



## Higher National Unit specification

### General information

**Unit title:** Traditional Head Massage Treatments (SCQF level 7)

**Unit code:** HF7L 34

**Superclass:** HK

**Publication date:** July 2016

**Source:** Scottish Qualifications Authority

**Version:** 02

### Unit purpose

This Unit is designed to provide learners with the knowledge and skills to plan and effectively carry out Traditional Head Massage treatments through research of energetic principles in traditional massage, consultation, appropriate massage techniques, and after and home care advice.

This Unit involves researching the history, energetic principles, techniques and resources used in traditional head, or seated massage relating to the energetic approaches. The learners will then carry out client consultation before preparing, performing and evaluating treatments.

This Unit is suitable for learners following a career in Complementary Therapies, Beauty Therapy and/or Spa Therapy.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Research the energetic approaches of traditional head massage.
- 2 Consult with clients to develop traditional head massage treatment plans.
- 3 Prepare, perform and evaluate the traditional head massage treatment.

### Credit points and level

1 Higher National Unit credit at SCQF level 7: (8 SCQF credit points at SCQF level 7)

## General information (cont)

**Unit title:** Traditional Head Massage Treatments (SCQF level 7)

### Recommended entry to the Unit

Entry is at the discretion of the centre.

It would be beneficial if learners had achieved an HN *Unit in Human Anatomy and Physiology* and/or equivalent and *Body Massage*.

### Core Skills

Achievement of this Unit gives automatic certification of the following:

Complete Core Skill                      Problem Solving at SCQF level 6

Core Skill component                      None

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

### 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.

This is an optional Unit in the framework for HNC/HND in Complementary *Therapy* and HNC/HND Beauty Therapy. 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.

### Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

## Higher National Unit specification: Statement of standards

### Unit title: Traditional Head Massage Treatment (SCQF level 7)

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.

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. Learners 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

Research the energetic approaches of Traditional Head Massage.

#### Knowledge and/or Skills

- ◆ The history and energetic principles of Chinese, Thai and Indian Head Massage
- ◆ Techniques used in Chinese, Thai and Indian Head Massage
- ◆ Products and equipment used in the practice of Chinese, Thai and Indian Head Massage
- ◆ Contra-indications to Chinese, Thai and Indian Head Massage
- ◆ Contra-actions associated with Chinese, Thai and Indian Head Massage
- ◆ Therapeutic Effects of Chinese, Thai and Indian Head Massage

### Outcome 2

Consult with clients to develop traditional Head Massage Treatment Plans.

#### Knowledge and/or Skills

- ◆ Consultation Techniques
- ◆ Obtain and accurately record client details
- ◆ Know the effects of the traditional Head Massage treatment chosen in relation to the client
- ◆ Devise agreed treatment plans with the client

## Higher National Unit specification: Statement of standards (cont)

**Unit title:** Traditional Head Massage Treatment (SCQF level 7)

### Outcome 3

Prepare, perform and evaluate the Traditional Head Massage Treatment.

#### Knowledge and/or Skills

- ◆ Prepare self and client for treatment with acknowledgement of energetic principles
- ◆ Preparation of the therapist in accordance with workplace requirements, placement of products, equipment and health and safety legislation
- ◆ Preparation of the treatment environment, working area and products in accordance with health and safety legislation
- ◆ Preparation and performance of the treatment ensuring client and therapist are positioned correctly
- ◆ Carry out traditional head massage treatment to meet client requirements
- ◆ Treatment sequence for the traditional head massage is carried out to meet the workplace requirements
- ◆ Maintenance of client care, comfort and relaxation throughout the treatment
- ◆ Give relevant specific, homecare, after care and lifestyle advice
- ◆ Contra-actions to treatment
- ◆ Evaluate the effectiveness of the treatments

#### Evidence Requirements

##### Outcome 1

Learners will provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ produce a brief account of the history of Chinese, Thai and Indian head massage.
- ◆ identify the main principles of Chinese, Thai and Indian head approaches to health and wellbeing and relating to massage.
- ◆ identify head massage techniques used in Chinese, Thai and Indian Head Massage.
- ◆ identify and describe the use of traditional products, tools and equipment that may be used in Chinese, Thai and Indian Head Massage.
- ◆ list and explain general, special care and specific contra-indications and contra-actions to Traditional Head Massage treatments.
- ◆ explain the physical, physiological or psychological effects of traditional head massage treatments.

##### Outcomes 2 and 3

Learners must demonstrate by observed practical performance on a minimum of three occasions on different clients with different needs.

- ◆ Gather clear and accurate client details in an empathic manner, using different consultation techniques — questioning, listening, observation and recording. Client records should be held in line with confidentiality procedures.
- ◆ Explain, contra-actions to the traditional head massage treatment planned.

## Higher National Unit specification: Statement of standards (cont)

### Unit title: Traditional Head Massage Treatment (SCQF level 7)

- ◆ Explain the effects of the planned massage treatment in relation to client's physical, physiological or psychological requirements.
- ◆ Determine client's requirements and agree a treatment plan.
- ◆ Prepare self and client in accordance with workplace requirements, placement of products, equipment and health and safety legislation. Include a recognition of professional protocols including appearance, personal hygiene and manner with and an acknowledgment and expression of the principles of self-preparation associated with the treatment to be performed.
- ◆ Prepare client correctly for the head massage and ensure their comfort, privacy and relaxation throughout the treatment. Learner must be aware of their own posture to avoid discomfort and to be able to perform techniques correctly.
- ◆ Prepare treatment environment, working area and equipment correctly, demonstrating principles and procedures to avoid cross-infection and mandatory health and safety legislation. Equipment should be prepared appropriately for the treatment planned including chair, trolley, medium, bowl, towels and support.
- ◆ Carry out traditional head massage treatment to meet client's requirements.
- ◆ Carry out treatment sequence for the traditional head massage treatment to meet workplace requirements.
- ◆ Maintain client care, comfort and relaxation throughout the treatment.
- ◆ Provide clients with relevant specific aftercare, home care and lifestyle advice.
- ◆ Provide clients with advice on possible contra-actions to treatments.
- ◆ Evaluate effectiveness of treatments through accurate client feedback ensuring client's aims were met and to determine if modification of future treatments is necessary.

An assessor observation checklist must be used to provide evidence of performance supported by an accurate client record completed by the learner.



## Higher National Unit Support Notes

**Unit title:** Traditional Head Massage Treatment (SCQF level 7)

Unit Support Notes are offered as guidance and 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

This Unit is intended to provide learners with the skills necessary to perform Traditional Head Massage treatments on a range of clients. The principles of Traditional Indian, Chinese and Thai massage will be explored in Outcome 1.

In Outcome 2–3, one of the three traditional head massages studied in Outcome 1 will be chosen and practical treatments will be performed and observed.

It is expected that the centres will choose the style of massage delivered and the learners will perform treatments based on the chosen energetic principles.

### Guidance on approaches to delivery of this Unit

There is a large tutor input to cover knowledge and practical aspects. Learners should be given sufficient practical experience to ensure competence and confidence of all traditional head massage techniques.

Each learner will have to show that they can prepare for the treatment in accordance with the workplace and health and safety requirements. Appropriate recognition of professional protocols including appearance, personal hygiene and approach and include an acknowledgment and expression of the principles of self-preparation associated with the treatment to be performed.

Preparation of themselves and of the work environment prior to the commencement of the treatment should be demonstrated. The maintenance of safety and comfort for both therapist and client throughout the treatment should also be demonstrated. The safe and appropriate placement and adjustment of equipment, products, any protective coverings/clothing along with the comfort of the therapist and client should be observed. These areas should be included in the learners instruction and be evidenced for assessment.

Each learner will have to show that they can perform an accurate and professional consultation, demonstrating the importance of maintaining confidentiality of details obtained during consultation.

## Higher National Unit Support Notes (cont)

### Unit title: Traditional Head Massage Treatment (SCQF level 7)

Learners should work on peers during allocated practical time to gain confidence and competence before progressing to clients.

The knowledge and skills will be gained by a combination of individualised research, formal lectures, organised activities, class discussions, demonstrations and observations. Tutor guidance will enable learners to consult, prepare, perform and evaluate safe and effective treatments.

Ongoing oral questioning is recommended throughout the Unit to assist in monitoring development of learners' knowledge and skills. Regular home study is also recommended on the knowledge and skills for all Outcomes. Learners are encouraged to continue practising practical skills as home study. Individual research is encouraged through journals, text books and online professional sources for the research project and to supplement knowledge input by tutor.

Contra-indications should include the following:

- ◆ General — fever; nausea; recent accident/injury/surgery/scarring; skin/eye infections or diseases; glaucoma; undiagnosed lumps/bumps/inflammation; intoxication; osteoporosis; recent haemorrhage; circulatory/heart condition; spondylitis; thrombosis; cancer; malignant melanoma.
- ◆ Special Care — frailty; cysts; pregnancy; diabetes; epilepsy; clients currently undertaking strong medication; asthma; high/low blood pressure; diagnosed oedema; clients who have consumed heavy meal prior to treatment; electrical/metal implants.
- ◆ Specific — psoriasis; eczema; bruising; open cuts and abrasions; warts/skin tags/raised moles.

Physical, physiological and psychological effects of treatment. Traditional head massage focuses greatly on relaxation and stress relief. Learners should be knowledgeable on the definition of stress, types of stress and how they can affect the individual. It may be appropriate to deliver this unit with HN Unit Complementary Therapy: Stress Management for Clients.

Learners should be aware of correct height and positioning of equipment in order to perform the treatment effectively and comfortably and ensure they have sufficient working space. Learners should ensure correct preparation of treatment environment, including temperature, lighting, ventilation, cleanliness and safety. Learners should know what constitutes commercial and cost effective timings for treatments.

Specific effects and uses of each massage technique applied in Traditional Head Massage in order to utilise techniques for optimum results to meet client's specific physical, physiological or psychological requirements. Pressure points Stroking, kneading, friction and percussion movements should be demonstrated performed and named as appropriate for the massage approach chosen.

The use of oils and emulsions in Traditional Head Massage treatments may vary for each energetic approach. Traditional products will be researched in Outcome 1 and applied where appropriate, in the practical treatments. The effects and uses of almond, coconut, mustard, olive sesame, jojoba and brahmi oil could be included. There is no requirement to blend oils in this Unit.

## Higher National Unit Support Notes (cont)

**Unit title:** Traditional Head Massage Treatment (SCQF level 7)

Learners should utilise knowledge and skills of body's systems learned in anatomy and physiology to evaluate physical, physiological and psychological effectiveness. Aftercare advice should include fluid intake, diet and nutrition where prior learning allows, resting period after treatment and continuance of treatments. Homecare advice may incorporate the use of oils and self-massage/pressure point techniques and/or breathing exercises as part of client's self-care. Learners should be made aware of possible contra-actions to treatments, these being; tiredness, disorientation, dizziness, nausea, increased perspiration, skin rash, increased mucus, increased vitality, change in urine (colour and frequency), tension headaches, tenderness in muscle fibres. Learners should be knowledgeable on appropriate advice for clients to deter and limit the effects of contra-actions.

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 will be assessed by an open-book researched project based on the Knowledge and Skills and are detailed in the Evidence Requirements. The fundamental principles of Traditional Head or Seated Massage relating to the history and traditional methods outlined below should be included.

Indian traditional medicine, Ayurveda — energetic principles influencing constitutional balance including the tridoshas, prakruti, vikruti and examples of basic energetic actions of Indian Head Massage.

Traditional Chinese Medicine (TCM), energetic principles influencing wellbeing and massage techniques, including Qi, the five elements, Yin Yang, meridian lines.

Traditional Thai Medicine (TTM), energetic wellness balancing principles influencing massage including a basic understanding of the elements, essences, aggregates, tastes and sen lines.

Outcomes 2 and 3 will be assessed by observed practical performance and the accurate completion of three client consultation record and assessor observation checklist. Each treatment should be carried out to meet workplace requirements. Learners should make precise, accurate notation of each session detailing an explanation of the treatment plan, preparation, performance and evaluation of each treatment.



## Higher National Unit Support Notes (cont)

**Unit title:** Traditional Head Massage Treatment (SCQF level 7)

Assessment should be carried out on a range of different clients with differing needs. Learners should be observed performing the treatments with and without medium as appropriate.

Checklists, or other appropriate method of recording achievement should be used.

### Opportunities for 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 social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).

### Opportunities for developing Core and other essential skills

Aspects of the Core Skill of *Problem Solving*, that is, Planning and Organising, Critical Thinking, and Reviewing and Evaluating, will be naturally developed as the massage treatment is planned and safely undertaken. In planning the treatment learners will identify and analyse a range of factors including suitable products, equipment and techniques to ensure the treatment meets the needs of each individual client. The treatment application must ensure client comfort and safety. Taking account of timing sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement. Analytical evaluation of the effectiveness of treatments in relation to identified aims could be enhanced by formative group discussion.

*Communication* skills are not formally assessed however learners will be expected to present Oral and Written communication to an acceptable professional standard. Skills in accessing and analysing information on massage effects and techniques should be developed to provide underpinning knowledge on professional issues and resources.

Oral Communication skills will be developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate information to clients, explaining and reassuring during treatment sessions and giving aftercare advice and specific relevant lifestyle advice will be an essential aspect of competence. Learners should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way, adapting language, register and style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed learners will have the opportunity to develop generic skills which will enhance their employability skills profile, eg customer care skills, *Communication* skills, time management.

This Unit has the Core Skill of Problem Solving embedded in it, so when learners achieve this Unit their Core Skills profile will be updated to show that they have achieved Problem Solving at SCQF level 6.

## History of changes to Unit

Version	Description of change	Date
02	Core Skill Problem Solving at SCQF level 6 embedded.	19/08/2016

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## General information for learners

### Unit title: Traditional Head Massage Treatments

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit is offered as an option within the HNC and HND Complementary Therapies frameworks. This Unit will provide you with the skills to perform full and accurate client consultations and to prepare for and perform the most effective treatment for that client's physiological, physical or psychological requirements. This Unit will also provide you with the knowledge to identify contra-indications and contra-actions to Traditional Holistic Head Massage treatments and the relevant mandatory health and safety legislation. You will also perform a full evaluation of treatments and provide clients with appropriate aftercare and homecare advice.

On completion of the Unit, you should be able to:

- 1 Research and understand the energetic approaches of Traditional Head Massage.
- 2 Consult with clients to develop massage treatment plans.
- 3 Prepare, perform and evaluate the traditional head massage treatment.

**Outcome 1** studies the principles of Indian, Chinese and Thai approaches to massage and wellbeing. The focus is on traditional head massage applications of seated massage applied to the upper back, shoulders, arms, and head.

#### Outcomes 2 and 3

In the practical element, one of the three traditional head massages studied in Outcome 1 will be applied and practical treatments will be performed based on the chosen energetic principles. You will carry out treatments on a minimum of three different clients with different needs. Treatments may be carried out with no products if deemed appropriate. You must accurately complete client consultation records to support your performance.

*Communication* skills are not formally assessed however learners will be expected to present Oral and Written communication to an acceptable professional standard. Skills in accessing and analysing information on massage effects and techniques should be developed to provide underpinning knowledge on professional issues and resources.

## Higher National Unit Support Notes (cont)

**Unit title:** Traditional Head Massage Treatment (SCQF level 7)

Oral Communication skills will be developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate information to clients, explaining and reassuring during treatment sessions and giving aftercare advice and specific relevant lifestyle advice will be an essential aspect of competence. Learners should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way, adapting language, register and style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed learners will have the opportunity to develop generic skills which will enhance their employability skills profile, eg customer care skills, communication skills, time management.

This Unit has the Core Skill of Problem Solving embedded in it, so when you achieve this Unit your Core Skills profile will be updated to show that you have achieved Problem Solving at SCQF level 6.