicine Society (ATMS) and the International Aromatherapy & Aromatic Medicine Association Inc. (IAAMA)  
*Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.*

## Financial Assistance

Please refer to [www.naturecare.com.au](http://www.naturecare.com.au) for information on the variety of "Flexible Payment Options" available or alternatively contact Student and Learning Services on +61 2 8423 8333 for assistance.

## Course Advisors

Course Advisors are available (by appointment) during the program.

## Opportunities for Further Qualifications

When completing the Certificate IV in Aromatherapy, students may also attain the Certificate IV in Massage if they complete Remedial Massage 1 & 2 plus an additional 70 hours of Remedial Massage Student Clinic.

## Set Part Time Program - One Year

<b>Term 1</b>
Anatomy & Physiology 1A
Aromatherapy Studies - An Introduction
Communicate With Clients
Swedish Massage
<b>Term 2</b>
Advanced Aromatherapy
Anatomy & Physiology 1B
Aromatherapy Techniques 1
Business Skills
Safe Practices
<b>Term 3</b>
Apply First Aid Certificate
Aromatherapy Student Clinic
Clinical Aromatherapy
Symptomatology & Pathology For Bodyworkers

*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.*

# certificate IV

The Certificate IV In Aromatherapy (HLT42707) is nationally recognised 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
BSBCMN204A	Work effectively with others	Common*
HLTCOM404B	Communicate effectively with clients	Common*
HLTCOM405B	Administer a practice	Common*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Common*
HLTCOM408B	Use specific health terminology to communicate effectively	Common*
HLTFA301B	Apply first aid	Common*
HLHIR301A	Communicate and work effectively in health	Common*
HLTOHS300A	Contribute to OHS processes in the health industry	Common*
HLTIN301A	Comply with infection control policies and procedures in health work	Common*
HLTAP401A	Confirm physical health status	Common*
HLTARO401A	Work within an aromatherapy framework	Specialist**
HLTARO402A	Plan aromatherapy treatment	Specialist**
HLTARO403A	Provide aromatherapy treatment	Specialist**
HLTARO405A	Apply aromatherapy assessment framework	Specialist**
HLTARO406A	Perform aromatherapy health assessment	Specialist**
HLTARO408A	Provide aromatherapy massage treatment	Elective**
HLTARO404A	Develop aromatherapy products	Elective**

<b>Units of competency alignment with subjects</b>		
<b>Unit(s) of competency</b>		<b>Subject(s)</b>
BSBCMN204A	Work effectively with others	Business Skills
HLTCOM404B	Communicate effectively with clients	Communicate With Clients
HLTCOM405B	Administer a practice	Business Skills
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
HLTCOM408B	Use specific health terminology to communicate effectively	Anatomy & Physiology 1A Anatomy & Physiology 1B Symptomatology & Pathology for Bodyworkers
HLTFA301B	Apply first aid	Apply First Aid
HLHIR301A	Communicate and work effectively in health	Business Skills
HLTOHS300A	Contribute to OHS processes in the health industry	Safe Practices
HLTIN301A	Comply with infection control policies and procedures in health work	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A Anatomy & Physiology 1B Symptomatology & Pathology for Bodyworkers
HLTARO401A	Work within an aromatherapy framework	Aromatherapy Studies – An Introduction
HLTARO402A	Plan aromatherapy treatment	Advanced Aromatherapy Clinical Aromatherapy
HLTARO403A	Provide aromatherapy treatment	Aromatherapy Techniques 1 Advanced Aromatherapy Clinical Aromatherapy Aromatherapy Student Clinic
HLTARO405A	Apply aromatherapy assessment framework	Clinical Aromatherapy
HLTARO406A	Perform aromatherapy health assessment	Advanced Aromatherapy Clinical Aromatherapy Aromatherapy Student Clinic
HLTARO408A	Provide aromatherapy massage treatment	Swedish Massage Aromatherapy Techniques 1 Aromatherapy Student Clinic
HLTARO404A	Develop aromatherapy products	Aromatherapy Studies – An Introduction Advanced Aromatherapy
Supervised Student Clinic: 50 hours		