



Shirley Price
professional
AROMATHERAPY



*Shirley Price International
College of Aromatherapy*

Shirley Price Aromatherapy
*Professional Diploma
Course Prospectus
2011*

Letter of Welcome

We are delighted to send you our prospectus on aromatherapy training. We believe that it represents the finest training available and reflects our long-standing commitment to essential oils therapy in all its facets. Our business encompasses professional training, the supply of the highest quality essential oils and the production of the purest specialist aromatherapy skin care products without animal testing or animal ingredients.

All our tutors have recognised teaching qualifications and are practising professional aromatherapy practitioners. All have undergone, in addition, a rigorous teacher training programme at the College following at least 3 years experience in aromatherapy. This, combined with a caring personality, ensures that they are well equipped to meet and cater for students' individual needs and requirements.

We do hope that you decide to train with us. Our College tutors will be happy to share our extensive knowledge and enthusiasm with you. We know that you will gain satisfaction from being involved in the wonderfully fragrant world of essential oils, as a true professional.

With best wishes for your future,

Ian Brealey, Sara Gelzer, Jan Benham, Madelaine Knapp-Hayes, Elaine Zimmermann



Introduction

Aromatherapy is the modern name for the controlled use of plant essential oils in holistic treatments to improve health and prevent disease. Full body massage is an integral part of any aromatherapy course. Aromatherapy is an especially effective treatment for stress-related problems and for a variety of chronic conditions.

With their proven therapeutic benefits, essential oils can be used to promote and maintain positive health and vitality, on both a physical and emotional level. They are readily absorbed through the skin and can be used in a variety of ways, including massage, baths, applications, compresses, inhalations, etc.

Aromatherapy has attracted widespread interest and recognition during the past decade and the Shirley Price International College of Aromatherapy (SPICA) has been in the vanguard of its growth and acceptance, especially in hospitals. SPICA trains aromatherapists from all over the world, at various worldwide locations, with most candidates attending through recommendation. As a dedicated specialist aromatherapy college with an excellent history of achievement, SPICA is committed to the promotion of education and research into the art and science of essential oils, with a holistic and modern approach.

Students contemplating a career change are now aware of the need to receive a recognised training that will enable them confidently to practise professionally, and with this in mind, the College was founded by Shirley Price in 1978.

We are proud to offer an outstanding aromatherapy training programme for students of all ages, with differing backgrounds and capabilities which, on account of its modular structure, allows those who have no knowledge of aromatherapy to use essential oils initially at home in a knowledgeable way to help their family. Those who wish can then progress through a professional qualification to a career in aromatherapy and on to post-graduate studies. The college also offers specialist training for aromatherapists, nurses, healthcare workers and those professionals who wish to incorporate aromatherapy into their own disciplines.

Developed out of extensive experience and research, our flexible and inter-related modular training programmes enable students to progress at their own pace, as time and funds permit. The student achieves mastery over each module and gains in confidence before proceeding. As new research becomes available, this knowledge is incorporated into the courses, keeping them at the forefront of aromatherapy training. To have been trained by the Shirley Price International College of Aromatherapy is a mark of distinction and one of which you can be justifiably proud.

Courses

Our experience shows that students attracted to aromatherapy are sincere people with a genuine interest in complementary therapies and a desire to help and care for others. As a result our courses quickly develop a friendly and relaxed atmosphere. To ensure maximum individual attention during the practical massage section of the course, we do not exceed the IFPA recommended number of students per module.

Although the minimum training period is usually 12 - 18 months (depending on the applicant's qualifications), there is no maximum period in which courses must be completed (4 years is the recommended maximum). Much of the case study work and background study is completed in the students' own time before and after each module. Homework and home practice is expected during the evenings of the in-class modules to assist students to familiarise themselves with their newly acquired skills and increase their knowledge base.

Comprehensive course notes and handouts are given out for each module. Treatment couches, essential oils and aromatherapy products used during the courses are also provided. Textbooks and meals are not included in the fees (except where indicated) and you are welcome to bring a packed lunch. Tea and coffee are provided. Special product packs are offered on courses at reduced prices.

Products

We believe that only the best is good enough. This has led us to search the world for the best quality essential oils available. We commission and supervise the farming of the plants and the distillation of many of the oils that are used on the courses and made available to professionally qualified aromatherapy practitioners. These same essential oils are skilfully blended into our unique range of skin care products, but in keeping with the company's high ethical standards, they are priced so that everyone who genuinely wishes to care for themselves, can afford to do so.

Regulating Bodies & Professional Associations

SPICA was a founder member of The British Complementary Medicine Association, the Aromatherapy Organisations Council, the International Federation of Aromatherapists and The International Society of Professional Aromatherapists and has been an active and direct member in its own right of the first two.

Since the amalgamation of ISPA and RQA into one body, the IFPA (the International Federation of Professional Aromatherapists), aromatherapists now have a stronger voice in the way the profession is to develop both in this country and abroad. Our graduates can therefore be secure in the knowledge that they have a universally acknowledged qualification that has earned and received international renown.

Aromatherapy at home

Attendance on Module 1 of the aromatherapy diploma course is sufficient for those people who wish only to use essential oils at home in a knowledgeable way, to help their family and to enhance their own life. This module also forms an integral part of the training programme and is credited to those students wishing to take further aromatherapy modules with SPICA.

A Career in Aromatherapy

Aromatherapy is now the fastest-growing complementary therapy and is offered in NHS practices, in many hospitals and hospices as well as in complementary health clinics and private practices. It is now open to any family doctor to employ within his practice complementary therapists to offer NHS treatment.

Students come from all walks of life - some have been made redundant and are offered funding for re-training; some are nurses and health carers who wish to return to the "caring", hands-on aspect of their work; some are professional and business people who have become disenchanted with the "rat race" and are looking for something more rewarding; others include return-to-work mums who have fewer home commitments.

All students can look forward to a fascinating and challenging future in aromatherapy and a lifetime of joy through helping others.

The benefits of a Shirley Price International College of Aromatherapy Course

As well as course modules being available throughout the UK you will:

- train on a flexible, modular system
- be confident in your knowledge and skills at an appropriate level
- gain a comprehensive and holistic knowledge of aromatherapy
- hold a qualification with wide recognition
- be able to access contact and support
- be qualified to join a professional association
- have resource to the expertise and knowledge of Shirley Price Aromatherapy

Application Requirements

Every application will be determined individually, but as general guidelines we suggest the following:

Aromatherapy diploma course:	Module 1	-	18 years plus
	Module 2	-	19 years plus
Continuing Professional Development Courses		-	21 years plus

No previous therapeutic training is necessary for the diploma course. Although not obligatory, we would welcome GCSE in English, Biology, Chemistry. Mature applicants will be expected to demonstrate relevant life experiences.

Great emphasis will be placed on a caring disposition, aptitude and personal maturity, with a clear commitment to fulfil the College in-house and guided home study components of the course. Students should be open to new ideas with the principles of health care.

Final selection, wherever feasible, will be by personal interview either at the Headquarters, or failing that, by telephone.

Aromatherapy Professional Diploma Course

The Aromatherapy Professional Diploma Course consists of four in-house modules, plus home study and practice relating to the aromatherapy course.

After successful completion of the Aromatherapy Professional Diploma examination and obtaining approved anatomy and physiology and first aid certificates, you will be awarded an internationally recognised qualification. This enables you to work in a natural therapy clinic or to set up an independent clinic.

The Aromatherapy Professional Diploma Course aims to:

- Enable the student to train as a professional and competent aromatherapist.
- Teach the student to a high level of knowledge and expertise in essential areas of clinical aromatherapy.
- Ensure that the student has a sound working knowledge of essential oils, including the therapeutic properties, chemical composition, safety and blending techniques.
- Train the student in the practical application of aromatherapy to its greatest effectiveness.
- Develop the students' personal skills of observation, analysis, evaluation and communication.
- Develop the students' awareness of the relevance of human anatomy and physiology.
- Assist the student to gain a true holistic understanding.
- Enable the student to work safely, hygienically and unsupervised in a confident and responsible manner.

Module APD1

All students enter at this level, and this module may be considered sufficient for home use. Massage, its principles and benefits, together with the use of essential oils, is taught for general health conditions such as stress, headaches, skin and muscular problems, breathing difficulties, etc. The properties and effects of the most popular essential oils and the history of aromatherapy are covered, together with the philosophy of holistic healing. Aromatherapy unquestionably has powerful physiological effects on the human organism and this module emphasises the equally powerful influence it has on the spiritual, emotional and mental aspects of the clients.

Module APD1 consists of 5 days in-house training. Successful completion of this, together with home study and the presentation of 10 case studies, a short essay and an essential oil profile, will entitle the student to a Certificate of Attendance for this stand-alone introductory Module. Holders of this Certificate may proceed on to Module APD2.

Module APD2

The student is given a thorough appreciation of body analysis to help make an assessment of the clients' needs. This, together with detailed information gathered from the client, is used in selecting and blending essential oils for individual treatment. Detailed instruction is given in the selection of appropriate aromatherapy creams and lotions for the treatment of specific skin conditions.

The massage is designed to deal with the results of stress and poor circulation by incorporating some lymphatic drainage massage, some neuromuscular massage and some shiatsu pressures; contra-indications and precautions are taught.

Plant families, essential oils methods of extraction and the elements of oil chemistry are discussed in detail. The merits of some carrier oils are taught and an introduction is given to subjects such as diet, counselling, pathology, hygiene, health and safety and professional conduct.

15 case studies, an essential oil profile and an essay must be submitted before attendance on Module APD3; further home study should also be done.

Module APD3

Specialised massage techniques are taught, including neck and shoulder and Swiss reflex massage - a treatment based on the foot reflexes (using essential oils in a unique cream base), which can help in areas where normal massage may be contra-indicated.

Information on plant families and essential oils is expanded with knowledge of essential oil components and organic chemistry. Emphasis is placed on the purity of essential oils and on safety considerations. Carrier oils are discussed in depth, as are allergy and substance sensitivity, diet deficiency and disease. Special sections are included on pregnancy, paediatrics and the psychosomatic effects of olfaction with essential oils.

Students are required to undertake 20 treatments, comprising four full case histories on five clients prior to attending Module APD4. There is a questionnaire and a 1500 word essay to complete before Module APD4. Revision for both theory and practical work should be done during this time, and any difficulties noted can then be discussed on Module APD4.

Module APD4

This includes an in-depth study of the skin, the effects of essential oils on skin problems and the ageing process. The students' knowledge of essential oils is expanded. Elements of business and practice management are taught and cover some of the aspects of starting up and running a successful clinic, including the client/therapist relationship.

Communication and counselling, together with emotional and mental factors of aromatherapy are expanded and relaxation techniques are included. There is an opportunity for both practical and theory revision before the examination, held at a later date.

Module APD5

As necessary a further teaching module will be held as module 5 if all the ground required to be covered for the IFPA independent examiner cannot be covered in module 4. For a class of visiting

Exam APDE

The examination process takes place over one day, when the full body massage, the Swiss-reflex technique and the neck and shoulder massage are carried out and assessed. A three-hour theory exam in aromatherapy is then completed.

Successful results in the examination in theory, practical work and case studies are rewarded by the presentation of a Shirley Price Aromatherapy Professional Diploma, which enables the therapist to apply for membership of the International Federation of Professional Aromatherapists .

Anatomy and Physiology Course

This course consists of 32 class hours and approximately 25 hours home study. It is held over 2 different weekends.

The course layout and teaching methods are “user friendly and inspiring” making it easy for the student to retain the information taught.

Your tutors take you through each system of the body and teach you ways in which the knowledge gained can be applied to your work as a massage/bodywork therapist.

Students are given questions after each unit and these questions must be completed and returned to the tutor weekly. The grade received for these questions will form 40% of the overall examination mark.

Weekend one

Skeletal System
Muscular System
Circulatory System
Lymphatic and Immune Systems
Skin and special senses

Weekend two

Digestive and Urinary Systems
Respiratory System
Reproductive and Endocrine Systems
Nervous System
The cell and chemistry of life

All or part of this course is open to people who have an Anatomy and Physiology qualification but would like to refresh their knowledge.

This course can also be taken as a Distance Learning Course - please contact the College for further information.

Anatomy and Physiology Examination

Following completion of the course the students will sit a 3 hour written exam. The marks received for home study and projects completed during the course, will go towards the final result.

Anatomy and Physiology exemptions

Exemptions from anatomy and physiology include:

ITEC	CIDESCO	BABTAC
CIBTAC	LSCP	IA **
A-level Human biology	MD	SRN/RGN
MNIMH	IHBC Diploma	C&G
PHARMACIST	RADIOGRAPHER	OSTEOPATHS
REG. PHYSIOTHERAPIST	ACUPUNCTURISTS	OCC. THERAPIST
ASS FOR HOLISTIC MED.	THE MASSAGE TRAINING INSTIT.	

For those holding a reflexology qualification please send details of the anatomy and physiology course studied. If you are not sure whether you are exempt please contact the Training Department.

(** body therapists, masseuse, anatomy & physiology)

Workshops and Continual Professional Development

We offer a range of courses providing continuous programme of post-graduate courses and weekend workshops for continuing education. Professionally qualified tutors versed in the relevance of aromatherapy to their specialism teach our CPD courses to give you the information you require to improve your practice and learn new skills in Beauty and Complementary Therapy.

For full details of the courses offered, please ask for the Workshops and CPD Listing

Courses	Duration	Venue	Dates
INTRODUCTION TO AROMATHERAPY.	1 day	Hinckley, UK	12th
REFLEXOLOGY AND AROMATHERAPY FOR THE ELDERLY.	1 day	Hinckley, UK	12th
NECK AND SHOULDER RELEASE	1 day	Hinckley, UK	26th
CELLULITE AND DETOX	2 day	Hinckley, UK	27th, 28th
ABSOLUTELY FABULOUS ABS	1 day	Hinckley, UK	1st
QI DROP THERAPY	1 day	Hinckley, UK	3rd
CREAMY CRAFT OF COSMETIC MAKING	1 day	Hinckley, UK	4th
ADVANCED HOLISTIC FACIALS	5 day	Hinckley, UK	16th-20th
HOT STONE MASSAGE	2 day	Hinckley, UK	23rd, 24th
POLARITY	2 day	Hinckley, UK	25th, 26th
THE ART OF SOAP MAKING	1 day	Hinckley, UK	27th
MINERAL MAKEUP	1 day	Hinckley, UK	7th
NATURAL MAKEUP	1 day	Hinckley, UK	8th
THAI REFLEX AND FOOT MASSAGE	1 day	Hinckley, UK	19th
THAI YOGA MASSAGE LEVEL 1	5 day	Hinckley, UK	20-24th

Aromatherapy Diploma Syllabus

All courses are supplemented by guided home study and participants' case and practice feedback

Aromatherapy Professional Diploma Course Syllabus (23 days in-house)

History of Aromatherapy
Holistic Healing Philosophy
Aromatherapy within Complementary Medicine
Anatomy and Physiology
Case Taking/Assessment
Body Analysis/Reflex Evaluation
Client Relationships
Counselling and Communication
Stress Management
Contra-indications and Cautions
Possible Toxicity and Safety in Use
Botany
Methods of extraction
Materia Medica
Chemistry of Essential Oils
Carrier Oils
Storage
Methods of Use
Mixing and blending
Inhalation - Essential Oil Pathways
Olfaction and Effects
Spiritual/Mental/Emotional Effects of Essential Oils
Skin problems - Skin Health - Ageing process
Allergy and Substance Sensitivity/Allergy Testing
Reticuloendothelial System
Nutrition
Massage and Bodywork
Special Techniques/Swiss Reflex Therapy
Blood pressure reading
Pregnancy
Posture and Breathing
Relaxation Techniques
Common Ailments
Glossary of Terms
Biochemistry
Pathology
Hygiene, Health and Safety
Business and Practice Management
Professionalism
Professional Association and Insurance/Codes and Ethics of practice

Aromatherapy Professional Diploma awarded

Booking Information

1. An official SPICA enrolment form should be completed and signed in respect of each module and this pre-supposes that the student accepts the following terms and conditions.

2. A deposit of £75 per module is required in advance to secure a booking. A letter will be sent acknowledging receipt of your deposit and confirming your place. All deposits paid are strictly non-refundable except in extreme circumstances and at our discretion. They are, however, transferable between SPICA courses, though not for the purchase of products.
3. Details of the tutor, venue and local accommodation are sent with a letter requesting the balance of the fees. These may be paid at any time but are required a minimum of 28 days prior to the course commencement date, and a receipt is sent as soon as the balance of the fees is received.
4. We require the full course fee if a booking is received within 28 days of the start of a course.
5. Students may transfer from courses and examinations for up to 2 weeks before the date and may transfer twice without charge, after which an administration fee of £45 will be imposed. Written notice is required of any changes in booking dates.
6. Regarding cancellations, students will forfeit 50% of the balance of the course fees if cancelled within 7 days of the commencement of a course and 100% if cancelled within 48 hours.
7. In the unlikely event that we have to cancel, postpone or discontinue any course due to circumstances beyond our control, we reserve the right to give 24 hours notice. We will, however, use our best endeavours to find an alternative venue and date, but if this is not possible, deposits and fees will be refunded in full.
8. We reserve the right to refuse any application.

Important Notes

First Aid: It is a requirement of IFPA (our accrediting body) that a certificate in emergency first aid has to be held in order to become a full member of IFPA. This certificate can be obtained through your local branch of either the Red Cross or St John's Ambulance and is renewable every 3 years.

Students from countries where English is not the spoken language need to have a good working knowledge of the English language to be able to follow the course. Extra time may be allowed at examination.

Course fees

Aromatherapy Professional Diploma Course modules 1	£450 + VAT
Aromatherapy Professional Diploma Course modules 2, 3 & 4	£450 + VAT per module
Aromatherapy Diploma Module 5	£450 + VAT per module
Aromatherapy Professional Diploma Exam	£50 + VAT
Anatomy & physiology Class 1 & 2	£220 + VAT per class
Anatomy & physiology exam	£50 + VAT

All our modules are held in Hinckley (Leicestershire) unless otherwise stated. Should the demand require it (i.e. a minimum of 8 people), our tutors are happy to make arrangements to travel to various destinations to carry out training and have training rooms in Canada, Dublin, Hinckley, Netherlands and Switzerland.

Dates list

DATE	COURSE TITLE	VENUE
	Module One	
	Module One	
	Module One	
	Module One	
	Module One	

Subsequent dates for Modules 2-4, Module 5 and examinations are set by arrangement with the Module One class. We aim to train overseas students to the standard required of the independent IFPA examiner in 6 months through Modules 1-4, the length of a visiting students Visa.

Please contact the Training Department for the upto date course dates schedule for 2011

PLEASE NOTE: Dates or modules can be changed without prior notice.

Enrolment Form

Name:		
Address:		
Post code:		
Tel:		E-mail:
Course title	Date of course	Amount (£)
		Subtotal
		VAT @ 17.5%
		Total

Method of payment

- Please debit my credit card
- I enclose a cheque made payable to **Shirley Price Aromatherapy Ltd**

Credit card number: _____

Valid from: _____ **Expiry date:** _____ **Issue No** (if Switch): _____

Name on card: _____ **Security code** (last 3 digits on reverse of card): _____

Signature: _____

Date: _____

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of Aromatherapy*

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