

ITEC Level 3 Diploma in Stone Therapy Massage

Unit 47 Stone Therapy Massage

Recommended guided learning hours – 50

QCA Qualification Accreditation Number: 100/5213/6

Pre-requisite – Students must hold the ITEC Level 3 Diploma in Holistic Massage or the ITEC Level 3 Diploma in Body Treatments or equivalent

Unit 47 Stone Therapy Massage	
Theory Learning Outcome	Underpinning knowledge
1) Understand and explain the Holistic Approach	<ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person
2) Understand and explain the concept and history behind Stone Therapy massage	<p>To include;</p> <ul style="list-style-type: none"> ◆ Origination • Native American traditions ◆ Nature • Principle of Kneipp therapy • Principle of geothermotherapy • Holistic approach • Homeostasis • Chemical • Physical and spiritual effects • Concept and effects of working with Energy • Benefits for the therapist ◆ Concept of the five elements and their link to stone therapy treatment • Water • Wood • Fire • Earth • Air
3) Understand and explain the use of chakras	<p>To include:</p> <ul style="list-style-type: none"> • Base • Sacral • Solar plexus • Heart • Throat • Third eye • Crown ◆ Secondary chakras • Feet • Knees • Hands • Elbows • The position and related body area • The related colour • Element • Gem stone
4) Understand and explain the term Aura and it's link to stone therapy massage	<p>To include:</p> <ul style="list-style-type: none"> ◆ Definition ◆ Factors which may influence changes in the aura • Mental • Physical • Spiritual • Emotional health
5) Understand and explain the term integral biology	<ul style="list-style-type: none"> ◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing <p>To include:</p> <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution
6) Understand and explain the appropriate legislation applicable to stone therapy massage treatment	<p>To include:</p> <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's Act • Moral rights which are not recognised in Law • Records which the practitioner is responsible for completing in relation to rights and responsibilities
7) Understand and explain the issues surrounding 'consent' to treatment	<p>To include:</p> <ul style="list-style-type: none"> • Importance of obtaining written consent from the client • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure that agreements are in the client's best interests • Ensure that clients sign the consultation form as self certification particularly when pre-existing conditions may exist
8) Understand and explain methods of consultation	<p>Candidates should demonstrate knowledge of the importance of the following:</p> <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 rather than closed questions) • Trust • Professionalism, confidence and enthusiasm

	<ul style="list-style-type: none"> • Confidentiality • Consent (see notes above) • Inform clients of any restrictions to treatment e.g. local contraindications to treatment • Any contraindications to treatment (as listed below) • Ensure clients are not alarmed in any way • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Obtain the client's signature particularly when pre-existing conditions may exist
9) Recognise common ailments and contraindications to stone therapy massage	<ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardio vascular 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. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Localised • 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 • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck
10) Understand and explain appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • 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 • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • 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
11) Understand and explain the correct hygiene procedures	<p>To include the definition of the following terms:</p> <ul style="list-style-type: none"> • Septic • Antiseptic • Disinfectant • Sterile • Cross infection • Sterilisation • Aseptic • Bactericide • Bacteriostat • Fungicide • Fungistat • Pathogenic • Non-pathogenic • Toxins • Hygiene • Bacteria • Fungi • Viruses and infestations with examples • Awareness of blood born diseases – HIV/AIDS, Hepatitis A, B

	<p>and C • Describe the most efficient form of sterilisation in the clinic • Describe the best form of waste removal in the clinic (particularly when contaminated) • 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</p>
12) Understand the selection and placement of the stones	<p>To include:</p> <ul style="list-style-type: none"> • Hygiene • Preparation and care of the stones • Hot • Chilled (not all used in every treatment) • Methods of re-charging the stones to include – salt, sage, energy, circles (mandalas) ◆ Types of stones and their benefits • Volcanic rock, e.g. basalt/jade (warm) • Marine stone, e.g. marble/sardonyx (cold) • Compiling a set of stones • Semi precious stones • Layout of the stones in the heater • Heating temperature • Methods of cooling the stones • Layout of the stones for a treatment
13) Understand and explain how the hot stone heater works	<p>To include:</p> <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
14) Understand and explain the stone therapy massage sequence and the physiological and psychological effects	<ul style="list-style-type: none"> ◆ When to use hot and when to use cold stones • Vasodilatation • Vasoconstriction • Use of oil as a medium • Correct handling of the stones by the therapist • Correct positioning of the stones above and below the client when used ◆ Movements to include: • Spirals • Effleurage • Petrissage • Trigger points work • Tucking • Cross fibre friction • Friction • Holding • Tapping (piezoelectric effect) • Rocking • Vibrations ◆ 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
15) Understand and explain the physiological and psychological effects of stone therapy massage	<p>To include:</p> <ul style="list-style-type: none"> • Vasodilation • Vasoconstriction • Metabolism • Heart rate • Respiration • Immune system • Relaxation of the body and mind
16) Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> • To include all of the body systems in the anatomy and physiology section – unit 1/30-40
17) Understand and explain other complementary therapies and the ways in which they are performed	<p>To include:</p> <ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Aromatherapy • Osteopathy • Indian Head Massage
18) Understand and explain the importance of referral procedures	<p>To include:</p> <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: • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team, community based voluntary and statutory support systems available
19) Understand and explain the importance of giving appropriate homecare advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social well being in terms of Stone Massage treatment • Helping clients and families to put their choices into action • Reviewing

	their progress
<p>20) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)</p>	<p>To include:</p> <ul style="list-style-type: none"> • List the contents of a first aid box and it's importance • Necessity for an accident book and it's contents ◆ Correct first aid procedures for the following: • Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria • Heart Attack • Unconsciousness • Twisted ankle • Asthma attack • Diabetic coma • Nose bleed • Insect sting • Hyperventilation • Migraine • Dizziness • Recovery position • Knowing how to call for medical assistance

Unit 47 Stone Therapy Massage	
Practical Learning Outcome	Underpinning knowledge
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<p>29) Understand and demonstrate recognition of common ailments and contraindications to stone therapy massage</p>	<ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardio vascular 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. Muscular sclerosis, Parkinson’s disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ◆ Localised • 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 • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck
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ITEC Unit 47 Stone Therapy Massage Case Studies

A range of 5 clients must be treated with Stone Therapy Massage and outcomes recorded

To include:

- Consultation
- Medical History
- Lifestyle
- Client profile (to include any current issues in their life)
- Rationale for choice of treatment
- Details of how the therapist conducted treatment
- Client reaction during and after treatment
- Homecare advice
- Reflective practice*
- Overall conclusion

*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment