

AROMATHERAPY CERTIFICATE

300 Hours

As the popularity of essential oils continues to grow, so does the need for advanced, clinical training that is focused on client safety and successful outcomes. The Professional Aromatherapy program is designed to train students for an aromatherapy clinical practice and is suited for beginners as well as existing health care providers. This certification meets the standards of the National Association for Holistic Aromatherapy's Level 1 and 2 training. This course also prepares students to sit for the Aromatherapy Registration Council's certification exam and become a Registered Aromatherapist.

<u>Courses</u>	<u>Hours</u>
Spring Semester:	
Aromatherapy Foundations I	30
Aromatherapy Foundations II	30
Structures & Functions I	60
Summer Semester:	
Clinical Aromatherapy I	30
Clinical Aromatherapy II	30
Clinical Aromatherapy Safe Use Practices	8
Fall Semester:	
Clinical Aromatherapy III	30
Business & Ethics for the Aromatherapist	30
Aromatherapy Clinic	24
Case Study	24
Integrative Aromatherapy	4
TOTAL HOURS	300

Additional Requirements:

- 1) Completion of 20 case studies
- 2) Submit a 5-10 page research paper on an approved aromatherapy topic
- 3) Successful passing of the final exam
- 4) CPR/First Aid certification by the end of the program
- 5) Liability insurance obtained prior to Clinic

Aromatherapy Clinic:

Prerequisite: AFII, CAI - *LIABILITY INSURANCE MUST BE OBTAINED PRIOR TO CLINIC.* Students will work directly with the client through consultation and creation of formulas to help address the client's specific needs. There will be 6 clinical days in 4-hour increments. Students are required to attend all clinics.

Aromatherapy Foundations I:

This course is a requirement for NAHA Certified Level I Aromatherapists and includes a history of aromatherapy, oil quality, production and methods of extraction and basic chemistry. Physiological effects including absorption methods, olfaction and

Aromatherapy Foundations I: continued

limbic system, skin and the immune system will be covered while physical and emotional interactions will also be examined. 10 essential oils will be explored with focus on contraindications and safe use.

Aromatherapy Foundations II:

Prerequisite: AFI - A continuation of Foundations I, this course will cover diluents, essential oil blending, application methods and safety issues with ethical, legal and privacy issues included. Case studies will be introduced and 10 essential oils will be explored.

Business & Ethics for the Aromatherapist:

This course will prepare the professional aromatherapist for ethically sound business practices while expanding upon marketing and development. A copy of NAHA's Code of Ethics will be reviewed and Scope of Practice and legal issues will be covered.

Case Study:

During scheduled hours throughout the course, students will meet with the instructor individually via email or phone to discuss progress.

Clinical Aromatherapy I:

Prerequisite: AFI - This course will cover taxonomy, organic chemistry, and interpreting scientific literature. Students will learn how to identify therapeutic outcomes based on the chemical constituent profile of the oil. 10 essential oils will be explored.

Clinical Aromatherapy II:

Prerequisite: AFI&II, CAI - A continuation of Clinical Aromatherapy I, this course will deepen the aromatherapist's knowledge through advanced blending techniques. Laboratory will include various essential oil preparations with a variety of carriers. 10 essential oil profiles will be covered.

Clinical Aromatherapy III:

Prerequisite: AFI&II, CAI&II - The course is designed to combine foundational and advanced therapeutic tools to prepare the student to interact with clients in a clinical setting. Client/patient intake and safety guidelines will be examined. Safety & toxicology considerations are highlighted as well as client consultations and client education program design. 10 essential oil profiles will be explored.

Clinical Aromatherapy Safe Use Practices:

This course will provide guidelines for the safe and effective use of using essential oils in a clinical setting. It has been designed with the existing healthcare professional in mind and is rooted in case studies and current peer reviewed data. Essential oils and vulnerable populations will also be covered.

Integrative Aromatherapy:

Students will present a brief overview (not to exceed 10 minutes) of an oil of their choice. We will discuss next steps and wrap up our certification training.

Structures & Functions I:

This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.