

# ADVANCED AROMATHERAPY BROCHURE

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“We are  
committed to  
raising the  
standards of  
holistic therapy  
and to YOUR

### ABOUT THE TRAINING CENTRE OF WELLBEING

Our training centre offers both accredited and self development classes in addition to our unique selection of professional development and business & management training, which ensures you get the maximum benefit from your training. We are committed to raising the standards in the holistic field of medicine training by supporting our students throughout. Our courses include modules in anatomy and physiology training, codes of conduct, starting in business, support with case studies, and tutorials. Visit our website at: [www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

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### Accreditation and Course Credentials

This is an advanced practitioners course in aromatherapy which will enable you to provide aromatherapy to clients. You must have attended our essential aromatherapy beginners course prior to embarking on this practitioners training. You must have an in depth knowledge about the codes of conduct expected of a professional aromatherapist and a good knowledge of basic human anatomy and physiology.

This course has been accredited by the Complimentary Medicine Association (CMA) and approved by Balens Holistic Insurance. Both of these organisations are leading the way in improving the standards of complimentary medicine.

### Learning Objectives of the Course

1. Conduct a thorough client assessment and plan the appropriate aromatherapy programme.
2. Obtain client consent for the agreed plan.
3. Ensure a safe and hygienic environment to meet the clients needs.
4. Ensure that all oils, both essential and carrier and equipment used are safe and meet the clients needs.
5. Be able to correctly and safely blend the appropriate oils to meet the clients needs.
6. Ensure your client is safe and comfortable at all times during the treatment.
7. Massage and manipulate soft body tissue to enhance oil absorption and stimulate the bodys natural healing abilities.
8. Be able to asses and reflect on the aromatherapy session and effectively plan an adjust any further treatments accordingly.
9. Deal effectively with the clients response to the treatment.
10. Practivce effective listening skills and provide clear and accurate aftercare advice to the client.

11. Comply with the codes of conduct and ethics of the Training Centre of Wellbeing.
12. Have detailed knowledge of the 12 body systems and their interaction with essential oils.
13. Have basic knowledge in setting up and running a self-employed therapy practice.

### **More information the Course**

The course fee of £799 includes a printed manual, classroom sessions and assessment of work produced. The course is run over 12 monthly classes and on successful completion, there is a final assessment and a requirement to complete 75 case studies throughout your studies if you would like the advanced certification. We facilitate these during our student clinics and you must attend these each month.

The Training Centre of Wellbeing has an online learning platform where monthly assignments, learning resources and course documents are stored. You are given access to this drive and full instruction is given. Independent learning hours are estimated at 22 hours per month, in addition to the monthly classroom training and a further 60 hours estimated for completion of your case studies. On completion of your course, assessments and case studies you will receive an accredited certification and be able to obtain insurance to practice as an Aromatherapist. This course is in complete compliance with the Skills for Health National Occupational Standards. You must have completed our Essentials of Aromatherapy course prior to beginning this exciting professional therapist journey.

### **To Book on this Course**

The Advanced practitioner course in aromatherapy is taught over 12 monthly day time courses. Please check the events schedule on our website for the next enrollment dates or contact the Training Centre to make enquiries. Providing you meet the course pre-requisites, you will be sent an application form by email to complete and then invited to join the course. All sessions are classroom based and full attendance is required. You are able to book private catch up sessions if more than 2 classes are missed. Successful completion and accredited certification is dependant on full attendance, completion of the monthly assignments and case studies.



“Their fruit will  
serve for food  
and their leaves  
for healing”

**Ezekiel 47:12**

The word Aromatherapy combines two words – aroma (a fragrance or sweet smell) and therapy (or treatment). Aromatherapy combines a gentle massage with the use of essential oils obtained from plants and trees and contain their true essence. You are embarking on a professional journey with a high standard of training and upon successful completion, you will be able apply the systematic use of essential oils and absolutes in holistic treatment of your clients to improve physical and emotional wellbeing. You will explore a variety of applications including massage, inhalation, waterborne methods and topical application.



## **Course Curriculum**

The range, purpose and limitations of aromatherapy treatments.

Equipment needed for aromatherapy treatments.

The Client consultation.

Contraindications of essential oils and carrier oils.

When to and when not to treat a client with aromatherapy.

Treatment planning and evaluation.

The essential oils.

Listening Skills

Potential Hazards of aromatherapy treatment.

Olfactory and Limbic Systems.

Research and Legislation.

Botanical classification.

Dilution.

Obtaining good quality essential oils.

Blending essential oils – advanced practice.

Interactions of essential oils and absolutes

Health, Hygiene and Safe Use.

Aromatherapy Massage.

Absorption of essential oils.

Interaction of essential oils and the human body.

Client Aftercare.

Points to remember.

Emotions and psychology.

The Human Body 12 systems.

Please contact our centre to register your interest in this course.