



**Amendments to ITEC Level 3 Diploma in Stone Therapy Massage
from October 1st 2007**

Syllabus amendments (any changes have been highlighted in bold)

2005 Learning Outcome Number	2005 Learning Outcome	2007 Learning Outcome	2007 Learning Outcome Number
1	<i>Understand and explain the Holistic Approach</i> Underpinning knowledge • Greek term holos • Importance of the treatment of the whole person	<i>Understand, explain and demonstrate the Holistic Approach</i> Underpinning knowledge • Greek term holos • Importance of the treatment of the whole person in relation to holistic health and the power of touch • Concept of balance and harmony in the body (homeostasis)	1
2	Underpinning knowledge <i>To include;</i> ◆ Origination • Native American traditions ◆ Nature • Principle of Kneipp therapy • Principle of geothermotherapy • Holistic approach • Homeostasis • Chemical • Physical and spiritual effects • Concept and effects of working with Energy • Benefits for the therapist ◆ Concept of the five elements and their link to stone therapy treatment • Water • Wood • Fire • Earth • Air	Underpinning knowledge <i>To include;</i> ◆ Origination • Native American traditions ◆ Nature • Principles of Kneipp therapy • Principle of geothermotherapy • Holistic approach • Homeostasis • Chemical • Physical and spiritual effects • Concept and effects of working with Energy • Benefits for the therapist ◆ Concept of the five elements and their link to stone therapy treatment • Water • Wood • Fire • Earth • Air	2
3	<i>Understand and explain the use of chakras</i> Underpinning knowledge <i>To include:</i> • Base • Sacral • Solar plexus • Heart • Throat • Third eye • Crown ◆ Secondary chakras • Feet • Knees • Hands • Elbows • The position and related body area • The related colour • Element • Gem stone	<i>Understand, explain and demonstrate the use of chakras</i> Underpinning knowledge <i>To include balancing the Chakras:</i> • Base/ Root • Sacral • Solar plexus • Heart • Throat • Third eye/ Brow • Crown ◆ Secondary chakras • Feet • Knees • Hands • Elbows • The position and related body area • The related colour • Element • Gem stone	3
5	Underpinning knowledge ◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing	Underpinning knowledge ◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing	5

	<p><i>To include:</i></p> <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution 	<p><i>To include:</i></p> <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Jet lag • Lack of natural daylight • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution 	
8	<p>Underpinning knowledge Candidates should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see notes above) • Inform clients of any restrictions to treatment e.g. local contraindications to treatment • Any contraindications to treatment (as listed below) • Ensure clients are not alarmed in any way • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Obtain the client's signature particularly when pre-existing conditions may exist 	<p>Underpinning knowledge Candidates should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see notes above) • Inform clients of any restrictions to treatment e.g. local contraindications to treatment • Any contraindications to treatment (as listed below) • Ensure clients are not alarmed in any way • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Obtain the client's signature particularly when pre-existing conditions may exist 	8
9	<p><i>Recognise common ailments and contraindications to stone therapy massage</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, 	<p><i>Understand and demonstrate recognition of common ailments and contraindications to stone therapy massage</i></p> <p>Underpinning knowledge</p> <ul style="list-style-type: none"> ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner 	9

	<p><i>hypertension, hypotension, heart conditions) • Haemophilia</i></p> <ul style="list-style-type: none"> • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p>◆ Localised</p> <ul style="list-style-type: none"> • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck 	<ul style="list-style-type: none"> • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism <p>◆ Contraindications that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck 	
10	<p><i>Understand and explain appropriate client care</i></p> <p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being treated • Cleanse the feet with a medi-wipe or similar • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Ensure the layout of the stones is comfortable for the client • Use 	<p><i>Understand, explain and demonstrate appropriate client care</i></p> <p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being treated • Sanitise the feet • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Ensure the layout of the stones is comfortable for the client • Use appropriate water 	10

	<p>appropriate water soluble oil as a medium • Perform tactile and thermal safety tests • Ensure the stones are not too hot or too cold and are used evenly over the body • Ensure the temperature of the stones is appropriate for the client • Adapt the Stone Therapy Massage techniques to suit the needs of the client • Adapt the pressure of the stone massage particularly over bony areas • Remove the massage medium at the end of the treatment • Help the client off the couch protecting their modesty at all times</p>	<p>soluble oil as a medium • Perform tactile and thermal safety tests • Ensure the stones are not too hot or too cold and are used evenly over the body • Ensure the temperature of the stones is appropriate for the client • Adapt the Stone Therapy Massage techniques to suit the needs of the client • Adapt the pressure of the stone massage particularly over bony areas • Remove the massage medium at the end of the treatment • Help the client off the couch protecting their modesty at all times</p>	
11	<p>Learning outcome Understand and explain the correct hygiene procedures</p>	<p>Learning outcome Understand, explain and demonstrate the correct hygiene procedures</p>	11
12	<p>Understand the selection and placement of the stones Underpinning knowledge To include: • Hygiene • Preparation and care of the stones • Hot • Chilled (not all used in every treatment) • Methods of re-charging the stones to include – salt, sage, energy, circles (mandalas) ◆ Types of stones and their benefits • Volcanic rock, e.g. basalt/jade (warm) • Marine stone, e.g. marble/sardonyx (cold) • Compiling a set of stones • Semi precious stones • Layout of the stones in the heater • Heating temperature • Methods of cooling the stones • Layout of the stones for a treatment</p>	<p>Understand and demonstrate the selection and placement of the stones To include: • Hygiene • Preparation and care of the stones • Hot • Chilled (not all used in every treatment) • Methods of re-charging the stones to include: Natural sea salt, sage, energy, circles (mandalas), Sunshine ◆ Types of stones and their benefits • Volcanic rock, e.g. basalt/jade (warm) • Marine stone, e.g. marble/sardonyx (cold) • Compiling a set of stones • Semi precious stones • Heating temperature • Methods of cooling the stones</p>	12
13	<p>Learning outcome Understand and explain how the hot stone heater works</p>	<p>Learning outcome Understand, explain and demonstrate how the hot stone heater works</p>	13
14	<p>Understand and explain the stone therapy massage sequence and the physiological and psychological effects Underpinning knowledge ◆ When to use hot and when to use cold stones • Vasodilatation • Vasoconstriction • Use of oil as a medium • Correct handling of the stones by the therapist • Correct positioning of the stones above and below the client when used ◆ Movements to include: • Spirals • Effleurage • Petrissage • Trigger points work • Tucking • Cross fibre friction • Friction • Holding • Tapping</p>	<p>Understand, explain and demonstrate the stone therapy massage sequence and the physiological and psychological effects Underpinning knowledge To include ◆ When to use hot and when to use cold stones • Vasodilatation • Vasoconstriction • Use of oil as a medium • Correct handling and holding of the stones by the therapist • Correct positioning of the stones above and below the client when used ◆ Movements to include: • Effleurage • Petrissage</p>	14

	<p>(piezoelectric effect) • Rocking</p> <ul style="list-style-type: none"> • Vibrations <p>◆ Treatment should be adapted to suit the client's needs</p> <ul style="list-style-type: none"> • Full body, facial or a part of the body • Hot or cold • Pressure should be alternated accordingly 	<p>(kneading/frictions) • Trigger point work • Cross fibre friction • Holding</p> <ul style="list-style-type: none"> • Tapping (piezoelectric effect) • Vibrations • Opening, balancing and closing of Chakras <p>◆ Treatment should be adapted to suit the client's needs</p> <ul style="list-style-type: none"> • Full body, facial or a part of the body • Hot or cold • Pressure should be alternated accordingly 	
17	<p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Aromatherapy • Osteopathy • Indian Head Massage 	<p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen technique • Alexander technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Holistic Massage • Indian Head Massage • Crystal therapy • Ear candling • Colour therapy 	17
19	<p>Learning outcome</p> <p><i>Understand and explain the importance of giving appropriate homecare advice after treatment</i></p>	<p>Learning outcome</p> <p><i>Understand, explain and demonstrate the importance of giving appropriate homecare advice after treatment</i></p>	19
20	<p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social well being in terms of Stone Massage treatment • Helping clients and families to put their choices into action • Reviewing their progress 	<p>Underpinning knowledge</p> <p>To include:</p> <ul style="list-style-type: none"> • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing in terms of Stone Therapy Massage treatment • Helping clients and families to put their choices into action 	20
Learning outcomes 21 - 40 inclusive have been removed			

2005 Case Studies	2007 Case Studies
<i>A range of 5 clients must be treated with Stone Therapy Massage and outcomes recorded</i>	<i>A range of 3 clients must be treated 3 times each with Stone Therapy Massage and outcomes recorded</i>

Marking Criteria

Candidates must achieve a minimum of 12 marks for the first 3 sections in order to pass.

2005 Marking Criteria	2007 Marking Criteria
<p>APPEARANCE – 5 MARKS (0.5 marks each)</p> <ol style="list-style-type: none"> 1. Clean ironed uniform 2. Hair must be clean and tied back 3. Nails must be short, clean and well manicured, with no enamel 4. Clean hands and nails 5. Appropriate clean, flat full shoes should be worn 6. Females if wearing a skirt must wear tights, i.e. white skirt, pale tights 7. No jewellery with the exception of a wedding band 8. No body or breath odour 9. No chewing or sucking of sweets 10. Underwear must not be visible 	<p>APPEARANCE – 10 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Clean, ironed professional uniform . 2. Hair must be clean, neat and tied back/up if long and off the collar and face. 3. Nails must be short, clean, well manicured with no varnish and clean hands. 4. Clean sensible flat shoes, socks should be worn. 5. Females if wearing a skirt must wear tights which are an appropriate colour for the uniform. 6. No jewellery with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped). 7. No body or breath odour. 8. No chewing gum or sucking sweets. 9. Underskirts/underwear should not be visible. 10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor.
<p>CLIENT CARE – 5 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Greeting and introducing one self to the client 2. Assisting the client on and off the couch 3. Explanation of the treatment must be given 4. Clients modesty must be respected 5. Only work within the clients tolerance 	<p>CLIENT CARE - 5 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Greeting and introduction of self to client. 2. Assisting client off the couch. 3. Explain the treatment procedure to the client. 4. Ensure client's comfort/modesty throughout. 5. Maintain a positive and professional approach to client/colleague throughout.
<p>HYGIENE AND STERILISATION – 10 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Students must have a clean appearance 2. Equipment must be wiped over 3. Laundry must clean and changed for each client 4. Hands must be washed or wiped with steri-wipes before, during and after the treatment 5. Lids must be replaced on products 6. Spatulas must be used to remove cream 7. Sharp disposable containers must be used for sharp objects 8. Cotton wool tissues and general waste must be disposed of hygienically 9. Salon/clinic sterilising equipment should be used as appropriate 10. Small equipment used, stored, and sanitised as 	<p>HYGIENE AND STERILISATION – 5 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Equipment should be clean and wiped over before, during and after use 2. Laundry must be clean and changed for each client 3. Hands must be sanitised before, during and after treatment when appropriate 4. Cotton wool, tissues, paper roll and general waste to be disposed of hygienically and appropriately. 5. Footwear for clients should be stowed under the couch

<i>appropriate</i>	
<p>PREPARATION OF THE STONES – 3 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Stones must be clean and hygienic. 2. Stones must be the correct temperature for hot treatments. 3. Stones must be the correct temperature for cool treatments. 	<p>PREPARATION OF THE STONES – 2 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Stones must be clean and hygienic. 2. Stones must be the correct temperature for hot and cold treatments
<p>PLACEMENT OF THE STONES – 4 MARKS (1 mark each)</p> <ol style="list-style-type: none"> 1. Stones are the correct shape for the area to be treated. 2. Stones are the correct size for the area. 3. Stones used on the top of the client are the correct temperature. 4. Stones used underneath the client are the correct temperature. 	<p>PLACEMENT OF THE STONES – 10 MARKS (2 marks each)</p> <ol style="list-style-type: none"> 1. Stones are the correct shape for the area to be treated. 2. Stones are the correct size for the area. 3. Stones used on the top of the client are the correct temperature. 4. Stones used underneath the client are the correct temperature. 5. Stones are positioned accurately to affect the chakras and/or underlying organs.
<p>SELECTION AND USE OF THE STONES HOT AND COLD – 8 MARKS (2 marks each)</p> <ol style="list-style-type: none"> 1. The pressure must be adapted to suit the client. 2. The pressure must be adapted to suit the area. 3. The pressure must be adapted to suit the movement. 4. Hot and cold should be used appropriately. 	<p>SELECTION AND USE OF THE STONES HOT AND COLD – 8 MARKS (2 marks each)</p> <ol style="list-style-type: none"> 1. The pressure must be adapted to suit the client. 2. The pressure must be adapted to suit the area. 3. Stones should be held correctly in the therapist’s hands and pressure must be adapted to suit the movement. 4. Hot and cold stones should be used appropriately.
<p>FRICTIONS– 10 MARKS (2 marks each)</p> <ol style="list-style-type: none"> 1. Contraindications must be checked for. 2. The stones must be used to perform the movement correctly. 3. The entire muscle/area must be covered. 4. The skin must react accordingly to movement. 5. The movement must be rhythmical. 	Removed
<p>VIBRATIONS/PIESOELECTRIC – 5 marks (1 mark each)</p> <ol style="list-style-type: none"> 1. Contraindications must be checked. 2. The stones must be used to perform the movement correctly. 3. Appropriate rhythm must be used. 4. Appropriate force of impact must be used. 5. Appropriate pressure must be used. 	<p>VIBRATIONS, TAPPING (PIESOELECTRIC) – 10 marks (2 marks each)</p> <ol style="list-style-type: none"> 1. Contraindications must be checked. 2. The stones must be used to perform the movement correctly. 3. Appropriate rhythm must be used. 4. Appropriate force of impact must be used. 5. Appropriate pressure must be used.
ORAL QUESTIONS – 10 MARKS	ORAL QUESTIONS – 5 MARKS