



Qualification Specification

iCT2D1 - VTCT Skills (ITEC) Level 2 Diploma in
Complementary Therapies

603/4088/5

About VTCT Skills

VTCT Skills is a market-leading specialist vocational and technical Awarding Organisation.

We offer a comprehensive range of qualifications, assessments and services in 17 sectors, including Hairdressing, Beauty, Logistics and Early Years. Working closely with employers and training providers, our ranges are backed by industry and trusted around the world.

With over 3,000 training locations, we help over 120,000 learners achieve professional skills that transform their lives, every year.

For more information, please visit our website or contact our dedicated Customer Support Team via email; customersupport@vtctskills.org.uk or call +44 (0)23 8068 4500.

www.vtctskills.org.uk

Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 2 Diploma in Complementary Therapies
Qualification number	603/4088/5
Product code	iCT2D1
First registration date	01/10/2019
Age range	16-18, 19+
Credit value	77
Total Qualification Time (TQT)	770
Guided Learning (GL) hours	450
Assessment	To be awarded this qualification, learners must successfully achieve the following assessments: • Internal practical assessment • Portfolio of evidence containing - Internally assessed projects
Grading	Pass/Fail
Entry requirements	It is the responsibility of the centre to ensure that learners have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.

About this qualification

Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 2 Diploma in Complementary Therapies is to enable learners to gain the necessary introductory practical and theoretical skills in order to gain a sound platform onto further training at level 3 required for practitioners in the complementary therapy industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2.

Content

This qualification is for learners who want to work within the complementary therapies industry. The qualification consists of 7 mandatory units with a total of 450 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

- Consultation techniques – to include understanding the needs of clients and when not to treat them
- Basic massage techniques – to include classical massage movements and selecting a suitable massage medium for the client
- Basic aromatherapy techniques – to include using pre-blended oils and adapting the treatment to suit the client's specific needs
- Basic reflexology techniques – to include basic treatment techniques such as thumb walking, finger walking, relaxation and breathing and adapting the treatment to meet the client's specific needs

The learner will also develop knowledge about related health and safety and client care and communication which is essential to work and be successful in the complementary therapies industry.

This qualification also provides:

- The related knowledge and understanding required to perform the complementary therapy treatments listed above as well as understanding the structures that the learner will be working over, in particular anatomy and physiology of the body, common diseases and disorders and reasons that may affect whether a client should or should not be treated
- Introductory knowledge and understanding of the principles and practice of complementary therapies
- Introductory knowledge and understanding of business practice in a complementary therapies context
- Introductory knowledge and understanding of healthy eating and well-being in a complementary therapies context
- Opportunities for learners to focus on the development of their wider skills in a complementary therapy setting, such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a complementary therapist

Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 2 Diploma in Complementary Therapies they may progress on to other VTCT Skills or equivalent qualifications at level 3 for example:

- Level 3 Diploma in Complementary Therapies
- Level 3 Diploma in Massage
- Level 3 Diploma in Reflexology
- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 3 Certificate in Lymphatic Drainage Massage
- Level 3 Diploma in Reiki

Opportunities for employment

There are opportunities for complementary therapists to find employment in a variety of areas:

- Beauty salons
- Hotels
- Health clubs
- Spas
- Own business
- Cruise liners
- Complementary Therapy clinics

Relationship to National Occupational Standards

This qualification has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. This qualification is linked to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the complementary therapist at level 2.

Qualification structure

To be awarded the VTCT Skills (ITEC) Level 2 Diploma in Complementary Therapies, learners must achieve all mandatory units.

The minimum GLH required to achieve this qualification is 450

The minimum TQT required to achieve this qualification is 770

Table 1

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number
iUCT27	Provide basic massage therapy techniques for complementary therapies	80	L/617/4344
iUCT23	Provide basic reflexology techniques	80	T/617/4337
iUCT20	Provide basic aromatherapy techniques using pre-blended oils	80	Y/617/4332
iUCT36	Knowledge of anatomy and physiology for complementary therapies	90	A/617/4355
iUCT30	Introduction to principles and practice of complementary therapies	45	D/617/4347
iUCT26	Introduction to clinic services and business awareness for complementary therapies	45	A/617/4341
iUCT37	Introduction to healthy eating and wellbeing for the complementary therapy client	30	J/617/4357

Guided Learning Hours (GLH)

Guided Learning Hours is 'the activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training'.

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification.

Assessment

All internally assessed projects, assessments and underpinning knowledge must be completed and assessed by the lecturer/assessor.

This portfolio of evidence containing internal assessment and projects may also be verified by an external quality assurer who will sample learners' work.

Table 2

Unit code	Mandatory units	Assessment	Grading
iUCT27	Provide basic massage therapy techniques for complementary therapies	Portfolio of evidence – Internal assessment	Pass/Refer
iUCT23	Provide basic reflexology techniques	Portfolio of evidence – Internal assessment	Pass/Refer
iUCT20	Provide basic aromatherapy techniques using pre-blended oils	Portfolio of evidence – Internal assessment	Pass/Refer
iUCT36	Knowledge of anatomy and physiology for complementary therapies	Portfolio of evidence – Internally assessed project	Pass/Refer
iUCT30	Introduction to principles and practice of complementary therapies	Portfolio of evidence – Internally assessed project	Pass/Refer
iUCT26	Introduction to clinic services and business awareness for complementary therapies	Portfolio of evidence – Internally assessed project	Pass/Refer
iUCT37	Introduction to healthy eating and wellbeing for the complementary therapy client	Portfolio of evidence – Internally assessed project	Pass/Refer

Unit specifications and additional supporting material for this qualification can be found on the iTEC website.

Grading of the qualification

Learners must achieve a Pass grade in the requisite number of units as specified in the rules of combination, see Table 1 above.

The overall qualification is graded Pass/Fail.

Portfolio of evidence

Learners are required to provide a portfolio of evidence containing all the internal assessments and projects they have undertaken.

Quality assurance

Delivery of the qualification

A scheme of work must be approved by VTCT Skills for all units prior to the commencement of the course.

Lecturers should aim to deliver the theory and practical of each unit simultaneously, i.e., both theory and practical of each unit should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that learners understand the structures they are working on as a result of combining delivery with the practical application of treatments.

Centre resources

The organisation delivering the qualification must provide a suitable environment for teaching the VTCT Skills (ITEC) Level 2 Diploma in Complementary Therapies as well as all equipment both fixed and free standing to complete all aspects of the qualification. Learners need to be made aware of the amount of consumables/towels they will be required to provide.

Achievement record

All units will require an Achievement Record to be completed by the lecturer for each learner. This achievement record will need to be kept by the centre and may be sampled by the external examiner or external quality assurer on their visit.

An Achievement Record for each unit can be downloaded from the VTCT Skills website.

Document History

Version	Issue Date	Changes	Role
v0.3	14/05/2019	Draft version published to inform centres prior to September launch.	Systems Integration Team
v1.0	13/09/2019	First published	Head of Qualifications and Processing
v2.0	01/09/2020	Added COVID-19 Infection Prevention pre-requisite	Product and Regulation Manager
V3.0	01/08/2022	Removed COVID-19 Infection Prevention pre-requisite	Product and Regulation Coordinator
V4.0	01/01/2025	New branding	Qualifications Administrator
v5.0	28/08/2026	Rebranding	Development Administrator