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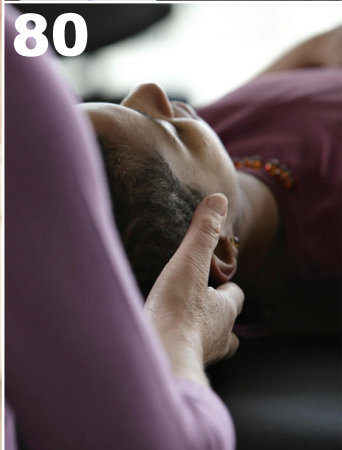
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Professional Essential Oils Therapy (PEOT) Diploma

The International Federation of Aromatherapists (IFA) is pleased to announce the launch of the much awaited Professional Essential Oils Therapy (PEOT) Diploma course available now. The IFA is introducing this new qualification as part of its drive to further the development of new education programmes, and to help meet some of the expectations of other healthcare professionals and government agencies relating to the therapeutic usage of essential oils.

The PEOT syllabus is the result of five years' planning and has been compiled by the IFA experts, some qualified in relevant scientific subjects and some with a life-long experience of working with essential oils and aromatherapy, education and training, and examinations. It offers an in-depth study programme at level 4, as well as incorporates all existing standards for the underpinning science and knowledge of essential oils used in aromatherapy level 3 and as accredited by the Qualification and Credit Framework (QCF), National Occupational Standards (NOS), the Complementary and Natural Healthcare Council (CNHC) and the General Regulatory Council for Complementary Therapies (GRCCT). The PEOT syllabus is an on-going project and will be reviewed periodically as and where necessary, to reflect new developments, research and involvement of the subject area and to comply with health and wellbeing sector needs and requirements.

The PEOT course is aimed at general medicine practitioners, practitioners of complementary medicine who wish to acquire knowledge of essential oils activities and applications to integrate into their practice, and

also practising aromatherapists who wish to widen their understanding of essential oils through further study and research and receive a reputable qualification for their work.

From the outset of the course, students are encouraged to become familiar with different forms of research (dissertation work, fieldwork, research projects, learning about research methodology, interdisciplinary collaboration and the skills needed for research) and to learn to combine knowledge of traditional medicine and research-based clinical studies. Healing with the scents of essential oils is already an established practice through aromachology (although aromachology is not restricted to the natural aromas of essential oils as it also uses man-made chemicals), and advances in neuroscience and cognitive psychology may open the door to essential oil therapy playing a greater role in the management of some mental illnesses and 'maladaptive thinking'.

The IFA looks forward to publishing the best students' research and study papers and hopes that these will contribute to the existing knowledge database of the benefits of essential oils and scientifically-based evidence of the efficacy of essential oils therapy treatments.



The keypoints of the PEOT diploma course are:

- ☛ It does not include the study of massage or any form of bodywork as the main mode of delivery is through the essential oils. Practitioners who want to use massage should already hold a recognised qualification and must have been practising professionally.
- ☛ The PEOT IFA diploma safely trains and qualifies practitioners of other therapeutic disciplines in the use of essential oils.

The focus of the course is on:

- ☛ Specific learning outcomes for each unit highlighting key knowledge and skills
- ☛ The in-depth study of 34 individual fixed oils
- ☛ The in-depth study of 80 individual essential oils and a deeper understanding of environmental issues with regards to aromatic plants and the botanical origins of plant essential oils; biochemical components and the activities of the constituents of essential oils; professional production of essential oils and issues of quality and purity; therapeutic modes of action of essential oils and hazards of essential oils; health and safety issues
- ☛ Olfaction therapy and its benefits to mental and emotional problems and a wider knowledge of topical applications of essential oils
- ☛ Introduction to research projects from the beginning of the course
- ☛ The role of the Therapeutic Relationship and Reflective Practice in treatments
- ☛ At the end of the course each student will be expected to take part in a three-hour theory exam. **CHW**

© If you wish to receive an overview of the course, please contact the IFA office@ifaroma.org

