



Why Work as a... Wellbeing and Holistic Therapist

A solution for your training needs and career progression

ROLE OVERVIEW

The broad purpose of the occupation is to create, implement and adapt tailored holistic and wellbeing experiences, in a variety of environments, meeting and managing treatment and experience outcomes in private, secure and safe environments. Wellbeing and Holistic therapists complete treatments and wellbeing experiences via holistic therapy principles, theories and applications to calm or stimulate the sensory perceptions of the body and mind in the pursuit of optimal functioning and balance of the physical, emotional and mental aspects of daily life.

KEY POINTS

- **Level:** 3
- **Duration:** 20 months + End Point Assessment
- **Entry requirements:** You may be required to undertake training in maths and English. See [HERE](#) for more information
- **Career progression:** This apprenticeship provides an ideal entry into leadership roles

KNOWLEDGE REQUIREMENTS



- Strategies to aid relaxation and manage stress levels and how these are used to improve the client's physical and emotional welfare
- Factors that affect wellbeing therapies including schedules and indicators
- How to select the most suitable wellbeing and holistic principle to apply, being fully present to maximize the therapy outcome and benefit
- Benefits and effects of using holistic and wellbeing therapies to maintain wellbeing compared to the allopathic approach of western cultures
- The importance of the limbic system in the promotion of wellbeing and its impact on an individual
- How to recognise contra-indications that would prevent or restrict a treatment

SKILL REQUIREMENTS



- Conduct allergy, sensitivity and tactile tests to establish suitability for treatment
- Implement and complete risk assessment protocols in relation to the environment, therapy or treatment
- Choose massage mediums. This includes the selection, blending and the application of aromatherapy essential oils
- Evaluate the outcome of the wellbeing treatment or experience in order to improve the condition of the client's physical and emotional welfare and wellbeing and inform further recommendations

BEHAVIOUR REQUIREMENTS



- Owns their work, is proactive and responsible
- Maintains professional ethics: integrity, respect, empathy, client confidence, confidentiality and discretion
- Contributes ideas, leads by example and acts as an ambassador for the organisation and industry
- Communicates appropriately, is helpful and courteous at all times and adapts behaviour in response to each client and situation
- Proactively manages and maintains own wellbeing

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