

# The Barefoot Dragonfly

7601 Pheasant Rock Road, Austin, TX 78729

www.thebarefootdragonfly.com ▪ 512-666-9374

## **AROMATIC THERAPIES & THE DYSREGULATED STRESS SYSTEM**

**Course:** Aromatic Therapies & the Dysregulated Stress System

**Course Description:** Stress accounts for 75% of doctor's office visits and is linked to the six leading causes of death: cancer, heart disease, accidents, cirrhosis of the liver, lung ailments, and suicide. This course seeks to assist students in understanding the dysregulated stress system and how to approach a holistic treatment plan using aromatic therapies.

**Course Goal:** Upon successful completion of this course students will be able to: understand the impact of a dysregulated stress system on multiple body systems. Assess dysregulated stress system cases for aromatic therapies including exploring safety, contraindications, and cautions. Formulate aromatic treatment plans to address acute and chronic stress patterns. Aromatic Therapies & the Dysregulated Stress System is part of The Barefoot Dragonfly 200-hour practitioner course designed to prepare students for a career path as an aromatic therapies practitioner, or aromatherapist. An approved Introduction to Aromatherapy module is prerequisite to enrollment in this class.

**Class Location:** The Barefoot Dragonfly Classroom located at 7601 Pheasant Rock Road, Austin, TX 78729.

**Class Hours:** 16

**Instructor:** Amy Kreydin, NBCR, CCAP, BD

**Contact Phone Number:** (512) 666-9374 (cellular)

**E-Mail Address:** amy@thebarefootdragonfly.com

**Office Hours:** Before and after class by appointment

**Instructor Bio:** Amy Kreydin, Board Certified Reflexologist and Clinical Aromatherapist, has been in private practice since 2004. Kreydin received her certificate as a Certified Reflexologist from the Palmer Institute in Salem, MA in 2004, and was awarded her board certificate in Reflexology from the American Reflexology Certification Board in 2006. She trained at a Harvard teaching hospital in Boston, MA and obtained her Certified Clinical Aromatherapy Practitioner (CCAP) in 2011. She has lectured and taught classes in massage and acupuncture schools, hospitals, and clinics since 2007. Kreydin is passionate about whole body wellness and loves helping folks reach their health goals to live an abundant, vibrant, and balanced life.

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## AROMATIC THERAPIES & THE DYSREGULATED STRESS SYSTEM

### Required Materials:

- Materia Aromatica Student Manual written by Amy Kreydin
- Writing paper and utensils should be brought to each class

### General Objectives:

Upon successful completion of the course, the student should be able to:

- Discuss internal and external stressors
- Discuss and demonstrate knowledge of the stress system
- Describe assessment of acute and chronic stress symptoms
- Demonstrate formulation protocols for addressing the dysregulated stress system

**General Class Structure:** The class will be conducted once a week unless otherwise noted. During lab sessions, students will develop their practical skills and discuss any challenges they encounter with respect to new material.

**Methods of Instruction:** The class will be taught with a combination of audiovisual presentations using overhead projector, whiteboard or paper chart, lecture, demonstration, and laboratory.

### Evaluation:

- A. Measurement, Cognitive: Weekly quizzes will be given to assess the student's knowledge of concepts, principles, techniques and procedures as related to the instructional material. Students are expected to take all tests at the assigned time.
- B. Measurement, Practical: Proficiency in laboratory will be measured by student demonstration of required skills.
- C. Determination of a final grade:
- |                                   |            |
|-----------------------------------|------------|
| Class Participation and Projects: | 15%        |
| Weekly Quizzes:                   | 15%        |
| Case Studies (Homework):          | 30%        |
| Final Exam:                       | <u>40%</u> |

Total: 100%

**Grades A, B, and C will pass, grades D and F will fail**

**Attendance Policy:** Attendance is required. Students who miss more than 30 minutes of a class will be recorded as Absent. Absences **will** impact the final grade. Students missing more than 30% of classes will be considered troubled. Students missing more than half of all sessions will receive an automatic Failing Grade.