



National Unit specification: general information

Unit title: Wellness Therapies: Crystal Therapy

Unit code: FR0P 12

Superclass: HK

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Summary

This Unit has been designed as an optional Unit in the National Certificate Group Award (NCQA) in Wellness Therapies at SCQF level 6, but can also be taken as a free-standing Unit. This Unit is intended as an introduction to crystal therapy.

Candidates will be able to investigate crystals that are suitable for use in the treatment of chakra imbalances and aura cleansing. They will learn about the benefits and effects to clients well being and gain an understanding of relaxation/visualisation.

Candidates will also be introduced to and be able to perform self grounding. Scanning and dowsing techniques that can be incorporated into the treatment preparation of the client.

This Unit is suitable for those who have no previous qualification or experience working with crystal therapy.

Outcomes

- 1 Research main chakras, the aura, properties and uses of crystals.
- 2 Consult and prepare for crystal therapy treatment, to include self-grounding.
- 3 Carry out crystal therapy treatment.
- 4 Evaluate practical skills used.

Recommended entry

Entry is at the discretion of the centre.

National Unit specification: general information (cont)

Unit title: Wellness Therapies: Crystal Therapy

Credit points and level

2 National Unit credit(s) at SCQF level 6: (12 SCQF credit points at SCQF level 6*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

- ◆ Critical Thinking at SCQF level 6

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

National Unit specification: statement of standards

Unit title: Wellness Therapies: Crystal Therapy

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Outcome 1

Research main chakras, the aura, properties and uses of crystals.

Performance Criteria

- (a) Investigate the seven main chakras, and the aura.
- (b) Investigate the benefits and uses of crystals.
- (c) Identify factors that would prevent treatments.
- (d) Describe the beneficial effects of using crystals with Wellness treatments.

Outcome 2

Consult and prepare for crystal therapy treatment, to include self-grounding.

Performance Criteria

- (a) Prepare the treatment area appropriately.
- (b) Carry out self grounding.
- (c) Carry out consultation to determine client requirements.
- (d) Select appropriate crystals to be used according to client requirements.
- (e) Prepare client for the required treatment following current legislation.

Outcome 3

Carry out crystal therapy treatment.

Performance Criteria

- (a) Carry out application of visualisation technique to help improve relaxation.
- (b) Carry out scanning and dowsing techniques, apply crystals to correct any imbalances or perform aura cleanse.
- (c) Record relevant aftercare, homecare advice and home use of crystal recommendations to client.
- (d) Comply with relevant current legislation requirements.

Outcome 4

Evaluate practical skills.

Performance Criteria

- (a) Identify the effectiveness of crystal therapies carried out on clients.
- (b) Gather feedback from assessor on crystal therapy knowledge and application.
- (c) Identify strengths and areas for improvement.

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Crystal Therapy

Evidence Requirements for this Unit

Outcome 1

This Outcome must be assessed by submission of a project of a minimum of a 1000 words.

Candidate evidence must include:

- ◆ the seven main chakras
- ◆ the aura
- ◆ the properties and beneficial uses of the crystals used on each of the seven chakras
- ◆ visualisation and grounding techniques used to aid relaxation

Outcome 2

Candidates will be required to demonstrate by practical activity on a minimum of six occasions that they are able to:

- ◆ prepare the treatment area appropriately
- ◆ carry out self grounding
- ◆ consult with client to determine required treatment
- ◆ prepare client for the required treatment
- ◆ select correct products to be used according to clients needs
- ◆ select correct resources to be used according to procedure

Evidenced by assessor observation checklist and six client record cards

Outcome 3

Candidates will be required to demonstrate by practical activity on a minimum of six occasions that they are able to:

- ◆ carry out crystal therapy treatment to include:
 - scanning
 - dowsing
 - aura cleanse
 - chakra balance
 - grounding
- ◆ advise client and record evidence on client record on relevant aftercare and homecare
- ◆ comply with relevant current legislation

Evidenced by assessor observation checklist and six client record cards from three clients.

Performance Evidence for Outcome 2 and 3 must be gathered on the same assessment occasions.

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Crystal Therapy

Practical performance must be demonstrated on a minimum three different clients on two occasions, each practical performance covering different requirements. **Candidates must not diagnose ailments therefore clients' pre existing conditions must be recorded.**

An assessor observation checklist and completed client record which accurately records aims and objectives of the treatment, crystal selection, relevant aftercare and homecare advice and crystal recommendations for home use must be used to provide evidence for Outcome 2 and 3.

Outcome 4

Evidence requirements for Outcome 4 should take the form of one completed candidate evaluation.

Candidates will identify the effectiveness of crystal therapies carried out on clients. Gather feedback from assessor on crystal therapy knowledge and application. Identify strengths and areas for improvement

National Unit specification: support notes

Unit title: Wellness Therapies: Crystal Therapy

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

Candidates will learn about the seven main chakras, the aura, treatments using crystals, dowsing with pendulums, scanning and grounding techniques and visualisation techniques to aid relaxation.

Candidates will learn how to provide treatment in a holistic environment, selecting appropriate crystals to help improve imbalances in the chakras.

Practical treatment must be carried out on a client.

It is essential that relevant aspects of current health and safety legislation are explained and adhered to as part of the work of this Unit.

Key areas of knowledge are:

- ◆ identify imbalances in the chakras that can be treated holistically
- ◆ identify crystals that would be beneficial for use
- ◆ identify factors that would prevent treatment taking place
- ◆ describe the therapeutic properties and uses of selected relaxation techniques
- ◆ identify the contra-indications that would prevent treatment
- ◆ hygiene procedures
- ◆ working safely in the salon
- ◆ prevention of infection
- ◆ beneficial effects of using crystal therapy treatment
- ◆ conditions of work for example personal conduct
- ◆ resources required for application of treatment
- ◆ knowledge and the importance of adhering to the requirements of appropriate current legislation and where to find further information on:
 - Current Health and Safety at Work Act
 - Control of Substances Hazardous to Health (COSHH), Regulations
 - Personal Protective Equipment (PPE) at Work Regulations
 - Data Protection Act
 - Provision and use of Work Equipment Regulations
 - Organisational requirements relating to treatment area, storage and disposal
- ◆ client preparation according to environment
- ◆ crystals used for treatment knowledge
- ◆ salon procedure for treatment application
- ◆ procedures for GP referral if client is unable to have treatment
- ◆ effective communication
- ◆ how to plan a treatment package to meet client needs

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Crystal Therapy

Guidance on learning and teaching approaches for this Unit

The main approach to learning in the Unit should be experiential, practical and candidate centred. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience workplace conditions and will learn to work with others.

Due to the practical nature of this Unit, each part of learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activities.

Practical demonstration followed by supported role play, initially with peers will enable candidates to practice and gain confidence before progressing to work on clients, with the emphasis placed on working safely in the working environment. Formative work throughout will enhance performance.

Candidates should be shown and allowed to practice consultation techniques with possible problem scenarios explored with questioning and observation.

Candidates should be shown how to prepare the client appropriately for treatment, ground self ensure client comfort and emphasise choice of suitable crystals for chakra imbalance. Cost effectiveness of the use of crystals should be discussed. Candidates should learn how to observe and monitor the client throughout the treatment to ensure client comfort and detect possible contra-actions during treatment.

Candidates will learn scanning, dowsing, visualisation, aura cleansing and relaxation techniques and when to use these effectively to meet the clients' needs. The observation and monitoring of the client should take place throughout treatment to ensure client comfort and detect possible contra-actions during or after treatment.

Candidates should be able to give relevant aftercare, homecare and home use of crystal recommendations to clients.

Achievement of this Unit will be dependent on candidates being able to carry out practical activities either in a realistic working environment or real workplace, which involves working with clients, working with others and will develop good working practice

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Crystal Therapy

Guidance on approaches to assessment for this Unit

The Evidence Requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 should be assessed when candidate has completed research and the underpinning knowledge has been covered.

Evidence for Outcomes 2 and 3 — Candidates will be required to demonstrate by practical activity on a minimum of six occasions, three clients over two occasions This will be evidenced by an assessor observation checklist and completed client records which accurately records aims and objectives of the treatment, crystal selection, relevant aftercare and homecare advice and crystal recommendations for home use must be used to provide evidence for Outcomes 2 and 3.

Evidence requirements for Outcome 4 should take the form of one completed candidate evaluation record in which candidates will:

- ◆ identify the effectiveness of crystal therapies carried out on clients
- ◆ gather feedback from assessor on crystal therapy knowledge and application
- ◆ identify strengths and areas for improvement

There are good opportunities for formative assessment in this Unit, including self and peer assessment and for collecting feedback from the teacher/assessor.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Crystal Therapy

Opportunities for developing Core Skills

In this Unit develop skills in the treatment of chakra imbalances and aura cleansing and performing self grounding.

Candidates will:

- ◆ discuss clients' different needs and expectations
- ◆ decide which treatments are most suitable
- ◆ prepare the treatment area in accordance with current legislative requirements relating to treatment area, storage and disposal of materials
- ◆ prepare client for the required treatment
- ◆ carry out treatment complying with current legislative requirements
- ◆ evaluate the effectiveness of treatment through discussion with client
- ◆ advice client of relevant aftercare
- ◆ complete client records

This Unit has the Problem Solving component of Critical Thinking embedded in it, so when candidates achieve this Unit their Core Skills profile will be updated to show they have achieved Critical Thinking at SCQF level 6. In addition, as candidates are doing this Unit they will be developing aspects of the Core Skills in Communication and Working with Others.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 6 embedded.	08/08/2011

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