



### **Overall Aim of the IFPA course.**

The IFPA accredited course seeks to provide education and training opportunities in developing a proficient professional aromatherapist who has the ability to work within both the field of complementary and contemporary health care settings. The course will provide the student aromatherapist with the opportunity for self development and facilitate an awareness of the importance of evidence based practice within the field of Aromatherapy.

### **General Learning Outcomes of the IFPA course.**

#### **Knowledge and Understanding (theory) Outcomes.**

- Develop a comprehensive knowledge and understanding of the principles of Aromatherapy from a historical and philosophical perspective.
- Explore and develop an in depth understanding of the art and science of using aromatic materials safely, in a range of therapeutic treatments.
- Examine the concept of health, illness, a range of medical conditions and the factors which may impact upon Aromatherapy as a therapeutic intervention.
- Develop an in depth understanding of the anatomy and physiology of the human body in relation to a range of body work techniques in Aromatherapy.
- Identify and evaluate the necessary skills to assess individual needs and the implementation of appropriate treatment, based on sound research-based evidence.
- Recognise and critically appraise the importance of personal and professional development and the need for life long learning in a critical and systematic way.
- Explore and discuss the socio-economic and political factors from a national and local perspective.

### **Practice/Ability Outcomes.**

- Apply a comprehensive knowledge and understanding of Aromatherapy in assessing the needs of the individual.
- Demonstrate and justify the use of a variety of therapeutic skills within a chosen practice setting.
- Create a safe and appropriate working environment, taking into account the socio-economic and political influences which may impact on professional practice.
- Utilise reflective practice and the use of personal and professional development within the boundaries of client management.
- Demonstrate and utilise knowledge of an evidence base to support decisions for chosen Aromatherapy treatment plans.

### **IFPA Course Components.**

Aromatherapy Syllabus. (120 hours)

Therapeutic Massage Syllabus. (60hours)

Anatomy and Physiology Syllabus.(50 hours)

Case Studies. In addition theory/class contact hours at least 4 hourly treatment sessions on 10 clients is required, totalling no less than 60 hours.

Massage Practice. At least 5 full body massages on 10 clients is also required.

Both case studies and massage practice should be recorded in a practice portfolio which will be part of the practical examination

### **IFPA Course Criteria.**

Only IFPA accredited schools may offer an IFPA accredited training programme. Core elements are currently 230 hours. Only the anatomy and physiology has approved distance-learning delivery.

All core elements of the IFPA programme must be summatively assessed i.e. assignment or examinations. All parts must be passed.

Those without any previous Aromatherapy education must undertake the full course. Those who have undertaken some previous training through other Aromatherapy bodies may apply to an individual school for accreditation of prior learning (APL) for part of the course only.

Completion of the IFPA course will provide a certificate of competence to practice from the IFPA and eligibility to become a full member of the IFPA .and eligible to register with a self-regulatory body.

### **Transferability of levels of education and training achievements.**

The IFPA course has clear levels of academic and practical standards of achievement and acknowledges the range and levels of qualifications in the field of Aromatherapy. Currently the IFPA course qualification is equivalent to National Vocational Qualification (NVQ) level 4/5 in terms of descriptors and outcomes and meets the minimum National Occupational Standards (NOS)

The outcomes on an IFPA accredited course are equivalent to levels 4/5 within a Higher education programme for APL purposes.