



Life in Balance

Ancient Wisdom for Modern Living



Diploma of Ayurvedic Lifestyle Counselling

This qualification covers the skills needed to be an Ayurvedic Lifestyle Counsellor.

An Ayurvedic Lifestyle Counsellor provides advice and assistance on living according to Ayurvedic principles.

This qualification does not cover Ayurvedic Remedial or Therapeutic care. Occupational titles for these workers may include: * Ayurvedic Lifestyle Consultant * Ayurvedic Assistant.

Elements and Performance Criteria Provide Ayurvedic Lifestyle Consultation

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| 1. Perform an Ayurvedic health assessment | 1.1 Determine the scope of the assessment and the client's needs
1.2 Obtain and record an accurate history of the client
1.3 Manage the health assessment
1.4 Make a comprehensive ayurvedic assessment of the client |
| 2. Apply an Ayurvedic assessment framework | 2.1 Analyse and interpret information received
2.2 Critically evaluate the assessment
2.3 Inform the client |
| 3. Plan the Ayurvedic advice | 3.1 Determine advice
3.2 Discuss the advice with the client |
| 4. Provide the Ayurvedic advice | 4.1 Manage advice
4.2 Deliver advice
4.3 Resource the client
4.4 Review advice |

Working within an Ayurvedic framework for lifestyle Counsellor's

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| 1. Demonstrate commitment to the central philosophies of ayurvedic practice | 1.1 Provide a definition of Ayurveda and the Ayurvedic system of medicine
1.2 Outline the historical development of Ayurveda
1.3 Identify and explain the central philosophies of Ayurveda
1.4 Apply Ayurvedic philosophy to own health practices
1.5 Draw on Ayurvedic philosophy to interpret health issues |
| 2. Identify and describe the principles and practices of Ayurveda | 2.1 Identify and describe Ayurvedic assessment techniques
2.2 Identify and describe major areas of advice used by Ayurvedic lifestyle consultants |

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| 3. Develop knowledge of complementary therapies | 3.1 Identify and describe the principles and practices of other healing systems |
| | 3.2 Provide information on other complementary therapies |
| | 3.3 Identify the relationship between therapies |
| 4. Represent ayurvedic framework to the community | 4.1 Explain the practices and principles of Ayurveda in an easily understood way in a one-to-one and group setting |
| | 4.2 Clarify enquiries and provide appropriate information |
| | 4.3 Requests for clients to bring relevant data to the consultation are made |
| | 4.4 Discuss alternative sources of information/advice with the client |
| 5. Work within clinic and regulation guidelines | 5.1 Access and follow clinic guidelines |
| | 5.2 Access and follow legal and regulatory guidelines |
| | 5.3 Ensure relevant documentation is taken |

Provide Ayurvedic Advice on Nutrition

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| 1. Manage advice | 1.1 Identify and explain factors which may interfere with the effectiveness of advice |
| | 1.2 Explain use of dietary modification and management of treatment to the client |
| | 1.3 Request client to monitor reactions and contact practitioner as required |
| | 1.4 Ensure consent for treatment is obtained and contraindications to treatment are identified |
| | 1.5 Recognise reactions to treatment (adverse or otherwise) and respond promptly if necessary |
| | 1.6 Clearly explain time, location and purpose of future sessions to the client |
| | 1.7 Document recommendations |
| | 1.8 Provide treatment according to the treatment plan |
| 2. Provide advice | 2.1 Determine the appropriateness of dietary modification and/or Ayurvedic nutritional supplementation |
| | 2.2 Take care to evaluate any food allergies/food sensitivities |
| | 2.3 Evaluate the influence of environmental and other factors on nutritional status |
| | 2.4 Evaluate cultural barriers to dietary modification and/or supplement prescription |
| | 2.5 Provide advice in accordance with regulations |
| | 2.6 Refer to or collaborate with other health care professionals as required |
| | 2.7 Provide dietary advice within an ayurvedic nutritional framework when appropriate |
| 3. Resource the client | 3.1 Educate the client in relevant and practical techniques for promotion and maintenance of optimum health, which include dietary/lifestyle modification |
| | 3.2 Answer client queries with clarity, using appropriate language |
| | 3.3 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client |
| | 3.4 Promote client independence and responsibility in treatment wherever possible |

4. Review advice

- 4.1 Review progress with the client
- 4.2 Identify and record effects of previous advice
- 4.3 Review previous advice
- 4.4 Evaluate the need for ongoing and/or additional treatment
- 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes

Provide Ayurvedic Relaxation Massage Treatment

1. Manage treatment

- 1.1 Explain factors which may interfere with the effectiveness of the treatment
- 1.2 Explain the mode of administration and management of the treatment to the client
- 1.3 Request client to monitor reactions and contact practitioner as required
- 1.4 Ensure consent for treatment
- 1.5 Drape client to expose only the part of the body being worked on
- 1.6 Provide massage according to the treatment plan
- 1.7 Recognise reactions to treatment and respond promptly if necessary
- 1.8 Explain time, location and content of future sessions to the client
- 1.9 Document recommendations

2. Apply therapeutic techniques

- 2.1 Apply preparation techniques
- 2.2 Apply relaxation techniques to achieve general relaxation and balancing

3. Advise and resource the client

- 3.1 Educate client in relevant and practical techniques for promotion and maintenance of optimum health
- 3.2 Answer client queries with clarity, using appropriate language
- 3.3 Use honesty and integrity when explaining treatment plans and recommendations to the client
- 3.4 Use appropriate interpersonal skills when explaining treatment plans and recommendations to the client
- 3.5 Promote client independence and responsibility in treatment wherever possible

4. Review treatment

- 4.1 Evaluate progress with the client
- 4.2 Identify and record effects of previous treatment
- 4.3 Review previous treatment plan
- 4.4 Evaluate need for ongoing and/or additional treatment
- 4.5 Negotiate changes to the plan with the client to ensure optimal outcomes

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