

Identify and explain the origins and principles of complementary therapies

Acupuncture - is a technique of traditional Chinese medicine. Acupuncture is a system of healing that focuses on improving the overall well being of the patient. Health problems are treated by the insertion of fine needles into the body at specific points. Originating in China, these points have been mapped out over two thousand years and have more recently been confirmed through electromagnetic research.



Traditional acupuncture is based on ancient Chinese theories of the flow of *Qi* (energy), also referred to as *Chi* and *Xue* (blood) through distinct pathways or meridians that cover the body. Acupuncture, that is inserting special needles into acupoints, stimulates and enhances the free flow of *Qi*, therefore regulating the harmonious energetic balance of the body. This consequently relieves pain and restores health.

The list of conditions commonly treated with acupuncture is extensive and includes:

<ul style="list-style-type: none">• Allergies / Asthma• Arthritis / Joint Problems• Back Pain• Bladder / Kidney Problems• Constipation / Diarrhoea• Cough / Bronchitis• Dizziness• Drug Addiction / Smoking• Fatigue• Gynaecological Disorders• Headache / Migraine• Health Maintenance• Heart Problems / Palpitations• High Blood Pressure• Immune System Deficiency	<ul style="list-style-type: none">• Knee Pain / Neck Pain / Stiffness• Pain Relief• Paralysis / Numbness• Pre-Menstrual Syndrome• Sciatica• Sexual Dysfunction• Shoulder Pain• Skin Problems• Sports Injuries• Sprains and Strains• Stress / Anxiety• Tendonitis• Weight Control• Chronic Fatigue Syndrome
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The location of the points selected, the nature of the problem, the patient's size and age and the acupuncturist's style are all factors that will determine how deep the needles actually go. Acupuncture needles are usually inserted from 1/8 to 1 inch in depth. The patient will feel some cramping, heaviness, distention, tingling, or electric sensation either around the needle or travelling along the energy pathway. However the pain level is considered mild. During the treatment the patient will need to uncover the area on which they will be worked and will usually lay on a massage table. The number of treatments required for healing varies depending on the duration, severity and nature of the complaint.

Regulations and Legal Obligations

Practitioners must apply to Environmental Health Officer for granting of Special treatments license unless exempted.

All practitioners must comply with the provisions of the Health and Safety at Work Act 1974 and appropriate supporting regulations to ensure a safe and hygiene place of work for themselves, their colleagues and their clients.

Any instrument which may come in direct contact with skin or blood must be immersed after each use in a recommended dilution of Sodium Hypochlorite for at least one hour or Autoclaved. Must

be autoclaved to manufacturer's specification and kept in sterile environment before each use. No direct or indirect contact with blood to be made between each use. Needles and other disposable instruments must be pre-packed and pre-sterilised and only used once before proper disposal in a puncture and leak-proof box that is clearly marked sharps. The box and its contents must be disposed of in a manner approved for clinical waste.

When administering acupuncture outside the normal clinical environment the recommended sterilization and hygiene procedure mentioned above must be adhered to.

Details of medication must be taken. Possible side effects and known effects in combinations of herbs and medication must be considered. Acupuncture or Herbal Medicine must not be prescribed if a patient's condition is not fully understood or is likely to be critical or non responsive to treatment. Such patients must be referred to contact their General Practitioner and treatment is to be declined. Practitioners must give professional considered advice when consulting patients and must not overcharge, mislead or continue to treat patients for prolonged treatment courses without beneficial treatment results. Practitioners associated to the Acupuncture Society will conduct nor permit any person to administer any treatments unless particulars of the training and qualifications are recognised by the Society. Herbal Medicines must be of the highest quality, clean, not fermented, polluted or out of date. Controlled or toxic substances and endangered species must not be used. The client shall not be treated if under the influence of alcohol, drugs or other substances. The practitioner shall ensure that adequate records of treatments are kept. The Acupuncture Society has the right to expect that all of its members conduct their professional activities in accordance with the Code of Ethics, Rules and Regulations of the Society.

Members must not practice without adequate professional indemnity, public liability and product cover insurance and must produce evidence of cover annually.

Patients should not be treated if they have consumed alcohol or whilst on medication. Patients must have eaten two to three hours prior to treatment.

Practitioners must be honest to their patients, not mislead, nor give unqualified advice. Patients must not be led on to receive prolonged courses of treatment without encouraging results. Records of patient's medical history and their treatment progress must be kept. Practitioners must not advise patients to stop medication or other medical treatments without first consulting with their GP or Specialist. Patient complaints concerning the conduct of members must be forwarded to the Ethics and Standards Committee. Practitioners must always give their full attention whilst engaged with a patient and provide safe and suitable treatments to the best of their ability. Practitioners who have doubts about their ability to achieve results in a particular case must refer the patient to a more experienced practitioner or to their GP, whichever is appropriate.

Members must not make any sexual passes or comments to patients under their care. In the case of male practitioners treating female patients, the genital area and breasts should always be kept covered, exempt during an examination with a female assistant present. Female practitioners must make sure that male genital areas are kept covered during treatments. Client dignity and modesty must be observed at all times.

Training Required

Diploma in Acupuncture - 3 years full time study



Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of improving a person's mood, cognitive function or health. The effectiveness of aromatherapy is yet to be scientifically proven, however some evidence exists that essential oils may have therapeutic potential.

Since some essential oils such as tea tree have demonstrated anti-microbial effects, it has been suggested that they may be useful for the treatment of infectious diseases. The evidence base for the efficacy of aromatherapy used to treat medical conditions remains poor with a particular paucity of methodologically rigorous studies.

Aromatherapy may have origins in antiquity with the use of infused aromatic oils, made by macerating dried plant material in fatty oil, heating and then filtering. Many such oils are described by Dioscorides, along with beliefs of the time regarding their healing properties, in his *De Materia Medica*, written in the first century. Distilled essential oils have been employed as medicines since the invention of distillation in the eleventh century, when Avicenna isolated essential oils using steam distillation.

The concept of aromatherapy was first mooted by a small number of European scientists and doctors, in about 1907. In 1937, the word first appeared in print in a French book on the subject: *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* by Rene-Maurice Gattefosse, a chemist. An English version was published in 1993. In 1910, Gattefossé burned a hand very badly in a laboratory explosion. The hand developed gas gangrene, which he successfully, and intentionally, treated with lavender oil.

A French surgeon, Jean Valnet, pioneered the medicinal uses of essential oils, which he used as antiseptics in the treatment of wounded soldiers during World War II.

Aromatherapy is used to reduce the symptoms of a range of conditions and is believed to work both physiologically and psychologically, although there is no definite scientific evidence to prove these effects.

Aromatherapy is the practice of using essential oils therapeutically. Plant oils have been used for therapy and cosmetics for thousands of years with records going back to ancient Egypt, China and India.

The essential oils that aromatherapists use to treat conditions are complex substances containing many chemical components. The oils aren't concentrated from whole plant parts - unlike most herbal medicines - but are extracted from flowers, leaves, roots, peel, resin or bark.

Essential oils are either absorbed through your skin using massage or through a cream, lotion or compress to which they have been added. Some people claim this may act as an antiseptic or a painkiller, although there is limited evidence for this. Alternatively the oils can be inhaled and some of the oil components enter your body. It's not known exactly how aromatherapy works - in particular, whether the massage or the smell (or both) has an effect.

When you inhale essential oils, this stimulates your olfactory system - the part of the brain connected to smell. A signal is transferred to your brain's limbic system that controls emotions and stores and retrieves learned memories. This triggers chemicals to be released.

These are thought to have different effects, causing you to feel relaxed or stimulated. In addition, the gentle massage often used to apply the diluted oils to your skin is likely to have a relaxing effect.

Some of the conditions aromatherapy is used for include:

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- 1 anxiety, stress or insomnia
- 2 muscular aches and pains
- 3 headaches
- 4 digestive problems
- 5 menstrual or menopausal problems

Regulations and Legal Obligations

Although there is currently no legislation specifically regulating aromatherapists (unlike medical practitioners, osteopaths and chiropractitioners) the profession is keen to introduce statutory regulation at some point in the future.

Aromatherapists are currently regulated on a voluntary basis by two regulatory bodies. The General Regulatory Council For Complementary Therapies (GRCCT) is the main federal regulator for complementary therapies in the UK and operates a national register of approved practitioners. Another voluntary regulator, the Complementary and Natural Healthcare Council (CNHC), was set up by the Prince's Foundation for Integrated Health (FIH) and started regulating complementary practitioners like aromatherapists from mid 2008. You can find out more about voluntary regulation on the GRCCT and CNHC websites. More information about regulation is also available on the Aromatherapy Council website.

Members of aromatherapy associations, such as the International Federation of Professional Aromatherapists (IFPA), must comply with their code of conduct. You can read the IFPA code on their website.

Essential oils must be used with care and some have been identified as being harmful in certain circumstances, for example where clients have skin conditions such as eczema and psoriasis. The International Fragrance Association (IFRA) has identified oils which should only be used with caution and some which they have placed on the banned list.

Essential oils fall within the scope of the Control of Substances Hazardous to Health (COSHH) Regulations because they can be toxic and also can cause allergic contact dermatitis where aromatherapists use them a lot. You must make sure that you carry out a work place risk assessment and put in place systems so that chemicals are used as safely as possible. You can find out more about your duties as an employer under the COSHH Regulations from COSHH, a brief guide to the Regulations which you can download from the Health & Safety Executive (HSE) website.

Under the terms of the Chemicals (Hazard Information and Packaging for supply) Regulations (CHIP), essential oils must be properly packaged and labelled. Suppliers must also provide their customers with Material Safety Data Sheets (MSDS) which carry information about the product, hazardous ingredients, details of the composition of the oil such as its Chemical Abstracts Service (CAS) number and details of flammability, danger of explosion and so on.

If you make retail sales of aromatherapy products such as lotions, massage oils, soaps and so on, you should be aware of the Cosmetic Products (Safety) Regulations. These cover the ingredients that can be used in cosmetic products and what must be included on labels. You can find out more in the BIS publication Guidance on the Implementation of the Cosmetic Products (Safety) Regulations which you can download from the BIS website.

You can find out more about the regulations applying to essential oils from the Aromatherapy Trade Council (ATC) website which represents the aromatherapy essential oil industry.

As well as making sure that essential oils are stored and used safely, you must also comply with health and safety legislation that covers all aspects of health and safety in the work place. Employers have a duty to ensure the health and safety at work of all of their employees and those with more than five employees must prepare a written health and safety policy statement. You should contact your local authority environmental health department for advice and guidance.

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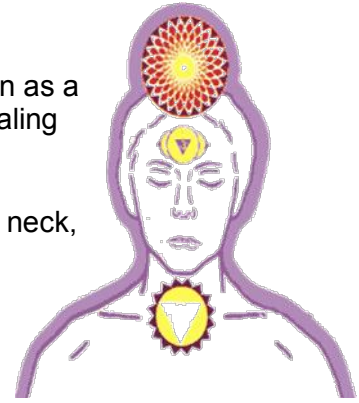
Training Required

ITEC in Aromatherapy

Indian Head Massage

Indian head massage originated in India over 1000 years ago and began as a way of keeping the hair in good condition. It is based on the ancient healing system of Ayurveda.

This form of massage works on the upper back, shoulders, upper arms, neck, scalp, ears and face. The areas are massaged using firm yet gentle, rhythmic movements that involve acupressure points called Marma points. Ayurvedic oils were traditionally used in this form of massage however the use of oils is now optional.



Conditions Treated:

Indian head massage can be used to:

- relieve eyestrain
- relieve insomnia
- ease headaches and migraine
- relax muscles
- relax and tones facial muscles
- stimulate the hair and scalp
- help localized blood and lymphatic circulation
- boost the immune system
- restore joint movement
- relieve sinusitis
- reduce stress
- release anxiety

Indian head massage is great for relieving the stress and tension in our everyday lives. The technique uses controlled movements and has a strong effect on the three higher chakras – the mind, body and spirit. The chakra is the energy vortex that we need to remain striving and because the massage works on the neck and shoulders, tension is relieved almost instantly.

Regular sessions of Indian head massage will result in a number of health benefits for the client, and a course of treatments may be advised if a complex condition is involved.

The client, fully clothed, sits in a massage chair for the treatment. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. In addition, the therapist will also gently stimulate and stroke pressure points on the face. The session will usually last from twenty to forty-five minutes, and most therapists like their clients to sit quietly for ten or twenty minutes once the massage has been completed.

Regulations and Legal Obligations

It is important to:

- work according to relevant Health and Safety Legislation
- sanitise your hands
- maintain standards of hygiene and to avoid cross-infection
- assess possible risks to yourself and your client due to poor positioning of clients and avoid potential discomfort to client
- keep accurate records of treatments
- correctly store client records in relation to the Data Protection Act
- complete services in the given time

Principles and Practice of Complementary Therapies

Training Required

ITEC in Indian Head Massage



Stone Therapy

Stone therapy massage utilises both hot and cold stones incorporated with massage techniques in order to bring about a feeling of deep relaxation and well-being. The hot stones are usually volcanic rocks such as basalt and cold stones are marble or cool sedimentary stones. The stones are heated or chilled to varying temperatures and come in all shapes and sizes. The stones are placed on the client according to their needs and, when used with massage, can provide

benefits that are not possible through normal massage.

Stone therapy is a thermotherapy using stones to provide both heat and cold and the combination of alternating temperatures can be very beneficial. The heated volcanic stones are used on key acupressure sites and the heat relaxes the muscles, allowing for a much deeper massage. Heated stones can also be placed on the body's chakras, or energy points, working with the body's natural energy to create balance both physically and mentally. Alternatively, the stones can be used as a kind of "place marker", letting the therapist know where more specific massage or treatments are needed.

The stones come in different shapes and sizes and the therapist will select the stones according to your needs.

Cold stones are used to reduce and/or treat inflammation, to remove blood from a swollen area, and to rebalance the male and female energies in the body in order to restore the body to a state of harmony. Cold stones can also be used for detoxification purposes. Using hot and cold stones together can improve the functioning of the circulatory system and assist the body with its self-healing processes.

When getting a stone therapy massage, it is not unusual for the client's body temperature, heart rate and breathing rate to rise and fall during the treatment. This is not harmful and is merely the result of the rapid exchange of oxygen and blood in the body.

All five senses are catered for in a stone therapy massage, with aromatherapy oil and other relaxing tools being used when the massage is carried out. The therapist's goal is to bring about deep relaxation in the client so that negativity is removed and the client feels an overall sense of well-being.

Stone therapy massage can be used to treat a variety of conditions including:

- improving the lymphatic and immune systems
- normalising body functions
- helping your body to heal itself
- increasing of cellular activity
- improving the flow of blood
- inflammation and muscle injury
- removing stress and inducing a feeling of well-being
- balancing the male and female energies

Regulations and Legal Obligations

In line with hygiene standards, stones need to be kept heated in clean, sanitized water between 120 to 130 degrees Fahrenheit (about 50°C). Typically, gloves, tools, or mesh bags are used in removing stones from the hot water for sanitary reasons since hot water promotes the growth of

bacteria. Alternatively, water temperatures kept too low may allow the proliferation of bacteria, algae, and mold, especially if the water has not been changed. Ideally the water should be changed for every round of sessions the therapist performs, the stone should be thoroughly cleaned and dried between patients.

Other Legal Obligations include:

Having Indemnity Insurance

Having Employer's liability insurance

It is important to:

- work according to relevant Health and Safety Legislation
- sanitise your hands
- maintain standards of hygiene and to avoid cross-infection
- assess possible risks to yourself and your client due to poor positioning of clients and avoid potential discomfort to client
- keep accurate records of treatments
- correctly store client records in relation to the Data Protection Act
- complete services in the given time

Training Required

Therapists or practitioners should have attended an intensive course over a period of a few days, with a resultant qualification. While the length of time the practitioner has spent being trained can be important; in general a recognised qualification from a reputable practical training source is preferred. ITEC in Stone Therapy