**Complementary Therapies Assignment**

**Therapeutic Touch**

Therapeutic Touch (also known as “TT”) is an energy therapy, which is used to promote healing and reduce pain and anxiety.

*Concept, origins and development*

Dora Kunz and Dolores Krieger in America developed therapeutic Touch in the 1970’s. This form of therapy is based on the energy field that surrounds the body. By placing hands near to the body but not in direct contact the practitioner is able to manipulate the clients energy field.

When you are healthy energy freely flows around the body, however when you are unwell energy becomes imbalanced. Kreiger explained that the humans heal themselves, however it is the presence of the healer who acts as a human energy support system until the human can become robust enough to take over healing him or herself.

Therapeutic Touch has never been fully concluded. Simon Singh and Edzard Ernst concluded that it was “nothing more than a figment in the imagination of the healers”. Several studies have been undertaken. The most cited is that of Emily Rosa. This 9 year old conducted a study whereby practitioners stood the other side of a cardboard screen while Emily stood on the other side. The practitioners placed their hands through holes in the screen to see if they could feel the aura of Emily’s hand. The results showed that chance had a big part to play in them being able to sense where Emily’s hand was. Whilst the founders claim to be able to heal cancers and the alike, there is no current evidence to suggest this is accurate.

*Therapy objectives*
There are 5 stages to the process:

- **Centring** – this brings the mind, body and emotion into a focused state of conscious. This can be achieved by breathing deeply or meditation.
- **Assessing** – the therapist holds their hands 2-6 inches away from the client. They move their hands from the head to the feet in a rhythmic fashion, they are looking for warm spots, cold spots, and static energy or even tingling.
- **Intervention** – By ruffling the energy flow, this can be achieved by using hand movements from the mid body point whilst continuing to move from head to toe.
- **Balancing** – this is when the energy is assisted to re-establish itself, this is achieved when the hands have moved over certain areas that need attention, energy can be transferred between areas.
- **Evaluation** – finishing the treatment, whilst working with the client the therapist will ask the client if they feel better, the client will lead when the treatment is complete.

**Training Required**

There are 3 types of study

**Workshops** – these are introductory sessions looking at the history, application and theories.

**Diploma** – minimum of 60 hours teaching, completion of 5 case studies.

**Advanced Diploma** – in depth course, completion of a reflective journal, 3000 word assignment.

**Regulations and legal obligations**

As with all forms of therapy the key is to remain professional at all times. Boundaries are needed to ensure safety of client and therapist.

Ways to maintain these skills are:

- Comply with legislation – Health & Safety at Work Act 1974
- Do not discriminate – Equality Act 2010
- Accept responsibility for own actions
Key aspects of good clinical practice

- Treat each client with respect, dignity and privacy
- Use professional communication
- Ensure the environment is safe to work in and complies with Health and Safety at Work Act 1974
- Ensure consent is granted before treatment commences
- Work within your limitations
- Ensure you are fully insured to practice
- Seek other professional advice when needed

**Stone Therapy**

The use of basalt stones to promote relaxation

*Concept, origins and development*

Hot stone therapy is a kind of massage that uses treated volcanic rocks to eliminate negative energy within the mind, body and soul. The stones are put on the chakra points of the body along the spine. Each chakra point is an energy centre of the body; therefore by stimulating these energy flows throughout the body can be balanced. This form of massage is gentler than Swedish massage but due to heat being used it is able to penetrate 10 times deeper into the tissue. The stones are heated using water at a temperature of 120-130 degree Fahrenheit. Cold stones can also be used, and it is believed that the
combination of hot and cold stones encourages the body to relax and heal.

Hot stone therapy is an ancient practice dating back to around 1000 years ago. The Arabs used stone as a form of contraception; they placed a stone into the womb of the camel therefore avoiding pregnancy, which meant the camel could travel long distances. The Japanese wore warm stones around their stomachs to aid digestion; this is similar to the modern day “hot water bottle”. Native Indians used stones to treat menstrual pain, Chinese to treat muscle pain and the Romans slightly different by using hot water baths followed by lying on cold stones.

It is very popular in the modern world of massage as it is deeply relaxing.

**Therapy objectives**

By using a combination of hot and cold stones not only does it aid relaxation but also eases stress levels. The massage releases toxins, which combined with improved circulation recharges energy levels. Cold stones cause the blood vessels to contract, which stimulates the nervous system, this allows for toxins to be moved away. Hot stones promote relaxation and provide pain relief.

Some of the areas stones are useful for treating are: -

- MUSCLE PAIN
- BACK PAIN
- STRESS
- CIRCULATORY DISORDERS
- TROUBLE SLEEPING
- MOOD SWINGS
- MULTIPLE SCLEROSIS

The stones combined with massage are placed only the chakra points. Chakra is the concept that every individual has a spiritual body separate from the physical body. The spiritual body is made up of vibrations of light reflecting different areas of the body, these being: -

- Base Chakra
- Navel Chakra
- Solar plexus
Heart Chakra  
Throat Chakra  
Brow Chakra  
Crown Chakra

Each Chakra is an energy centre that regulates flow through the physical body. When we are aligned we have positive energy verses negative energy when we are unbalanced.

Training Required

You can take a short course to learn this massage therapy. Courses are certified and most courses cover an introduction into Swedish body massage at the same time.

There are no written exams and no need to undertake case studies to complete this course.

Courses are available from a wide variety of places from colleges to small spas.

Regulations and legal obligations

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- Do not discriminate – Equality Act 2010
- Accept responsibility for own actions
- Maintain accurate records
- Maintain confidentiality

Key aspects of good clinical practice

- Treat each client with respect, dignity and privacy
- Use professional communication
Anna C

- Ensure the environment is safe to work in and complies with Health and Safety at Work Act 1974
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- Ensure you are fully insured to practice
- Seek other professional advice when needed
- Maintain your CPD

** Bowen Technique **

A remedial hands on therapy

![Image of a baby being held and massaged]

*Concept, origins and development*

Thomas Ambrose Bowen 1916-1982
Thomas was born in the UK but emigrated to Australia as a child. Thomas had no formal training but started treating people after he finished work, all his work was self-taught. Thomas was profoundly deaf and a double amputee prior to his death.

Bowen was said to have a brilliant eye to see what was wrong with a client, he rarely performed more than 2 treatments on a patient before they were significant changes to the body. Thomas saw the treatment as not an instant cure but more as a “piece of music that would change according to the mood of the orchestra and the temperament of the conductor”. Bowen knew that once the body had started to make changes it would take over and solve its own problem.

Thomas worked alongside Ernie Saunders, Ernie was a strong influence on Thomas and the pair seemed to work well together.

The Bowen technique was developed in 1950's and the first training courses given by Thomas were in 1980's in Australia. Bowen technique
Anna C came to England in 1993. After his death it was Ossie Rentsch, which brought this treatment across the world.

The treatment is a remedial hands on therapy that is give using gentle pressure. The use of thumbs and fingers to specific parts of the body to use a rolling type move is the trademark of Bowen. It is felt that this movement stimulates the soft tissue of the body, which encourages the body to reset, repair and balance itself. There is no manipulation to the body or no adjustment.

It has been suggested that Bowen treatment is “the bridge that can allow us to cross over into that part of science that has not yet understood how the brain and body co-ordinate the mass of information that allows human thought to combine with bodily function”

Therapy objectives

Bowen is non-intrusive. The treatment is based on the idea that gentle moves over precise areas of the body can prompt the body to heal itself. It can relieve pain; rebalance without the need for deep manipulation. Due to its gentle nature it is safe to use on very young babies right through to the elderly.
Bowen is normally performed alongside other practitioners to deal with the holistic body.
The most common reason for Bowen therapy is to relieve back pain.
Most people have between 3-4 treatments.
Area it can help with: -

- Back pain
- Neck pain
- Respiratory conditions
- Headaches
- Sports injuries
- Frozen shoulder
- Irritable bowel
- Reproductive problems
- Hay Fever

During the first visit the practitioner will tend to treat the whole body in order to ascertain where the pain is coming from.
There is no need to remove clothing as the treatment can be performed through clothes.

Moves begin over the lower back, mid back and legs, then upper back and shoulders before finishing with neck moves. Each session last around 45-60 minutes, treatments should be a week apart and it is recommended having a set of 3 treatments.

There are 4 moves

1. The Bowen Move.
   This is distinctive and applied to precise points on the body. It is a rolling type move of the thumbs and forefingers, not a flick. It is designed to stimulate nerve pathways to make a focus for the brain. The move uses the slack of the skin to move underlying tissue. It works on small areas at a time.

2. The Stoppers.
   The spine acts a shock absorber for the body. The concave and convex points of the spine are where most of the stress is loaded. Bowen used this source of energy to form stops/blocks.

3. The Breaks.
   Bowen would work an area and then leave the client alone for a few minutes. He would return to check how the body had responded and then determine what further action as needed. He felt that allowing the body to rest for a few minutes promoted repair. It is during the breaks, which can be around 2 minutes long that the treatment is believed to work.

   The fundamental is that the client is doing the work not the therapist. The body needs time to heal. The client may not feel instantly relieved but after a few days physical changes should occur.

Training Required
Training is required to be certified to practise this therapy. There are many colleges offering courses. You can learn basic skills right up to advanced practitioner. This is a life long learning cycle.

You can choose the following learning options:

- Modular learning programs for Bowen practitioner training - (Modules 1 to 7)
- Continuing Education Programs
- Specialized Bowen Procedures 1 to enhance practitioners skills
- Specialized Bowen Procedures 2 Masters' for the experienced Bowen practitioner
- Approved Workshops on specific clinical situations, niche areas (e.g. sports, mind/body, back pain, mother & baby, chronic fatigue, stroke, etc.)
- Practitioner Review Workshops
- Instructor Training Programs
- Underpinning knowledge, anatomy & physiology, clinical skills etc. to ensure well qualified practitioners

Regulations and legal obligations

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Key aspects of good clinical practice

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Aromatherapy

“Aromatherapy is the practice of using the healing powers of essential oils to help improve health and wellbeing”

Concept, origins and development

Aromatherapy uses plant extracts to include plant oils to produce an aroma which helps to restore well being. It is used to regulate mood, cognitive and psychological disorders. It is used as an alternative medicine for many. The oils can be used directly onto the skin, through massage, via inhalation as well as mixed in water. The Chinese, Indians, Egyptians, Greeks and Romans all used aromatherapy for therapeutic, spiritual, hygiene, and ritualistic reasons. The Romans used them for their perfume and healing properties. Dioscorides wrote in the 1st century that oils had healing properties, this is still continued via distilled essential oils. In the 11th century Avicenna found that steam distillation allowed for the oils to be isolated. The French in 1937 first published a book called “Aromatherapie: Les Huiles Essentialles, Hormones Vegetales, it was written by a French chemist called Rene-Maurice Gatterfosse. Gatterfosse badly burnt his hand and used Lavender oil to treat, this was the start of great things to follow.
During World War 2, a French surgeon turned to aromatherapy to treat wounds, he found that these natural oils were helpful in the treatment of wounded soldiers.

From here the properties have continued to be used as alternative medicines to treat many ailments. There has been research proved that some essential oils have antibacterial and antiviral combating abilities. Evidence has been concluded to confirm that oils can improve general well being however, no firm evidence has been found to suggest they can cure diseases.

Other benefits to the oils are
- Anxiety reduction
- Increase energy
- Increase in memory
- Aid relaxation
- Reduce skin itching

It is felt that there are 2 reasons as to why these oils work,
1 – the aroma on the brain affects the limbic system
2 – direct pharmacological effects

Therapy objectives

There are 3 main ways to use oils.

1 – Air diffusion – these oils can be used for fragrance or even to treat polluted air. Through inhalation mental and emotional states can be altered, this is very helpful when treating the holistic needs of the individual. The most effective way to use this method is through an atomiser. Vapour inhalation works well on the mind as it reaches the hypothalamus in the brain and the neuro-endocrine system.
2 – Direct Inhalation – by smelling the oils it can be used to treat many ailments. The oils work well on respiratory ailments but also have psychological benefits for lifting mood. They can work as a stimulant as well as a relaxant.
3 – Topical – can be used in massage, bathing water, skin care or as compresses. The oils affect the skin when applied. They can moisturise, dehydrate and stimulate, all these are used in beauty care. They can also be
helpful to treat muscle pain as they can act as pain relief. When applied to the skin it enters the blood and passes through the lymph glands.

Essential oils are derived from plants primarily through steam distillation.

Absolutes are taken primarily from flowers and are achieved by fluid extraction.

Carrier oils – these are used to dilute the essential oils so that they are safe to use on the skin.

Due to the various ways the oils can be applied, the therapist needs to best consider the most effective way of application. Dosage and dilution are need to be calculated as well as contraindications. Each oil has its own contraindications, which the therapist has to be aware of.

Reasons for contraindications:

- Toxicity level
- Skin irritation
- Reactions

This therapy needs to only be performed by a trained aroma therapist due to its complex nature. It is vitally important the therapist understands the qualities of each of the oils they are using.

Different oils can be supplied in various formats. When working in aromatherapy the oils used need to be 100% natural and made from a high quality source. There are many cheap equivalents available to purchase but these are produced mainly for fragrance and not therapeutic attributes.

Training Required

No mandatory national certification or licensing requirement is required for aromatherapy.

As an aroma therapist, you can choose to pursue voluntary certification from the Natural Therapies Certification Board or join the non-profit National Association for Holistic Aromatherapy.

NTCB offers certification in a number of different natural therapies, including six related to aromatherapy. Certification is by type of aromatherapy: raindrop, animal raindrop, harmonics, vibrational raindrop, aromatherapy coach and clinical aroma therapist. You can also join the National Association for Holistic Aromatherapy (NAHA), which offers membership internationally.
Course are available to provide practical experience backed up with knowledge for those wishing to learn this skill. A good course to undertake prior to learning aromatherapy is the level 3 qualification in Anatomy, Physiology and Pathology. It is dangerous to perform any treatments without a detailed knowledge of the human body. Colleges offer a variety of courses from short to long distance to online learning modules to suit each individual.

_Regulations and legal obligations_

Aromatherapy has high risk of adverse effects taking place. The oils are highly concentrated and reactions can occur. Special care needs to be taken when treating pregnant women for instance due the ability of the oils to affect hormone levels. Many oils cannot be swallowed as they are toxic, and care needs to be taken when using oils around pets, cats are particularly prone to toxicity.

_Key aspects of good clinical practice_

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