

Aromatherapy Coaching

Adding Aromatherapy Coaching to your
Healing Practice Implies More than Just
Knowing Aromatherapy First Aid

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In 1997 I was tasked by Janet Mentgen, the founder of Healing Touch, with starting a new program - **Healing Touch Spiritual Ministry** - to reach a specific audience. This program eventually became independent of Healing Touch and was able to gain certification under the HT Certification board. Later I was challenged to do more in our program by adding anointing with healing oils. From there it was only a half step before I was creating a separate program leading to certification in clinical aromatherapy. I saw what many other people had begun to realize -- that the energy frequencies of these living substances -- the life-blood of plants -- can work synergistically with energy medicine practices and intentionality. In other words - three forms of vibrational healing are far more effective than one. As an educator and practitioner, I want to bring to your consideration how adding the role of Aromatherapy Coach can enhance your healing practice and be more than just knowing what oil to use for first aid.

First aid implies that you know which therapeutic essential oil or healing technique to apply for a given problem. This is primarily memory work or at least implies that you know your resources. For example, for wounds, cuts and scrapes common with summer accidents—you want antibacterials like rosemary, tea tree, thyme, oregano and lavender and pain-relievers like wintergreen and lavender. Perhaps you need an anti-inflammatory like copaiba, dorado azul or German chamomile. You want to know how to apply your chosen first aid remedy through topical dilution or perhaps first spritzing the area of need

with a floral water or using an essential oil compress. Then there is the creation of an essential oil ointment or salve. However, being an aromatherapist today is more than being a walking encyclopedia of knowledge on which oil to use for any given problem. Rather, it is about coaching to help others make healthy lifestyle choices.

“Coaching” Clients—A New Approach

In the U.S, as well as in other parts of the western world, healthcare systems are in turmoil as they undergo transformation from disease-focused systems to those of wellness promotion and disease prevention. Aromatherapy falls into the same category as other energy therapies—integrative, complementary or alternative health care. Aromatherapy is based in both science and art and relies heavily on the practitioner’s ability to access knowledge and intuition. Aromatherapists need to be excellent at assessment and coaching their clients to make wise choices for their self-care. Wording here is quite specific and careful since the terms “diagnosing” and “prescribing” are considered the domain of medical physicians and is disallowed in the profession of aromatherapy and that of energy therapists as well.

As aromatherapists, we can research the client’s problem, educate and give testimonials on how these oils have helped ourselves or other clients. We can show how the essential oils work physically, emotionally and spiritually for balance and for a healthier lifestyle. We can explain how they support the body’s



natural defenses, aid in maintaining normal cellular regeneration, are immune enhancing, mood elevating, help manage stress and frustration, help reduce the appearance of aging, improve mental clarity, are oxygenating, are aromatic, are high in antioxidants, boost stamina and energy, and in general, promote overall health, vitality and longevity. We tell our story of how the oils can aid healing!

“Coaching” is the new buzz word in healthcare. Nurses are embracing the concept of being health coaches, as are other professions who now recognize that what they have been doing all along is actually “coaching.” I rather like the concept. It means to advise or to give advice, to advocate or promote, to guide or give guidance, to instruct or to give instructions, to recommend or make a recommendation, to suggest

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or make a suggestion. It does not mean to cure or attempt to cure anything, which requires a medical license. When we coach, we are supporting the client’s healing process. By our questions, we guide the healing process while at the same time provide choices to achieve mutual goals for a healthy lifestyle.

Combining Aromatherapy and Energy Work

To be a good coach, the aromatherapist uses healing presence, intention, intuition and deep listening in addition to accessing their knowledge base of essential oils, their healing properties and how they affect the body/mind/spirit. In my mind, it only makes sense that you would combine aromatherapy with energy healing since therapeutic oils primarily affect the subtle energy anatomy. That’s right—the electromagnetic biofield and the energy centers. Selecting an appropriate healing oil and brushing it through the field actually shifts and changes the field

significantly allowing the energy therapist to then do much deeper work than if they had not used any oil on their hands. Pure, unadulterated therapeutic oils that have been properly distilled each carry a unique vibratory signature that can be measured in frequencies. For instance, rose oil, *Rosa damascena*, carries the highest frequency recorded for an essential oil. Other oils like frankincense, myrrh and some of the ancient oils also carry higher frequencies.

When we look above the oil’s frequency we find its chemistry. Essential oils are made of hundreds and sometimes thousands of different chemical compounds, all of which are small enough in molecular weight to be able to pass through the blood/brain barrier (250 amu). Drugs are made of heavy man-made compounds which cannot pass this barrier.

Chemistry from nature is living; chemistry from pharmaceuticals is not living. Therefore - Life helps Life.

In the healing process our goal is to activate the body’s energies toward a dynamic state of equilibrium and balance. Our work both as energy therapists and aromatherapists, therefore, is to find those combinations that enable the client to move towards that state of harmony and balance—one of harmonic resonance. We literally are looking for the right frequencies. Therapeutic essential oils produce coherent frequencies that are naturally tuned to the health of our bodies. These compounds literally “sing” the right tune to the body’s cells.

Aromatherapy Coaching for Lifestyle Changes

When a new client sees an aromatherapist for lifestyle changes, self-care, or present with a particular physical, emotional or spiritual need—they literally tell



their story which may include pain and suffering. Pain may be physical or emotional but suffering is the story around the pain. As a coach, the aromatherapist listens intently to determine if aromatherapy is a good fit. For what is a client searching? A cure for some physical malady? Advice for a problem? Symptom relief? Stress management? Sometimes the client is searching for ways to better get along with others either at home or in the workplace. What is important is truly listening to their stories and then through reflection, help the clients to identify and achieve workable goals.

Aromatherapy is not the answer to every problem but it can certainly be an aid in achieving healthcare goals. The pitfall that I see for aromatherapists is to treat every problem as if it had a physical cause and therefore a physical answer. When this happens, it is easy to “suggest” that a particular essential oil is THE answer to the problem because of its physical and chemical properties and the affects it has on human anatomy. The same might also be said for energy therapists who

likewise listen to the client’s story and then “know” which healing technique will remedy the situation.

A good coach recognizes that they do not have all the answers but they do know how to ask the right questions and draw upon their experience, knowledge, and intuition. Anyone can read a resource and offer first aid with aromatherapy—only an aromatherapy coach has the depth of knowledge, the intuitive insight, the assessment and listening skills to advise, consult, recommend, promote, advocate, guide, and instruct how therapeutic essential oils can aid the healing process and help a client achieve their health goals.

The ISHA certification in clinical aromatherapy program recognizes the integration of intentionality, hands-on energetic healing and aromatherapy and teaches this from the perspective of being an aromatherapist coach for healthy lifestyle choices. It is a perfect fit for energy therapists. For more information, go to website at www.ISHAhealing.com. 