



Australian Government

Department of Education, Employment and Workplace Relations

HLTARO401B Work within an aromatherapy framework

Release: 1

HLTARO401B Work within an aromatherapy framework

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit of competency describes the skills and knowledge required to work effectively within an aromatherapy framework

Application of the Unit

Application

This unit may apply to work in aromatherapy in a range of health settings

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Demonstrate commitment to the central philosophies of aromatherapy

- 1.1 Define aromatherapy and aromatherapy practice
- 1.2 Provide an outline of the historical development of aromatherapy
- 1.3 Identify and explain the central philosophies of aromatherapy
- 1.4 Apply aromatherapy philosophy to own health practices
- 1.5 Use aromatherapy philosophy to interpret health issues

2. Identify and describe the principles and practices aromatherapy

- 2.1 Identify and describe aromatherapy assessment techniques
- 2.2 Identify, describe and compare the major methods of treatment used in aromatherapy
- 2.3 Identify and describe other complementary therapies used in aromatherapy

ELEMENT	PERFORMANCE CRITERIA
3. Develop knowledge of complementary therapies	3.1 Provide information other complementary therapies 3.2 Identify the relationship between therapies
4. Represent aromatherapy framework to the community	4.1 Explain the practices and principles of aromatherapy in an easily understood way in a one-to-one and group setting 4.2 Clarify enquiries and provide appropriate information 4.3 Appropriately requests client to bring relevant data to the consultation 4.4 Discuss alternative sources of information/advice with the client
5. Work within clinic and regulation guidelines	5.1 Access and follow clinic guidelines 5.2 Access and follow legal and regulatory guidelines 5.3 Document relevant information/records

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- History and development of aromatherapy
- Effects of aromatherapy application to the body

REQUIRED SKILLS AND KNOWLEDGE

- Fundamental theories of aromatherapy
- Basic aromatherapy terminology and pronunciation
- Sociology of health and the health care system
- Ethical issues in natural medicine
- OHS requirements in the workplace
- Current political context of health care
- Dynamic interchange between the physical, mental, social, environmental and spiritual landscape
- Rationalistic, analytical approach to an understanding of disease
- Vitalistic, empirical approach to health
- Aromatherapy integration of these approaches to health
- Qualitative, quantitative, cultural and traditional lines of evidence used in aromatherapy
- Philosophy, principles and practices of other alternative and complementary therapies for example shiatsu, naturopathy, massage
- Principles of aromatherapy and its epistemology within the therapeutic systems of the east and west
- How aromatherapy works with the conventional medical model
- Philosophies, principles and tools of aromatherapy practice
- A range of alternative and complementary therapies

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Communicate in group and one-to-one settings
- Correctly identify client information needs
- Provide client with required information
- Appropriately record details of client enquiries according to clinic guidelines
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the aromatherapy framework
- Explain relevant products and services
- Demonstrate communication skills in a one-to-one and group setting

Evidence Guide

EVIDENCE GUIDE

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic) is essential for assessment of this unit
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
 - interaction with others in the broader professional community as part of the sole practitioner's workplace
 - scope of practice as detailed in the qualification and component competency units
 - holistic/integrated assessment including:
 - working within the practice framework
 - performing a health assessment
 - assessing the client
 - planning treatment
 - providing treatment

EVIDENCE GUIDE

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
 - All workers should develop their ability to work in a culturally diverse environment
 - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
 - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities
- Context of and specific resources for assessment:*
- Resources essential for assessment include:
 - appropriate assessment environment
 - an appropriately stocked and equipped clinic or simulated clinic environment
 - relevant texts or medical manuals
 - relevant paper-based/video assessment instruments
 - skilled assessors
- Method of assessment*
- Observation in the workplace
 - Practical demonstrations and simulations
 - Written assignments/projects including short tests and essays
 - Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
 - Oral Questioning and discussion
 - Role play/simulation
 - Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting. If successful, a second assessment is to be conducted during workplace application under direct supervision

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Central philosophies must include:

- Mind/body connection
- Holistic approach to health
- Personal wellbeing
- Attitude adjustment
- Therapeutic partnership

Major methods of treatment must include:

- Baths including full bath, foot and hand and sitz bath
- Vapourisation both direct e.g. inhalation and indirect e.g. burner and snozelene room (aged care and special needs)
- Compress, hot and cold
- Floral mists
- Poultices
- Dermal applications including ointments, creams and lotions
- How to perform a patch test for potential client skin sensitivity
- How to prepare appropriate dosages and dosage ratios

and may include:

- Massage techniques including full body, foot and health, head and scalp

RANGE STATEMENT

Other Contemporary therapies may include

- Therapies in which the practitioner is trained or informed

Aromatherapy assessment techniques may include but are not limited to

- Examination of physical features
- Palpation
- Observation
- Listening and smelling
- Taking of blood pressure, temperature, radial pulse rate and quality
- Percussion
- Discussion/questioning
- Any other method in which the practitioner has been trained to a competent standard
- Procedure which is conducted according to legislative and regulatory requirements

Information on other complementary therapies may include::

- Historical development
- Current availability
- Tools and techniques
- Interactions between different therapies
- When therapies may be used
- Underpinning philosophy

Relationships between therapies may include:

- Contraindications to treatment
- Effects of one treatment over or with another
- Treatment according to stage of condition

RANGE STATEMENT

Enquiries may require explanation of:

- Duration of treatment
- Expected treatment outcomes
- Possible approaches to treatment
- Estimated cost of treatment
- Availability of health fund rebates
- Work cover eligibility
- Professional status of practitioner
- Availability of home visits
- After hours service
- Provision for hospital visits

Appropriate information may include:

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options

Clinic's guidelines may include:

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision
- Partnership/group decisions, agreed practice

Legal and regulatory guidelines may include:

- OHS guidelines
- Anti-discrimination legislation
- Privacy Act
- Infection control

Relevant documentation may include:

- Nature of enquiry
- Client contact details
- Recording of incidents
- Appointment details

Unit Sector(s)

Not Applicable

