

ITEC Level 3 Diploma in Complementary Therapies

Unit 348 Principles and Practice of Complementary Therapies

Recommended guided learning hours – 30

QCA Qualification Accreditation Number: Y/501/9253

Learning outcome	Assessment Criteria	Taught content
<p>1. Be able to understand the key historical factors and theoretical background for complementary therapies</p>	<p>1.1 Examine the history and origins of complementary therapies</p>	<p>1.1.1 Explain the development of complementary therapies from ancient history to the modern day To include: Body Massage: •The history and development of body massage • China 3000BC • Japanese Shiatsu • Indian Ayurvedic medicine • The Greeks • The Romans • Per Henrik Ling • Physiotherapy • Ongoing research and developments</p> <p>Aromatherapy: • The history and development of aromatherapy • The Egyptians • The Greeks • The Romans • The Arabs • China/India • The Great Plague • Herbal and other influences e.g. Culpeper, Gerard, naturopathy • The influence of allopathic medicine • First World War and Professor Gattefosse • Jean Valnet • Marguerite Maury • Ongoing research and developments</p> <p>Reflexology: • The history and development of reflex zone therapy and reflexology • The Ancient • The Chinese • The American Indians • Sir Henry Head • Sir Charles Sherrington • Dr William Fitzgerald • Edwin Bowers • Joseph Riley • Jospeh Corvo • Eunice Ingham • Dwight Byers • Doreen Bayly • Hanne Marquardt • Ongoing research and developments</p> <p>The history and development of other therapies to include: • Acupressure • Acupuncture • Alexander Technique • 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 • Reiki/Spiritual Healing • Shiatsu • Stone therapy • Subtle energy/vibrational medicine • Therapeutic Touch • Traditional Chinese Medicine (TCM) • Yoga</p>

		<ul style="list-style-type: none"> • Neurolinguistic Programming (NLP) • Osteopathy • Physiotherapy • Reflexology • Reiki/Spiritual Healing • Shiatsu • Stone therapy • Subtle energy/vibrational medicine • Therapeutic Touch • Traditional Chinese Medicine (TCM) • Yoga
2. Know the main influences on working within the complementary therapy industry	2.1 Describe legislative requirements and working practice within complementary therapies	<p>2.1.1 Summarise the legislation governing complementary therapies and how these affect working practices</p> <p>To include:</p> <ul style="list-style-type: none"> ▪ The Environmental Protection Act 1990 ▪ The Work Place Regulations (Health, Safety and Welfare) 1992 ▪ Health & Safety at Work Act 1974 ▪ The Management of Health & Safety at Work Regulations 1999 ▪ The Health and Safety (First Aid) Regulations 1981 ▪ Dangerous Substances and Preparations (nickel) (safety) Regulations 2005 ▪ The Personal Protective Equipment at Work Regulations 1992 ▪ The Provision and Use of Work Equipment Regulations 1998 ▪ The Control of Substances Hazardous to Health Regulations (COSHH) 2002 ▪ Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 1995 ▪ The Electricity at Work Regulations 1989 ▪ The Fire Precautions Act 1971 ▪ The Fire Precautions (Workplace) Regulations 1997 ▪ The Manual Handling Operations Regulations 1992 ▪ Employers Liability Act 1969 ▪ Working Time Regulations 1998 ▪ General Products Safety Regulations 2005 ▪ Cosmetic Products (Safety) Regulations 2008 ▪ The Supply of Goods and Services Act 1982 ▪ The Sale and Supply of Goods Act 1994 ▪ The Consumer Protection Act 1987 ▪ Trades Description Act 1972 ▪ Local Government (Miscellaneous Provisions) Act 1982 ▪ Data Protection Act 1998 ▪ Social Services Act 1970 ▪ Race Relations Act 1976 ▪ Sex Discrimination Act 1986 ▪ The Disability Discrimination Act 2005 ▪ Mental Health Act 2007 ▪ ECHR (Human Rights Act) 1998 ▪ The Care Standards Act 2000 ▪ Medical Act 1983 ▪ Children Act 1989 ▪ Sex Offenders Act 1997

	<p>2.2 Summarise the legal obligations of working with clients and the general public</p> <p>2.3 Explain the codes of practice and ethics relating to complementary therapies</p> <p>2.4 Analyse the roles of professional associations and organisations relating to complementary therapies</p> <p>2.5 Evaluate the process of registration and</p>	<ul style="list-style-type: none"> ▪ Crime and Disorder Act 1998 ▪ Protection of Children Act 1999 ▪ Youth Justice and Criminal Evidence Act 1999 ▪ The Children (leaving care) Act 2000 ▪ Copyright, Designs and Patents Act 1988 (Performing Rights) ▪ VAT Act 1994 ▪ The Veterinary Surgeons Act 1966 ▪ Medicines and Healthcare products Regulatory Agency (MHRA) requirements ▪ Prohibited appellation regulations • Any other Local, National or European legislation as noted in NOS and Core Curriculum <p>2.2.1 Describe the legal framework within which a complementary therapist operates To include:</p> <ul style="list-style-type: none"> ▪ Legal obligations when working with clients and the general public ▪ Duty of Care applicable when working as a complementary therapist <p>2.2.2 Explain the necessity of having professional indemnity insurance To include:</p> <ul style="list-style-type: none"> • Professional misconduct ▪ Disputes, disciplinary and complaints procedures ▪ A definition of professional indemnity insurance ▪ Insurance cover ▪ Public liability ▪ Employer's liability ▪ Product and treatment liability ▪ Personal accident insurance ▪ Contents insurance ▪ Buildings insurance ▪ Car insurance • The role of Professional Associations in the provision of insurance <p>2.3.1 Define code of ethics and code of practice and their importance to the complementary therapist To include:</p> <ul style="list-style-type: none"> ▪ The importance and implications of becoming a member of a Professional Association/Society/Guild ▪ Codes of practice, ethics and professional conduct <p>2.4.1 Define the activities undertaken by professional associations and organisations within complementary therapies To include:</p> <ul style="list-style-type: none"> ▪ Awarding organisations ▪ Professional associations e.g. CthA ▪ Voluntary Regulatory Bodies <p>2.5.1 Explain the importance of State Registration for the practising therapists</p>
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	regulation of complementary therapies	<p>To include:</p> <ul style="list-style-type: none"> ▪ Statutory Regulation of the profession ▪ National Occupational Standards ▪ National Qualifications ▪ Voluntary Regulatory Bodies ▪ State Register of Qualified Therapists ▪ Prince's Foundation for Integrated Health, GRCCT ▪ Benchmarks for good practise <p>2.5.2 Explain the term Continuing Professional Development</p> <p>To include:</p> <ul style="list-style-type: none"> ▪ The benefits of continuing professional development ▪ It may be mandatory if Statutory Regulation proceeds in certain professions and required by professional organisations ▪ It means that therapists are required to attend a certain amount of training hours per year in order to remain registered ▪ This can be obtained by attending lectures at exhibitions/conferences organised throughout the year or additional training courses/workshops
3. Know the key aspects of good clinical practice	3.1 Evaluate appropriate referral procedures and protocols to use with clients and others involved in integrated healthcare	<p>3.1.1 Explain why it is necessary to build up a rapport and maintain a professional working relationship with the medical profession</p> <p>To include:</p> <ul style="list-style-type: none"> • Understanding when a client may be contraindicated to treatment and at what point GP's permission should be sought • Educating the medical profession of the benefit of treatments as complementary to health care and the importance of working alongside them • Referral procedures • Prescribed conduct e.g. notifiable diseases, sexually transmitted diseases <p>3.1.2 Understand and explain why it is necessary to build up a rapport and maintain a professional working relationship with other therapists</p> <p>To include:</p> <ul style="list-style-type: none"> • Building up a support network of therapists qualified in other therapies to whom they can refer clients ▪ Client transfer ▪ Maintenance of confidentiality – case histories/client records • Referring clients to counsellors when appropriate • Understanding when to refer clients to other CAM or conventional practitioners e.g. osteopathy, chiropractic, physiotherapy, counseling <p>3.1.3 Understand and explain why it is necessary to build up a rapport and maintain a professional relationship with clients</p> <p>To include:</p> <ul style="list-style-type: none"> • The importance of the therapeutic relationship • Effective communication skills • Client assessment and handling

	<p>3.2 Identify effective communication skills when dealing with clients and colleagues in maintaining good practice.</p>	<p>3.1.4 Explain the importance of complementary therapies for clients and families receiving palliative or social care To include:</p> <ul style="list-style-type: none"> • Issue of consent • Any appropriate legislation e.g. Data Protection Act • Confidentiality • Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Knowing when to refer clients to people outside of the care team • Maintenance of accurate records • Managing ones own feelings • The importance of ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services <p>3.1.5 Understand and explain the importance of referral procedures To include:</p> <ul style="list-style-type: none"> • Only working within the realms of their own scope of practice and expertise as a complementary therapist • Only recommend treatments which are relevant and appropriate to the client • Client suitability e.g. young, elderly, pregnant, healthy, disabled etc • Conditions for which complementary therapy is appropriate • Where complementary therapy may be used with caution/modifications to treatment and techniques • Where treatment is contraindicated • Where treatment is inappropriate ♦ Demonstration of the understanding of when a client should be referred to either: <ul style="list-style-type: none"> • GP • Counsellor • Other complementary therapist • Member of the social care or nursing team (when working in care) • Other voluntary or statutory services e.g. Social Services, Citizens Advice Bureau <p>3.2.1 Explain methods of effective questioning and communication skills To include:</p> <ul style="list-style-type: none"> • Good communication skills (asking open and/or closed questions where appropriate, listening/hearing) • Barriers to effective communication ▪ Demonstrate appropriate body language at all times • Interpersonal distance • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Personal effectiveness • With other therapists • As part of team • With clients • With suppliers <p>3.2.2 Understand and explain why effective client communication is vital</p>
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<p>Assessment Unit 348 Principles and Practice of Complementary Therapies</p>	<p>Assignment - Principles and Practice of Complementary Therapies guidance form AG348 may be downloaded from www.itecworld.co.uk</p>	<p>Assignment - Principles and Practice of Complementary Therapies must be evidenced using assignment assessment form AA348. See www.itecworld.co.uk</p>