



## Annex X TRAINING REQUIREMENT for PROFESSIONAL MEMBERSHIP

### NZROHA Professional Membership

740 Classroom and Treatment/Consultation contact hours to include:

- ❖ 150 hours – Holistic Aromatherapy Consultation/Treatment
- ❖ 250 hours – Anatomy, Physiology & Pathology
- ❖ 200 Hours - Aromatherapy and Essential Oils
- ❖ 140 hours - Aromatherapy Massage Technique and Theory

If the applicant qualified prior to 2004 with a Level 4 Diploma, they must submit 20 hours of Client Case Studies for Clinical work post-2004.

Note: First Aid Certificate and homework/private study is additional to these hours.

There is general agreement that each hour of class contact is backed up by one hour of self-directed study. 740hrs contact equates to 1480hrs total study. Add First Aid Training, then total training is around 1500 hours. NZROHA Diploma – level 6 .

### **640 CLASSROOM and TREATMENT/CONSULTATION contact hours to include:**

*[NB. First Aid Certificate and homework/private study is additional to these hours]*

#### **200 HOURS - AROMATHERAPY AND ESSENTIAL OILS**

History of Aromatherapy

Origins of a minimum of 60 essential oils and 10 carrier oils

Extraction methods

Storage and Quality

Blending, and dosage of essential oils

Pathways of absorption

Essential oil profiles – Major chemical constituents and properties and their effect on skin, mind and body

Application methods

Toxicity and Contra-indications

Safe Practice – understanding of common ailments and specific application on the systems

Wellness Education; (ie: environment about and within, body, mind and spirit)

Applied Aromatherapy eg: Conception and Pregnancy, Post Natal care, Early childhood, Childhood, Adolescence, Women's health, Men's health, Essential oils for Sports people, Older Person, Hospice/Palliative Care, Working in the Hospital/Health Institution setting, Environmental Hygiene and Animal care.

Client needs assessment using holistic analysis and record keeping which determine expectation and outcome

Personal Health, appearance and hygiene maintenance for Aromatherapists

Scope of practice, ethics and legal obligations of competency based practice

Referring to allied Health Professionals

Communication skills (of significant need - Listening and Helping skills)

Business and Professional Practice management

Fire and Premise safety (clinic equipment and environmental set-up)

Lifelong Post-graduate training

Keeping in touch with peers and developments in Aromatherapy



### **140 hours - Aromatherapy Massage Technique and Theory**

**Technique** to include:

Non-invasive, relatively gentle massage techniques to promote relaxation and enhance and quicken the absorption of essential oils.

**Theory** to include:

Massage history and current approaches

Professional and Legal issues

Physiological, Pathological and Psychological effects of Aromatherapy massage

Principles (beliefs), and Protocols (procedure, rule of conduct)

Benefits and Contra-indications

Classification and application of massage movements

Body Mechanics while giving a massage

Equipment, environment, pre-massage procedures, positioning and draping.

### **150 hours – Anatomy, Physiology & Pathology**

*NB: The Charter A&P requirement for all Natural Therapies is a minimum level 4 of the NZQA Nursing Standards.*

### **150 hours – Holistic Aromatherapy Consultation/Treatment**

Which must be submitted to the NZROHA Registration Board in the NZROHA format and comprises:

100 Hours Case histories (ie: Notes as used in clinic), completed at any time.

20 Hours Case histories completed post-graduate

30 Hours Case studies completed post-graduate (ie: Overview which includes synopsis of client – social and environmental background, personality, medical history, Aims, Objectives, Outcomes.)