



Australian Government

HLTAYV003 Provide Ayurvedic bodywork therapies

Release: 1

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Modification History

Release	Comments
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. Significant changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Significant change to knowledge evidence. Minimum clinic hours added. Additional assessor requirement.

Application

This unit describes the skills and knowledge required to gather client information, prepare equipment for treatment, and then provide Ayurvedic therapeutic treatments such as abhyanga, shirodhara and kati basti.

This unit applies to individuals who provide Ayurvedic massage, either as part of their work as a dedicated Ayurvedic practitioner, or in conjunction with other treatment modalities.

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. Gather client information

- 1.1 Collect and document information about client general health according to legal requirements and Ayurvedic framework
- 1.2 Review information to inform massage approach
- 1.3 Manage information and records in a confidential and secure manner

2. Prepare client, self and

2.1 Prepare the client for treatment following infection

ELEMENT**PERFORMANCE CRITERIA**

Elements define the essential outcomes

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

environment

control procedures and with appropriate draping and confirm comfort levels

2.2 Advise client of possible physical or emotional reactions both during and after treatment

2.3 Access and organise appropriate equipment and materials for treatment

2.4 Select and safely prepare Ayurvedic massage oils, pastes and powders according to assessment

2.5 Check room ambience and temperature following Ayurvedic principles

2.6 Maintain own health through use of self care pre treatment routines

3. Select and use Ayurvedic techniques and sequences

3.1 Determine appropriate techniques based on Ayurvedic health assessment

3.2 Follow therapeutic protocols according to Ayurvedic practice

3.3 Recognise reactions to treatment and provide appropriate response

4. Finalise treatment and advise client

4.1 End the treatment using appropriate protocols

4.2 Provide client with information on recommended follow up activities

4.3 Answer client queries with clarity, using appropriate language

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 HLTAYV003 Provide Ayurvedic bodywork therapies

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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:

- performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Ayurvedic client consultation work
- prepared for and managed at least 25 different Ayurvedic bodywork sessions. Clients must include males and females from different stages of life
- provided Ayurvedic therapeutic treatment according to the Ayurvedic framework:
 - obtained required client information prior to treatment
 - evaluated and responded appropriately to any contraindications
 - selected and used herbalised oils appropriate to the client
 - selected and used techniques and sequences according to established Ayurvedic practice, including:
 - abhyanga
 - shirodhara
 - kati basti

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:

- principles of Ayurvedic framework and therapies

- legal and ethical considerations (national and state/territory) for bodywork therapies:
 - codes of conduct
 - duty of care
 - infection control
 - informed consent
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - work role boundaries
 - working within scope of practice
 - presenting symptoms that require referral to a medical practitioner
 - work health and safety
- client information required prior to relaxation treatment
 - stress
 - allergies
 - current prescription medication/self medication/supplementation
 - vikruti (inherited and congenital)
 - general appetite and sleep patterns
 - aches and pains
 - recent emotional/physical trauma
 - influence of alcohol/drugs
- self care routines and when to use them:
 - chanting mantras
 - prayer
 - meditation
 - music
 - yoga
 - pranayama
- factors to consider in assessment and how to respond:
 - age - infants, children, young adult, adults, elders
 - demographic
 - gender specific issues
 - physical/mental strength, gunas, vikruti
 - agni
 - dosha
 - vikruti (including inherited and congenital)
- features of Ayurvedic abhyanga
 - definitions
 - history of massage

- types of massage
- time, frequency and duration
- types of touch e.g. heavy, light, friction
- massage and constitution
- fomentation, swedana
- use of oils
- curing oils
- types of abhyanga/snehana (the application of base or medicated oil, herbal paste, decoction, herbal chooranas, ubtans and lepas to the body)
- protocols for conducting Ayurvedic therapeutic techniques in relation to:
 - environment
 - equipment
 - massage oils and powders
 - protocol
 - client privacy
 - responding to client instructions
- precautions to be taken in Ayurvedic massage
- basic structure and function of systems and regions of the body within Ayurvedic framework:
 - agni, ama, vikruti, srotarodha, saptadhatu, updhatus
 - mental gunas (emotional states in response to stress, trauma and pain)
- possible reactions and contra-indications and when to refer to a medical practitioner:
 - physical, emotional, mental trauma or illness
 - intoxication
 - pain

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - Ayurvedic base, essential and herbal oils, herbal pastes and powders and equipment to process, decant, mix, stir, measure, apply, remove and dispense the same
 - suitable droni, massage table where these therapies may be provided
 - shiridhara and other snehna therapy equipment
 - Ayurvedic reference texts and notes on therapies and products used
- modelling of industry operating conditions, including provision of services to the general public
- clinic supervision by a person who meets the assessor requirements outlined below

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

In addition, assessors must:

- have at least 3 years current clinical experience working as an Ayurvedic practitioner providing services to the general public
- hold practising membership of an Australian professional body that represents Ayurvedic practitioners
- fulfil the continuing professional development requirements of the professional body to which they belong

Links

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