

Higher National Unit specification

General information for centres

Unit title: Stone Therapy

Unit code: F1BG 33

Unit purpose: This Unit is designed to enable candidates to gain the necessary theoretical knowledge and practical skills to provide stone therapy treatments. It is intended for candidates wishing to expand their massage skills using this highly specialised technique.

On completion of the Unit the candidate should be able to:

- 1 Understand stone types, equipment, temperature control and their uses.
- 2 Consult with clients to develop stone therapy treatment plans.
- 3 Prepare and perform stone therapy treatments.
- 4 Evaluate the effectiveness of the treatments.

Credit points and level: 1 HN credit at SCQF level 6: (8 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.*

Recommended prior knowledge and skills: It is recommended that candidates have knowledge of anatomy and physiology, body massage and Health and Safety legislation. This may be demonstrated by possession of the following Higher National Units:

- ◆ Complementary Therapies: Anatomy and Physiology
- ◆ Body Massage
- ◆ Health and Safety Legislation: An Introduction
- ◆ A current first aid certificate is also desirable

Core Skills: There are opportunities to develop the Core Skills of Problem Solving, Working with Others and Communication at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Outcome 1 is assessed by responses to structured questions. Outcomes 2, 3 and 4 will be assessed through practical assignments supported by entries in a logbook or on client records.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Understand stones types, equipment, temperature control and their uses

Knowledge and/or Skills

- ◆ History
- ◆ Stone types
- ◆ Temperature control
- ◆ Safe and effective use of stones
- ◆ Cleansing and maintenance of stones and equipment

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ outline the history of stone therapy
- ◆ describe the origins and qualities of hot and cold stones
- ◆ recognise each set of stones and their arrangement
- ◆ understand methods of heating and cooling the stones with temperature control following health and safety regulations
- ◆ describe the correct cleaning, care and maintenance procedures for the stones and equipment

Evidence should be generated by short responses to a set of 10 structured questions. The assessment should be conducted under closed-book controlled conditions.

Assessment Guidelines

Outcome 1 is assessed by responses to structured questions.

Higher National Unit specification: statement of standards (cont)

Unit title: Stone Therapy

Outcome 2

Consult with clients to develop Stone Therapy treatment plans

Knowledge and/or Skills

- ◆ Client consultation
- ◆ Procedures and effects of treatment
- ◆ Contra-indications and special care
- ◆ Treatment plan

Evidence Requirements

Candidates will need to provide evidence to demonstrate their skills and/or knowledge by carrying out 6 client consultations, showing that they can:

- ◆ gather clear and accurate client details in a sensitive, empathic manner using verbal and visual examination
- ◆ identify and explain the relevant contra-indications and special care
- ◆ explain stone therapy treatment in terms of procedure, indications and effects of the treatment
- ◆ explain and agree on the aims and treatment plan with the client

Candidates will be required to compile a log book of all six treatments which will be assessed, however only one treatment will be practically observed.

There will be 5 questions under closed-book supervised conditions which require extended responses.

Assessment Guidelines

The consultation of this Outcome can be combined with Outcomes 3 and 4. Candidates should carry out six client consultations and log the details. However, it is not necessary for them to be observed during all consultations.

Higher National Unit specification: statement of standards (cont)

Unit title: Stone Therapy

Outcome 3

Prepare and perform stone therapy treatments

Knowledge and/or Skills

- ◆ Preparation of client, candidate, environment, equipment and stones
- ◆ Posture and positioning
- ◆ Practical application
- ◆ Layouts, placements and techniques
- ◆ Client care

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by preparing for and performing 6 stone therapy treatments, showing that they can:

- ◆ prepare a treatment environment with lighting, temperature, ventilation and privacy
- ◆ prepare and position the client ensuring supports are used where required
- ◆ perform stone therapy treatment in accordance with client requirements for body and face and considering thermal tolerance, skin sensitivity and muscle density
- ◆ maintain correct posture and positioning essential to the routine
- ◆ apply correct use of hot, warm, cold, cool and alternating temperatures with appropriate technique and choice of stone
- ◆ perform the layout and techniques in a commercially viable timescale
- ◆ maintain client care, comfort and relaxation

Candidates will be required to compile a log book of all six treatments which will be assessed, however only one treatment will be practically observed.

Assessment Guidelines

The assessment of this Outcome can be combined with Outcome 2 and 4. The treatments should be carried out on a range of clients.

Higher National Unit specification: statement of standards (cont)

Unit title: Stone Therapy

Outcome 4

Evaluate the effectiveness of the treatments provided

Knowledge and/or Skills

- ◆ Client feedback
- ◆ Contra-actions
- ◆ Aftercare/homecare
- ◆ Evaluation
- ◆ Documentation

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ evaluate the effectiveness of the treatment by gaining client feedback in an accurate, empathic and supportive manner
- ◆ advise clients on possible contra-actions to treatments
- ◆ provide general aftercare advice following treatment and specific homecare plans
- ◆ record clearly and accurately client details relating to the effectiveness of stone therapy treatment

Candidates will be required to compile a log book of all six treatments which will be assessed, however only one treatment will be practically observed.

Assessment Guidelines

The assessment of this Outcome can be combined with Outcomes 2 and 3.

The practical elements of Outcomes 2, 3 and 4 can be evidenced through a logbook which records consultation, performance and evaluation of 6 individual treatments on different clients.

Candidates should advise clients on the management of possible contra-actions, interpret client feedback, and give advice and support which is constructive and satisfactory to the client.

Administrative Information

Unit code: F1BG 33

Unit title: Stone Therapy

Superclass category: HK

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Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Stone 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 40 hours.

Guidance on the content and context for this Unit

Outcome 1 the candidate should be given research tools to gain an understanding of the history of Stone Therapy to include the origins and qualities of hot and cold stones. The candidate should learn to recognise the various sets of stones and their arrangements. The candidate should be taught the temperature control through the various methods of heating and cooling the stones following health and safety regulations. The correct procedure for cleaning and maintenance of the stones and equipment should be delivered in conjunction with every treatment.

Outcome 2 the client consultation process should be addressed. The importance of gathering the correct information to assess the client's requirements and effectively plan and carry out treatments should be stressed. Candidates should be encouraged to study:

- ◆ importance of consultation
- ◆ consultation techniques — sensitive, professional and empathic
- ◆ contraindications/special care
- ◆ treatment plans

Contra-indications should include: pregnancy, areas affected by surgery, loss of skin sensation, disease as a result of nerve damage or neuropathy, heart disease, circulatory conditions, varicose veins, diabetes, autoimmune dysfunctions, extreme fatigue, underweight/obesity, medication affecting temperature/condition of skin, thrombosis; infectious diseases; undiagnosed pains/lumps; increased temperature; high blood pressure; low blood pressure.

Special care should include: cancer; depression/mental disorders, elderly clients; epilepsy; diabetes; clients currently undergoing medical treatment; electronic implants; metal implants; after a heavy meal

Outcome 3 will look at the preparation for the treatment in terms of therapist, client and work station in accordance with professional standards and health and safety regulations. The candidate should be encouraged to think about:

- ◆ reasons for particular preparation of the environment and equipment
- ◆ importance of client positioning and comfort
- ◆ importance of professional appearance and standard
- ◆ placement of stones: including spinal layout, stone placements, effleurage, petrissage, frictions, vibration, holding, tapping and tucking in sequence

Outcome 4 the candidate should evaluate the effectiveness of the treatment/s. The candidate will be encouraged to think about the following areas:

Higher National Unit specification: support notes (cont)

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- ◆ importance of client feedback and effective communication skills
- ◆ possible contra-actions to treatments
- ◆ specific aftercare and homecare advice
- ◆ importance of keeping complete and accurate record cards

Advise clients on possible contra-actions to treatments including: muscle spasm, venous congestion, if skin appears blue/white when heat is applied, extreme tiredness and disorientation

Candidates should provide general aftercare advice following treatment and specific homecare plans suitable to the client needs, including relaxation techniques and advice for the client to refer to between treatment visits including the importance of drinking water on a daily basis and just prior to application of future treatment.

Guidance on the delivery and assessment of this Unit

This Unit is optional within the Group Award of HNC/D of Complementary Therapies and is designed to provide candidates with a basic knowledge of stones and the skills in stone therapy treatments.

The candidate should have knowledge of the anatomy and physiology for this Unit.

The candidate should be assessed through structured questions for Outcome 1 and 2. Outcomes 2, 3 and 4 are assessed holistically through observation of the practical application of stone therapy treatments involving client consultation, treatment plans, preparation and application of treatment and evaluation. Assessments may take place after completion of sufficient treatments to infer competency. Supplementary oral questions can be used to clarify decisions. The underpinning knowledge regarding contra-indications will be assessed through questions requiring extended responses.

Opportunities for developing Core Skills

All elements of the Core Skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, will be developed to a sophisticated level as clients are assessed and practical treatment activities are devised, performed and evaluated. Candidates undertake a detailed analysis of factors relating to health in different types of client. Identifying and assessing the relevance of all factors will include in depth consultation and consideration of appropriate forms and techniques of treatment for specific client needs including contra-indications will involve a high level of critical thinking. Selection of appropriate oils and delivery of treatments which take account of the physical, physiological and psychological requirements of clients involves on going review and adaptation. Analytical evaluation of the effectiveness of treatments is assessed and skills could be enhanced by group discussion of criteria which could be used to measure success.

The Unit offers many opportunities to explore ways of enhancing skills in co-operative working with a range of people. Planning effective treatment involves the identification of aims which must be geared to be appropriate to the specific personal requirements of a range of clients. Candidates will demonstrate an empathic understanding of the physical, emotional and cultural needs of others in order to progress communication and effective working within the constraints of safety considerations. Maximising opportunities for negotiation while explaining and adapting behaviour to ensure client care and comfort throughout the treatment will be integral to achievement.

Higher National Unit specification: support notes (cont)

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Formative work on practical treatments could involve exploration of Core Skill requirements through discussion and/or role play of typical scenarios to demonstrate effective interpersonal working, including the impact of open and closed questioning, active listening and range of verbal and non-verbal communication techniques. Candidates should have opportunities to develop a sophisticated level of interpersonal skills in questioning, giving information and responding to others in the most appropriate way and to practise the assertive and supportive behaviour which will be critical to successful performance and best practice. Feedback from clients will be an essential aspect of in-depth evaluation of treatment effectiveness.

Open learning

The research may be conducted by open or distance learning but because of the practical nature of the bulk of the Unit and assessments requiring to be observed these areas are not suited to open or distance learning.

For further information and advice, please refer to the SQA guide *Assessment and Quality Assurance for Open and Distance Learning* www.sqa.org.uk.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Stone Therapy

This Unit is designed to enable you to gain the necessary theoretical knowledge and practical skills to provide stone therapy treatments. You would study this Unit if you wish to expand your massage skills using this highly specialised technique.

On completion of the Unit you should be able to:

- 1 Understand stones types, equipment, temperature control and their uses.
- 2 Consult with clients to develop stone therapy treatment plans.
- 3 Prepare and perform stone therapy treatments.
- 4 Evaluate the effectiveness of the treatments.

In **Outcome 1** you will research the history of Stone Therapy and describe the origins and qualities of hot and cold stones. You will learn to recognise the various sets of stones and their arrangements. You will be taught temperature control through the various methods of heating and cooling the stones following health and safety regulations. You will be taught the correct procedure for cleaning and maintenance of the stones and equipment.

In **Outcome 2** you will also address the client consultation process. The importance of gathering the correct information to diagnose the client's requirements and effectively plan and carry out treatments should be stressed. You should be encouraged to study:

- ◆ importance of consultation
- ◆ consultation techniques — sensitive, professional and empathic
- ◆ contra-indications/special care
- ◆ treatment plans

In **Outcome 3** you will look at the preparation for the treatment in terms of yourself, client and work station in accordance with professional standards and health and safety regulations. You should be encouraged to think about:

- ◆ reasons for particular preparation of the environment and equipment
- ◆ importance of client positioning and comfort
- ◆ placement of stones
- ◆ application techniques

In **Outcome 4** you will evaluate the effectiveness of the treatment/s. You will be encouraged to think about the following areas:

- ◆ importance of client feedback and effective communication skills
- ◆ possible contra-actions to treatments
- ◆ specific aftercare and homecare advice
- ◆ importance of keeping complete and accurate record cards

The assessments will consist of 10 short answer questions for Outcome 1 and in Outcome 2 a further 5 extended response questions. In Outcomes 2, 3 and 4 you will be required to carry out practical treatments and complete client consultation records and logbook.