



Aromatherapy for Stress & Anxiety **IFPA Accredited CPD**

**Support your clients who experience stress,
anxiety and depression**

Presented by Emma Charlton ITHMA MIFPA PGCE

- A one-day course to develop your understanding of stress, anxiety & depression & to increase your confidence to treat your clients who live with these common conditions.
- We will consider triggers, common signs, symptoms and aromatherapy treatment approaches.
- Students will have the opportunity to take part in a variety of learning activities.
- Students will be encouraged to work in small groups, pairs and as a whole group. There will be plenty of opportunity for questions and feedback
- The course will help you confidently choose essential oils to support clients who live with these common mental health challenges
- Handouts are provided to back up all course material
- PLEASE NOTE, students **will not** be asked or expected to disclose any personal mental health experiences.

Course Content:

- Stress, anxiety and depression: definitions and common signs and symptoms
- The Stress Cycle: the relationship between stress triggers, feelings, thoughts and behaviour.
- The nervous system's response to stress
- Conventional treatment approaches: an overview
- Aromatic treatments: aims and recommended approaches
- Essential oil evidence: presentation of some of the research which supports the use of essential oils with these common mental health conditions.
- Essential oil learning: study of a selection of essential oils



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Venue

Unit 4
20-26 Round Hill Street
Brighton
BN2 3RG

Date & Time

Saturday 18th June 2022
9.00-5.00pm

Cost

£135.00 payable on booking

CPD Points

6

Course requirements

Previous aromatherapy diploma required

Contact

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07970 773030

You will need to bring

Pen & paper