

CASE STUDY WORKSHEET: QI DEFICIENCY & QI STAGNATION

Assess and discuss each of the following case studies and the 'symptom picture' it presents. As part of your analysis, identify which Diagnostic Pattern(s) are involved, and list these.

Based on your assessment, discuss possible essential oils for treatment, making sure that they are appropriate for the Diagnostic Pattern(s) involved as well as for the specific symptoms. Make a list of at least three indicated essential oils.

1. A client arrives for aromatherapy treatment complaining of lethargy, poor appetite, epigastric and abdominal distention, belching and hiccup, and nervous tension. The tongue is pale-purple and slightly swollen.
2. A client arrives for aromatherapy treatment complaining of lower backache, shortness of breath and lethargy. They seem withdrawn and lacking in confidence, and have a pale-white face. The tongue is slightly pale.
3. A client arrives for aromatherapy treatment complaining of muscular stiffness and pain, recurrent headaches, flatulence and constipation. The tongue is slightly purple, and has a 'dirty', greasy coating.
4. A client arrives for aromatherapy treatment complaining of lower backache, lethargy, weakness of the arms and legs, and poor concentration. The tongue is pale and slightly swollen.
5. A client arrives for aromatherapy treatment complaining of mental fatigue, nervous tension, worry and insomnia. The tongue is slightly purple and swollen on the sides.
6. A client arrives for aromatherapy treatment complaining of mild asthma, shortness of breath on exertion, palpitations and lethargy. The tongue is slightly pale and swollen.

CASE STUDY WORKSHEET: YANG DEFICIENCY, EXCESS YANG & YIN DEFICIENCY

Assess and discuss each of the following case studies and the 'symptom picture' it presents. As part of your analysis, identify which Diagnostic Pattern(s) are involved, and list these.

Based on your assessment, discuss possible essential oils for treatment, making sure that they are appropriate for the Diagnostic Pattern(s) involved as well as for the specific symptoms. Make a list of at least three indicated essential oils.

1. A client arrives for aromatherapy treatment complaining of recurrent headaches, thirst, palpitations, restlessness, insomnia and depression. The tongue is dark red in colour, especially at the tip.
2. A client arrives for aromatherapy treatment complaining of lethargy, chilliness, cold extremities, weak, heavy limbs, poor circulation, loose stools, mental fatigue and feelings of despondency. The tongue is pale and swollen.
3. A client arrives for aromatherapy treatment complaining of feelings of anxiety, irritability and insecurity, as well as occasional phases of depression. The tongue is thin, red and has no coating.
4. A client arrives for aromatherapy treatment complaining of frequent colds and weak immunity, occasional lower backache, chilliness and lethargy. The tongue is pale and swollen.
5. A client arrives for aromatherapy treatment complaining of hot flushes, skin rashes, recurrent nosebleeds, anxiety and lethargy. The tongue is red, especially on the sides, and has very little coating.
6. A client arrives for aromatherapy treatment complaining of abdominal distention, chronic diarrhoea, water retention in the legs and ankles, and low self-confidence. The tongue is pale and swollen.

CLINICAL TRAINING & ASSESSMENT DAY: GUIDELINES

The Clinical Training and Assessment Day is scheduled at the end of the course, when students have gained enough experience to give a full aromatherapy consultation and treatment.

Each student will carry out a full consultation and treatment in the morning or afternoon. All students are asked, where possible, to find at least one client volunteer, who will be allocated to another other student.

When providing the name of your volunteer, please indicate which session you prefer to attend – and for your volunteer to attend: morning or afternoon.

Morning volunteers should arrive at 9.45 am; afternoon volunteers at 1.45 pm. In both cases, volunteers should go directly to the cafeteria when they arrive – from where they will be collected by the student who will treat them.

What to bring to clinic days:

- Essential oils, base oil and at least two large towels.
- Bottles and bowls for blending.
- Consultation Report.
- A watch or small clock to monitor the timing of the session.
- A small number of reference notes may be taken into the room.
- A small table-cloth is recommended.

The Institute will provide:

- Name badge for each student.
- Clipboards (please return).
- Consultation table and chairs.
- Treatment couch, couch cover and paper towel (you can, however, bring your own couch if you wish).
- Screens for clients to change.
- Spring water and cups.

Dress

Students should wear a plain white or light-coloured top, and look professionally dressed.

Assessment

The following will be taken into consideration:

- 1) Client consultation and recording skills: thoroughness of questioning; detail; Oriental diagnosis.
- 2) Formulating skills: choice of essential oil(s); choice of carrier oil(s); quantities and dilutions.
- 3) Client management: active listening; rapport; treatment preparation; towel management; client care.
- 4) Massage skills and competence: posture; use of body weight and movement; application of techniques; variety of strokes; sufficiency of treatment coverage; focus – observation of client throughout treatment.
- 5) Professional competence: therapist appearance; hygiene; session management and use of time; conclusion of session; after-care advice.

Attendance

All students should do their utmost to attend their designated Clinical Training and Assessment Day. Should a student fail to attend, special arrangements for assessment will need to be made, which will incur an additional fee.

CLINICAL TRAINING & ASSESSMENT DAY: SCHEDULE

MORNING SESSION

Important: please take your voluntee to the college cafeteria before you come to the treatment room.

9.15 am	Arrive and set up.
9.45 am	Briefing by tutors.
9.55 am	Students proceed to cafeteria to meet clients, and escort them back to clinic room.
10.10 am	Begin consultation (<i>approx. 45 minutes</i>).
10.55 am	Client undresses, using screen.
11.00 am	Aromatherapy massage treatment (<i>approx 60 minutes</i>).
12.00 noon	End treatment; client undresses, using screen.
12.10 pm	Client departure.
12.15 pm	Finalise and submit Consultation Report.
12.30 pm	Review and dicussion with tutors.
12.45 pm	LUNCH

AFTERNOON SESSION

Important: please take your voluntee to the college cafeteria before you come to the treatment room.

1.15 pm	Arrive and set up.
1.45 pm	Briefing by tutors.
1.55 pm	Students proceed to cafeteria to meet clients, and escort them back to clinic room.
2.10 pm	Begin consultation (<i>approx. 45 minutes</i>).
2.55 pm	Client undresses, using screen
3.00 pm	Aromatherapy massage treatment (<i>approx 60 minutes</i>).
4.00 pm	End treatment; client undresses, using screen.
4.10 pm	Client departure.
4.15 pm	Finalise and submit Consultation Report.
4.30 pm	Review and dicussion with tutors.
4.45 pm	PACK-UP

- Please be punctual, and keep to the schedule as far as possible.
- If you start later than 10.10 am or 2.10 pm, you should allocate the same amount of time for each part of the treatment and finish slightly later.
- Allow up to 5 minutes for your client to rest after the treatment before you ask them to dress.

WRITTEN EXAM IN AROMATHERAPY & ORIENTAL MEDICINE: EXAM STRUCTURE AND EXAMPLE QUESTIONS

The Exam Paper is composed of two sections: Section A and B.

Time allowed: 3 hours

SECTION A: MULTIPLE CHOICE QUESTIONS

Answer all 40 questions (*max. 40 percentage points*)

Section A consists of 40 multiple choice questions based on the required reading for STAGE 1 HOME STUDY and STAGE 3 HOME STUDY.

SECTION A EXAMPLE QUESTIONS

- Essential oil of petitgrain (*Citrus aurantium ssp. amara*) is distilled from:
 - the rind
 - the flower
 - the leaf
 - the zest
- Allelopathy is one of the biological roles of essential oils in nature, and concerns:
 - the attraction of pollinators
 - the inhibition of competing vegetation
 - plant defence against herbivores
 - protection from microbes
- Cohobation involves the re-distillation of the initial distilled water, and is important in the production of:
 - jasmine
 - neroli
 - rose otto
 - ylang ylang
- The first part of the scientific binomial name of a plant refers to its:
 - generic name
 - Latin name
 - family name
 - specific epithet (species)
- The organoleptic testing of essential oils refers to:
 - their odour analysis
 - their chemical analysis
 - their physical analysis
 - analysing their purity
- Oxidation occurs most readily in essential oils that are rich in:
 - alcohols
 - ketones
 - oxides
 - monoterpenes

7. Intraspecific variation of the chemical characteristics within aromatic plants results in:
- taxonomy
 - essential oils
 - chemotypes
 - genetic variation
8. Three isoprene units connected head to tail produce:
- a monoterpene
 - a sesquiterpene
 - a diterpene
 - a functional group
9. Compounds that have the same molecular formula but different structural or positional arrangements to one another are termed:
- alkanes
 - alkenes
 - hydrocarbons
 - isomers
10. In general, phenols are considered to possess ALL BUT ONE of the following properties (*i.e. circle the incorrect answer*):
- strong antiseptic action
 - antifungal action
 - skin irritation
 - sedative effect

SECTION B: CASE STUDY QUESTIONS

Answer 3 out of 4 case questions (*max. 20 percentage points per question*)

For each of the following case study examples:

- provide a basic diagnosis according to Oriental medicine;
- name 4 relevant essential oils, and your reasons for selecting each;
- give the percentage dilution of a blend for full-body massage application as well as the number of drops of each oil used.

SECTION B EXAMPLE CASE STUDIES

- A client of your's gets recurring colds. These colds make them feel tired, chilly and achy, and produce a lot of chest and sinus congestion involving the expectoration of white mucous. They come for treatment on this occasion feeling run-down and complaining of lower back-ache – which is another on-going problem.
- A female client mentions to you that she gets heavy, painful periods. The menstrual blood is dark and clotted. She also complains that she gets very irritable before her periods, and sometimes develops a strong headache.
- A client in their thirties arrives for treatment complaining of repeated throbbing headaches (especially on the sides of the head); sore, burning eyes; and, from time-to-time, sensations of dizziness. Upon further questioning you also discover that they are frequently thirsty and consider themselves “rather short-tempered”.

4. A client in their sixties arrives for treatment complaining of cold hands and feet; occasional bouts of breathlessness; a chronic productive cough; and a general feeling of tiredness. They also mention that their heart occasionally misses beats. Emotionally they say that they are generally “fed-up with things”, and lack the confidence they felt they once had.
5. A woman in her twenties comes complaining that she suffers from rather severe premenstrual tension and menstrual pain of a cramping nature. Alongside these symptoms comes a chilled feeling, lower backache and general tiredness.
6. A male client comes complaining of prolonged muscular stiffness and tension in the neck and shoulders. When he is tired he gets lower backache as well. On the whole he seems both tense and timid. He worries that he’s losing hair and gradually going bald.
7. A young woman in her early twenties comes for treatment mentioning depression as her main complaint. She seems rather thin and tells you she rarely feels hungry. She says she “can’t be bothered with food”. She occasionally feels tired and slightly dizzy, and often wakes early, though she would like to sleep much longer.
8. A woman in her forties comes complaining that she is having a very difficult menopause. She gets sudden hot flushes coupled with sweating and palpitations, frequently suffers from insomnia, and often feels either anxious or irritable. She has a history of suffering from frequent headaches that involve a throbbing pain around the temples.
9. A client in their fifties comes for treatment in the hope that Aromatherapy Massage will help their arthritis. Their joints become sore and swollen after sustained activity, and the pain is of a burning nature. You also note that the problem gets worse in the Summer. Moreover, the client complains of occasional pain and discomfort after eating, as well as ‘heartburn’ and sensations of nausea.
10. A client – male – comes complaining of frequent ‘tension headaches’ characterized by a ‘tight band’ of pain around the head. He also suffers from indigestion (involving a ‘burning’ pain and nausea), mouth ulcers and halitosis. He mentions that he has a problem controlling his temper.
11. A client comes complaining of a combination of digestive and bowel problems including epigastric distention and discomfort after eating, nausea, flatulence, poor appetite, loose stools and occasional intestinal colic. They get both very tense and irritable as well as tired and ‘worn out’.
12. A woman in her fifties arrives for treatment for rheumatic joint pain and stiffness which is worse in damp, cold weather. She describes the pain as ‘tight’ and ‘gripping’ in nature.