

Alternative therapies – Teacher’s notes

Level: Upper Intermediate (equivalent to CEF level B2)

Introduction & aim

This activity develops the topic of alternative therapies introduced in Unit 8C. The ideal time to do the activity would be after completing Unit 8C as it extends the material in the Student’s Book. Students take the roles of alternative therapists or potential clients and speak to several therapists in order to decide which form of alternative therapy they feel would be best for them. There are no right or wrong answers; the therapies the students choose will depend on how well the therapists can convince them that they have the solutions to cure their ailments. The activity should last approximately 30 minutes.

Preparation

- 1 If you have a class of eighteen students or less you will need just one copy of the worksheet. If you have more than eighteen, you can divide the class into two groups to do this activity, and you’ll need two copies of the worksheet.
- 2 You will need sticky labels or ‘Post-It’ Notes for the therapists to wear so the whole group can see their specialty. The sticky labels should read: Acupuncturist, Aromatherapist, Colour Therapist, Hypnotist, Reflexologist and Tai Chi Tutor.
- 3 If possible, arrange the classroom so that the six therapists each have an area to work in. They should be spread around the room as far away from each other as possible.

Procedure

- 1 Ask students to list the different therapists that they say in Unit 8C.
- 2 Ask the students what qualities they think the different therapists need to have in order to do their job well, and ask students if they have any experience of any of the therapies mentioned.
- 3 Ask students what type of people may want to receive the different types of therapies and what type of illnesses or problems they may have.
- 4 Choose six students in the group to take the roles of therapists. You could ask students to volunteer to be the therapists or you could nominate students. The therapists need to wear their corresponding sticky label or Post-It note with their type of therapy clearly written on it for all to see. Give each therapist their advert too.
- 5 Now give all the other students in the class a Patient card. Tell them they are going to talk to several, or all the therapists about their problem and then they are going to decide which therapist they think will be able to offer them the most help.
- 6 This roleplay is quite an open mingle activity so tell your students that sometimes the patients may have to wait to speak to the therapists. If they find a queue, they should move on and speak to another, then come back to the therapist they want to talk to. If they do have to wait for a minute or two to talk to a therapist who is busy with another consultation, encourage them to eavesdrop on the conversation to see if they learn anything useful that may save them time when it’s their turn.
- 7 When the patients have had a chance to speak to most of the therapists, stop the activity and round it up by asking all the patients which therapist was the most convincing, and which one they would choose.

Variations

- Revise the six alternative therapies in the pre-reading task on page 80 of the Student's Book by playing a mime game. The six therapies are: acupuncture, aromatherapy, colour therapy, hypnosis, reflexology and Tai Chi. Write these on strips of paper.
- To play the mime game, ask for volunteers to come up to the front of the class and mime the therapy. The rest of the class should guess which therapy is being mimed. If students are struggling they could refer back to page 80 to help them, or write the six possible therapies on the board for students to choose from.
- Rather than giving out the ailment cards, students could use their own, either invented or real, ailments and then find a therapy they think would help them.
- Students work in pairs, one therapist with one patient. Students should sit on chairs that are placed back to back. Instead of a face-to-face consultation with the therapist, this time the patients are telephoning the therapist for advice. Patients should gather all the information they need in order to decide whether or not they think the therapy will help them.
- Before starting the activity, tell the therapists that they don't have many clients at the moment. They really need to get more clients in order to keep their businesses going, so when potential clients contact them they will need to really try and convince them to try their therapies.