

ITEC Level 3 Diploma in Complementary Therapies

Unit 345 Reflective Practice for Aromatherapy

Recommended guided learning hours – 20

QCA Qualification Accreditation Number: D/5019626

Learning outcome	Assessment Criteria	Taught content
<p>1. Be able to apply and understand reflective practice</p>	<p>1.1 Describe the elements of reflective practice and reflect on own attitudes, beliefs, interests, priorities and values in relation to personal growth as an aromatherapist.</p> <p>1.2 Describe how own self-awareness impacts on personal and professional life and how to record evidence of own knowledge and practical experience.</p> <p>1.3 Evaluate own knowledge and practice in relation to professional codes of conduct and current working practices and identify strengths and remove limitations in order to best serve self and client.</p>	<p>1.1.1 Define reflective practice and its relevance for aromatherapy.</p> <p>1.1.2 Critically compare the differing theories of reflective practice To include: Models of reflection – for example: ▪ Bolton ▪ Gibbs ▪ Johns ▪ Kolb ▪ Schon</p> <p>1.1.3 Give examples of activities which develop reflective practice and record personal growth To include: ▪ Journals, peer review, mentoring, case study work, reading logs, portfolio development</p> <p>1.2.1 Distinguish and develop documentation to record own reflective practice and evidence the role of self-awareness in personal and professional life. Sample consultation forms may be obtained from www.iteworld.co.uk To include for example: - How did the therapist feel before/at the start of the treatment? - What did the therapist observe (verbal/non-verbal communication)? - How did the therapist feel after the treatment (review feedback from client, personal view)? - What does the therapist want to change/do differently? - What has this treatment taught the therapist? - How could the therapist improve their own experience/the client's experience of the treatment and recommended treatment programme? - Have any continuous professional development requirements arisen as a result of the case?</p> <p>1.3.1 Review methods and outcomes of reflective practice and draw conclusions for further development of professional therapy skills Detail within case studies: ▪ Client treatment programme ▪ Client feedback ▪ Reviewing client progress</p>

	<p>1.4 Identify lifelong learning opportunities and describe how to plan for self -development</p>	<p>1.4.1 Develop a personal plan for continuous professional development and record action plans for updating skills and knowledge To include: ▪ Any CPD requirements ▪ Courses undertaken/to be taken ▪ Awareness of NOS and ongoing research and development in aromatherapy sector</p>
<p>Assessment Unit 345 Reflective Practice for Aromatherapy</p>	<p>Case Studies Reflective Practice for Aromatherapy 45 case studies to include</p> <ul style="list-style-type: none"> • 6 clients x 6 treatments with aromatherapy massage • 9 treatments using other methods of application i.e. compresses, inhalations, blending of creams/lotions for external use, clay work etc. <p>To include:</p> <ul style="list-style-type: none"> ▪ Consultation including medical history ▪ Client profile and general lifestyle details (to include any current issues in their life and stress levels at home and work) ▪ Treatment plan ▪ Rationale for the choice of each essence for each treatment (maximum of 3 oils per treatment) – to include plant families and significant chemical constituent details ▪ Rationale for the choice of fixed oils for each treatment ▪ Alternative choice of essences/fixed oils for each treatment ▪ Ratio of blending for each treatment ▪ Client feedback ▪ Home care advice (must detail the quantities of oils recommended and the frequency and method of use) ▪ Self-reflection at the end of each treatment ▪ Details of any CPD requirements resulting from casework 	<p>Unit 345 Reflective Practice for Aromatherapy case studies must be evidenced through the use of signed and dated consultation forms, case study documentation and client feedback, and assessed using case study assessment form CSA345. See www.itecworld.co.uk for sample forms.</p>