
Assignment Guidance Form

iUCT21 – Principles and practice of complementary therapies

Identify and explain the origins and principles of complementary therapies, for any four of the following:

- Acupressure
- Acupuncture
- Alexander technique
- Aromatherapy
- Ayurvedic medicine
- Bach flower remedies/flower remedies
- Body work (massage therapies)
- Bowen technique
- Chiropractic
- Colour therapy
- Crystal therapy
- Ear candling
- Herbalism
- Homeopathy
- Hypnotherapy
- Indian head massage
- Iridology
- Kinesiology
- Lymphatic drainage massage
- Meditation
- Naturopathy
- Neurolinguistic Programming (NLP)
- Osteopathy
- Physiotherapy
- Reflexology
- Reiki/spiritual healing
- Shiatsu
- Stone therapy
- Subtle energy/vibrational medicine
- Therapeutic touch
- Traditional Chinese Medicine (TCM)
- Yoga

To include:

- Concept, origins and development
- Therapy objectives
- Regulations and legal obligations
- Training required
- Key aspects of good clinical practice to include the client assessment and referral process, and effective communication skills

This assignment may be presented in any of the following formats and may include some ICT:

- Written report
- Chart
- Spider diagram
- Other pictorial presentation

Document History

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator