



Australian Government

HLTARO001 Develop aromatherapy practice

Release: 2

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Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i> . Update to mapping and metadata. Equivalent competency outcome.
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Supersedes HLTARO401C. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence.

Application

This unit of competency describes the skills and knowledge required to establish the foundations of aromatherapy practice, evaluate what makes a sustainable practice and then to develop an approach to own practice.

This unit applies to aromatherapists.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish foundations of aromatherapy practice

- 1.1 Identify, access and interpret information on central philosophies of aromatherapy practice
- 1.2 Evaluate the aromatherapy system of treatment and its application to current health issues
- 1.3 Compare and contrast aromatherapy, other complementary health modalities and broader health

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

practice

2. Represent the aromatherapy framework

2.1 Determine information needs of different individuals and groups

2.2 Identify key messages that represent the philosophy and practice of aromatherapy

2.3 Communicate information about aromatherapy at level of depth appropriate to audience needs

3. Determine requirements for sustainable aromatherapy practice

3.1 Identify key issues that affect the development and sustainability of professional practice

3.2 Take account of economic, environmental, human and social considerations and their impact on professional practice

3.3 Establish a personal health strategy that supports aromatherapy practice

3.4 Access, interpret and collate information that supports professional practice

4. Develop approach to own practice

4.1 Reflect on professional goals and aspirations

4.2 Identify and assess professional opportunities in aromatherapy

4.3 Reflect on the opportunities and constraints of individual personal circumstances

4.4 Make decisions about practice direction, based on reflection and research

4.5 Develop practical strategies that address own practice goals

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency

Unit Mapping Information

No equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTARO001 Develop aromatherapy practice

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- used critical thinking skills to:
 - review and reflect on information from a range of sources about aromatherapy practice
 - evaluate and articulate requirements for sustainable aromatherapy practice
- communicated key messages about aromatherapy therapy to meet the information needs of at least 3 different individuals or groups
- developed goals for own practice that reflect the values and philosophies of aromatherapy

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- philosophies and principles of aromatherapy therapy:
 - historical development of aromatherapy
 - central philosophies
 - key individuals contributing to development
 - aromatherapy system of treatment

- different types of aromatherapy treatments and their key benefits, features and purpose
- psycho-aromatherapy – how this term is used, what it is and the role of mind-body connection in aromatherapy practice
- key features of complementary therapies used in conjunction with aromatherapy, including:
 - massage
 - reflexology
- key features of allied health services and their relationship to aromatherapy, including:
 - reflexology
 - naturopathy
 - counselling
- place of aromatherapy practice in the broader health care system
- features and differences of allopathic and naturopathic approaches to health and health treatments
- professional aromatherapy networks and industry bodies
- features of aromatherapy product retailing
- different models of professional aromatherapy practice and their key features:
 - sole practitioners
 - employment opportunities in retail and multi-modality clinics
- issues for consideration in personal health strategy:
 - health and diet
 - rest
 - exercise
 - stress management
 - personal contraindications to particular aromatic plant oils
- components of sustainable practice:
 - economic – opportunities and viability
 - environmental
 - human – personal health, professional development
 - social responsibility
 - aromatherapy self-care
- legal and ethical considerations (national and state/territory) and how these are applied in individual practice:
 - children in the workplace
 - codes of conduct
 - continuing professional education
 - discrimination
 - dignity of risk
 - duty of care
 - human rights
 - infection control

- informed consent
- insurance requirements
- mandatory reporting
- practitioner/client boundaries
- privacy, confidentiality and disclosure
- records management
- work role boundaries – responsibilities and limitations
- work health and safety

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

Links

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