

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUBT337 – Stone therapy massage

Total contact tuition hours proposed: 50

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> • College rules and regulations • College mission statement • ITEC rules and regulations • Health & safety • Timetable • Dates – holidays etc. • Syllabus • Recommended books • Uniform 	<ul style="list-style-type: none"> • Lecture • Q&A • Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
LO1 Know the history and concept of stone therapy massage and theories of other complementary therapies			
Explain the concept and history of stone therapy massage	<ul style="list-style-type: none"> • The history and development of stone therapy massage • Historical and cultural use of stones • Native American traditions • Mary Nelson • Current day use of stones • Principles of geo-thermotherapy • Principles of thermotherapy • Principles of Kneipp therapy • Physical and spiritual effects • Concept and effects of working with energy 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Practical • Handout: chakras • Homework • Test 	

	<ul style="list-style-type: none"> • Benefits for the therapist • Concept of the five elements and their link to stone therapy treatment <ul style="list-style-type: none"> - Water - Wood - Fire - Earth - Air 		
Explain the use of chakras	<ul style="list-style-type: none"> • To include balancing the chakras: <ul style="list-style-type: none"> - Base/root - Sacral - Solar plexus - Heart - Throat - Third eye/brow - Crown - Secondary chakras - Feet - Knees - Hands - Elbows - The position and related body area - The related colour - Element - Gem stone 		
Explain the term Aura and its relevance to stone therapy massage	<ul style="list-style-type: none"> • Definition • Factors which may influence changes in the aura <ul style="list-style-type: none"> - Mental - Physical - Spiritual - Emotional health 		
Explain the holistic approach	<ul style="list-style-type: none"> • The Greek term holos • The importance of the treatment of the whole person in relation to holistic health and the power of touch • Concept of balance and harmony in the body (homeostasis) 		
Explain the term integral biology	<ul style="list-style-type: none"> • The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing, to include: <ul style="list-style-type: none"> - Computers - Mobile phones - Processed food - Lack of fresh air - Jet lag 		

	<ul style="list-style-type: none"> - Lack of natural daylight - Stress - Lack of sleep - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution 		
Explain other complementary therapies and the ways in which they are performed	<ul style="list-style-type: none"> • 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 • Emotional Freedom Technique (EFT) • Herbalism • Holistic massage • Homeopathy • Hypnotherapy • Indian head massage • Iridology • Kinesiology • Lymphatic drainage massage • Meditation • Naturopathy • Neurolinguistic Programming (NLP) • Osteopathy • Reiki/Spiritual healing • Reflexology • Shiatsu • Subtle energy/vibrational medicine • Swedish massage • Therapeutic touch 		

	<ul style="list-style-type: none"> • Traditional Chinese Medicine (TCM) • Vertical reflexology • Yoga 		
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LO2 Know the legislation applicable to stone therapy massage treatment			
Explain the appropriate legislation applicable to stone therapy massage treatment	<ul style="list-style-type: none"> • Any particular rights, restrictions and charters • Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in law • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working e.g. Health and Safety at Work Act , Equal Opportunities Act, Data Protection Act, General Data Protection Regulations (GDPR) • Legislation applicable to the treatment and country therein • Code of good practice/ethics 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Homework 	
Explain the issues surrounding 'consent' to treatment	<ul style="list-style-type: none"> • Importance of obtaining consent from the client • Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves) • The meaning of informed consent and the guidance given by the practitioner's professional body particularly where there is a need for written consent • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure agreements are in the clients best interests 		

LO3 Know how to consult and recognise contra-indications to stone therapy massage treatment			
Explain methods of consultation	<ul style="list-style-type: none"> • A sample consultation form can be found at www.itecworld.co.uk • Learners should demonstrate knowledge of the importance of the following: <ul style="list-style-type: none"> - Private comfortable area - Positive body language - Positioning of the client (no barriers between themselves and client) - Good communication skills (asking open and/or closed questions where appropriate) - Trust - Professionalism, confidence and enthusiasm - Confidentiality - Consent - Inform clients of any restrictions/contra-indications to treatment - Ensuring clients are not alarmed in any way, explain potential reactions/contra-actions to treatment 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Homework 	

	<ul style="list-style-type: none"> - Client lifestyle - Client profile - Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs - Determining the nature and extent of the client's needs - Agreement to the course of action - Explanation of how the programme will be evaluated and the review process - Obtain the client's signature particularly when pre-existing conditions may exist 		
Explain the importance of referral procedures	<ul style="list-style-type: none"> • Only working within the realms of their own expertise as a stone therapy massage therapist • 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, community based voluntary and statutory support systems available 		
Recognise those contra-indications to stone therapy massage requiring medical referral or the clients to sign an informed consent form prior to treatment and those contra-indications that restrict treatment	<ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson's disease, motor neurone disease) - Bell's palsy - Trapped/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections 		

	<ul style="list-style-type: none"> - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and/or vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Menstruation - abdomen (first few days depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Gastric ulcers - After a heavy meal - Conditions affecting the neck - Metal pins/plates - Piercings 		
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LO4 Be able to carry out stone therapy massage treatment			
Demonstrate appropriate client care	<ul style="list-style-type: none"> • Checking consultation and contra-indications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being treated • Sanitise the feet • Wash own hands • Keep ensuring that the client is comfortable 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Homework 	

	<ul style="list-style-type: none"> • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Ensure the layout of the stones is comfortable for the client • Use appropriate water soluble oil as a medium • Perform tactile and thermal safety tests • Ensure the stones are not too hot or too cold and are used evenly over the body • Ensure the temperature of the stones is appropriate for the client • Adapt the stone therapy massage techniques to suit the needs of the client • Adapt the pressure of the stone massage particularly over bony areas • Remove the massage medium at the end of the treatment • Help the client off the couch protecting their modesty at all times 		
Demonstrate the correct hygiene procedures	<ul style="list-style-type: none"> • Forms of sterilisation in the treatment room • Forms of waste removal in the treatment room • Reasons for good personal hygiene • Wash own hands • Wipe the client's feet • Use clean towels for each client • Put couch roll on top of towels • Wear clean professional work wear • Socks/tights and full flat shoes • Remove all jewellery (except wedding band on client and therapist and stud earrings on therapist) from self and client • No nail enamel • Clean short nails • Hair tied back off collar and face • Ensure stones are clean with no chips or crevasses that may harbour bacteria or cut the client • Wipe stones with alcohol or surgical spirit after use • Use of sterilising tablets or solution in the stone heater 		
Demonstrate the selection and placement of the stones	<ul style="list-style-type: none"> • Types of stones and their benefits • Volcanic rock, e.g. basalt/jade (warm) • Marine stone, e.g. marble/sardonyx (cold) • Semi-precious stones • Preparation and care of the stones • Hygiene • Hot • Layout of the stones in the heater • Heating temperature • Chilled (not all used in every treatment) 		

	<ul style="list-style-type: none"> • Methods of cooling the stones • Methods of re-charging the stones to include – natural sea salt, sage, energy, circles (mandalas), sunshine, moonlight • Compiling a set of stones – type, size, shape and quality 		
Explain and demonstrate how the hot stone heater works	<ul style="list-style-type: none"> • Structure • Way in which the stones should be placed inside • How the heater heats the stones • Correct temperature of the working stones 		
Explain and demonstrate stone therapy massage movements and techniques	<ul style="list-style-type: none"> • When to use hot and/or cold stones • Use of oil as a medium • Correct handling and holding of the stones by the therapist • Correct positioning of the stones above and below the client when used within the treatment • Movements/techniques to include: <ul style="list-style-type: none"> - Effleurage - Petrissage (kneading/frictions) - Trigger point work - Frictions e.g. cross fibre - Holding - Tapping (piezoelectric effect) - Vibrations - Tucking - Placement - Opening, balancing and closing of chakras - Treatment should be adapted to suit the client's needs - Full body, facial or a part of the body - Hot or cold - Pressure should be alternated accordingly 		
Explain the physiological and psychological effects of stone therapy massage	<ul style="list-style-type: none"> • Physiological <ul style="list-style-type: none"> - Vasodilation - Vasoconstriction - Relaxes muscles - Stimulates circulatory/lymphatic systems - Calms or stimulates nerves • Psychological <ul style="list-style-type: none"> - Stress and tension relief - Improved general wellbeing - Calming and relaxing 		

LO5 Know the anatomy and physiology of the body applicable to stone therapy massage treatment			
Identify the structures being worked over and the effects of stone therapy massage on them	<ul style="list-style-type: none"> • Cells, tissues, skin, adipose tissue • Muscle groups within the treatment area • Primary bones and joints of the skeleton • Circulatory system • Lymphatic system • Nervous system • Endocrine, respiratory, digestive and excretory systems 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Homework 	
LO6 Be able to advise on aftercare and home care			
Explain the importance of giving appropriate aftercare and home care advice after treatment	<ul style="list-style-type: none"> • Healthy eating for wellbeing • Fluid/water intake • Exercise for general health • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing in terms of stone massage treatment • Helping clients and families to put their choices into action • Avoidance of activities which may cause contra-actions • Recommendations on further treatment and treatment frequency 	<ul style="list-style-type: none"> • OHP/whiteboard • Lecture • Q&A • Homework 	

Document History

Version	Issue Date	Changes	Role
v1	10/10/19	First published	Qualifications Administrator