



## ITEC Level 3 Diploma in Complementary Therapies

### Assignment Guidance Form

#### Unit 384 Principles and Practice of Complementary Therapies

#### Instructions

Identify and explain the origins and principles of complementary therapies for any **four** of the following:

- Acupressure
- Acupuncture
- Alexander Technique
- Aromatherapy
- Ayurvedic Medicine
- Bach Flower Remedies/Flower Remedies
- Body work (massage therapies)
- Bowen Technique
- Chiropractic
- Colour therapy
- Crystal therapy
- Ear Candling
- Herbalism
- Homeopathy
- Hypnotherapy
- Indian Head Massage
- Iridology
- Kinesiology
- Lymphatic drainage massage
- Meditation
- Naturopathy
- Neurolinguistic Programming (NLP)
- Osteopathy
- Physiotherapy
- Reflexology
- Reiki/Spiritual Healing
- Shiatsu
- Stone therapy
- Subtle energy/vibrational medicine
- Therapeutic Touch
- Traditional Chinese Medicine (TCM)
- Yoga

### Important Notes

1. ***KEEPING THE HEADINGS*** please use the template on the following pages to discuss those therapies you have chosen.
2. You must write a ***minimum of 150 words per each section.***
3. You must include some ***pictures or diagrams*** to help decorate and further demonstrate your understanding of each Therapy.
4. **Do not Copy and Paste** directly from the Internet or copy from books. It is important that you write your own words to demonstrate your understanding of each therapy. If you are copying and pasting, ensure you reference each section otherwise this Unit may be rejected.

## ***Unit 384 - Principles & Practice of Complementary Therapies***

**Student Name:**

**Choose any four therapies from the list below:**

### **Complementary therapies List Choice:**

Acupressure, Acupuncture, Alexander Technique, Aromatherapy, Ayurvedic medicine, Bach Flower remedies/flower remedies, Body work (massage therapies), Bowen Technique, Chiropractic, Colour Therapy, Crystal therapy, Ear candling, Herbalism, Homeopathy, Indian Head Massage, Iridology, Kinesiology, Lymphatic drainage massage, Meditation, Naturopathy, Neurolinguistic Programming (NLP) , Osteopathy, Physiotherapy, Reflexology, Reiki/Spiritual Healing, Shiatsu, Stone Therapy, Subtle energy/vibrational medicine, Therapeutic Touch, Traditional Chinese Medicine (TCM), Yoga.

### **My Chosen Therapies. ...**

1	
2	
3	
4	

# Therapy 1 – THERAPY NAME HERE

## Concept Origins & Development

*In your answer consider the following suggestions ...*

1. Explain the history and development of your chosen therapy from its (ancient) history through to the modern day.
  - a. Who are the main figures that developed the therapy?
2. **Add images** to show your therapy in action or how it has developed over the years
3. How is the therapy viewed in our society today?
4. Has the therapy advanced or gained popularity in today's society.

## Therapy Objectives

*In your answer consider the following suggestions ...*

1. Explain the benefits of your chosen therapy for a client
2. Explain how this therapy can help bring about **homeostasis**
3. What are the reasons a client would choose this therapy – skin improvement, alternative medicine, stress management etc.
4. What are the contributing factors that would cause the above reasons to require treatment e.g. what are the main causes of stress these days? Why could poor dietary choices have a negative effect on our skin?
5. Add images or pictures to demonstrate or help illustrate your discussion
6. Name a few contraindications and any potential contra-actions for this therapy.

## Regulations & Legal Obligations

*In your answer consider the following suggestions ...*

Discuss any regulatory, self-regulatory, professional bodies and/or Councils that exist for this therapy and what are their aims?

List and discuss any professional standards that exists and how these are achieved?

Is there a Code of Conduct for the therapy?

Are there any insurance obligations to practice this therapy?

Do you require a qualification in First Aid?

Are there any compliance laws around how this therapy is marketed by practitioners?

Are there any mandates regarding Self-Regulation in the CAM field?

What are the legal requirements as stated in the:

- **Health and Safety at Work Act** for example: First Aid, Fire safety, Accident reporting, Electrical safety, COSHH – data sheets, Risk assessment/management, Handling emergencies in the work environment  
<http://www.hse.gov.uk/legislation/hswa.htm>
- **Data Protection Act**  
<http://www.legislation.gov.uk/ukpga/1998/29/contents>
- Other legal frameworks relating to clients you may be treating in specific settings i.e.
  - Massage and special treatment licences - Check your local borough council for more information on obtaining a massage licence  
<https://www.gov.uk/massage-and-special-treatment-premises-licensing>
  - The Mental Health Act - <http://www.legislation.gov.uk/ukpga/1983/20/contents>
  - Children's Act - <http://www.legislation.gov.uk/ukpga/2004/31>
  - National Occupational Standards - <http://www.ukstandards.co.uk/Pages/index.aspx>
  - Advertising Standards - <https://www.asa.org.uk>
  - COSHH - <http://www.hse.gov.uk/coshh/>
  - Electricity at Work - <http://www.legislation.gov.uk/uksi/1989/635/contents/made>
  - Parliamentary Business - CAM - <http://www.parliament.the-stationery-office.co.uk/pa/ld199900/ldselect/ldsctech/123/12307.htm>

**Please see the following general websites for information:**

- **CNCH** - <http://www.cnhc.org.uk>
- **CThA** - <http://www.ctha.com>
- **FHT** - <http://fht.org.uk>
- **GCMT** - <http://www.gcmt.org.uk>
- **BABTAC** - <http://www.babtac.com>

**Please see the following specific websites for each therapy:**

- Association of Reflexologists (AoR) - <http://www.aor.org.uk>
- Acupuncture - <http://www.acupuncture.org.uk>
- Alexander Technique - <http://www.paat.org.uk/alexander.php>
- Aromatherapy - [http://www.naturaltherapypages.co.uk/association/aromatherapy\\_council/](http://www.naturaltherapypages.co.uk/association/aromatherapy_council/)  
<http://www.ifparoma.org>
- Ayurvedic medicine - <http://www.britayurpractitioners.com>
- Bach Flower remedies/flower remedies - <http://bachcentre.com/renew/uk.php>
- Bowen Technique - <http://www.bowen-therapy.co/default.asp> / <http://www.bowen-technique.co.uk/index.php>

- Chiropractic - <http://www.gcc-uk.org>
- Colour Therapy - <http://www.iac-colour.co.uk/>
- Crystal therapy - <http://www.crystal-healing.org>
- Ear candling - no formal associations, see the general bodies i.e. FHT
- Herbalism - <http://www.hpc-uk.org> / [www.mhra.gov.uk/](http://www.mhra.gov.uk/)
- Homeopathy - <http://www.a-r-h.org/> / <http://www.facultyofhomeopathy.org/>
- Indian Head Massage - no formal associations, see the general bodies i.e. FHT
- Iridology - <http://www.gni-international.org/>
- Kinesiology - <http://www.kinesiologyfederation.co.uk/> / <http://www.systematic-kinesiology.co.uk/>
- Lymphatic drainage massage - <http://www.mlduk.org.uk/>
- Meditation - <http://www.britishmeditationsociety.org/>
- Naturopathy - <http://naturopathy-anp.com/about.htm> / <http://gcmn.org.uk/>
- Neurolinguistic Programming (NLP) - <http://www.anlp.org/>
- Osteopathy – <http://www.osteopathy.org.uk/home>
- Physiotherapy - <http://www.hpc-uk.org/> / <http://www.csp.org.uk/>
- Reiki/Spiritual Healing - <http://www.thereikiguild.co.uk/> / <http://www.reikifed.co.uk/>
- Shiatsu - <http://www.shiatsusociety.org/>
- Stone Therapy – no formal associations, see the general bodies i.e. FHT
- Subtle energy/vibrational medicine - no formal associations, see the general bodies i.e. FHT
- Therapeutic Touch - <http://therapeutic-touch.org/policies/ttia-guidelines-and-standards>
- Traditional Chinese Medicine (TCM) - <http://www.atcm.co.uk/>
- Yoga - <http://www.iayt.org/> / <http://www.bwy.org.uk/>

## Training Required

*In your answer consider the following suggestions ...*

Type of qualifications needed? Does the qualification require recognition by a professional body?

What does the training consist of:

- Practical
- Theory, A&P or other
- Case studies, how many?

- Hours of learning, approximate?

Is CPD required to validate the qualification?

### **Key Aspects of Good Clinical Practice**

1. Identify the information required for assessment and treatment planning
  - a. Explain about what personal information you need from your client
  - b. Talk about consultation forms and the importance of creating a treatment plan
  - c. Explain about contraindications and contra-actions
2. Explain how to accurately record information, store records and ensure confidentiality
  - a. How will you record your client's personal information?
  - b. Why is data protection important when working with clients?
  - c. Client consent and confidentiality
  - d. How will you ensure its safety
3. Explain what the Referral process is and why it's important to maintain professional relationships with other healthcare / complementary professionals
4. Explain the need for health and hygiene when working with your clients
5. Why is it important to maintain a professional relationship with your client?
6. Talk about establishing trust with your client, how would you do this?

What would be the specific aspects of Good Clinical Practice be for the therapy you have chosen?

7. Think about the health and safety the Therapist and Client
8. What would be examples of good client after-care for this therapy?