

The principles behind CAM

Introduction

In the activity ‘therapy window shopping’ you gave a brief overview of the principles behind the therapy you chose. The specification requires a fairly detailed understanding of the principles that underpin a named CAM therapy. Some of these will be based on modern scientific understanding, others on quite different principles.

Aim

You must prepare and give a short presentation (about 5 to 8 minutes long) on the principles behind a named CAM therapy. You could also produce a summary handout for your audience.

General guidance and advice

- Your teacher will decide whether you are completing this individually or as a pair or small team.
- If you are working with others, divide up the tasks so everyone contributes something to the research and presentation stage.
- If completed individually, this assignment could provide evidence for your Key Skills Communication portfolio (discussion and a document).
- You will need to plan carefully to give yourself enough time to
 - research the principles
 - prepare the talk and the visuals for the presentation
 - practice giving the presentation
- Use PowerPoint or a similar package if you have access to a presenter for the presentation itself, but remember it is you and not the computer giving the presentation!
- If there is no computer presenter then use the board or overhead projector for your visuals.
- Keep the visuals clear and easy to see – do not have too many words on the slides.
- Diagrams of the human body will be helpful in locating where the therapy is effective.
- If the therapy has multiple effects, chose two or three typical examples to illustrate the principles.

And remember, there are lots of sources of help if this is the first presentation you have prepared – books, websites, videos etc. Your teacher should be able to direct you to the most suitable ones for you.

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