

**D1084 Level 3 Diploma in using Therapy Techniques as an Aid to Stress Management** (VTCT Units VR02 and VR74 are pre-requisites for this qualification)

Candidates will generally be those who are already qualified in some areas of holistic therapies

It is therefore expected that at least two of the following qualifications or units will have been achieved or exceeded by qualifications, or certified APL in connection with other qualifications or experience:

- VTCT Level 3 Diploma in Indian Head Massage
- VTCT Level 3 Certificate in Swedish Massage
- VTCT Level 3 Diploma in Body Massage
- VTCT Level 3 Diploma in Remedial Massage
- VTCT Level 3 Diploma in Workplace Massage
- VTCT Level 3 Diploma in Aromatherapy
- VTCT Level Diploma in Reflexology
- VTCT Level 3 Diploma in Holistic Therapies
- VTCT Level 3 NVQ in Beauty Therapy
- VTCT Level 3 NVQ Unit 17 – Provide head and body massage treatments
- VTCT Level 3 NVQ Unit 21 – Provide massage using pre-blended aromatherapy oils

**Aim:** To train candidates to a professionally competent level enabling them to practice therapy techniques as an aid to stress management and to demonstrate a full and accurate understanding of the application of interpersonal skills

**Objectives:**

to develop knowledge and understanding of the uses and limits of interpersonal skills and their integration with physical therapies

to understand and apply stress management techniques