

Complementary Therapy

Qualifications

UK 2020-21



Complementary Therapy

Welcome to our 2020-2021 world-class iTEC & VTCT Qualifications portfolio.

Combined, iTEC & VTCT have been Awarding Organisations for over 120 years and offer high-quality, regulated qualifications and assessments in over 40 countries.

You will find included in this book our career pathway which clearly illustrates a number of career options available. You can use this tool as you assist your learners in planning their dream career. Free copies are available to download through these links: itecworld.co.uk/pathways or vtct.org.uk/pathways.

In addition to listing the qualifications available from 1 September 2020, we've included a brief description for each qualification. More in-depth information on these qualifications can be found on our websites through these links: itecworld.co.uk/find-a-qualification or vtct.org.uk/find-a-qualification.

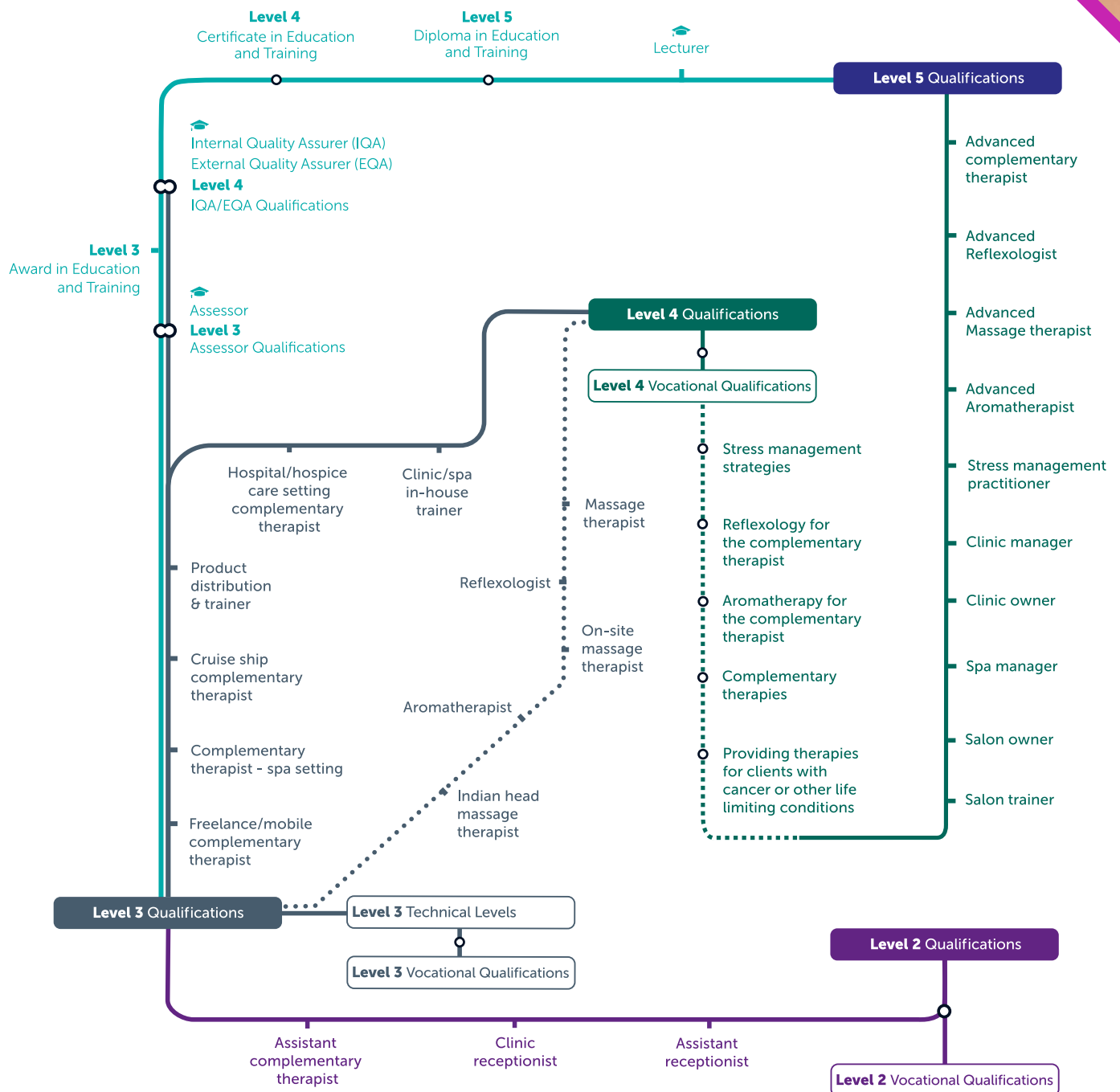


Contents

◆ Career Pathway	4
◆ Technical Level Qualification (TLQ)	5
◆ VRQ	6
◆ Functional Skills	12
◆ Glossary of Terms	13



Complementary Therapy Career Paths



Technical Level Qualification (TLQ)

Practical qualifications at Level 3 for 16-19 year olds, approved by the Department for Education and eligible for performance table reporting and UCAS points.

QN	Product Code	Qualification Title (See below for qualification details)
Technical Level Qualification (TLQ) Level 3		
601/6989/8	CT3D1	VTCT Level 3 Diploma in Complementary Therapies

Technical Level Qualification (TLQ) Level 3

- **VTCT Level 3 Diploma in Complementary Therapies – CT3D1**

This is a technical level qualification aimed at 16-18 learners who are in a full-time Level 3 education programme and wish to pursue a career as an employed and/or self-employed complementary therapist.

TQT **446** GLH **360**



VRQ

All qualifications are VRQ (Vocationally Related Qualifications) which are often classroom taught and lead to further training or employment in a related sector.

QN	Product Code	Qualification Title (See below for qualification details)
VRQ Level 2		
600/4961/3	AC20408	VTCT Level 2 Certificate in Anatomy and Physiology for Complementary Therapies
603/4088/5	iCT2D1	VTCT (ITEC) Level 2 Diploma in Complementary Therapies
VRQ Level 3		
600/5181/4	AC30444	VTCT Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client
601/7208/3	CT3A1	VTCT Level 3 Award in Crystal Therapy
603/4099/X	iCT3A2	VTCT (ITEC) Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client
600/4013/0	AC30335	VTCT Level 3 Certificate in Thai Massage
600/4845/1	AC30407	VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies
603/4078/2	iCT3C1	VTCT (ITEC) Level 3 Certificate in On-Site Massage
603/4081/2	iCT3C2	VTCT (ITEC) Level 3 Certificate in Lymphatic Drainage Massage
603/4082/4	iCT3C3	VTCT (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists
603/4084/8	iCT3C4	VTCT (ITEC) Level 3 Certificate in Stone Therapy Massage
603/4100/2	iCT3C6	VTCT (ITEC) Level 3 Certificate in Anatomy, Physiology and Pathology for the Complementary Therapist
600/4846/3	AC30403	VTCT Level 3 Diploma in Complementary Therapies
600/4843/8	AC30404	VTCT Level 3 Diploma in Aromatherapy
600/4840/2	AC30405	VTCT Level 3 Diploma in Reflexology
600/4841/4	AC30406	VTCT Level 3 Diploma in Massage
603/4038/1	iBT3D9	VTCT (ITEC) Level 3 Diploma in Anatomy and Physiology
603/4090/3	iCT3D2	VTCT (ITEC) Level 3 Diploma in Complementary Therapy Treatments
603/4092/7	iCT3D3	VTCT (ITEC) Level 3 Diploma in Massage
603/4094/0	iCT3D4	VTCT (ITEC) Level 3 Diploma in Reflexology for the Complementary Therapist
603/4098/8	iCT3D5	VTCT (ITEC) Level 3 Diploma in Aromatherapy for the Complementary Therapist
603/4093/9	iCT3D6	VTCT (ITEC) Level 3 Diploma in Reflexology Treatments
603/4095/2	iCT3D7	VTCT (ITEC) Level 3 Diploma in Aromatherapy Treatments
603/4097/6	iCT3D8	VTCT (ITEC) Level 3 Diploma in Holistic Massage
603/4086/1	iCT3D9	VTCT (ITEC) Level 3 Diploma in Reiki
VRQ Level 4		
601/8256/8	CT4C1	VTCT Level 4 Certificate in Stress Management Strategies
601/8038/9	CT4D1	VTCT Level 4 Diploma in Stress Management Strategies
601/8314/7	CT4D2	VTCT Level 4 Diploma in Providing Therapies for Clients with Cancer or other Life Limiting Conditions
601/8313/5	CT4D3	VTCT Level 4 Diploma in Complementary Therapies
601/8315/9	CT4D4	VTCT Level 4 Diploma in Aromatherapy for the Complementary Therapist
601/8317/2	CT4D5	VTCT Level 4 Diploma in Reflexology for the Complementary Therapist
601/8316/0	CT4D6	VTCT Level 4 Diploma in Massage for the Complementary Therapist
603/4498/2	iCO4D1	VTCT (ITEC) Level 4 Diploma in Spa and Salon Management

VRQ Level 2

- **VTCT Level 2 Certificate in Anatomy and Physiology for Complementary Therapies – AC20408**

This qualification includes knowledge and understanding of the organisation of the body, and the structure, function and pathologies of the skin, hair and nails, the structure; function and pathologies of the various body systems including the skeletal, muscular, nervous, endocrine, respiratory, cardiovascular, lymphatic, digestive, urinary and reproductive systems.

Credits **16** TQT **160** GLH **90**

- **VTCT (ITEC) Level 2 Diploma in Complementary Therapies – iCT2D1**

The main aim of the VTCT (ITEC) Level 2 Diploma in Complementary Therapies is to enable learners to gain the necessary introductory practical and theoretical skills in order to gain a sound platform onto further training at level 3 required for practitioners in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2.

Credits **77** TQT **770** GLH **450**

VRQ Level 3

- **VTCT Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client – AC30444**

This qualification will develop knowledge and understanding of the role and sources of nutrients required for a balanced diet to maintain good health. Furthermore, learners will learn how to provide general information on healthy eating.

Credits **6** TQT **60** GLH **30**

- **VTCT Level 3 Award in Crystal Therapy – CT3A1**

This is a course that has been specifically designed to allow therapists interested in the theory and practice of crystal therapy to explore these concepts.

Credits **3** TQT **30** GLH **30**

- **VTCT (ITEC) Level 3 Award in Healthy Eating & Wellbeing for the Complementary Therapy Client – iCT3A2**

The main aim of the VTCT (ITEC) Level 3 Award in Healthy Eating and Well-being is to enable learners to gain the necessary theoretical skills in order support the general public through advice on healthy eating and well-being and to gain employment in the complementary therapies industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Credits **6** TQT **60** GLH **30**

- **VTCT Level 3 Certificate in Thai Massage – AC30335**

This is a qualification that has been specifically designed to provide the learner with the skills to provide Thai massage treatments safely and effectively for clients.

Credits **22** TQT **220** GLH **207**

- **VTCT Level 3 Certificate in Anatomy, Physiology & Pathology for Complementary Therapies – AC30407**

This qualification will develop knowledge and understanding of the organisation of the body; and the structure, function and pathologies of the skin, hair and nails.

Credits **13** TQT **130** GLH **94**

- **VTCT (ITEC) Level 3 Certificate in On-Site Massage – iCT3C1**

The main aim of the VTCT (ITEC) Level 3 Certificate in On-Site Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide on-site massage treatments to the general public and to gain employment in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT **128** GLH **50**

- **VTCT (ITEC) Level 3 Certificate in Lymphatic Drainage Massage – iCT3C2**

The main aim of the VTCT (ITEC) Level 3 Certificate in Lymphatic Drainage Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide lymphatic drainage massage to the general public and to gain employment in the beauty therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT **128** GLH **50**

- **VTCT (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists – iCT3C3**

The main aim of the VTCT (ITEC) Level 3 Certificate in Diet and Nutrition for Complementary Therapists is to enable learners to gain the necessary theoretical skills in order to provide healthy eating advice to the general public and to gain employment in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 3.

TQT **230** GLH **100**

- **VTCT (ITEC) Level 3 Certificate in Stone Therapy Massage – iCT3C4**

The main aim of the VTCT (ITEC) Level 3 Certificate in Stone Therapy Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide stone massage treatments to the general public and to gain employment in the beauty therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3.

TQT **128** GLH **50**

- **VTCT (ITEC) Level 3 Certificate in Anatomy, Physiology and Pathology for the Complementary Therapist – iCT3C6**

The main aim of the VTCT (ITEC) Level 3 Certificate in Anatomy, Physiology and Pathology is to enable learners to gain the necessary underpinning knowledge of anatomy, physiology and pathology required by the complementary therapies industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3.

Credits **13** TQT **130** GLH **94**

- **VTCT Level 3 Diploma in Complementary Therapies – AC30403**

This is a technical level qualification that provides learners with the knowledge, understanding and skills to work as an employed and/or self-employed complementary therapist, either within the National Health Service or in private practice.

Credits **103** TQT **1030** GLH **520**

- **VTCT Level 3 Diploma in Aromatherapy – AC30404**

This is a vocational qualification and includes all the required elements to work effectively as an aromatherapist including covering the knowledge and understanding of complementary therapy concepts, business practice, anatomy, physiology and pathology for complementary therapies.

Credits **59** TQT **590** GLH **296**

- **VTCT Level 3 Diploma in Reflexology – AC30405**

This is a vocational qualification and includes all the required elements to work effectively as a reflexologist including covering the knowledge and understanding of reflexology practice, business practice, and anatomy, physiology and pathology for complementary therapies.

Credits **63** TQT **630** GLH **296**

- **VTCT Level 3 Diploma in Massage – AC30406**

This is a vocational qualification and includes all the required elements to work effectively as a massage therapist including the mandatory units: knowledge and understanding the principles of complementary therapies and business practice, anatomy, physiology and pathology for complementary therapies. Learners will also develop their understanding and practical skills to competently provide massage services.

Credits **57** TQT **570** GLH **296**

- **VTCT (ITEC) Level 3 Diploma in Anatomy and Physiology – iBT3D9**

The main aim of the VTCT (ITEC) Level 3 Diploma in Anatomy and Physiology is to enable learners to gain the necessary underpinning knowledge of anatomy, physiology and pathology required by the complementary therapies, beauty therapy and sport and fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3.

TQT **370** GLH **100**

- **VTCT (ITEC) Level 3 Diploma in Complementary Therapy Treatments – iCT3D2**

The main aim of the VTCT (ITEC) Level 3 Diploma in Complementary Therapies is to enable learners to gain the necessary practical and theoretical skills in order to provide complementary therapy treatments to the general public and to gain employment in the complementary therapies industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at levels 3 and 4.

Credits **103** TQT **1030** GLH **520**

- **VTCT (ITEC) Level 3 Diploma in Massage – iCT3D3**

The main aim of the VTCT (ITEC) Level 3 Diploma in Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide massage treatments to the general public and to gain employment in the massage industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Credits **57** TQT **570** GLH **296**

- **VTCT (ITEC) Level 3 Diploma in Reflexology for the Complementary Therapist – iCT3D4**

The main aim of the VTCT (ITEC) Level 3 Diploma in Reflexology for the Complementary Therapist is to enable learners to gain the necessary practical and theoretical skills in order to provide reflexology treatments to the general public and to gain employment in the reflexology industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Credits **63** TQT **630** GLH **296**

- **VTCT (ITEC) Level 3 Diploma in Aromatherapy for the Complementary Therapist – iCT3D5**

The main aim of the VTCT (ITEC) Level 3 Diploma in Aromatherapy for the Complementary Therapist is to enable learners to gain the necessary practical and theoretical skills in order to provide aromatherapy treatments to the general public and to gain employment in the aromatherapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Credits **59** TQT **590** GLH **296**

• **VTCT (ITEC) Level 3 Diploma in Reflexology Treatments – iCT3D6**

The main aim of the VTCT (ITEC) Level 3 Diploma in Reflexology Treatments is to enable learners to gain the necessary practical and theoretical skills in order to provide reflexology treatments to the general public and to gain employment in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT 425 GLH 225

• **VTCT (ITEC) Level 3 Diploma in Aromatherapy Treatments – iCT3D7**

The main aim of the VTCT (ITEC) Level 3 Diploma in Aromatherapy Treatments is to enable learners to gain the necessary practical and theoretical skills in order to provide aromatherapy treatments to the general public and to gain employment in the beauty therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT 370 GLH 230

• **VTCT (ITEC) Level 3 Diploma in Holistic Massage – iCT3D8**

The main aim of the VTCT (ITEC) Level 3 Diploma in Holistic Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide massage treatments to the general public and to gain employment in the massage industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT 410 GLH 250

• **VTCT (ITEC) Level 3 Diploma in Reiki – iCT3D9**

The main aim of the VTCT (ITEC) Level 3 Diploma in Reiki is to enable learners to gain the necessary practical and theoretical skills in order to provide reiki treatments to the general public and to gain employment in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

TQT 410 GLH 250

VRQ Level 4

• **VTCT Level 4 Certificate in Stress Management Strategies – CT4C1**

This qualification has been designed to further develop the knowledge and understanding of the complementary therapist of stress and the strategies used to manage stress.

TQT 321 GLH 150

• **VTCT Level 4 Diploma in Stress Management Strategies – CT4D1**

Through this qualification learners will develop their interpersonal skills while expanding their understanding of providing complementary therapies within a healthcare setting. More specifically, they will explore the principles of stress, strategies used to cope with stress as well as methods of mentoring a client with stress.

TQT 480 GLH 360

- **VTCT Level 4 Diploma in Providing Therapies for Clients with Cancer or other Life Limiting Conditions – CT4D2**

This qualification will prepare learners to work within a healthcare setting providing complementary therapies for clients who are suffering life limiting conditions or who are critically frail. Complementary therapies are widely available to people with cancer and increasingly to patients with long term medical and life limiting conditions.

TQT 263 GLH 186

- **VTCT Level 4 Diploma in Complementary Therapies – CT4D3**

This qualification will enable learners to add additional techniques for treatment application to their existing repertoire whilst further developing their knowledge of the theories and practices for advanced applications of aromatherapy, reflexology and body massage.

TQT 461 GLH 253

- **VTCT Level 4 Diploma in Aromatherapy for the Complementary Therapist – CT4D4**

This qualification will enable learners to further develop their knowledge of additional oils and their therapeutic uses and the theories and practices for advanced applications of prescriptive aromatherapy.

TQT 218 GLH 160

- **VTCT Level 4 Diploma in Reflexology for the Complementary Therapist – CT4D5**

This qualification will enable learners to add additional techniques for treatment application to their existing repertoire whilst further developing their knowledge of the theories and practices for advanced applications of reflexology.

TQT 213 GLH 171

- **VTCT Level 4 Diploma in Massage for the Complementary Therapist – CT4D6**

This qualification will enable learners to add additional techniques for treatment application to their existing repertoire whilst further developing their knowledge of the theories and practices for advanced applications of massage.

TQT 220 GLH 168

- **VTCT (ITEC) Level 4 Diploma in Spa and Salon Management – iCO4D1**

The main aim of the VTCT (ITEC) Level 4 Diploma in Spa and Salon Management is to enable learners to gain the necessary practical and theoretical skills in order to manage the spa or salon environment effectively and to gain employment in the hair and beauty industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 4. It also provides a sound platform into further training at level 4 and 5.

Credits 68 TQT 680 GLH 376



Functional Skills

Qualifications which teach post-16 and adult learners in England how to apply practical Maths, English and ICT skills to real-life and vocational contexts.

QN	Product Code	Qualification Title (See below for qualification details)
Functional Skills Level 1		
603/4608/5	RFSE1	Skillsfirst Level 1 Functional Skills Qualification in English
603/4807/0	RFSM1	Skillsfirst Level 1 Functional Skills Qualification in Mathematics
501/1438/4	FSI01	Skillsfirst Functional Skills Qualification in Information and Communication Technology (ICT) at Level 1
Functional Skills Level 2		
603/4606/1	RFSE2	Skillsfirst Level 2 Functional Skills Qualification in English
603/4808/2	RFSM2	Skillsfirst Level 2 Functional Skills Qualification in Mathematics
501/1314/8	FSI02	Skillsfirst Functional Skills Qualification in Information and Communication Technology (ICT) at Level 2



Glossary of Terms

The following terms are used throughout this book. Please see below for clarification on any of these terms. If you find you still have additional questions about any of our qualification listings, please contact [Customer Support](#).

Award: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and unsupervised study) required by an average learner. An Award has a TQT of 120 hours or less.

Certificate: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and un-supervised study) required by an average learner. A Certificate has a TQT of 121-369 hours.

Credits: This is the number of credits awarded upon successful achievement of all unit outcomes. Credit is a numerical value that represents a means of recognising, measuring, valuing and comparing achievement.

Diploma: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and un-supervised study) required by an average learner. A Diploma has a TQT of 370 hours or more.

GLH: This refers to **Guided Learning Hours**. These are defined as all times when a member of staff is present to give specific guidance towards the learning aim being studied on a programme. It includes any activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training. No learner is required to take a certain amount of time; some may take less and some may take more time. Qualifications can sit at different levels, but require similar or different amounts of study and assessment time.

Product Code: This is a unique, identifying code which is assigned to every qualification. The code identifies the sector, level and qualification type. You can learn more about product codes here: itecworld.co.uk/qualification-product-codes.

QN: This is the unique number assigned to a qualification upon successful submission to Ofqual's Register of Regulated Qualifications.

Qualification Title: Some qualifications have had title amendments to ensure they are most representative of the qualification's content.

TQT: This is the **Total Qualification Time**, a term used within qualifications regulated by Ofqual as part of the Regulated Qualification Framework (RQF). It aims to provide an indication of the minimum length of time it would take the average learner to complete their qualification. This includes the number of hours an awarding organisation has assigned to a qualification for Guided Learning and an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study, or any other form of participation in education or training. This includes assessment, which takes place as directed – but, unlike Guided Learning, not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.



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