



# Natural Therapeutics

## L5 Clinical Aromatherapy & Essential Oil Science Syllabus

### **Overall aim of the course.**

This Complementary Health Professionals (CHP) accredited course seeks to provide education and training opportunities in developing a proficient professional thinking aromatherapist who can work within both the field of complementary and contemporary health care settings and adapt their practise accordingly. The course will provide the student aromatherapist with the opportunity for self development and facilitate an awareness of the importance of evidence based practice within the field of aromatherapy. It follows the Aromatherapy Council's Core Curriculum, the CNHC's Core Curriculum and additional specialised fields at level 5.

### **General Learning Outcomes of the Aromatherapy Diploma.**

#### **Knowledge and Understanding (theory) Outcomes.**

- Develop a comprehensive knowledge and understanding of the principles of aromatherapy from a historical and philosophical perspective
- Explore and develop an in depth understanding of the art and science of using aromatic materials safely, in a range of therapeutic treatments
- Examine the concept of health, illness, a range of medical conditions and the factors which may impact upon aromatherapy as a therapeutic intervention
- Develop an in depth understanding of the anatomy, physiology, and pathologies of the human body in relation to a range of body work techniques in aromatherapy
- Identify and evaluate the necessary skills to assess individual needs and the implementation of appropriate treatment, based on sound research-based evidence

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- Recognise and critically appraise the importance of personal and professional development and the need for lifelong learning in a critical and systematic way
- Explore and discuss the socio-economic and political factors from a national and local perspective

### **Practice/Ability Outcomes**

- Apply a comprehensive knowledge and understanding of aromatherapy in assessing the needs of the individual
- Demonstrate and justify the use of a variety of therapeutic skills within a chosen practice setting
- Create a safe and appropriate working environment, taking into account the socio-economic and political influences which may impact on professional practice
- Utilise reflective practice and the use of personal and professional development within the boundaries of client management
- Demonstrate and utilise knowledge of an evidence base to support decisions for chosen Aromatherapy treatment plans

At the end of this course and upon successful completion, you will be eligible to join Complementary Health Professionals as a professional member, gain insurance to practice and also join the CNHC's Aromatherapy Register (usually essential if you want to work in the NHS or with people who have private healthcare plans).

### **Course Components**

**Aromatherapy Syllabus** - 198 hours of face-to-face practical training in aromatherapy massage techniques, taking the case, review of case studies and correct blending techniques as well as discussion on aromatherapy and essential oil science theory. This also includes learning how to develop appropriate therapeutic relationships and how to carry out reflective practice. Here you will develop your practical skills as an aromatherapist at week-end workshops. With a typical workshop day starting at 10.00am and finishing at 5.00pm, this is 6 hours per day; 12 hours per weekend spread over 16 weekends (1 weekend per month).

There is a further 98 hours of guided learning via home study to complete your theoretical understanding of this complex subject, which includes the completion of your case studies, plus 300 hours of study for completion of coursework and case studies. The total qualification time is 590 hours, which includes your anatomy, physiology and pathology studies. If you already have this qualification, as long as it is from a recognised provider, we can accept it and give you Accreditation for Prior Certificated Learning (APCL), so you will not have to repeat it.

**Anatomy, Physiology and Pathology Syllabus** - 65 hours online learning and 85 hours of study outside this in terms of reading and completing coursework.

**Case Studies**. Part of the time spent outside of the classroom will be on developing your case studies, which is one of the most important ways of developing your techniques and knowledge into practice.

As well as ordinary case studies, as this is a level 5 diploma, we also cover some specific areas, such as fertility, pregnancy, working with children, working with the elderly, working with chronic disease and mental health and learning difficulties, so there are additional case studies to complete in these areas that will be assessed. We also cover working with essential oils in the energy therapy.

**Definition of a case study:**

A CASE STUDY	A TREATMENT
<p>A case study will consist of a collection of at least 3 treatments written up on a consultation record document (CHP has produced an industry standard template), placed together in date order accompanied by a statement from the client that the treatment has taken place and a reflective practice essay from the student evaluating their performance and whether treatment outcomes have been met.</p>	<p>A treatment is one treatment carried out using a consultation record document that has been signed by the client to prove consent has been given. The consultation will include a full medical history, skin type, postural analysis, lifestyle routine and contraindications and local caution check. It will also include a record of the treatment given, any notes on the treatment, essences and carriers used, dilution ration, reasons for use and aftercare advice.</p>

**Case studies** are required in order to evidence not only practical skills but the ability to develop treatment programmes and adapt to the differing needs of clients. Your case studies will be checked for authenticity to prove that you have carried them out and your client will need to complete and sign a feedback form to verify that the treatments have been carried out. You cannot use a class mate as a case study. Case studies are required in order to evidence not only practical skills but the ability to develop treatment programmes and adapt to the differing needs of clients. The CNHC Core Curriculum requires **60 aromatherapy treatments grouped as case studies** (see the definition of a case study above) set out as follows:

- 6 full body treatments on 6 people with aromatherapy massage
- 15 treatments made up of other combinations with aromatherapy massage (i.e. you may have just completed a back massage)
- 9 treatments made up of compresses, inhalations, blending of creams/lotions for external use

You will complete more than this to be assessed for specific fields of healthcare. Each case study must receive their treatments over a period of weeks to achieve the desired learning outcomes. It is not acceptable to count any case studies from a previous massage qualification as being part of the 60 required for aromatherapy. Massage is a separate qualification and the considerations for an aromatherapy treatment in terms of safety and toxicity of essences are not considered in a massage treatment and the massage techniques in a massage qualification are completely different. Aromatherapy is primarily delivered via the medium of a gentle, slow massage incorporating a lot of effleurage and lymphatic drainage, and we also include some meridian chasing and lymphatic drainage techniques, but massage is only one way of administering essences.

**15% of treatment for case studies can be other than massage**, but accompanied with a full consultation record form – i.e. where appropriate compresses, inhalations, blended creams/lotions for specific complaints. All other treatments should be via the medium of aromatherapy massage.

**[Our course is accredited by CHP, one of the UK's leading professional associations.](#)**

### **CHP Course Criteria**

- Only CHP accredited schools may offer a CHP accredited training programme.
- Only CHP accredited schools can use the CHP portfolio system for summative assessment (should they choose)
- All elements of the CHP programme must be summatively assessed i.e. assignment and final examinations. All parts must be passed
- Those without any previous Aromatherapy education must undertake the full course. Those who have undertaken some previous training through other Aromatherapy bodies may apply to an individual school for accreditation of prior learning (APL) for part of the course only
- Completion of the CHP course will provide a certificate of competence to practice from the CHP and eligibility to become a full member of the CHP and will be eligible to register with the CNHC



All students will be able to join the CHP as a student member during the course of their studies with Natural Therapeutics

### **Transferability of levels of education and training achievements**

Full practitioner level requires a minimum level 3 qualification to practise as an Aromatherapist, which is equivalent to A levels in the UK. This Natural Therapeutics course has clear levels of academic and practical standards of achievement and exceeds is mapped at level 5 academic, meeting and exceeding the requirements of the competences as set out in the National Occupational Standards (NOS) for Aromatherapy. The outcomes of this accredited course are therefore equivalent to levels 4/5 within a Higher education programme for APL purposes (the APP part of the course is set at level 4 and you will receive a separate certificate for this achievement)..

## **AROMATHERAPY COURSE SYLLABUS**

### **AIMS:**

- To develop a detailed understanding of how the human body works in terms of structure and function and an understanding of disease and dysfunction through illness or trauma. This will include recognition of common drugs and interactions with essential oils.
- To develop a comprehensive knowledge and understanding of the principles of Aromatherapy from a historical and philosophical perspective
- To explore and develop an in depth understanding of the art and science of using aromatic materials safely, in a range of therapeutic treatments
- To identify and evaluate the necessary skills to assess individual needs and the implementation of appropriate treatment based on sound research-based evidence.
- To recognise and critically appraise the importance of personal and professional development and the need for lifelong learning in a critical and systematic way
- To explore and discuss the socio-economic and political factors from a national and local perspective.
- To develop the skills necessary for effective consultation and safe treatment with essential oils and related products
- To utilise reflective practice and the use of personal and professional development within the boundaries of client management

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- To identify the factors required to create a safe and appropriate working environment, taking into account the socio-economic and political influences, which may impact on professional practice
- To develop an understanding of the ethics, limitations and business requirements of the practice of aromatherapy
- To develop an awareness of current research and legislation into aromatherapy and associated products used in its practice and evaluate its usefulness to practice

## ANATOMY, PHYSIOLOGY AND PATHOLOGY

The student will be able to understand the medical terminology used to identify parts of the human body. They will also be able to name and locate bones and muscles, lymph nodes and organs of the human body and be able to understand how each body system works and interacts.

In terms of pathology, the student will be able to understand a wide range of common problems and the effects of stress on the human body. They will know where to go and research information they are not familiar with, which includes looking up drug usages, side effects and how these might interact with essences. The student will also study the impact age, the environment and mental health has on well-being.

## HISTORICAL AND PHILOSOPHICAL PERSPECTIVES

The student will be able to trace the development of aromatherapy from its roots in the ancient use of aromatics to its emergence as a 21st Century system of natural medicine. The student will be able to explain the meaning of health and illness and the role of aromatherapy in modern health care.

The student will be able to:

- Describe the evolution of aromatherapy: the traditional use of aromatics;
  - the development of distillation
  - the modern history of essential oil use to the present day
- Explain what is meant by modern natural medicine in relation to:
  - its holistic principles
  - a comparison between biochemical, energetic, structural and psychological forms of natural medicine
- Evaluate the importance of:
  - the relationship between orthodox and complementary medicine
  - briefly summarise the CAM therapies in groups 1 & 2 of the House of Lords report

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- current issues with regards to socio-economic and political factors, integrated healthcare and the creation of the Complementary and Natural Healthcare Council (CNHC)
- self v. statutory regulation and protection of title

## SCIENCE & SAFETY

Develop an understanding of the science and issues around the production and composition of essential oils and related products, and apply this in safe practice

The student will be able to:

- Define and discuss terms such as:

aromatherapy	resinoid	absolute
essential oil	chemotype	synergy
essence	fixed oil	biosynthesis
aromatic extract	hydrolat	botany

- Describe the taxonomic classification of aromatic plants
- Describe a typical plant cell, explaining the structure and related function of:

nucleus	golgi bodies	cell wall	cell
central vacuole	chloroplasts		

- Explain plant structure and functions including:
  - tissue root stem leaf flower fruit seed glandular structures
  - essential oil biogenesis
  - pathways of biosynthesis
  - roles of essential oils within the plant
  - the influence of external factors on the development and quality of essential oil within the plant
- Define and describe transpiration, photosynthesis, respiration, diffusion and osmosis
- Define the terms atom, element, molecule, organic and inorganic compounds
- Briefly describe the structure of an atom.
- Explain the following terms in relation to aromatherapy: ions, valency, single and double bonds, co-valency, hydrogen bonds, saturates, poly- unsaturates, polar and non-polar solvents, isomers
- Define the terms oxidation and reduction and explain their relevance in relation to essential oil storage and safety
- Describe essential oil chemistry including the relevant principles of organic chemistry: Major families of essential oil components (Monoterpenes, sesquiterpenes, diterpenes, alcohols, phenols, aldehydes, ketones, acids, esters, oxides, ethers)

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and, where appropriate, relate the therapeutic action or possible hazard to the presence of a functional group. Note that although the functional group system is taught, as it is part of the core curriculum, we do not rely on this when considering the therapeutic actions of essential oils but instead focus on GC analysis and chemical composition. This is studied at an advanced level on this course

- Understand and critically appraise safety issues relating to chemical composition
- Define and apply the terms “precaution” and “contraindication” in relation to the safe practice of aromatherapy
- Explain essential oil safety and its relevance to clinical practice, including:
  - hazard and risk
  - photosensitivity
  - dermal irritation
  - allergic contact dermatitis
  - sensitisation
  - acute and chronic toxicity
  - essential oil metabolism & excretion
  - cross sensitisation
  - anaphylactic shock
  - safety for the therapist
  - drug interaction

## ESSENTIAL OIL PRODUCTION & QUALITY

The student will develop a knowledge and understanding of how essential oils and related products are produced and identify the factors that influence their purity and quality.

The student will also demonstrate the ability to apply this knowledge within safe practice  
The student will be able to:

- Describe the following methods of extraction :

hydro distillation	water and steam distillation
steam distillation	expression
solvent extraction	CO <sub>2</sub> extraction
	enfleurage maceration
- Evaluate the criteria for essential oil identification:
  - organoleptic analysis (colour, viscosity, aroma profile and taste)
  - physical analysis
  - adulteration
- Describe methods of essential oil analysis and understand their relevance to the aromatherapist, including Gas Liquid Chromatography (GLC), Specific Optical Rotation and Mass Spectroscopy (MS)
- Explain the significance of the principles of safe handling and storage of essential oils



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- Demonstrate and apply knowledge of the issues surrounding safe bottling and labelling (refer to current legislation)
- Explain how shelf life is affected by oxidation
- Evaluate related botanical products in terms of their production, quality control, importance and therapeutic uses: hydrolats (aromatic waters), tisanes, decoctions, tinctures, herbal oils.
- Demonstrate knowledge of the following fixed oils in terms of their botanical name, production, quality control, importance, and therapeutic uses:
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Common Name	Botanical Name
1. Sweet Almond oil	<i>Prunus communis</i>
2. Apricot kernel	<i>Prunus armeniaca</i>
3. Peach kernel	<i>Prunus vulgaris</i>
4. Soya	<i>Glycine max</i>
5. Peanut	<i>Arachis hypogaea</i>
6. Sunflower	<i>Helianthus annuus</i>
7. Grapeseed	<i>Vitis vinifera</i>
8. Olive	<i>Olea europaea</i>
9. Avocado	<i>Persea americana</i>
10. Sesame	<i>Sesamum indicum</i>
11. Linseed	<i>Linum usitatissimum</i>
12. Hazel	<i>Corylus avellana</i>
13. Walnut	<i>Juglans regia</i>
14. Macadamia	<i>Macadamia ternifolia</i>
15. Coconut	<i>Cocos nucifera</i>
16. Evening Primrose	<i>Oenothera biennis</i>
17. Wheatgerm	<i>Triticum vulgare</i>
18. Castor	<i>Ricinus communis</i>
19. Jojoba	<i>Simmondsia chinensis</i>
20. Aloe vera	<i>Aloe barbadensis</i>

21. Shea butter	<i>Vitellaria paradoxa</i>
22. Mango butter	<i>Mangifera indica</i>

## METHODS OF APPLICATION & BLENDING

The student will gain an understanding of the various routes through which essential oils are absorbed by the body, together with the ways they are applied therapeutically.

The student will be able to:

- Demonstrate knowledge and understanding of the mechanisms of actions of essential oils in relation to:
  - inhalation (olfaction, respiratory absorption)
  - theories of olfaction
  - theories of how essential oils work at a cellular level skin absorption
  - internal administration (for reference only)
  - effects of aromatherapy massage
  
- Identify and critically appraise the ways in which essential oils might be used therapeutically:
 

baths	compress
massage	inhalation
douches	poultices
direct / neat application	creams / ointments / lotions / gels/waxes
clay applications	hair, skin and mouth care products
aromasticks	roller balls
  
- Demonstrate knowledge and application of the different approaches and theories of blending:
  - according to fragrance, chemistry, taxonomy
  - aesthetic, clinical and psychological approaches to blending
  - principles of synergy and antagonism
  - time of day and client's movements after treatment
  
- Critically assess and demonstrate the ability to blend essential oils with various media:
  - i.e. carrier oils, herbal oils, creams, lotions, gels, floral waters, clay
  
- Examine and justify the theoretical principles and demonstrate the practical skills relating to the accurate diluting of essential oils according to the therapeutic requirement of the individual and the method of application.

## INDIVIDUAL ESSENTIAL OILS

The student will be able to demonstrate an in-depth knowledge of the following 90 essential oils, resinoids and essences and their main chemotypes, including:

botanical name	synonyms	botanical family	geographical origin
chemotypes	habitat	plant morphology	extraction method
aroma	relevant chemical composition		physical characteristics

- traditional & general uses
- therapeutic indications use, (researched and anecdotal) cautions and contraindications, to include toxicity, actions and safety data

Common Name	Botanical Name
1. Lavender (True)	<i>Lavandula angustifolia</i>
2. Lavandin	<i>Lavandula x intermedia</i>
3. Lavender, Spike	<i>Lavandula latifolia</i>
4. Clary sage	<i>Salvia sclarea</i>
5. Marjoram	<i>Origanum marjorana</i>
6. Rosemary	<i>Salvia rosmarinus</i>
7. Thyme	<i>Thymus vulgaris</i>
8. Peppermint	<i>Mentha piperita</i>
9. Basil	<i>Ocimum basilicum</i>
10. Patchouli	<i>Pogostemon cablin</i>
11. Neroli	<i>Citrus aurantium</i>
12. Petitgrain	<i>Citrus aurantium</i>
13. Orange, bitter	<i>Citrus aurantium</i>
14. Orange, Sweet	<i>Citrus sinensis</i>
15. Bergamot	<i>Citrus bergamia</i>
16. Lemon	<i>Citrus limon</i>
17. Mandarin	<i>Citrus nobilis</i>
18. Grapefruit	<i>Citrus paradisi</i>

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19. Chamomile, Roman	<i>Chamaemelum nobile</i>
20. Chamomile, German	<i>Matricaria recutita</i>
21. Eucalyptus	<i>Eucalyptus globulus</i>
22. Eucalyptus, Lemon-scented	<i>Eucalyptus citriodora</i>
23. Eucalyptus	<i>Eucalyptus dives</i>
24. Eucalyptus	<i>Eucalyptus smithii</i>
25. Tea tree	<i>Melaleuca alternifolia</i>
26. Geranium	<i>Pelargonium graveolens</i>
27. Pepper, black	<i>Piper nigrum</i>
28. Fennel	<i>Foeniculum vulgare</i>
29. Rose, damask	<i>Rosa damascene</i>
30. Rose, cabbage	<i>Rosa centifolia</i>
31. Jasmine	<i>Jasminum grandiflorum</i>
32. Ylang ylang	<i>Cananga odorata</i>
33. Sandalwood	<i>Santalum album</i>
34. Frankincense	<i>Boswellia sacra</i>
35. Myrrh	<i>Commiphora myrrha</i>
36. Benzoin	<i>Styrax benzoin</i>
37. Ginger	<i>Zingiber officinale</i>
38. Lemongrass	<i>Cymbopogon citratus</i>
39. Vetivert	<i>Vetiveria zizanioides</i>
40. Cedarwood, Atlas	<i>Cedrus atlantica</i>
41. Cypress	<i>Cupressus sempervirens</i>
42. Juniper	<i>Juniperus communis</i>
43. Angelica	<i>Angelica archangelica</i>
44. Bay	<i>Laurus nobilis</i>
45. Black spruce	<i>Picea mariana</i>

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46. Bog myrtle	<i>Myrica gale</i>
47. Carrot Seed	<i>Daucus carota</i>
48. Cannabis	<i>Cannabis sativa</i>
49. Champaca absolute	<i>Michelia champaca</i>
50. Clove	<i>Syzygium aromaticum</i>
51. Copaiba balsam	<i>Copaifera reticulata</i>
52. Coriander	<i>Coriandrum sativum</i>
53. Frangipani absolute	<i>Plumeria rubra</i>
54. Helichrysum	<i>Helichrysum italicum</i>
55. Hyssop	<i>Hyssopus officinalis</i>
56. Inula	<i>Inula graveolens</i>
57. Lotus absolute	<i>Nelumbo nucifera</i>
58. Mimosa absolute	<i>Acacia dealbata</i>
59. Nutmeg	<i>Myristica fragrans</i>
60. Oregano	<i>Origanum vulgare</i>
61. Plai	<i>Zingiber cassumunar</i>
62. Star anise	<i>Illicium verum</i>
63. Tuberose absolute	<i>Polianthes tuberosa</i>
64. Turmeric	<i>Curcuma longa</i>
65. Violet leaf absolute	<i>Viola odorata</i>
66. White Birch	<i>Betula pendula</i>
67. Yarrow	<i>Achillea millefolium</i>
68. Yuzu	<i>Citrus junos</i>

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

## **RESEARCH SKILLS**

The student will develop appropriate skills to enable them to source and evaluate information pertinent to their work as a professional aromatherapist.

The student will be able to:

- Source and critically evaluate a variety of research papers and information about essential oils within their coursework.
- Demonstrate an awareness of a variety of outcome measures to allow them to evaluate their practice
- Provide evidence of use of at least one measure in their practical work
- Demonstrate an understanding of the process of audit and its relevance to professional practice
- Demonstrate understanding of the different types of research methodology
- Use appropriate referencing in their final 3000-word thesis paper

## **AROMATHERAPY IN CLINICAL PRACTICE**

The student will develop the knowledge and skills required for the safe and effective clinical practice of aromatherapy, which includes the safe disposal of essential oils to prevent or minimise risks to people, pets and the environment. A wide range of massage strokes will be taught.

The student will be able to:

- Prepare the treatment area in accordance with industry defined standards
- Identify and evaluate the necessary skills to assess individual needs and the implementation of appropriate treatment, based wherever possible on sound research- based evidence
- Identify and justify key points in the compilation of a consultation sheet / record card
- Complete a consultation sheet / record card in an accurate and legible manner, including understanding the importance of GDPR and gaining a signature for informed consent, following legal requirements for completion and storage
- Demonstrate and apply a knowledge of procedures required in order to perform a client consultation and assessment for treatment
- Conduct an effective consultation to demonstrate the following:
  - empathetic listening skills
  - appropriate use of open and closed questions
  - analysis of body language
  - offer suggestions regarding diet and lifestyle
  - session closing skills
  - monitoring of on-going progress

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- when to refer to another practitioner – understanding one's limitations

Perform a range of diagnostic tests to include:

- postural and skin analysis
- fascia mobility
- identification of cellulite and oedema
- Identify and justify clinical contraindications which require the avoidance of specific products or treatment methods
- Demonstrate an effective approach to treatment:
  - appropriate, detailed and researched essential oil selection
  - safe, hygienic and accurate blending
  - appropriate and safe treatment
  - amendments to treatment in terms of resources and/or pressures/strokes utilised
- Devise a treatment plan to meet individual client needs
- Give advice on aftercare and make recommendations for home care
- Identify and analyse potential situations & conditions which require client referral to medical and non-medically trained healthcare professionals
- Identify and evaluate the importance of recognising one's own limitations as a therapist
- Examine and critically appraise the application of aromatherapy for specific conditions
- Explain the use of aromatherapy for special client groups: the use of essential oils and related products in special situations:
  - skin care & associated conditions
  - fertility
  - pregnancy
  - labour and birth
  - baby and childcare
  - stress-related conditions
  - the elderly
  - palliative and cancer care
  - physical & learning difficulties
  - a wide range of mental health conditions
- Evaluate the use of essential oils and related products in clinical environments; persons who are debilitated or on intensive medication
- Explain the term "Psychological" aromatherapy and its application in a variety of settings:
  - the mental – emotional benefits of essential oils

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- placebo effect and mind – body links
- energetic considerations (the chakra system and the auric layers)
- the science of sniffing and psychological and physical neurological effects of essential oils on the brain

## PRACTICAL AROMATHERAPY SKILLS

The student will be able to:

- Apply a comprehensive knowledge and understanding of Aromatherapy in assessing the needs of the individual.
- Demonstrate the ability to blend the oils studied safely and appropriately for clients' needs. Employ methods to prevent cross contamination of essential oils/carrier oils and prevention of cross-infection
- Demonstrate and justify the use of a variety of therapeutic skills within a chosen practice setting.
- Create a safe and appropriate working environment, taking into account the socio- economic and political influences, which may impact on professional practice.
- Demonstrate and utilise knowledge of an evidence base to support decisions for chosen Aromatherapy treatment plans, including adaptations and suitable after care advice and home treatments.

## PROFESSIONAL PRACTICE MANAGEMENT

The student will have a working knowledge of the ethical management of a professional aromatherapy practice.

The student will be able to:

- Assess the implications for the practitioner of the CHP codes of conduct and ethics with regards to:
  - maintenance of up-to-date and secure client records confidentiality
  - time management
  - health and safety in the clinic / home setting boundaries of the therapeutic relationship
  - liaison with other health care professionals
  - working within an orthodox healthcare setting
- Demonstrate an understanding of the roles of the following bodies:



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- The UK Medicine and Healthcare Regulation Authority (MHRA)
- The UK Aromatherapy Trade Council (ATC)
- The Complementary and Natural Healthcare Council (CNHC)
- The Aromatherapy Council (AC)
  
- Explain the requirements for the establishment of
  - A sole trader
  - a partnership
  - a limited company
  
- Identify and evaluate the issues for an aromatherapist in connection with the following:
  - curriculum vitae
  - scope of practice
  - insurance: professional indemnity / public / product liability
  - advertising and marketing
  - financial management and accountability: accounts and taxation
  - data protection
  - NI contributions
  - pensions
  
- 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 & Services Act
  - Veterinary Surgeons Act
  - Trades Description Act
  - HMRC (self-assessment)
  - 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:

- Critically appraise the value of personal self-development through reflective practice
- Demonstrate an understanding of the current CPD requirements of the CHP
- Recognise and critically appraise the importance of personal and professional development and the need for lifelong learning in a critical and systematic way
- Appreciate the necessity of keeping up to date with changes in the profession

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- Demonstrate an understanding of the advantages of participation in local support groups
- Appreciate the value of understanding research in terms of:
  - introduction to research methodologies
  - ethics of conducting research
  - conducting literature searches 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, in particular those discussed in the House of Lords Report 2000

## BUSINESS SKILLS

As part of the course, bearing in mind that most therapists are self-employed, you will cover instruction on setting up in business, how to create your business plan, pricing for your services and booking in your clients. You will also cover effective marketing.

## FIELD TRIP



Part of the CNHC core curriculum requires a field trip and we provide an annual aromatic tour of Kew Gardens. This needs to be booked as a separate course and incurs additional costs. Please see the website for details and booking (<https://www.naturaltherapeutics.co.uk/aromatic-tour-at-kew>) and the date is usually set for the first week in June (when most plants are in flower). As this course commences in

Natural Therapeutics L5 Clinical Aromatherapy Syllabus

May, you will need to get booked in quickly or of course, you can join us in 2024!. The date for 2023 is 6<sup>th</sup> June. This trip really helps with some of your coursework – namely your essential oil diaries.

If you are unable to attend this taught field trip, you can arrange your own visit to a botanical gardens or lavender farm in consultation with your tutor and write up a reflection of your experience and learning for coursework submission.

### FIRST AID

This course includes a First Aid qualification, for which you will receive a separate certificate, that is valid for 3 years. All complementary therapists should hold a current First Aid certification.

### COURSE DATES 2025/2026

Weekend 1 – 8<sup>th</sup> & 9<sup>th</sup> April 2025

Weekend 2 – 8<sup>th</sup> & 9<sup>th</sup> March 2025

Weekend 3 – 5<sup>th</sup> & 6<sup>th</sup> April 2025

Weekend 4 – 17<sup>th</sup> & 18<sup>th</sup> May 2025

Weekend 5 – 28<sup>th</sup> & 29<sup>th</sup> June 2025

Weekend 6 – 26<sup>th</sup> & 27<sup>th</sup> July 2025

Weekend 7 – 13<sup>th</sup> & 14<sup>th</sup> September 2025

Weekend 8 – 11<sup>th</sup> & 12<sup>th</sup> October 2025

Weekend 9 – 15<sup>th</sup> & 16<sup>th</sup> November 2025

Weekend 10 – 13<sup>th</sup> & 14<sup>th</sup> December 2025

Weekend 11 – 17<sup>th</sup> & 18<sup>th</sup> January 2026

Weekend 12 – 7<sup>th</sup> & 8<sup>th</sup> February 2026

Weekend 13 – 14<sup>th</sup> & 15<sup>th</sup> March 2026

Weekend 14 – 18<sup>st</sup> & 19<sup>nd</sup> April 2026

Weekend 15 – 16<sup>th</sup> & 17<sup>h</sup> May 2026

Weekend 16 – 27<sup>th</sup> & 28<sup>th</sup> June 2026

Weekend 17 – 25<sup>th</sup> & 26<sup>th</sup> July 2026 (mocks and final assessments)