

T10 -The Science Behind Aromatherapy & It's Effects on Mood & Emotions

Session Description:

During this presentation attendees will learn the importance of the difference between (fragrance grade) essential oils and (therapeutic grade) essential oils based on scientific explanations (chemistry). Studies carried out at various universities around the world will be cited to show that there is a direct link to smell and emotion, highlighting the fact that humans have a much better sense of smell than was previously thought. In fact, attendees will learn that certain pheromones and chemicals given off by others can cause a cascade effect and alter their own body chemistry, and hence their mood and emotional state. This seminar will also expose the audience to the physics of smell, highlighting the fact that every substance has its own vibratory range, and that this intrinsic vibration can alter the physical and emotional health and well-being of those exposed to it, based on testing carried out at Eastern Washington University. The physics and chemistry of smell will be then linked back to essential oils and their effects on mood and emotions based on the work by Dr. Candace Pert, a Nobel Prize Winning researcher who discovered and identified the proteins involved in “how we feel”, and how we actually experience mood and emotion. Certain essential oils will then be identified by name and their application will be outlined, showing how they can be used to alter mood and emotion in seniors. These oils will be broken down by component, identifying why and how they work, studies linked to the way that they function, and easy ways to incorporate them into the Activities Programs of Long Term Care Facilities.

PCCs:

- Pre-approved for 1.5 professional contribution points
- [Purchase a PCC Transcript](#)

Presenter: Eli Gilbert

Objectives:

1. At the end of the session each participant will be able to identify 3 essential oils to help manage mood swings, and lower anxiety levels
2. At the end of this session each participant will be able to identify 3 essential oils to help increase energy levels and improve focus.
3. At the end of this session each participant will be able to identify the correct number of drops of essential oil to use in a diffuser in order to achieve the desired results with aromatherapy.
4. Attendees will be able to implement a concise yet thorough aromatherapy program in their own facility upon completion of this seminar.
5. Attendees will have a basic knowledge of essential oils, the reasons why they work, how they work, and who might benefit the most from their usage.
6. Attendees will be able to train staff as to the proper usage of diffusers for the essential oils, and identify which diffusers are best suited to the application of therapeutic grade essential oils.
7. Attendees will be able to expand on this knowledge by utilizing resources that I will outline in the seminar.

Register:

Click on the link below to purchase this session, or all three recorded sessions (4 PCCs)! TRO Member's and delegates, don't forget to use your coupon code to save! After registering, you will receive a confirmation email containing information to access the recording.

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