

iUCT30 – Introduction to principles and practice of complementary therapies

URN – D/617/4347

Guided Learning Hours: 45

Learning outcome	Assessment criteria	Taught content to include
LO1 Understand the basic theories of complementary therapies	1.1. Describe the basic theories of complementary therapies	• Physiological and psychological effects and benefits – relaxation, stress relief, power of touch • Integral biology • The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Jet lag • Lack of natural light • 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)
	1.2. Explain why complementary therapies are used	• Aromatherapy • Massage

		• Colour therapy • Crystal therapy • Ear candling • Indian head massage • Reflexology • Reiki/spiritual healing • Yoga/meditation
LO2 Know the process of offering clients basic treatments in complementary therapies	2.1. Describe how to consult with the client	• A sample of a consultation form can be found at www.vtctskills.org.uk • Positioning of the client (no barriers between self and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Name • Address • Telephone number (day and night) • GP • Medical history • Any contra-indications to treatment • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs • Needs of the client • Agreement of treatment plan • Consent to treatment • Explanation of any possible contra-actions • Client's signature and date
	2.2. Explain how to prepare for basic treatment	• Explanation of treatment procedures • Preparation for treatment • Clean and hygienic working surroundings and equipment • Sufficient equipment and products to perform the treatment fully

	2.3. Identify possible causes and symptoms of stress in order to offer basic treatments	• Client assessment • Causes of stress • Changes in lifestyle • Occupational stress • Short term stress • Long term stress • Physical signs - Palpitations - Nausea - Tiredness - Aches and pains - Skin rashes/irritations - Allergies - Headaches - Frequent colds/infections - Constipation - Diarrhoea - Indigestion • Emotional signs - Mood swings - Worry - Anxiety - Irritability - Nervousness - Loss of confidence - Low self-esteem - Loss of concentration - Depression • Behavioural signs - Increase in smoking, alcohol, drugs, food consumption - Loss of appetite - Disturbed sleep patterns - Accident prone - Withdrawal from supportive relationships • Coping strategies - Diet - Exercise - Regular complementary therapy treatment(s) - Time management
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		- Relaxation techniques - Treatment planning
LO3 Be able to present and provide services in a professional manner for complementary therapies	3.1. Demonstrate a suitable level of personal presentation	• Appropriate attire - Professional work wear - Full flat shoes - Socks with trousers - Natural tights with skirts - No visible underskirts/underwear - No jewellery except a wedding band and stud earrings • Short clean finger nails with no enamel • No body odour • No bad breath • No perfume • No chewing of gum or sucking of sweets • Hair neat, clean and tied back – not on the collar or face
	3.2. Follow procedures for client assessment and planning of basic complementary therapies	• Consultation • Client expectations and preparation • Review of consultation to plan treatment programme • Only recommend treatments which are relevant and appropriate to the client • The importance of confidentiality and compliance with current data protection legislation • Refer clients where necessary
	3.3. Demonstrate personal conduct acceptable to clients and colleagues	• Personal values • Interrelationship between clients, colleagues, medical practitioners, other complementary practitioners and others • Personal effectiveness • Limitations and boundaries • Only perform therapies within scope of qualification(s)/practice • Self-development

Assessment

Portfolio of evidence containing:

- Internal task

Internal task must be evidenced using the project assessment form. See www.vtctskills.org.uk.

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	17/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	22/06/2026	Rebranding	Development Administrator