Penny Price
Academy of Aromatherapy

Course Prospectus



The Penny Price Academy of Aromatherapy and Health Studies

The Penny Price Academy is well established in the field of complementary health training and offers professional qualifications in a number of health disciplines. The Academy holds a reputation for quality and excellence in the courses offered and caters for a wide variety of students, from the complete beginner to the already qualified professional.

We proudly commend our complementary therapy training programmes, which are favourably structured for candidates of all ages, differing abilities and backgrounds. We wish you every success in your future career, wherever your path may lead you.

Should you require more information after reading this prospectus, please do not hesitate to contact a member of our academy training team.

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Contents

INTRODUCTION
Academy Team 3
Aims of training programmes 4
Student objectives 4
About our venue 4
Accrediting bodies and exams 4
Student qualifications/experience 5
Booking a course 5
Cancelation policy 5
Course structure 5
What to wear 5

COURSES
Foundations units 6
Anatomy and Physiology 6
First Aid 6
Business Studies 6

CORE SUBJECTS
Aromatherapy Diploma Course 7
Therapeutic Body Massage Course 9
Reflexology Diploma Course 9

DISTANCE LEARNING COURSES
Anatomy and Physiology 10
Aromatherapy Diploma 10

POST-GRADUATE COURSES
For massage and aroma therapists 11
For aromatherapists 14

GENERAL INTEREST COURSES
For everyone (no prior qualifications)
Open Days 18
Saturday Club 18
Summer Schools 19
French Study Tour 19

GENERAL INFORMATION
Student and Professional Insurance 19
Our Mission Statement 19

Academy Team



Penny Price - Principal. MEd(Oxon), FRSPH, MIFPA
Penny has been a practising aromatherapist since 1983, having been influenced by her parents Len and Shirley Price, who pioneered the art of aromatherapy across the world. Penny teaches internationally and has research degree in aromatherapy from Oxford University.



Ellie Parr - Course Manager
Ellie is Manager of the training department and organises course dates and bookings. She is always happy to talk to students and prospective students about courses, accommodation and travel arrangements. Ellie is training as an aromatherapist and is qualified in Customer Care.



Debbie Moore Senior Tutor. Cert Ed., MIFPA
Debbie has been a tutor and therapist for many years and is the key tutor at our Academy venue, specialising in the Associate Diploma in Aromatherapy course. Debbie also teaches CPD courses in aromatherapy as well as Hopi ear candling.



Kate Nellist Cert Ed., MIFPA
Kate has been an aromatherapist for over 15 years and runs her own business in the Cotswolds. She specialises in teaching the PPA aromatherapy diploma and CPD courses at Hinckley and Cirencester, where she is the key tutor.



Sofia Bedford Cert Ed., IHHT ABT
Sofia has a successful and busy therapy practice and is the key tutor for all our therapeutic massage courses, including hot stone massage, sports massage, finger-lift facial massage and Indian head massage.



Alison Bayliss Cert Ed., MIFL
Alison has a wide repertoire in complementary health. She specialises in teaching Anatomy and Physiology and Baby Massage for our Academy. She has been teaching for many years in Further Education.



Debbie Hodgson Cert Ed., Tai Chi Instructor
Debbie is a qualified Tai Chi Instructor and also teaches the elements of Chinese Therapy, including cupping, moxibusiton, tongue and face diagnosis, tuina and acupressure.

Guest lecturers
Some CPD courses require specialist tutors outside of our main body of lecturers. The Academy therefore draws on a variety of expert tutors for these courses

Aims of our training programmes:

- To provide guidance for students starting a new career in complementary health
- To encourage students positively to draw on their own valuable experiences, both practical and theoretical
- To provide comprehensive training programmes for complementary therapies
- To provide an environment conducive to learning, healing and wholeness

Objectives for our students:

- To acquire an understanding of complementary health from an holistic view
- To develop the ability to evaluate critically, assess empathetically and to treat
- accordingly
- To develop personal growth and professionalism
- To develop the necessary skills for the safe practice of complementary therapies

About our venue:

- A comprehensive library of books and journals relating to complementary health are available for students on site
- Tea, coffee and herbal tea is available throughout the day at no extra charge.
- Lunches are not provided – students are welcome to bring their own or purchase
- snacks locally
- The Academy has a Therapy Shop for the purchase of therapy products and accessories. Specialist orders can be completed by mail order. All students are offered goods at trade prices whether by direct sale or mail order
- Please note that our classrooms are mobile-free zones and the site is non-smoking
- We have an equal opportunities policy, a student complaints procedure and a
- disciplinary procedure in place. These are available on request
- Our health and safety policies and risk assessment are available on request
- Our codes of practice and ethics are available for perusal.

Accrediting bodies and examination fees:

- The Institute of Aromatic Medicine (**IAM**) accredits all foundation units, plus aromatherapy, massage, reflexology and aromatology courses.
- The International Federation for Professional Aromatherapists (**IFPA**) accredits all foundation units and in-house aromatherapy courses.
- The Federation of Holistic Therapies (**FHT**) accredits the 2-day Indian Head Massage Course
- The International Therapies Examination Council (**ITEC**) accredits all foundation units, therapeutic body massage, hot stone massage, reflexology, Indian head massage and aromatherapy. There is an additional ITEC chargeable exam to sit before membership. Please ask if you require this qualification at the time of booking.
- The Guild of Professional Beauty Therapists (**GPBT**) accredits most courses as CPD courses for Beauty Therapists.
- The Guild of Infant and Child Massage (**GICM**) accredits the Baby Massage Course.

Examination days are held regularly for all our certified courses.

Student Qualifications and Experience

Previous training in a therapeutic discipline is not necessary as full training will be given to support each student. Life experience is as important to the Academy as formal qualifications: we place great importance on the candidate's personal maturity, caring nature and a clear commitment to the Academy's in–house or distance learning courses. Candidates should be open to fresh ideas with regard to the principles of holistic health care. All applications will be determined individually, but we recommend the following **minimum** ages for entry:

Foundation Units – 18 years
Core Units – 19 years
Distance Learning Programmes – 19 years
Post graduate studies – 21 years

There is no upper age limit and we welcome mature students.

Booking a course

Courses can be booked by filling in the enclosed application forms (more than one course can be booked on one form) or by downloading the application form from www.penny-price.com. Provisional bookings can be made by phone (Mon-Fri 8.30am – 5.00pm) or by email to courses@penny-price.com.
These bookings must be confirmed by payment of a deposit and copies of relevant qualifications. All bookings will be acknowledged by post or email, with directions and accommodation details if requested. Start and end times of courses, lunch arrangements and other details will be in the letter of acceptance.
The deposit is 50% of the full course fee, payable on booking the course and securing a place. The full balance is due 14 days before the course date.

Cancellation Policy

If you are unable to attend a course for any reason, the following will apply:
Cancellations giving over 14 days notice will receive a refund or be transferred to another course less a £10 cancellation fee
Cancellation within 14 days will automatically forfeit the 50% deposit
Non attendees on the day of the course will lose the deposit and any other outstanding amount to the full value of the course will be invoiced for
If the Academy cancels a course, the fees will be refunded or the students transferred to a new date with no penalties. Cancellation is automatic if there are less than 3 students on a course.

What to wear?

Students at the Academy are encouraged to be relaxed and at ease. For this reason, it is recommended that loose, comfortable trousers and tops are worn that enable easy movement and do not restrict the body. All loose tops and shirts should be tucked in to prevent 'trailing' on the client. Shoes should be flat-heeled and comfortable. Uniforms may also be worn but are not compulsory unless there is an external examiner present. Uniforms can be bought from the Academy Shop.

Course Structure

Our modular training programmes, whether taken in–house or by distance learning, enable students to progress at their own pace, as time and resources permit. As the benefit of new research and advances in the field of complementary health becomes available, this information is incorporated into the courses ensuring they are at the cutting edge of therapeutic training. The Academy also offers tuition to health–care professionals who wish to integrate a therapy into their own discipline.

COURSES

Foundation Units

All accredited courses require qualifications in Anatomy and Physiology, Business and Professionalism, and First Aid (not necessarily prior to the course, but before a certificate can be awarded as courses can be taken in tandem).

All postgraduate CPD courses require a properly validated qualification in a recognised therapy from an accredited school as a condition of entry.
Copies of certificates may be asked for on application.

Anatomy and Physiology – 7 days

This course is a core unit for all courses and is accredited by all the professional bodies listed. The course is presented as a rolling programme, enabling the student to start at any point. The course is structured into 13 lessons, divided into three modules, usually run over weekends.

The in-house Academy certificate course is assessed by
Completion of assignments for Penny Price Aromatherapy Diploma

Also available as distance learning – see page 10

Anatomy and Physiology Exemptions: If a qualification has already been achieved then exemptions may be considered.

First Aid – 1 day

This is essential for all students qualifying in accredited courses and insurance is dependant upon it. The course is taught over 6 hours by a recognised training organisation and equips the student for emergency responses, risk assessment and how to deal with potential client health problems. A certificate is awarded after successful completion of a short multiple-choice test at the end of the day. If the student already has a qualification in this area of study then exemptions may be considered.

Business and Professionalism – 2 days

This course has an expectation of a further 30 hours home study to include the preparation of a business portfolio. Topics covered include:

RIDDOR, COSHH, Hygiene, Sanitation
Business Management
Insurance, Professional Indemnity
Financial Management
Marketing, Publicity and Promotion
Presentation Skills
Good Employment Practice

This course is incorporated into Aromatherapy Diploma Module 5 and is available to all students. It is assessed by continuous assessment and portfolio. If a qualification has already been achieved then exemptions may be considered

CORE SUBJECTS

These units are essential before CPD in any of the 3 areas can be taken
Associate Diploma in Clinical Aromatherapy
Therapeutic Body Massage Diploma
Reflexology Diploma

Please note that Diplomas can only be issued for these courses if the 3 foundation units are completed successfully. Each core subject is followed by the relevant post-graduate Continuing Professional Development (CPD) courses. Aromatherapists can choose CPD from any section of the prospectus in addition to the aromatherapy section. Massage therapists may not choose aromatherapy CPD.

The Penny Price Academy was founded on the teaching of clinical aromatherapy to all levels, from basic to the highest standards demanded in Hospice Care. The vast range of CDP (Continuing Professional Development) courses that are available after the course ensures that the student continues to learn and progress with new information and trends.

1. Associate Diploma in Clinical Aromatherapy

The ADCA Course consists of five in–house modules plus home study and practice relevant to each module. The minimum period for the completion of this course is 12 months, and the maximum time recommended for completion is 48 months.

ADCA Module 1 – 5 days
Attendance on this foundation module is enough for those who wish only to use essential oils safely at home, to help their family and to enhance their own life.
The course includes:
Aromatherapy massage, its principles and benefits
The properties and effects of 12 of the most popular essential oils
Methods of extraction, storage and blending and the use of carrier oils
History of aromatherapy and massage, with the philosophy of holistic healing
Introduction to botany, plant cell function and photosynthesis
10 case studies and 5 essays should be completed before Module 2

ADCA Module 2 – 5 days
The course includes:
Comprehensive appreciation of body analysis for assessment of clients
Selecting and blending essential oils for a personal treatment plan
Choosing appropriate oils, creams and lotions used in the aromatherapy treatment for specific ailments and conditions
Extended massage principles are demonstrated and practiced thoroughly
Introduction to plant families and therapeutic and physical properties of essential oils and their pharmacological effects on the body
Properties and effects of 15 essential oils
Introduction to hydrolats
15 case studies and 5 essays should be completed before Module 3

ADCA Module 3 – 5 days
The course includes:
Specific techniques in massage including foot reflex massage.
Information on plant families and essential oils is expanded
Organic chemistry and essential oil components awareness
Toxicity, essential oil purity and safety
15 carrier oils are discussed in depth
Allergy and substance sensitivity
The properties and effects of 15 essential oils
10 case studies and 5 essays should be completed before Module 4

ADCA Module 4 – 5 days
The course includes:
Differences between plant medicine and orthodox medicine
Comprehensive study of common ailments, including those arising from care for the elderly, pregnancy and paediatrics, depression, special needs and massage with cancer patients
Olfaction and its psychosomatic effects
The properties and effects of 12 essential oils
Techniques for neck and shoulder massage and relaxation
5 case studies and written homework should be completed before Module 5

ADCA Module 5 – 4 days
The course includes:
Business and management procedure are taught and cover some of the aspects of starting up a successful clinic including the client/therapist relationship.
First Aid
Exam, both practical and theory.

The Diploma course is assessed by
2 ½ hour written examination
2 ½ hour practical assessment
200 hours of case studies
Continuous assessment by homework and class work

Theory Only Courses
For students who do not want to learn massage, the Academy offers courses that are theory only, with added assessment skills and blending techniques. Please ask for details.

Conversion courses to IFPA
Accreditation of Prior Learning (APL) is available for all aspects of our aromatherapy programmes, where prior learning is assessed against the Academy syllabus.
Please ask for details and an application form to upgrade to IFPA standards.

2. Therapeutic Body massage – 4 days

This course is a core unit for any further massage courses such as Sports Massage, Advanced Massage, Manual Lymph Drainage, Indian Head Massage, Hot Stone Massage etc. To secure the practical and theoretical skills learned during the course, homework may be given to assist the students during the evenings of the course. The course teaches Swedish-style massage that is deeply therapeutic, working on all parts of the body to promote health, well-being and stress-relief.
The course is assessed by

- 5 case studies comprising 3 treatments each
- 1 hour written exam
- 2 hour practical examination

This qualification gives access to Hot Stone Massage, Baby Massage, Thai Massage, Chinese Massage and Indian Head Massage.
For the optional ITEC qualification, Intermediate Massage (page 11) must also be completed and the student is assessed by:

- 1-hour written examination
- 1 ½ hour practical assessment

3. Reflexology Diploma – 4 days

The reflexology diploma is fast-tracked into 4 intensive days. To secure the practical and theoretical skills learned during the course, homework may be given to assist the students during the evenings of the course.

Reflexology Diploma includes:

- History of reflexology
- How reflexology works – treatments and benefits
- Contra-indications to reflexology and client assessment
- Zones and cross-reflexes
- Foot disorders
- Medical liaison and referral
- The reflexology treatment and after care

The course is assessed by

- 20 case studies
- 1 ½ hour practical assessment

Further Study:

- Hand reflexology – 1 day CPD see below

Hand Reflexology – 1 day

This one-day course teaches the art of hand reflexology. This is particularly useful for clients with problem feet or as a self-treatment regime between appointments. Learning to treat the hands efficiently can help your clients as much as traditional foot reflexology, particularly with aches and pains. The routine and reflexes are practised thoroughly, so that you can have confidence in this beneficial treatment.

Distance Learning Courses

Distance Learning Anatomy and Physiology

This course is structured into 13 lessons, divided into three manuals.
At the conclusion of each lesson there are questions set for the student to research and answer. The assignments are marked and contribute towards the final grade awarded.

The correspondence modules are a flexible approach to learning but require self–discipline and a high degree of dedication. The student should expect to complete a minimum of 100 hours home study during the course. The Academy offers tutor support via email or telephone so the student can receive encouragement and advice at any time during the course. Successful students will be awarded the Academy Distance Learning Certificate in Anatomy and Physiology, which is recognised by the IAM and the IFPA.

The distance course is assessed by continuous assessment through essay and multiple-choice questions.
The ITEC examination is not available for distance learning.

The Distance Learning Diploma in Aromatherapy

The Distance Learning Diploma in Aromatherapy consists of four modules designed for students who prefer to study in their own time. The learning is based around the course notes supplied, background reading of aromatherapy texts and observation and performance of massage techniques shown on DVD.

The student will need to complete each module and the required assessments successfully before proceeding to the next module. Advice is offered at every stage of the course through contact with a personal tutor, enabling the student to produce a high standard of work. A qualification in anatomy and physiology is necessary before the Diploma can be awarded. The Anatomy and Physiology Certificate Course can also be studied by distance learning.

Upon successful completion of the course a Penny Price Aromatherapy Diploma will be awarded. Students are advised to take between 12 and 36 months to complete all modules. Students may apply for an extension for a further 12 months.

It is possible for a student to combine distance learning with in-house modules to comply with some accrediting body's requirements or simply to vary the learning environments.

The course is assessed by

- 2 ½ hour written examination in-house
- 2 ½ hour practical assessment in-house
- 150 hours of case studies
- Continuous assessment by essay and assignment

NB – Penny Price Academy realises that not all students are able to travel to our venue for various reasons. Therefore, we offer all CPD theory courses as distance learning options. Unfortunately we cannot offer practical courses as distance learning. Please ask for details.

Post-graduate courses for massage therapists and aromatherapists

The following courses can be taken by qualified massage therapists and aromatherapists. There are no formal examinations for these, but case studies are required for certain courses. Certificates of Attendance are given on the course. Certificates of Competence will be given to students who submit case studies.
See page 14 for CPD in aromatherapy and page 18 for courses open to everyone regardless of qualifications.

Intermediate Massage - 2 days

Existing massage therapists wishing to develop their massage skills beyond basic body massage can attend the Intermediate Massage Course before embarking on Sports or Advanced Massage courses. It is recommended for aromatherapists as an introduction to different techniques. The course develops the massage skills to the next level to enable the student to offer massage for a variety of problem areas. This further massage qualification gives access to the following courses: Sports and Remedial, Advanced Massage, Lymphatic Drainage Massage and Finger Lift Facials.
3 case studies should be completed for a certificate of competence.

Advanced Massage Techniques – 2 days

This course is aimed at the experienced therapist who wants to add further techniques to their 'toolboxes'. It is recommended that the therapist has Intermediate skills prior to attending the course. There is an introduction to neuromuscular techniques and trigger points. Dermatomes and myotomes are discussed along with their effects on pain in the body. There is inclusion of both passive and active movements into massage to mobilize the joints and tone the muscles. Shiatsu and acupressure techniques are introduced into the massage techniques alongside existing techniques.
3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Sports and Remedial Massage – 2 days CPD see below

Sports and Remedial Massage – 2 days

This advanced course explores the importance of correct warm up and cool down procedures. Pre and post-sport routines are taught and a general maintenance massage is practiced. There is a focus on specific injuries and methods of treatment.
The course covers management of injuries, returning back to exercise after an injury, neuromuscular techniques and intra-sound massage.
3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Advanced Massage Techniques — 2 days CPD see above

Lymphatic Drainage Massage – 3 days

This advanced course is teaches various methods of lymphatic drainage massage movements, for relief of oedema, sinusitis, low immunity, stress and ME. It can be used on clients with fluid retention and lethargy to give energy and mobility. The treatment techniques are light in pressure, but effective to help relieve fluid retention and blockages.
3 case studies should be completed for a certificate of competence. Students should have attended the Intermediate Massage course as a pre-requisite.

Further study:

Aromatherapy for Cancer Care —1 day CPD see page 15

Baby Massage Tutors Diploma – 2 modules 2-days each

This course is to teach therapists how to teach individuals or groups of mothers how to massage their own babies and children. The course covers:
Safety and contra-indications
Ethics and practice
Full assessment techniques
Full baby massage
Teaching skills to enable mothers to fully understand how to complete the procedure themselves
The course is accredited by the Guild of Infant and Child Massage and assessed by:

- Reflective diary
- 5 case studies
- Multiple choice questionnaire on last day of course

Further study:

- Aromatherapy for babies and children – 1 day CPD see page 15

Hot Stone Massage – 2 days

The course begins with a historical introduction to the basic principles of using heated stones. Massage techniques for the whole body, including the face, will be demonstrated and practised, using the hot stones to relieve stress and tension. There will be discussion of the healing benefits, contra-indications, practical application and an introduction to using stones on chakra areas.
3 case studies should be completed for a certificate of competence.

Further study:

- Chakras and Meridians – 1 day CPD see page 18
- Crystals and healing – 1 day CPD see page 18
- Masterclass Hot Stone Massage – 1 day CPD see page 13

Indian Head Massage – 2 days

This popular post-massage course leads to an Academy certificate. The course teaches a seated full head, neck and shoulder routine and discusses Ayurvedic principles of healing. All 40 of the massage movements are explained and demonstrated fully before supervised practice.
It is necessary to complete 3 case studies after the course for a certificate.

Further study:

- Chakras and Meridians – 1 day CPD see page 18
- Masterclass Indian Head Massage – 1 day CPD see page 13
- Hair and Scalp Conditions and Remedies – 1 day CPD see page 16

Hot Stone Massage Masterclass—1 day

An intensive day confirming and perfecting existing techniques in Hot Stone Massage and adding in new techniques. Theory in treating certain conditions will be given and extensive practical application will perfect new skills.

Masterclass Indian Head Massage—1 day

An intensive day confirming and perfecting existing techniques in Indian Head Massage and adding in new techniques. Theory in treating certain conditions will be given and extensive practical application will perfect new skills.

Thai Massage Workshop – 4 days

This course teaches traditional and beneficial Thai Massage. The therapy is used for relaxation, normalising energy flow and increased mobility. Students applying for this course should have a reasonable level of fitness due to the effort needed during the movements. The massage is carried out on the floor on a mat or quilt and the recipient remains fully clothed. Stretching and massage movements are taught for the whole body which leaves the client feeling relaxed and with improved flexibility. This massage is a spiritually and physically uplifting experience for both client and therapist.
It is necessary to complete 3 case studies after the course for a certificate.

Further study:
Thai hot compress massage – 1 day CPD see below

Thai Hot Herbal Compress Massage

Traditional Thai herbal compresses are steamed and applied to the body in specialised movements to help improve aches and pains and other muscular problems. The treatment is luxurious to receive and also helps to improve circulation and lymphatic flow. A wonderful treatment that utilises the massage movements learned in the Thai body massage.

Traditional Chinese Therapy Courses

Acupressure for Beginners – 1 day

Learn various acupressure techniques and how to locate common acupressure points to promote healing. This course will offer a brief overview of the meridian system but this area is covered in more depth in the Chinese Diagnosis and Theory course.
Acupressure is an increasingly popular addition to mainstream massage techniques and can bring fast and efficient relief from many conditions.

Cupping and Moxibustion – 1 day

Cupping uses glass jars and heat to create a vacuum when applied to the body. This stimulates blood and body fluid movement, muscular stimulation and internal organ function. Moxibustion incorporates the burning of herbs over particular acupuncture points and injury sites to stimulate body functions and immune system response.
A deep and powerful treatment that is popular with clients wishing to detoxify.

Tui Na Massage – 1 day

Learn Tui Na massage techniques that can be used on their own or in conjunction with acupressure points. This massage is applied through clothing providing an alternative for clients who are shy. A versatile technique that can be applied anywhere and is extremely beneficial for improving mobility and flexibility.

Chinese Diagnosis and Theory- Tongue Face & Pulse – 2 days

The theory behind Traditional Chinese Medicine and diagnosis techniques. Learn how to look at the body as a whole, considering the colour and shape of the tongue and face in conjunction with the visual and verbal messages of your clients. Learn a basic understanding of Chinese Pulse to help to confirm your diagnosis. The course will introduce the meridian system, Yin and Yang and the 5 Element Theory.

A certificate is available for students who complete the whole course.

Post-graduate courses for massage therapists and aromatherapists cont.

BackCare Course—1 day

An informative day of both the theory and the practice of looking after one of our most important bone structures – the back. Full body analysis is taught alongside practical massage manipulations for various back conditions such as sciatica and arthritis. Some essential oils are discussed but it is not necessary to be cognisant with aromatherapy to partake in the course.

Posture Analysis and Ching Gung—1 day

This is a practical, 'hands on', one day course aiming to improve the health of therapists and their clients. The tutor will explain how common ailments (headaches, back ache, asthma, IBS etc) can be caused or aggravated by incorrect posture alignment and showing how simple changes can provide improvement and relief.

Post-graduate courses for aromatherapists

Licentiate Diploma in Clinical Aromatherapy

This course comprises two modules that have been designed to considerably enhance the aromatherapist 's knowledge and practical skills. Taught by specialist tutors, this course is for serious therapists wishing to extend their professional development. Although the course teaches intensive application through the skin, lungs and mouth, it is not necessary for the student to apply these methods in their own clinic. The Academy teaches these subjects to engender a deeper understanding of the safety and possible uses of the essential oils.

LDCA Module 1 – 3 days

On this intensive course, aromatic treatment is discussed historically to determine its place in practice today and the importance of integrity and integration of treatment regimes is emphasised. The course includes materia medica, where essential oils are pin–pointed by their chemical components in order to help treat various specific conditions. Safety in practice is explored with different methods of application of essential oils, including intensive treatments.

Prerequisite – Chemistry for Aromatherapists,

LDCA Module 2 – 3 days

This module teaches the theory of intensive use of essential oils and carrier oils both on the skin and also their controlled and informed internal use via vagina, rectum, teas, gargling, and encapsulation. This module is designed to promote further the beneficial use of essential oils, as well as considering all possible hazards. Practical application techniques are taught including compresses, specialised local massage movements, specific reflex points, pessary and suppository manufacture and application.
The student will also need to complete Pain Management and Hydrolats as CPD (2 separate days) page 17

Examination

The Licentiate Diploma in Clinical Aromatherapy is awarded after successful completion of:

- 10 case studies (100 hours)
- Completed course work (200 hours)
- 3–hour theory exam
- Practical assessment

The Fellowship Diploma in Clinical Aromatherapy – 4 days

Prerequisites for the course - LDCA and commitment to further study and research.

This intensive 4-day module is taught one-to-one and discusses models of research, how to plan and accurately carry out pilot studies and full research programmes, how to interpret results and how to write up the research. The student will be shown literature search techniques and how to use different methodology models. Support is given by personal tutor throughout the dissertation process.

Examination

The examination is by successful completion of a 15,000 word dissertation.
A Fellowship is then granted by the Academy.

Post-graduate short courses for aromatherapists

The following short courses can be taken by qualified aromatherapists or aromatherapists who are still in training if indicated as below:
*After Module 2 and + After Module 3

Arthritis and Aromatherapy – 1 day

A workshop exploring the pathology of different types of arthritis, the essential oils that are most efficient to help arthritis and the massage techniques that can be used. Therapeutic massage techniques using gentle pressure point therapy on the spine is explored during this informative and practical day.

Babies and children – childhood ailments and aromatherapy* - 1 day

A course exploring essential oils and massage as used for babies and children, including information on toxicity, contra-indications and precautions. A range of childhood ailments and their treatment plans will be taught, including emotional and physical conditions and how to choose and blend essential oils with relevant bases. Massage is demonstrated, and the principles of massage for children are discussed.

Cancer care and aromatherapy – 1 day

A course teaching the pathology of different cancers, the care of clients and how essential oils can be used in the clinic and at home to alleviate presenting symptoms. Contra-indications will be explored. The course also looks at different essential oil blends and application techniques that have been used in hospital and hospice settings with the approval of medical consultants and practical guidelines are given.

Care of the elderly* - 1 day

A course to determine which essential oils are best suited to the frail and elderly, and which methods of use are the most effective in cases of common ailments. A number of common ailments including incontinence, chest infection, leg ulcers and senility are discussed in detail and also the treatment plans and applications for each ailment in the light of individuality.

Carrier oils – properties and uses+ - 1 day

A course to explore the many and varied uses of carrier oils in therapy. Since carrier oils are used in greater proportions in an aromatherapy treatment than essential oils it is important to understand their properties and benefits. Discover how to really value the healing effects of carrier oils and how to use them for subtle yet efficient healing effects on clients, both externally and internally.

Cellulite – clinical aromatherapy treatments* - 1 day
The morning is spent exploring the roots and causes of cellulite and its pathology in detail. Diet, lifestyle, exercise and the influence of the hormonal system will be explored. There will be extensive practical work in the afternoon, including body masks, body brushing, occlusions and treatments using relevant aromatherapy essential oils and carriers.

Chemistry of essential oils – 2 days
This fascinating course takes the student to a competent level of understanding of how the chemical molecules in essential oils can affect certain pathological conditions. The course is aimed at aromatherapists who seek a deeper understanding of the chemical composition of the tools of their trade (essential oils, hydrolats and carrier oils) and their many pharmacological effects on the human body. This course is a prerequisite for Licentiate Diploma Module 1.

Emotions and aromatherapy – 1 day
This thought-provoking course explores how aromatherapy can be related to the higher levels of the human mind and being. Chemical properties of essential oils are considered, helping the student to equate mental processes to bodily function. A wide variety of emotions are explored and explained in context with essential oils.

Holistic facial course – clinical aromatherapy treatment+ - 1 day
This intensive course teaches new facial treatments for different types of skin and various skin conditions. A full skin analysis is shown and practiced and an explanation of how to blend your own facial oils, masks and creams for individual requirements is taught. There is also revision of professional cleansing, toning and moisturising techniques. Full facial massage is demonstrated and practiced.

Finger lift facials – 2 days
This course teaches students how to use light finger-touch techniques to help delay and improve the signs of aging. Facials are often seen as a relaxing treatment to pamper a client, but this facial routine will not only pamper but will actively relax the facial muscles and help to tighten the skin of the face, neck and décolletage to give a rejuvenated appearance. Students look at the muscular structure of the face, neck and décolletage in order to help to understand how wrinkles can form and how to help prevent this.

Hair and scalp conditions and treatments – 1day
Learn about the various conditions that can affect the skin on the scalp and the hair and hair root and shaft and all the different treatment methods using essential oils, carrier oils and hydrolats. A practical scalp massage to encourage hair growth is shown and practiced.

Headaches and Migraine—1 day
A day demonstrating aromatherapy oils and techniques to deal with headaches and migraines. Lifestyle pointers for good health and a full assessment will be shown and the appropriate treatments, including pressure points demonstrated and practised.

Holistic foot care – 2 days
An intensive course teaching therapists how to care for the feet and lower legs. The course includes an analysis of foot conditions and skin and nails, revision of the anatomy of the foot, Swiss reflex massage techniques, massage of the lower leg and foot and different oils and carriers to help the feet. A simple pedicure procedure is also shown.

Holistic hand care – 2 days
An intensive course to teach therapists how to care for the hands and lower arms. The course includes an analysis of hand conditions and skin and nails, revision of the anatomy of the hand, massage of the arm and hand and different oils and carriers to help the various conditions. A comprehensive manicure procedure is also included.

Hormones and aromatherapy - 1 day
This one-day course will identify how certain essential oils can bring about balance and harmony to the human being by supporting the hormonal system. Individual molecules will be explored that can be used daily to treat common problems such as PMS, stress, thyroid deficiency and much more.

Hydrolats+ - 1 day
This interesting course begins with the source of all life – water. Hydrolats are explained through history, through chemistry, through usage and through their properties. The course will teach about safety in application and administration and several hydrolats will be discussed in detail for clinical treatments. The hydrolats will be tasted and recipes and blends will be recommended to help various conditions.

Menopause and Aromatherapy
Essential oils, carrier oils, hydrolats and relaxation techniques will be looked at to preserve inner beauty and peace as well as help reduce the natural effects which the menopause may bring. The hormonal content of certain essential oils will be explored along with methods of use for the different areas of menopause.

Mixing and Blending+ - 1 day
A practical course is designed for the professional aromatherapist to explore new ways of creating blends for individual needs. The course includes mixing with gels, clays, butters, creams, lotions and carrier oils. The blends are taught in detail and students will have a course manual that includes many recipes for home and clinical use. All blends made can be taken home.

Pain management – 1 day
An exploration of how aromatherapy, essential oils, and some herbal products and bases can affect the way we experience and control pain. This course is invaluable for those working with people in pain as it explores different essential oil blends and application techniques that have been used in hospital and hospice settings with the approval of medical consultants.

Pregnancy+ - 1 day
This essential course fully explores the use of essential oils and aromatherapy techniques with pregnant women. Safety issues are clearly explained along with methods of use. The afternoon is devoted mainly to practical work using techniques that are suitable for all stages of pregnancy and also includes practical application for the birth-partner. Conditions experienced during pregnancy are discussed fully and recipes are given.

Respiratory conditions and aromatherapy+ - 1 day
A workshop to define the types of respiratory conditions and the appropriate use of essential oils. Treatment plans are given and discussed, as are contra-indications and precautions. Practical application skills are also taught, including a back and chest treatment, use of pressure points and trigger points and inhalation methods.

Skin and aromatherapy+ - 1 day
This intensive study of the structure of the skin and its pathology teaches an understanding of many skin conditions (such as eczema, psoriasis, athlete's foot etc). Recipes for dealing with skin disease and skin ailments will be discussed and there will be blending techniques given, based on the components of each disorder.

Unusual and Exotic essential oils+ - 1 day
A fascinating course that explores the different healing properties of individual essential oils that you may not have considered before. Demonstrations on how the different oils can be blended in various ways to enhance the common qualities will be shown.
A fascinating experience that will link family properties and effects in synergistic blends.

Warm wax therapy* - 1 day
A practical course teaching the benefits of warm paraffin wax treatments with the use of essential oils and creams. This therapy is very beneficial for reducing swelling, and the pain of arthritis, rheumatism, gout and carpel tunnel syndrome. Skin conditions such as psoriasis and eczema can also be helped. Contra-indications, the safety of warm wax and the application of the treatment will be taught as well as the safe removal of the wax to benefit your clients' aches and pains.

Other Complementary Courses
No prerequisites or qualifications needed

Chakras and Meridians – 1 day
An introduction to the seven Chakras, the Sanskrit name for energy-circles in the body, explaining their meanings, colours, shapes and positions in the body.
Meridians will also be explained and practically explored. A useful addition to Indian Head Massage, Hot Stone Massage, Reiki and other energy therapies.

Crystal Therapy
Learn about different crystals and their healing effects on the body, especially via 'Aura Cleansing'. Choosing and using crystals for individuals will be taught, also how to cleanse them between clients. A fascinating course that is a useful addition to other energy courses, such as Reiki and Hot Stone Massage.

Flower Essence Therapy (Bach Flower) – 2 days
The Bach Original Flower Remedies were developed by Dr Edward Bach, a well known Physician. The use of flower essences is now a popular method of gentle complementary therapy. This course is offered as a two-day intensive training programme to enable therapists to incorporate essences into their own disciplines.

Hopi Ear Candle Therapy – 1 day
Hopi ear candles were used by the native American-Indians to cleanse and harmonise many problems relating to the ear and head area. Hopi Ear Candles can help with tinitus, compacted ear wax and glue ear, sore throats and hay fever, headache and migraine, rhinitis and sinusitis and catarrh and asthma, as well as many other stress related conditions.

Reiki level 1 – 2 days
Reiki is a simple, natural and safe method of spiritual healing and self-improvement .
A simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Reiki level 2 is arranged after level 1 with your tutor

Special Events throughout the year

Open Days
The Penny Price Academy holds 2 Open Days per year for students. Diplomas and Certificates can be presented on this day on request. The day runs from 10am until 4pm and includes lectures and a choice of workshops. Lunch is included in the cost. An opportunity to network with other therapists and to collect 4 CPD points.

Saturday Club
Saturday Club is held once a month (usually the last Saturday in the month) and is open for everyone whether qualified as a therapist or not. Starting at 10.30am, there is welcome and coffee, followed by a short talk on the topic of the month. There is plenty of opportunity to network, use the library and to ask questions of our tutor. The club normally finishes at 12.00 pm. 1 CPD point is awarded.

Summer Schools
Summer Schools are usually run in the summer months of July and August.
The popular Beginners Summer School gives an introduction to aromatherapy and related topics and runs for 5 days, each day teaching a new subject in the aromatherapy arena. The days can be taken separately or as one block of 5 days.
The Masterclass Summer School is for professional therapists who want to hone and fine-tune their existing skills and learn new approaches. Held over 5 days, the courses can be taken as a block or as individual days.

French Study Tour
Our wonderful tour is set in the sunny south of France and is a fascinating journey of self discovery, where people of like minds can enjoy an enthralling week of lectures, learning and shared experiences. Field study trips will include a visit to a distillation plant, walks around herb fields and a botanical walk , revealing magnificent vistas over the Drome valley. The course is based at the old monastery in the tiny village of Sainte Croix in the Drôme valley in south-east France. The local area is called the Diois, based on the name of the nearby town of Die (pronounced Dee). Wonderful food and copious wines are provided from the local community—a rare opportunity for spiritual and emotional refreshment. Everyone is welcome, not just therapists.

Penny Price Aromatherapy Products
Penny Price Aromatherapy caters for the needs of all busy therapists.
Call us to open an account or visit our website.

Penny Price Academy Insurance
The Penny Price Academy has a block school insurance scheme with Balens Insurance Company to cover the therapies that you study. In order to join this scheme, simply phone 01684 893006 and ask to be added as a therapist or student to our scheme. Extra therapies can be added as and when necessary.

PPA Mission Statement
The Penny Price Academy is committed to providing excellent quality products and training courses. Our company policy is to train students to the best of their own ability and to encourage reflective practice and individualism. Also to work ethically with suppliers and students to offer appropriate levels of support to both.

Penny Price Aromatherapy values its suppliers, students and customers at all times.

Penny Price
Academy of Aromatherapy