

Flexible program to be studied full time - 10 months, or part time up to 2 years



The healing power of touch has always been recognised as a very special and innate human need since time began. It is therefore wonderful to see one of the most widely recognised and effective therapies, Remedial Massage, gaining a high level of acceptance and taking its place successfully in the professional health industry. Most Health Funds are now offering rebates to their clients for Remedial Massage, and a number of other natural therapies, reflecting the effectiveness of the techniques and demand of people seeking help for a wide range of health issues. These techniques have evolved over the years but the basic principal of using pressure against muscles to relieve them, is still the most important part of the treatments. **We do not offer quick intensive courses in massage because to be really professional in your techniques and knowledge, skills are developed over time and with practice with expert teachers.** This results in the gaining of confidence along with a sound and professional skills base. Your

success in the healthcare industry depends on this!

Massage Therapy Practice 1 - The Massage Practice techniques you will learn at the College are designed to offer the greatest benefit for your clients, whilst ensuring that you, the therapist, are protecting your own body from any great strain or pressure. Techniques include the use of your hands, knuckles and forearms together with techniques to release the muscles as you and your client work together. The massage techniques are not dependent on your size or strength, instead you learn to use your weight with gravity to apply the necessary pressure. You will learn how the body is constructed, the history of massage, the various types of strokes to apply, draping the client for privacy and how to put all you learn together to give a great relaxation massage. In addition, you will learn assessment techniques that will enable you to design a treatment that is specific to your client's needs. You will have the opportunity to practice both in class, and with your classmates out of class hours. You will also be able to hone your skills by attending **Supervised Clinic** where the supervisor assists you in building



confidence at working on the public so that you can confidently begin your own practice or work alongside other natural health care professionals. Upon completion of the Certificate IV in Massage Therapy Practice (HLT40307) you are able to begin working in the industry whilst progressing to the Diploma of Remedial Massage. **Evening classes beginning 20/07/10—mid year intake.**

Remedial Massage (Massage Therapy Practice 2)- This module builds on the techniques you learnt in **Massage Therapy Practice 1** and is the beginning of learning the skills base required to assist in healing injuries. It targets specific conditions such as frozen shoulder, tennis and golf elbow, sciatica, neck and back pain, headaches, injuries suffered in accidents or sporting activities and other problems. Each condition has specific remedial techniques associated with its treatment and you will learn to assess the problem and carry out the treatments indicated. These include muscle energy techniques, trigger point therapy, energetic "*reading the body*" techniques and many more. You will also learn more about accurate record keeping, designing ongoing professional treatment plans for individual clients, and more about running a successful massage practice in your other **Core Modules**. Upon completion of the **Certificate IV in Massage (HLT40307)** you may progress to studying the **Diploma of Remedial Massage (HLT50307)** with a whole range of techniques to add to your knowledge and skills. Some of our students are going on to earn a degree in Bachelor of Health Sciences (Natural Medicine) at Charles Sturt University. They will be given advanced standing for their qualifications gained at the College of Natural Therapies. Another student has been accepted into the Midwifery course at Adelaide University.

Module Name	Wks	Day	Starting Dates	Time	Cost
Massage Therapy Practice 1	15	Tues	20/07/10	6.30pm - 9.30pm	\$950
Remedial Massage (MTP2)	15	Mon	28/06/10—8/11/10	9.30am - 12.30pm	\$995

Electives - for **Certificate IV in Massage Therapy Practice** - minimum total of 60hrs to meet Health Fund and ATMS requirements. Talk over your possible choices with Wendy or Andrea. There are lots of choices!

Sports Therapies	* 7 x Mon mornings from 13/09/10 +4 full Mondays 12.30pm—3.30pm	\$945
Aromatherapy 2 or 2&3 or 2&3&4	* See Aromatherapy Cert IV Outline for class times.	
Kahuna Pacific Island Massage includes Sacred Hot Stone Therapy and Fijian Floor Massage—an amazing course!	* 5 full days September 27th,28th, 30th October 1st and 2nd Nov	\$995
Reflexology	* 10 x Fridays from 4/06/10 to 20/08/10 9.30am-4.00pm	\$1695
Infant Massage Instructor's Certificate doll and textbook included in fees	* 2 x Fridays 17th September and 24th September 2010 9.30am - 3.30pm	\$ 395