

# Integrative Healthcare CPD Suite UB34I – Module information

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# Integrative Healthcare CPD Suite UB34I – Module information

## SCQF level 7 CPD Awards

### Objectives

- Build confident and able individuals
- Build empathetic, confident, and able therapists
- Create self-motivated and reflective learners
- Produce therapists who can tailor treatments to an individual
- Instill unconditional positive regard
- Instill knowledge in relevant health & safety and industry standards
- Create an understanding of clinic and therapeutic environments
- Integrate core skills
- Create a suitable step off point or ability progress further with education.
- Build an appreciation for research
- Build an understanding of the issues surrounding an evidence-based approach to healthcare
- Provide learners with knowledge and skills required for professional membership and practice
- Develop and build IT and literacy skills
- Build presentation skills

## **Integrative Healthcare CPD Suite UB34I – Module information**

### Level 7: Integrative Therapy: Massage Therapy Practice

#### Entry requirements

- 1 Scottish Higher or equivalent
- Access to Integrative Healthcare SCQF L6

#### Study mode

- 1 x weekly face to face class for practical practice
- 1 x weekly online class for theory
- Both modules supported by online learning in your own time

#### Modules

- Module title: Integrative Healthcare: Anatomy and Physiology of the Human Body  
Semester: 1 and 2  
Credit value: 20
- Module title: Integrative Healthcare: Massage Therapy  
Semester: 1 and 2  
Credit value: 20

#### Upon completion of this CPD package, you will be able to:

- Describe the anatomical structure and functions of each body system and how complementary therapies affect them
- Demonstrate knowledge of, and competence in, manual massage technique application
- Describe up-to-date health and safety legislation and professional standards for massage therapy

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 7: Integrative Therapy: Reflexology Therapy Practice**

#### **Entry requirements**

- 1 Scottish Higher or equivalent
- Access to Integrative Healthcare SCQF L6

#### **Study mode**

- 1 x weekly face to face class for practical practice
- 1 x weekly online class for theory
- Both modules supported by online learning in your own time

#### **Modules**

- Module title: Integrative Healthcare: Anatomy and Physiology of the Human Body  
Semester: 1 and 2  
Credit value: 20
- Module title: Integrative Healthcare: Foot Reflexology  
Semester: 1 and 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Describe the anatomical structure and functions of each body system and how complementary therapies affect them
- Demonstrate knowledge of, and competence in, foot reflexology technique application
- Describe up-to-date health and safety legislation and professional standards for massage therapy

## **Integrative Healthcare CPD Suite UB34I – Module information**

### Level 7: Integrative Therapy: Contemporary Aromatherapy Practice and Health

#### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

#### **Study mode**

- Weekly attendance required for practical delivery alongside online learning in your own time

#### **Modules**

- Module title: Integrative Healthcare: Contemporary Aromatherapy 1  
Semester: 1 and 2  
Credit value: 20
- Module title: Nature of Health  
Semester: 1  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Review a variety of definitions and official accounts of health and discuss concepts, influences and experiences that affect health and our understanding of it
- Demonstrate a basic understanding of the causes of health inequality and its impact at different life stages
- Demonstrate an understanding of quantitative and qualitative methods of measuring health
- Demonstrate the study skills necessary to apply knowledge of health theory to a defined task
- Describe the therapeutic properties of essential oils and other mediums specific to aromatherapy practice
- Demonstrate competence in practical skills in aromatherapy
- Describe up-to-date health and safety legislation and professional standards relevant to aromatherapy

# Integrative Healthcare CPD Suite UB34I – Module information

## SCQF level 8 CPD Awards

### Objectives

- Further develop confident and able individuals
- Further develop empathetic, confident and able therapists
- Build critical and evaluative skills
- Build individuals ability to manage and organise workload
- Develop the knowledge and skills to allow for successful progression to employment or a higher level of education
- Enhance IT literacy skills

# **Integrative Healthcare CPD Suite UB34I – Module information**

## Levels 7 and 8: Integrative Therapy: Health and Lifestyle Focus

### **Entry requirements**

- 1 Scottish Higher or equivalent
- Access to Integrative Healthcare SCQF L6

### **Study mode**

- Semester 1 fully online
- Weekly class contact in semester 2

### **Modules**

- Module title: Nature of Health  
Semester: 1  
Credit value: 20
- Module title: Health and Lifestyle  
Semester: 2  
Credit value: 20

### **Upon completion of this CPD package, you will be able to:**

- Review a variety of definitions and official accounts of health and discuss concepts, influences and experiences that affect health and our understanding of it
- Demonstrate a basic understanding of the causes of health inequality and its impact at different life stages
- Demonstrate an understanding of quantitative and qualitative methods of measuring health
- Demonstrate the study skills necessary to apply knowledge of health theory to a defined task
- Analyse some of the key behaviors (and health inequalities) which may impact on the health of the UK population
- Evaluate the role of nutrition in human health and disease including the role of diet in exercise
- Examine and evaluate the impact of current food labelling legislation, health initiatives and food policy regulations
- Investigate the underlying factors which contribute to a range of dietary diseases, including the interaction between biochemistry and nutrition

# **Integrative Healthcare CPD Suite UB34I – Module information**

## **Level 8: Integrative Therapy: Extending Practice**

### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

### **Study mode**

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

### **Modules**

- Module title: Integrative Healthcare: Extending Practice 1  
Semester: 1  
Credit value: 10
- Module title: Integrative Healthcare: Extending Practice 2  
Semester: 2  
Credit value: 10

### **Upon completion of this CPD package, you will be able to:**

- Explain the history and demands of specialised CAM treatment
- Create a treatment environment for specialized CAM treatments
- Demonstrate specialised CAM treatment skills



## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 8: Integrative Therapy: Massage Focus**

#### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

#### **Study mode**

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

#### **Modules**

- Module title: Integrative Therapy: Seated Acupressure Massage  
Semester: 1  
Credit value: 10
- Module title: Integrative Therapy: Indian Head Massage  
Semester: 2  
Credit value: 10

#### **Upon completion of this CPD package, you will be able to:**

- Explain the history and therapeutic benefits of Seated Massage
- Demonstrate and evaluate Seated Massage techniques for treatment
- Prepare for, apply and evaluate Indian Head Massage treatments

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 8: Integrative Therapy: Nutrition and Remedial Massage**

#### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

#### **Study mode**

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

#### **Modules**

- Module title: Integrative Therapy: Remedial Massage and Injury Management  
Semester: 1 and 2  
Credit value: 20
- Module title: Nutrition for Performance and Health  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Demonstrate knowledge of remedial massage techniques
- Prepare and plan remedial massage treatments
- Apply and evaluate remedial massage techniques
- Provide appropriate rehabilitation exercises, aftercare and homecare advice
- Explain the role nutrition plays in the maintenance of health
- Critically evaluate the components of nutrition that contribute to performance
- Critically evaluate a case study based on health maintenance and performance

# Integrative Healthcare CPD Suite UB34I – Module information

## Level 8: Integrative Therapy: Clinical Reflexology Practice

### Entry requirements

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

### Study mode

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

### Modules

- Module title: Integrative Healthcare: Clinical Reflexology  
Semester: 1 and 2  
Credit value: 20
- Module title: Integrative Healthcare: Developing Research  
Semester: 1 and 2  
Credit value: 20

### Upon completion of this CPD package, you will be able to:

- Explain current techniques used in clinical reflexology
- Apply and evaluate clinical reflexology treatments
- Design a consultation document and apply appropriate measurement tools to evaluate the outcomes of complementary therapy treatments
- Apply discipline-appropriate practice requirements

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 8: Integrative Therapy: Contemporary Aromatherapy Practice**

#### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7
- Aromatherapy SCQF Level 7

#### **Study mode**

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

#### **Modules**

- Module title: Integrative Healthcare: Contemporary Aromatherapy 2  
Semester: 1 and 2  
Credit value: 20
- Module title: Integrative Healthcare: Developing Research  
Semester: 1 and 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Demonstrate competence in practical and theoretical application of aromatherapy therapeutic interventions
- Identify the therapeutic properties of essential oils and other mediums specific to advancing aromatherapy practice
- Design a consultation document and apply appropriate measurement tools to evaluate the outcomes of complementary therapy treatments
- Apply discipline-appropriate practice requirements

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 8: Integrative Therapy: Craniosacral Therapy**

#### **Entry requirements**

- Level 7 Anatomy and Physiology
- Body Massage SCQF Level 7

#### **Study mode**

- Attendance required every 3 weeks (4 campus visits per semester)
- Online study in your own time for the remainder of the programme

#### **Modules**

- Module title: Integrative Therapy: Craniosacral Therapy  
Semester: 1 and 2  
Credit value: 10
- Module title: Integrative Therapy: Pathological Processes of the Human Body  
Semester: 1 and 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Explain the use, benefits and clinical effectiveness of craniosacral therapy
- Prepare for, apply and evaluate craniosacral therapy treatments
- Identify normal and pathological cellular and tissue responses to stimuli
- Identify and describe major diseases for each body system
- Evaluate the role of CAM/Integrative Healthcare in the management of major diseases

## **Integrative Healthcare CPD Suite UB34I – Module information**

### SCQF level 9 CPD Awards

#### Objectives

- Be able to reflect critically on the nature of their discipline(s)
- Have an ability to apply a high level of critical and analytical skills
- Have enhanced written and oral communication skills
- Have developed the ability to undertake self-directed learning and work independently
- Be able to apply detailed knowledge and critical understanding to a range of subject-specific questions and problems
- Have developed an interdisciplinary approach to the study of their chosen discipline(s)
- Be familiar with a range of subject specialisms
- Be able to synthesise large quantities of information

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 9: Integrative Therapy: Energetic Therapies**

#### **Entry requirements**

- HND Complementary Therapies

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: Comparative Therapeutic Practices  
Semester: 1  
Credit value: 20
- Module title: Concepts of Nutrition within Therapeutic Interventions  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Critically compare the principles of traditional therapy practices in healthcare to current conventional healthcare practices
- Critically evaluate how an understanding of traditional therapy practices can contribute to contemporary therapeutic practices
- Critically evaluate the integration of traditional diagnostic practices with contemporary therapeutic practices
- Critically evaluate the application of nutrition approaches to recovery from disease and injury
- Demonstrate critical comparative understanding of nutritional approaches within Integrative Healthcare/complementary therapies

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 9: Integrative Therapy: Physiological/Supportive**

#### **Entry requirements**

- HND Complementary Therapies

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: The Role of Integrative Healthcare in the Management of Injury and Disease  
Semester: 1  
Credit value: 20
- Module title: Therapeutic Practices in a Supportive Setting  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Evaluate conventional medical protocols and the role of integrative healthcare within this structure
- Analyse and evaluate the role of integrative healthcare in the management of disease and injury
- Critically analyse the effectiveness of the role of therapeutic practices in supportive settings
- Critically evaluate the process and effectiveness of a specific complementary therapy in a specific supportive care setting or arena



## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 9: Integrating Complementary Therapies in Healthcare**

#### **Entry requirements**

- Nurses/MacMillan Nurses

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: The Role of Integrative Healthcare in the Management of Injury and Disease  
Semester: 1  
Credit value: 20
- Module title: Concepts on Nutrition within Therapeutic Interventions  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Evaluate conventional medical protocols and the role of integrative healthcare within this structure
- Analyse and evaluate the role of integrative healthcare in the management of disease and injury
- Critically evaluate the application of nutrition approaches to recovery from disease and injury
- Demonstrate critical comparative understanding of nutritional approaches within Integrative Healthcare/complementary therapies

## **Integrative Healthcare CPD Suite UB34I – Module information**

### SCQF level 10 CPD Awards

#### Level 10 Objectives

- Have competent research skills
- Have undertaken intensive critical work on a range of related sources
- Be able to design and conduct investigation and research proposals
- Be able to apply a depth of theoretical knowledge
- Be able to apply a range of methodologies
- Be adept at the construction of argument
- Be able to define problems and discuss issues in a range of subject-related topics
- Be independent learners
- Be prepared to undertake postgraduate research activities

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 10: Integrative Therapy: Aromatherapy**

#### **Entry requirements**

- Degree qualified practitioners with minimum SCQF 8 aromatherapy qualification

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: Integrative Healthcare: Remote and Rural Care  
Semester: 1  
Credit value: 20
- Module title: Intensive use of Aromatics in Healthcare  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Critically evaluate the principles and issues of intensive use of aromatics in healthcare
- Critically compare the principles of intensive use of aromatics to contemporary aromatherapy practice
- Critically evaluate the process and outcomes of case studies of the use of intensive aromatics to treat a range of health issues
- Explore the challenges faced by healthcare providers and complementary therapists in providing care to remote and rural clients
- Explore potential solutions to the challenges faced by therapists in remote and rural areas in providing care to remote and rural clients

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 10: Integrative Therapy: Advancing Clinical Practice**

#### **Entry requirements**

- Degree qualified practitioners

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: Advancing Manual Therapeutic Modalities  
Semester: 1  
Credit value: 20
- Module title: Evidence Based Clinical Practice  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Critically evaluate the incorporation of advanced manual techniques within a chosen therapeutic practice pathway
- Carry out a reflective review of the application, process, and outcomes of a client's treatment through the use of a clinical case study utilizing advanced therapeutic modalities and practice
- Critically analyse the issues surrounding evidence-based practice
- Design and plan an evidence-based clinic and reflect analytically on the process
- Critically analyse the use of evidence-based consultation, treatment, and evaluation methods

## **Integrative Healthcare CPD Suite UB34I – Module information**

### **Level 10: Integrative Therapy: Healthcare**

#### **Entry requirements**

- Degree qualified practitioners

#### **Study mode**

- Online study in your own time
- 2 online group sessions during semester 2 (week 6)

#### **Modules**

- Module title: Evidence Based Clinical Practice  
Semester: 2  
Credit value: 20
- Module title: Integrative Healthcare in Supporting Palliative Care  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Critically analyse the issues surrounding evidence-based practice
- Design and plan an evidence-based clinic and reflect analytically on the process
- Critically analyse the use of evidence-based consultation, treatment, and evaluation methods
- Analyse and critically evaluate the origins, key concepts and key contributors in relation to integrative healthcare practices within palliative care settings
- Critically assess the requirement and effectiveness for integrative healthcare practices within a palliative care setting/arena

## **Integrative Healthcare CPD Suite UB34I – Module information**

### Level 10: Extending Healthcare Practice with Complementary Therapies

#### **Entry requirements**

- Nurses/MacMillan Nurses

#### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)
- 1 online group session in semester 2 (week 6)

#### **Modules**

- Module title: Integrative Healthcare: Remote and Rural Care  
Semester: 1  
Credit value: 20
- Module title: Integrative Healthcare in Supporting Palliative Care  
Semester: 2  
Credit value: 20

#### **Upon completion of this CPD package, you will be able to:**

- Explore the challenges faced by healthcare providers and complementary therapists in providing care to remote and rural clients
- Explore potential solutions to the challenges faced by therapists in remote and rural areas in providing care to remote and rural clients
- Analyse and critically evaluate the origins, key concepts and key contributors in relation to integrative healthcare practices within palliative care settings
- Critically assess the requirement and effectiveness for integrative healthcare practices within a palliative care setting/arena

# **Integrative Healthcare CPD Suite UB34I – Module information**

## Level 10: Remote and Rural Integrative Healthcare

### **Entry requirements**

- Degree qualified practitioners/Nurses

### **Study mode**

- Online study in your own time
- 1 online group session in semester 1 (week 7)

### **Modules**

- Module title: Integrative Healthcare: Remote and Rural Care  
Semester: 1  
Credit value: 20

### **Upon completion of this CPD package, you will be able to:**

- Explore the challenges faced by healthcare providers and complementary therapists in providing care to remote and rural clients
- Explore potential solutions to the challenges faced by therapists in remote and rural areas in providing care to remote and rural clients