

Confederation of Registered Essence Practitioners (COREP)

Core Curriculum Requirements 2013

The minimum accepted study time for an essence practitioner is set at **100** hours. The study undertaken must cover the following areas:

Content

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| <p>1. History of essences and their development</p> | <p>An essence practitioner should be able to:</p> <ul style="list-style-type: none">• understand how plants have been used for traditional healing over the centuries.• describe some of the main events in the history of essence development.• explain the philosophy of Edward Bach and his reasons for developing the Bach remedies.• understand the background and history of essences studied during training. |
| <p>2. The theory behind essences and essence practice</p> | <ul style="list-style-type: none">• describe some theories as to what an essence could be.• explain some theories as to how essences might work and affect humans and other living things.• state the main reasons why essences are not homoeopathic treatments.• compare and contrast different uses for essences.• explain and give examples of the legal status of essences and essence practitioners, and how this impacts services offered.• understand essences within the context of other methods and theories that deal with wellness issues. |
| <p>3. Personal use and knowledge of essences</p> | <ul style="list-style-type: none">• describe from first-hand experience some of the effects of using essences.• describe external and internal sources of stress plus other factors that affect well-being and understand the best ways to counteract them, including essences.• choose and use essences for personal exploration.• know the indications for the essences used.• know any contra-indications for essence use.• understand the subtle differences between similar essences.• know how to safely dilute and take essences.• make use of essences in a range of common everyday situations.• describe some possible topical applications of essences.• know some environmental and horticultural uses of essences. |
| <p>4. Selecting essences</p> | <ul style="list-style-type: none">• understand the role of an essence practitioner.• understand the role essences can play in supporting a client's emotional, mental and spiritual health and well- |

being.

- apply techniques recommended by their professional/awarding body for essence selection.
- apply relevant Health and Safety Guidelines.

5. Consultation skills

- operate within the parameters of their professional body's Code of Ethics and Practice.
- explain the nature of an essence treatment and how to achieve the best results.
- recognise potential contraindications for essence therapy and take appropriate action.
- develop and use appropriate consultation records for essence therapy.
- acknowledge conditions for which essence therapy may be incomplete in itself and for which the client should seek additional advice from other sources.
- understand the importance of agreeing the location and timing of an essence consultation with the client, and the factors which may intervene and alter plans.
- prepare themselves and the consultation room appropriately.
- ensure that any equipment and materials are ready for use.
- build and maintain boundaries and rapport in relation to clients.
- interpret body language.
- understand the importance of and apply active listening in an essence therapy consultation.
- understand the difference between assessment and diagnosis.
- use consultation information for the selection of essences.
- provide essence treatments safely and correctly.
- provide clear and accurate advice with regard to any relevant aftercare and self-care.
- monitor and evaluate changes in the client after treatment and use this information to inform future practice.
- understand the special problems and restrictions that might apply when using essences with animals, children and other specific groups.

6. Working with essences

- describe and give examples of the doctrine of signatures.
- describe methods used to discover the qualities of essences.
- describe methods used to produce mother tinctures.
- describe differences in dilution between mother tinctures, stock bottles, and dosage bottles.

- describe the uses and limitations of different types of essence combination.
- understand and use appropriate preservation media for essences.
- suggest and make use of alternative media for applying essences, e.g. sprays and creams.
- describe how to maintain the useful shelf life of essences and store them safely.

7. Business management

- meet the legal requirements for setting up and running an essence practice.
- run a practice in accordance with their professional body's Code of Ethics or Practice.
- complete, maintain and safeguard records in accordance with professional, legal and moral requirements.
- ensure that any equipment and materials meet professional legal and organisational requirements for essence therapy.
- adopt and make appropriate use of policies and guidelines implemented by their professional body.
- implement a complaints procedure for their practice.
- know their own limitations and when and where other help needs to be sought.
- plan and implement an appropriate programme of CPD.

8. Health and safety

- know and implement appropriate health and safety standards.
- apply techniques for maintaining hygiene and preventing cross infection in their essence practice.
- establish and obey rules for dealing with accidents, spillages, breakages, disposing of waste materials and fire.

Appendix

The British Flower and Vibrational Essences Association (BFVEA) additionally require practitioners on their professional register to have studied Anatomy and Physiology for a minimum of 30 hours. This knowledge and understanding may have been gained as part of an essence or other CAM practitioner training course, or separately, e.g. on a specialist Human Biology courses. The Bach Centre does not require training in Anatomy and Physiology for placement on its active practitioner register.