

Project Guidance Form

iUCT30 – Introduction to principles and practice of complementary therapies

Select four therapies from the list below:

- Aromatherapy
- Massage
- Colour therapy
- Crystal therapy
- Ear candling
- Indian head massage
- Reflexology
- Reiki
- Spiritual healing
- Yoga
- Meditation

For each therapy selected provide evidence of the following:

- Basic theories and effects of the therapy
- Uses of the complementary therapy
- The importance of consultation and preparation for the therapy
- The basic signs and symptoms of stress and how the complementary therapy may help
- Professionalism

Evidence may be presented in any of the following formats and must include some ICT:

- List
- Chart
- Spider diagram
- Written word
- Graph
- Other pictorial presentation

Document History

| Version | Issue Date | Changes | Role |
|---------|------------|-----------------|--|
| v1 | 09/10/2019 | First published | Qualifications and Regulation Co-ordinator |
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