



Course Information, Curriculum and Modules

Diploma Course in Clinical Aromatherapy

**24 Ellon Road, Bridge of Don,
Aberdeen AB23 8BX**

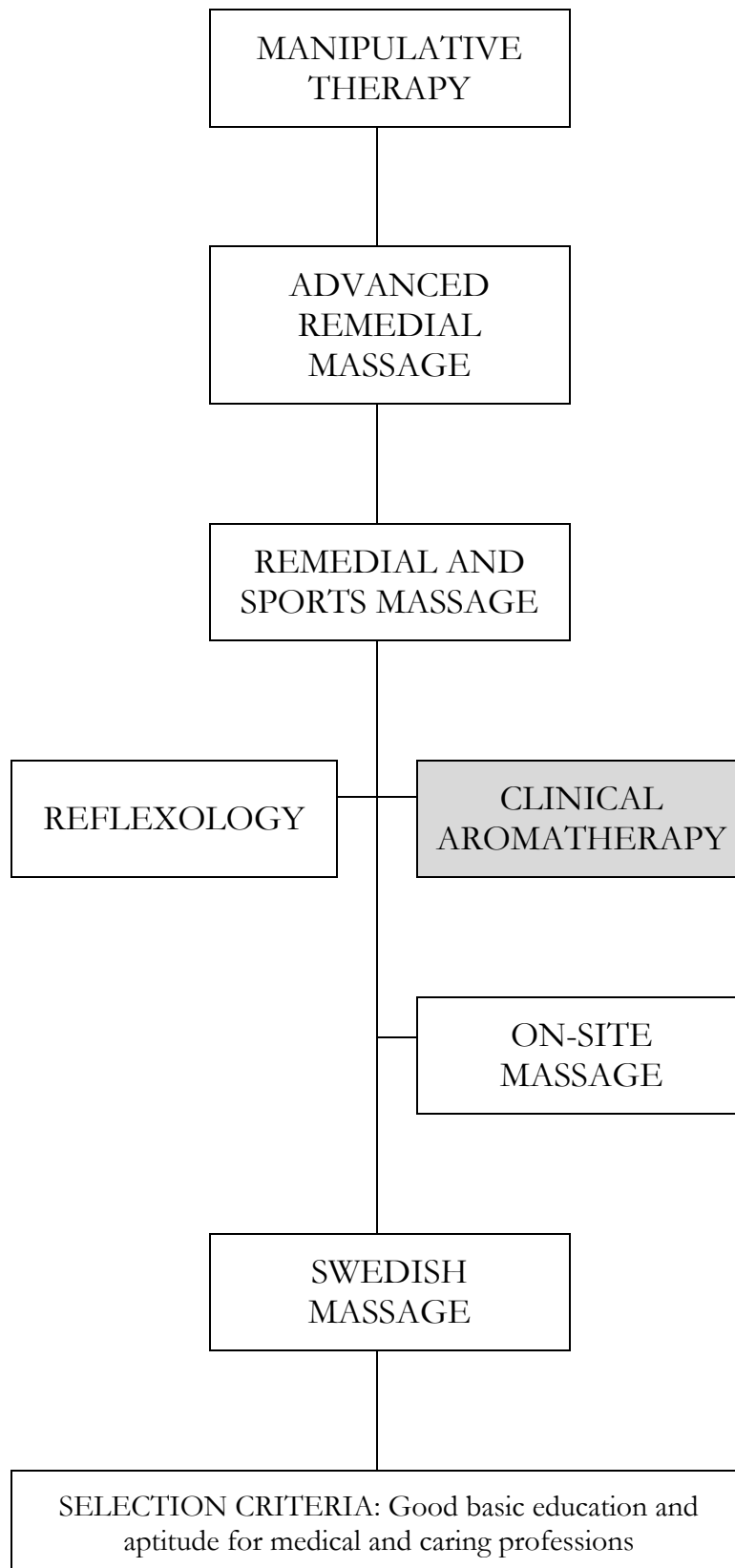
Telephone: 01224 822956 Fax: 01224 822960

Email: info@scotmass.co.uk

Website: www.scotmass.co.uk

CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





Scottish Massage Schools Ltd

24 Ellon Road, Bridge of Don, Aberdeen AB23 8BX
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<http://www.scotmass.co.uk>

CLINICAL AROMATHERAPY DIPLOMA COURSE

Welcome to the Scottish Massage Schools'
Clinical Aromatherapy Diploma course held in Edinburgh.

This leaflet contains information about our course, an outline of the weekends and the contents of the modules.

If anything requires clarification do please get in touch.

You do also require a brochure, which contains the dates of the current course. Please, let us know if you would like us to send you one.

We look forward to hearing from you.

Best wishes,

A handwritten signature in cursive script that reads "Maggie Brooks-Carter". A long, thin horizontal line is drawn below the signature.

Maggie Brooks-Carter
Principal

CLINICAL AROMATHERAPY DIPLOMA COURSE

To gain a Diploma in Clinical Aromatherapy the student must attend 200+ hours of training over 14 weekends.

This Course is divided into two parts: Part I and Part II.

Part I: consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Swedish Massage to Diploma level.

Part II: follows on after successful completion of Part I or a similar standard course, and consists of six (6) weekends (112 hours) of study in Clinical Aromatherapy.

ENTRY REQUIREMENTS

Part I: a good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness! (More information on the Swedish Massage course is available on request).

Part II: Diploma in Swedish Massage, or equivalent qualification. *If you are not sure whether you satisfy the criteria for joining Part II, please write or phone the office for clarification.*

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTTO) and follows the guidelines as set by the Aromatherapy Organisations Council (AOC).

Graduates are invited to join the SMTTO for membership and insurance to practice.

FEEDER SCHOOLS

Aberdeen: Scottish Massage Schools
Contact Maggie Brooks on 01224 822956

Edinburgh: Scottish Massage Schools
Contact Maggie Brooks on 01224 822956

Fife: Fife School of Massage and Complementary Therapy
Contact Jackie Tiernan on 01592 773303

Inverness: Highland School of Massage and Remedial Massage
Contact Kit Harling on 01540 661689

PART II – CLINICAL AROMATHERAPY

FEES

£950 (SMS graduate)/£1050 (other) incl. VAT

Registration (non-refundable):

£90 (SMS graduate)/£190 (other)

Tuition:

£950; or four (4) instalments @ £225, monthly by banker's order – first instalment by the 20th of the month preceding the start of the course. All fees must be paid by weekend four (4) and there are no refunds after weekend three (3).

REGISTRATION

Please complete application form and return to Scottish Massage Schools as soon as possible to avoid disappointment.

DATES

These are found enclosed in the course brochure. Start dates for all courses can be found on our website www.scotmass.co.uk.

DURATION

Seven weekends; 8.30am – 5pm both days.

VENUE

Edinburgh – Napier University, Merchiston Avenue, Morningside. Map available.

B&B

A list of bed and breakfast establishments is available on request.

ATTENDANCE

100% is recommended. Minimum requirement is 80%, but students are advised to attend the full course.

ABSENCE

Please discuss any planned absences before the start of the course. Makeups can be arranged with course tutors for weekends missed.

COURSE CONTENT

The modules and curriculum comply with those set by the Aromatherapy Organisations Council (AOC).

REQUIREMENTS

Portable couch (preferable);
Towels – one bath sheet and two bath
Pillow – three
Non-metallic bowl for oils

MATERIALS

Oils used for teaching, and other consumables used on the course weekends, will be provided by the School.

COURSE BOOKS

Medical Dictionary		ISBN 0192800019
“Aromatherapy an A-Z”	Patricia Davis	ISBN 085207185X
“Aromatherapy Workbook”	Shirley Price	ISBN 0722526458

HANDOUTS

You will receive a handout, which we hope will help you in your studying.

HOME STUDY & PRACTICE

This will be defined each weekend – approximately 20 hours per month is envisaged, but this will obviously depend on individuals.

HOMEWORK

There will be homework set each weekend; this will vary from an essay to question sheets. This is posted to the tutor responsible.

STANDARDS

A programme of Continuous Assessment is in situ and will contribute to the final mark.

COURSE TUTORS

Maggie Brooks-Carter DO RGN SMTO

Director and Principal of Scottish Massage Schools, Maggie teaches on all courses and practises as a Registered Osteopath, Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at Brooks-Carter Clinic in Aberdeen. Maggie also hold City and Guilds Teaching and Assessor’s Certificates.

Lorna Forrester RMT DCA DIR DOSM SMTO

Practising Clinical Aromatherapist, Remedial & Sports Massage Therapist, On-Site Massage Therapist and Reflexologist in Edinburgh. Lorna is also qualified in Indian Head Massage, Slavic Massage and Pre and Perinatal Massage Therapy.

Dr Ian Macaskill B.Med Biol M.B. ChB

Pathologist and medical advisor to Scottish Massage Schools.

Other speakers, experts in their own fields, will be invited to give lectures at appropriate points during the course. These include Doctors, Aromatherapists, Herbalists, a Counsellor and Nurse Tutors.

MODULES

Module 1:	Practice Management
Module 2:	First Aid
Module 3:	Anatomy, Physiology and Pathology
Module 4:	Chemistry
Module 5:	Clinical Aromatherapy
Module 6:	Aromatherapy Massage
Module 7:	Miscellaneous

TEACHING METHODS

Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

FORMAL TEACHING

The theoretical part of the course tends to take place in the mornings.

GROUP LEARNING

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models under the auspices of a practical tutor.

SMALL GROUP TUTORIALS

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

SPECIAL NEEDS

We are delighted that so far our students have included people with physical, auditory, visual and learning impediments. They have been very successful. If you wish to discuss your special needs and how we can help you, please call the office at Scottish Massage Schools on 01224 822956.

ASSESSMENTS

Written examination on the theory of Clinical Aromatherapy.

Practical examination to include a consultation, blending and massage on a member of the public.

EXTERNAL EXAMINER

An external examiner presides to ensure that standards are upheld.

RESITS

If the standard is not reached and the examinations are not passed; resits will be organised within three months of the examination date. Resit fee £50.

CASE STUDIES

50 hours of case studies are required to be submitted during the course.

APPEALS

There is an appeals procedure.

DIPLOMA

A Diploma in Clinical Aromatherapy is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted case studies (50 hours), and are considered to be professional Clinical Aromatherapists. Graduates are entitled to use the letters DCA (Diploma in Clinical Aromatherapy) after their name.

DISCONTINUATION OF TRAINING

The Principal and Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession.

INSURANCE

Insurance to practice can be obtained through various organisations, including the SMTO. All students require insurance.

FIRST AID

A certificate of First Aid will be issued.

PROFESSIONAL BODY

Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register.

STUDENT MEMBERSHIP

Students are automatically student members of the SMTO, at no charge, so can take advantage of the discounts and benefits of the Organisation.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through the SMTO and are publicised through the magazine '*On The Massage Scene*' and on the website www.scotmass.co.uk.

FURTHER TRAINING

Remedial and Sports Massage Diploma (6 weekends):	Courses held in Aberdeen, Edinburgh, Fife & Inverness
Advanced Remedial Massage Diploma (12 weekends):	Courses held in Edinburgh
Reflexology Diploma (6 weekends):	Courses held in Aberdeen, Edinburgh and Inverness
On-Site Massage Diploma (2 weekends):	Courses held in Aberdeen, Edinburgh, Fife & Inverness

**The late Nick Carter DO FSMTO MBRA co-founded
Scottish Massage Schools with Maggie, developing, teaching
and inspiring on all courses.**

**Nick and Maggie also co-founded the
Scottish Massage Therapists Organisation, one of the founder
members of the General Council for Massage Therapy (GCMT),
which is emerging as a regulatory body. Maggie is a member of its
Executive Committee.**

CONTENTS OF MODULES

MODULE 1 – PRACTICE MANAGEMENT

- (a) Codes of conduct and ethical considerations
- (b) How to set up, develop and promote a Clinical Aromatherapy practice
- (c) Business organisation: advantages and disadvantages of the different types of employment
- (d) The business plan
- (e) Legal aspects:
 - (i) National laws and common law in relation to Clinical Aromatherapy and the dispensing of oils
 - (ii) Bylaws, local authority licensing, record keeping
 - (iii) Insurance
- (f) Professional organisations
- (g) Consultation procedures and record keeping relation to a Clinical Aromatherapy practice
- (h) How to prepare a case study; ***this module includes five (5) case studies to be presented before the course end and a further five (5) within three (3) months of the course end.***
- (i) Care and safety of the client; developing the client/therapist relationship

MODULE 2 – FIRST AID

- (a) At the end of the course there will be standard training in First Aid and a certificate will be awarded once the required has been achieved
- (b) Essential oils and First Aid

MODULE 3 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

- (a) Anatomy and physiology will be reviewed, as necessary, as per the modules of the Swedish Massage Diploma course
- (b) The effects of the environment, lifestyle, social factors, heredity, age, diet and stress on health
- (c) Olfaction
- (d) Respiration
- (e) Homeostasis versus pathology
- (f) Essential oils and pathological conditions
- (g) Skin types and disorders
- (h) Pregnancy, labour and the puerperium

MODULE 4 – CHEMISTRY

- (a) Definition of atom, molecule, organic and inorganic compounds
- (b) Definition and recognition of the significant constituents found in essential oils; a minimum of two examples of oils will be studied in each category: terpenes, alcohols and phenols, aldehydes, ketones, oxides, esters and ethers
- (c) Introduction to understanding chemotypes; natural variations in plants
- (d) Introduction to plant chemistry: photosynthesis and biosynthesis

MODULE 5 – CLINICAL AROMATHERAPY

- (a) The philosophy of Clinical Aromatherapy and the holistic approach
- (b) History and development of the use of plants and their essential oils:
 - (i) From the earliest times – biblical references, Egyptian/Greek/Roman records, ancient Chinese medical text;
 - (ii) Middle ages – distillation, Avicenna, renaissance spread of knowledge, influence and work of leading herbalists;
 - (iii) 18th to 20th centuries – development of modern medical symptomatic/pharmaceutical approach and social influences;
 - (iv) Founding of ‘modern’ Aromatherapy – the influence of Gattefosse, Valnet and Maury and of current leading practitioners
- (c) Therapeutic properties and safety considerations
 - (i) Contra-indications;
 - (ii) Prescriptive safety and precautionary advice;
 - (iii) Potential toxicity of essential and base oils;
 - (iv) Labelling requirements;
 - (v) Care in pregnancy
- (d) Pharmacology
 - (i) How chemicals are introduced to the body;
 - (ii) Absorption and excretion
- (e) Classification of essential oils; introduction to plant families
- (f) Chemical properties and their effects
- (g) Terminology
- (h) Extraction of essential oils
- (i) A good working knowledge of 40 essential oils: basil, benzoin, bergamot, black pepper, cajeput, cedarwood, German chamomile, Roman chamomile, Moroccan chamomile, cinnamon, clove, cypress, eucalyptus, fennel, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lavandin, spike lavender, true lavender, lemon, lemongrass, lime, mandarin, sweet marjoram, peppermint, spearmint, myrrh, neroli, niaouli, orange, palmarosa, patchouli, petitgrain, pine, cabbage rose, damask rose, rosemary, rosewood, clary sage, common sage, sandalwood, titee, thyme, vetiver, and ylang-ylang
- (j) Essential oil profile: botanical/family name, common name, countries of origin, method of extraction, main chemical component of each oil, therapeutic properties of oil to assist with condition, uses/applications, and contra-indications specific to oil
- (k) Carrier oils
- (l) The blending of essential oils:
 - (i) selection and therapeutic application;
 - (ii) blending, percentage concentration and dilutions;
 - (iii) methods of mixing creams, lotions, cleansers, face masks, shampoos, bath gels, room sprays etc.
 - (iv) methods of administration
- (m) Efficiency with oils in regard to buying, storage, safety, bottling and pricing
- (n) Aromatherapy with Complementary and Orthodox Medicine
- (o) When to refer

MODULE 6 – AROMATHERAPY MASSAGE

- (a) Massage will be reviewed, as necessary, as per the Swedish Massage Diploma course modules. Modules available on request
- (b) Aromatherapy Massage:
 - (i) The student shall be competent to adapt a full body massage to suit client's needs when providing an Aromatherapy treatment;
 - (ii) The style and techniques, selected and employed, shall reflect and compliment the formulation blended;
 - (iii) As always, the emphasis shall be placed on meeting the individual needs of each client;
 - (iv) Care and safety practices will be re-emphasised

MODULE 7 – MISCELLANEOUS

- (a) Referral options: other therapies
- (b) The role of counselling and psychotherapy
- (c) Posture of the therapist
- (d) The use of Aromatherapy in stress
- (e) Relaxation techniques
- (f) Nutrition and detoxification
- (g) Lymphatic Drainage techniques
- (h) Drugs in common use
- (i) Aromatherapy and beauty treatments
- (j) The Bach Flower Remedies
- (k) Colour and Aromatherapy
- (l) Energies
- (m) The use of Reflexology with oils

**SCOTTISH MASSAGE SCHOOLS
CLINICAL AROMATHERAPY DIPLOMA COURSE**



<u>Weekend 1</u>	<u>Weekend 2</u>	<u>Weekend 3</u>	<u>Weekend 4</u>	<u>Weekend 5</u>	<u>Weekend 6</u>
<ul style="list-style-type: none"> • The philosophy and history of Aromatherapy • Aims of treatment – uses of Aromatherapy • Introduction to essential oils – definitions, characteristics, absorption and excretion, production and care • Effects, benefits, cautions and contra-indications of Clinical Aromatherapy • Introduction to blending and carrier oils • Introduction to plant families • The holistic approach • Professionalism 	<ul style="list-style-type: none"> • The first visit: the consultation • Pharmacology – how chemicals are introduced to the body • Introduction to plant chemistry; essential oils and chemistry • Chemical properties and effects • Production of essential oils • How to prepare a case study • The role of essential oils in the repair and healing of tissue • More about blending 	<ul style="list-style-type: none"> • Client consultation • How to set up in business • Absorption and excretion of essential oils • Olfaction • Respiration • Homeostasis v. pathology • A review of the skin: absorption through the skin • Skin types and related oils; skin conditions • Ageing and Aromatherapy • More plant chemistry • Methods of administration 	<ul style="list-style-type: none"> • Ethics and code of conduct • Promoting the Aromatherapy practice • Safety with oils • The digestive system and essential oils • The lymphatic system and immunity and the uses of Aromatherapy • Detoxification • The reflex points and diagnosis • Review of chemistry 	<ul style="list-style-type: none"> • Practice management: the legal aspects • The nervous system and essential oils: psychological effects and uses in conditions • Counselling and psychotherapy • Stress: effects and management • Relaxation • Tutorials • Oils and energies • Pathology workshop 	<ul style="list-style-type: none"> • Practice management: accounts, book-keeping and record keeping • Aromatherapy and pregnancy • Oils and colour • Bach Flower Remedies
<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>	<u>Oils</u>
<ul style="list-style-type: none"> • Basil, bergamot, benzoin, Roman chamomile, German chamomile, Moroccan chamomile 	<ul style="list-style-type: none"> • Cypress, eucalyptus, fennel, frankincense, grapefruit, geranium, jasmine 	<ul style="list-style-type: none"> • Juniper, lavender, lavandin, spike lavender, lemon, lemongrass, lime, mandarin 	<ul style="list-style-type: none"> • Sweet marjoram, melissa, peppermint, spearmint, myrrh, niaouli, orange, neroli 	<ul style="list-style-type: none"> • Pine, rosemary, black pepper, sage, clary sage, cabbage rose, damask rose, rosewood, sandalwood 	<ul style="list-style-type: none"> • Common thyme, ylang ylang • Review
<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>	<u>Practical Assignment</u>
<ul style="list-style-type: none"> • Blending • Massage of the arm • Massage of the leg 	<ul style="list-style-type: none"> • Aromatherapy consultation • Blending • Massage to the back 	<ul style="list-style-type: none"> • Face massage and reflex points • Blending creams and lotions • Massage of the neck and shoulders 	<ul style="list-style-type: none"> • Massage to the feet • Massage to the abdomen • Lymphatic drainage techniques 	<ul style="list-style-type: none"> • Relaxation techniques • Energies workshop • Massage review 	<ul style="list-style-type: none"> • Full body massage • Colour therapy workshop • Mock examination