



Careers information sheet

Holistic Therapies

What do Holistic Therapists do?

Holistic Therapists provide a range of individual treatments to give their clients a sense of health and well being. They take a 'whole person' approach to treatment and identify the underlying cause of any problems rather than just working on the symptoms.

Traditional and complementary medicines have become closer together in recent years, and there is a growing recognition of the value of complementary therapies in our health care system. Holistic therapists are increasingly working in partnership with conventional medical practitioners, especially for patients referred with conditions such as stress or sports injuries.

Holistic (and Spa) therapists offer therapies and treatments such as:

- Aromatherapy
- Reflexology
- Massage therapy/remedial massage
- Specialist treatments such as Reiki and Shiatsu

Many Holistic Therapists are self employed, so commercial skills are important. Jobs in larger hotels and sports centres may be offer more chance of progression or management training.

There are several private providers in London and the South East offering short intensive courses for those wanting to enter the industry or to upgrade their skills.

The Prince's Foundation for Integrated Health
<http://www.fih.org.uk>
produces a comprehensive guide to complementary healthcare

(Source: Habia/FIH/FHT)

There are several different pathways to become a qualified Holistic Therapist.

- ROUTE 1 - Work based learning - Apprenticeship
- ROUTE 2 - Vocational learning 1
- ROUTE 3 - Vocational learning 2

Go to the Key Routes web pages for interactive versions of these –
<http://www.keyroutes.org.uk/careas/hairbeauty/opt-holistic.aspx>

Adults without formal qualifications can move into the industry, and many train for Holistic Therapy as a second career.

What else should I be doing?

It would help your career to:

- find part time work where you will meet the public and use your communications skills
- look for work experience in a beauty salon
- develop your decision making and problem solving skills
- develop your analytical/diagnostic skills
- read health magazines such as Top Sante>
- take a basic massage or reflexology course
- study for a First Aid certificate
- volunteer as a 'model' for holistic therapy trainees
- keep fit - this can be tiring work

Useful links

The British Association of Beauty Therapy and Cosmetology (BABTAC)
<http://www.babtac.org>
represents beauticians and therapists.

Vocational qualifications for Holistic Therapies are accredited by:

The Vocational Training Charitable Trust/IIHHT
<http://www.vtct.org.uk>

Edexcel
<http://www.edexcel.org.uk>

City & Guilds
<http://www.city-and-guilds.co.uk>

ITEC
<http://www.itecworld.co.uk/beauty>

CIBTAC
<http://www.cibtac.com>

The International Federation of Aromatherapists
<http://www.ifaroma.org>

The Spa Business Association has a list of current vacancies on their site that will give you an idea of the range of job opportunities.
<http://www.spabusinessassociation.co.uk>

The Association of Reflexologists has a Continuing Professional Development

scheme for practicing reflexologists. <http://www.aor.org.uk>

The Federation of Holistic Therapists offers courses across the South East.
<http://www.fht.org.uk>

The British Complementary Medicine Association has a list of affiliated schools and colleges. <http://www.bcma.co.uk>

The Royal Institute of Public Health offers courses and qualifications relevant to the work place, including Health and Safety and Hygiene.
<http://www.riph.org.uk>