

## **Holistic Health Training Ltd**



[www.hht.co.nz](http://www.hht.co.nz)

## **Holistic Massage Therapy ~**

**a short practitioner training course,  
by workshop or one-to-one tutorial.**

**NZQA-approved, Level 3, 30 hours.**

***Auckland, Bay of Plenty, Nelson and Canterbury.***

## **PROSPECTUS.**

Holistic Health Training Ltd  
Ministry of Education # 7648.

[www.hht.co.nz](http://www.hht.co.nz)

~ NZQA - Registered Private Training Establishment.

**People who might benefit from attending this course.**

- Those interested in delivering Massage Therapy who have done no formal (approved) training.
- People planning a career in hands-on Alternative Health care who want a recognised "starting point."
- Intuitive healers needing a base to work from, to mainstream their practice and allow advertising.
- Those already practicing Massage who would benefit from an up-skill, or from adding a recognised qualification to their training record, or a New Zealand (NZQA) one.
- Those intending to enroll in a full or part-time massage therapy course needing or wanting to complete a recognised pre-requisite training course - perhaps to make sure Massage Therapy really is for you.
- Practitioners already working in another healing modality, such as Reiki, whose business might benefit from adding some massage techniques, to broaden the client base.
- People who enjoy receiving Massage, and perhaps would like to be able to offer an effective therapy to family and friends, by understanding more about the process.

Holistic Health Training Ltd, 33 School Rd, Mahana,

R.D.1 Upper Moutere, Nelson 7173.

03 5432268, 027 222 1491, info@hht.co.nz

www.hht.co.nz

## **Where is the course offered? How does it work?**

Thanks for your interest in this NZQA-approved training programme in Holistic Massage Therapy.

Entry to the training is open to anyone aged 16+.

You do not need to know anything about massage to complete the course.

Participants at all levels of experience will benefit from acquiring and practicing these skills and applying this knowledge.

Qualifications may soon be required to allow you to advertise massage services to the public.

Please take the time to read this Prospectus before you register, and bring it with you to your tutorial sessions. It contains details about the structure, content, and assessment processes involved in this course.

If you have any queries, please contact the Director at [lynda@hht.co.nz](mailto:lynda@hht.co.nz), or your local tutor.

Tutors for one-to-one or small-group tutorials are available in Nelson, Canterbury, Auckland, and Bay of Plenty.

Tutorials are organised by negotiation with the tutor at times and dates to suit both parties, making the course flexible and accessible.

Completion of this course may give you the skills and knowledge to begin to work safely with paying clients.

## Our tutors.

### **Lynda Mabin, BA, MA (Hons), Dip Tchng.**

Lynda is the founder and director of HHT Ltd, and has been in the education business for decades. In 1987 she moved to the UK, and combined her passion for fitness and her teacher training by working in a weightlifting gym in Bristol. There she learned Anatomy & Physiology and massage therapy, including deep tissue work. Returning to NZ in 1990, she opened a gym, wrote an Anatomy & Physiology course, trained in Holistic Pulsing and Cranio-Sacral Therapy and spent the next 14 years as a practitioner. In 2004, she bit a very large bullet and had the organisation and its courses accredited and approved by NZQA. As well as running the business side of things, and undertaking course development work, Lynda still actively teaches Massage Therapy and Holistic Pulsing, and delivers 10 exercise classes a week. Email [lynda@hht.co.nz](mailto:lynda@hht.co.nz).



**Serena Gallagher** trained at Wellpark College of Natural Therapies in Auckland, gaining her Diploma of Therapeutic Massage in 1996. She is also a Feldenkrais Practitioner, and completed her Professional Training in 2002. She enjoys working with clients using holistic massage and movement education to improve their sense of self and well being. Serena is based in Christchurch, and welcomes students to her home-based clinic. Email [serenagallagher01@gmail.com](mailto:serenagallagher01@gmail.com)



**Natalie Grace.** Natalie Grace is one of our two Auckland-based teachers, offering both Massage Therapy and Holistic Pulsing courses. Natalie has been a body-worker since 2002, and has a private practice in Devonport where she offers her own very gentle blend of holistic therapies, including Reiki. She is also an experienced teacher, bringing her own special calm, unique style to tutorial situations. Contact her on [gracewaves@xtra.co.nz](mailto:gracewaves@xtra.co.nz).



## Prospectus

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**Kim McKay** recently joined the Auckland team. She works from her own business, Body Flow Therapy, where she also teaches yoga. Kim is passionate about wellbeing and has had a lifelong interest in the body and mind. With a caring outlook on the whole person and a keen interest in the mindbody connection, Kim believes that each person's unique requirements can best be met through the use of a variety of tailored techniques to aid recovery. She has a BA in Psychology and Social Sciences then went on to do a Diploma in Remedial Massage Therapy & Integrated Body Therapies and Diploma in Yoga. She has also studied Intra-Muscular Acupuncture Needling and Applied Myoskeletal Therapy (AMT Australia) and is a practitioner of Fascial Kinetics (a branch of Bowen Therapy). Kim will be teaching Holistic Massage Therapy, Remedial/Deep Tissue Massage and Hot Stones. Contact her at [kimmckay72@gmail.com](mailto:kimmckay72@gmail.com).



**Amanda Smith** is based in Tauranga and covers the Bay of Plenty. Amanda's massage journey began in 2005 when she studied Thai Massage in Chiang Mai, Thailand. From then, she has been hooked, hailing massage as her obsession as well as her ongoing passion.

She went on to study a Certificate in Relaxation Massage, a Diploma in Remedial Massage, and has gained a wealth of experience working in professional clinics in Auckland and Tauranga.

She now runs a busy massage clinic in Papamoa. Contact her Amanda Smith [asmith401@msn.com](mailto:asmith401@msn.com)



**Course length; may vary between participants in tutorial settings; the following are guidelines only.**

- Approximately 12 - 12 hours hands-on tutorial training. Maximum ratio 1 tutor/4 students. We have tutors in Mahana, Nelson, Auckland, Christchurch, and Tauranga. You are welcome to travel to see us 😊.
- 8 - 10 hours of self-directed study, including completion of a written assignment.
- 10 hours of self-directed practice (6 clients x 1- hour protocols each, written up as case studies; 1 hour 15 delivery + 30 minutes write-up per case. These hours are approximates.)
- 2 hours assessment (delivery of a one-hour protocol to a tutor, self and tutor feedback, evaluation and assessment.)
- Typically the course is taught over 4 - 8 weeks with tutorials spaced 1 - 2 weeks apart to enable integration of learning and self-directed practices.

The Self-Directed component, Assignment and Assessment Process are **OPTIONAL**.

The 16 hours of self-directed work is completed at the student's pace.

Assessment times/dates are independently contracted with the tutor.

Assessments must be contracted within three months of the training.

After this time, you may be required to repeat one or more tutorials depending on the circumstances.

### **Depending on where you live, tutorials operate in different ways:**

1. **For "out of towners"**, or people in a hurry, an intensive block of training, which requires five days. This can include a weekend if necessary, by negotiation, but please give your tutor plenty of lead time to arrange this. If you take this option, we structure as follows over the five days.

**Day One**; one or two tutorials of three - four hours duration, which includes theory and two hands-on practice sessions with contracted "bodies."

**Day Two**; first and/or second independent practice sessions, second or third tutorial (depending on what happened yesterday.)

**Day Three**; third or fourth tutorial, or one tutorial and two practice sessions.

**Day Four**; two or three practice sessions, Assignment completion.

**Day Five**; final practice; Hands-on Assessment.

We can be very flexible, but it usually works out something like that.

2. **For "locals"**, training spread over a period of time, with you completing your independent practice sessions in between tutorial visits. This option requires you to have access to a therapy table and an appropriate space to work in, plus a supply of "bodies" to work with. This isn't usually a problem.

Some tutors have **loan tables**; availability varies, as may the term of the loan, and whether or not a fee is charged. If you are doing the whole course as a week intensive, because you are from out of town, your tutor can help find "bodies" and you may be able to use a therapy room; there is a charge for this (see last page).

If you decide you would like to complete as an intensive, or need to do this because of out-of-town arrangements, travel etc, please get in touch as soon as possible to arrange your five-day block. If you need to arrange accommodation and/or transport, please discuss options with your tutor. In Nelson, an airport pick-up/drop off is available by arrangement at a cost of \$15.00 per journey.

### Certification.

Your certificate will be printed in colour on high quality card. On your written assignment, there is space for you to specify exactly how you would like your name to appear.

The certificate will acknowledge that you have completed an NZQA-approved Holistic Massage Course (Theory and Practice) of 30 hours, (3 credits) and achieved the required level of competence.

### To receive the certificate, you must;

- a) Attend sufficient tutorial training hours to meet the Performance Criteria (if you are presenting for Certification.)
- b) Complete the written assignment and achieve a 75% pass.
- c) Complete and write up the six Case Studies to present to the tutor during your assessment, unless you have applied for Recognition of Prior Learning (RPL).
- d) Complete the assessment process and reach the standard defined in the Performance Criteria.

### Recognition of Prior Learning.

If you are able to demonstrate that you have some experience in Massage, you may be able to claim RPL for the **case-study** section of the course. Please discuss this with the tutor PRIOR to the first tutorial. All other parts of the course are compulsory.

You are welcome to attend any number of tutorials and exit the course at that point. The assessment component is contracted and paid for separately from the training.

There is no certificate presented if you take this option.

To receive the Certificate, you must complete the assessment process to the required standard.

## **Assessment.**

You will be assessed using four methods.

### **a) Observation by the tutor during tutorial practice sessions.**

At the completion of the training you will receive a verbal summary of your strengths, gifts and growth areas under the following headings (Performance Criteria). These will give you guidelines to work with for your self-directed practice sessions.

- i) Interpersonal skills including establishing safety and rapport, contract setting and health screening (Parasympathetic Triggers).
- ii) Communication skills (including clarity of speech, cultural awareness, volume, language, intonation, and non verbal aspects.)
- iii) Demonstration of respectful boundaries with regard to client dignity, modesty (draping) and confidentiality.
- iv) Technical competence (general).
- v) Range of techniques applied (effleurage, petrissage, tapotement if appropriate).
- vii) Awareness of the "big picture" of the session, eg/timing.

### **b) Written assignment.**

You will get a simple written assignment. It has 50 questions, and covers theoretical aspects of the course content. All the information needed to complete the assignment will be in your course notes, or will have been delivered during the training.

The assignment will assess your understanding of the following:

- i) Your obligations under the Health and Disability Commission as a health provider.
- ii) Health screening, especially indications and contraindications to Holistic Massage.
- iii) The history and theory of Holistic Massage Therapy.
- iv) Key terminology.
- vii) Basic anatomy & physiology.

The written assignment should be returned to the tutor for marking prior to your presenting for the hands-on assessment.

### c) Self-directed practice and Case Studies.

Between the tutorials and the hands-on assessment, you will need to complete a minimum of six one-hour Case Studies. These can be delivered to the same person, or several people, and can occur at any time.

There are templates in your Manual for you to record these sessions.

These Case Studies will be included in your assessment process, so you will need to bring these notes with you on the day, or email them to your tutor beforehand. These practice sessions are for your learning.

### d) Delivery of a one-hour protocol to a tutor.

After your tutorials, and completion of your written assignment and Case Studies, you must contract with the tutor for a two-hour assessment session. This will normally occur two - four weeks after training, but may be individually contracted outside of this time.

### The assessment has the following components.

1. Delivery of a one-hour protocol to the tutor (in client role). You will be given detailed Performance Criteria so that you know exactly what you are being assessed on before the procedure. Your tutor will discuss these with you, so there won't be any nasty surprises.

The assessment criteria for this session are as for the observation above, with the inclusion of the following;

- i) Appropriate use of pressure/contact.
- ii) Ease and smoothness of delivery.
- iii) Quality of contact and techniques - range, transitions, confidence.

2) Self and tutor evaluation, including discussion of your Case Study experiences.

3) Awarding of your certificate of competence OR/ Skill Development Plan to enable you to reach the required standard. The Skill Development Plan may require more tutorials, or Case Studies.

Your certificate will not be awarded until all parts of the assessment have been completed to the required standard of competence.

### Assessment Policies and Procedures.

Should you not achieve the required standard in the written assignment, you can repeat it for a small additional fee.

NB/ it never happens! It's Jolly Easy!

Should you not demonstrate the competency required in the hands-on assessment, you can re-contract a second assessment after working out a Skill Development Plan, involving more supervised practice and Case Studies. A second assessment attracts a second fee, and any additional costs, such as tutor travel.

Should the second assessment also not meet the required standard, you will need to complete a second course, or contract with the tutor around further training.

## **Structure of the tutorials (guideline only).**

### **Session #1. - 4 hours.**

Registration, Orientation, Health Screen, Disclaimers.

Welcome and Check in/Introductions (if required).

Theory of Holistic Massage Therapy. The Role of the Nervous System.

Massage media and other tools; tables, props, oils, waxes etc.

Health screening & Contract setting.

### **Hands-on Practice session 1;**

Contact (meet and greet).

Contract & Health Screening, Creating Emotional, Environmental, Cultural & Physical Safety.

Hands-on; spreading; prone relaxation back and shoulder massage techniques, including effleurage and petrissage.

Posterior leg and foot.

Self and peer feedback on first practice session.

Contraindications to Holistic Massage.

### **Session #2 - 3 hours.**

Review.

Physiological consequences of Massage - microscopic anatomy of muscles.

Hands-on practice session 2;

More techniques for the back.

Arms and hands.

Gluteals; basic trigger-point therapy, tapotement.

Q & A.

### **Session #3 - 3 hours.**

The Law - legal requirements for Massage Therapists in the New Zealand context.

Review of all prone techniques.

Supine techniques for quadriceps, neck, scalp, pectorals, and face massage.

Question and answers; summary of Performance Criteria for Observation.

### **Session #4 - 2 hours.**

Mock assessment/tutorial, student-managed.

Further training or practice sessions may be contracted if required.

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Note; **in one to one tutorials**, the tutor demonstrates, and you practice, on someone contracted for the job. These "clients" are experienced receivers of massage, and will offer feedback at the conclusion of each session.

**Shared tutorials**; if the tutor has two students ready to start training at the same time, you may be asked if you would like to share your tutorial. It's not compulsory, but it is beneficial! You receive the massage, hear the coaching twice, and you are not charged for the time you are on the table.

Please let the tutor know if you're OK with a shared session. This will be negotiated with you prior to the session, and you need to consent. In shared tutorials, you will only work with someone the same gender as you for the first tutorial. In your first tutorial, shared or one to one, your first practice "body" will be the same gender as you. After that, the age, body-type, gender etc of the "client" is negotiable.

## What to bring and what to wear.

HHT Ltd provides the following for your tutorials;

- \* tables.
- \* table covers.
- \* face pillows.
- \* massage wax - a selection of fragrances including unscented and hypo-allergenic are provided.
- \* full course Manual & techniques DVD. The Manual is supplied on a USB.
- \* morning and afternoon tea (BYO lunch, should this be relevant).

## Please bring the following to the tutorial.

1. (For shared tutorials only); linen for the table when you are on it (as client); if the tutorial is one-to-one linen is provided.
  - ~ 2x single cotton sheet for lying on and under (they are much easier to wash and dry than heavy towels).
  - ~ 2x face-cloths. These are to cover the face-pillows at the head of the table and are important for hygiene, as they catch make-up, dribble etc.
  - ~ a light blanket or towel for foot warmth.
  - ~ a pillow as support under your knees.
2. This booklet.
3. Your lunch (if you are working over lunch).
4. A pen, and extra writing paper if you are a note-taker.

## Please Don't Bring:

- ~ switched on cell phones.
- ~ partners, children, small furry animals (unless stuffed).
- ~ perfume or other cosmetic smells.
- ~ seasonal contagious diseases, including cold and flu viruses. Bugs LOVE the warm, close atmosphere of a therapy room. If you get sick, stay home and ask for a re-scheduling or refund.

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## What to wear:

\* Massage is a skin-to-skin therapy.

If you are in a shared tutorial where you will be receiving massage:

- \* It makes life easier if you wear comfortable, easy-on-easy-off clothes.
- \* Generally, "clothes in two halves" are easier than one-piece items.
- \* You will remain covered at all times as a client.
- \* You will be left alone to undress and redress.
- \* Your clothes are liable to get massage wax on them. However, the wax does not stain, and washes out easily.
- \* When delivering massage therapy, practitioners tend to warm up, while clients are disrobed and exposed. The ambient temperature must suit the client, not the therapist. Bear this in mind! Wear several light layers.
- \* Make-up will run when you work, and rub off on the face pillows.
- \* Please leave all non-essential jewellery, including necklaces and earrings (as clients) and rings and watches (as therapists) at home.
- \* Please ensure that your **finger-nails** are cut short enough so that no nail tissue protrudes above the finger pad.
- \* Massage therapists get up close and personal with clients. Please be mindful of hygiene, body odour and breath. Raw onions the night before may be a bad choice.
- \* Do Not wear perfume or strong-smelling cosmetics to tutorials. Some people (perhaps your client!) are severely allergic to such things.

## \* Please choose your massage clothes carefully; here are guidelines.

- a) For women, don't wear skimpy or revealing clothes such as tops with "spaghetti" straps. Short sleeves are best; cotton or other light material is good in the warmth of a therapy room. Armpits should be covered.
- b) If you wear jeans, you will cook. Light  $\frac{3}{4}$  pants are ideal. Sarongs are fine.
- c) You will get massage wax on your clothes. It washes out, but don't wear anything you really care about keeping wax-free.
- d) You need to be able to move. So loose-ish clothing is best.
- e) For reasons that will be explained during your first tutorial, appearances are important to the Nervous System; first impressions count with clients. Please present yourself professionally and sensibly. Pay special attention to personal hygiene, including hands, nails, breath, body odour and hair. Long hair must be tied back. See note on the last page about Smoking.
- f) It's perfectly OK to massage in bare feet.

## Outcomes Statement.

It is expected that participants in the course will achieve these outcomes.

1. Have a "big picture" of the history, role and relevance of Massage Therapy in NZ today, including mirimiri (traditional Maori massage). Understand the crucial role of the Nervous System in successful holistic therapy.
2. Have a broad understanding of the legislative framework of CAM in New Zealand, with emphasis on the Health and Disability Code.
3. Construct a 60-minute Massage Therapy session according to a "10-Step Protocol", including contract setting, delivery of therapy and completion. Make choices at Steps 6 - 9 regarding appropriate techniques.
4. Be aware of the significance of emotional, physical and cultural safety when working "hands-on" with others. This includes skills for maintaining confidentiality, dignity and appropriate touch. Maintain appropriate professional boundaries in all therapeutic situations, including self-directed practice.
5. Have a theoretical knowledge of the physiological implications of massage therapy, including basic anatomy of the musculo-skeletal system, indications and contraindications. Make judgements about the safety, appropriateness and techniques in particular contexts, using open questioning techniques and health-screening.
6. Deliver effective techniques according to the 10-step Protocol, including effleurage and petrissage to major postural muscle/s. Be creative within the broad framework of basic principles in approaching each client.
7. Have mindfulness and be respectful of the significance and healing potential of the relationship between client and therapist in Holistic Massage Therapy. Acknowledge that the quality of the relationship is the responsibility of the therapist, not the client.
8. Be aware of individual limits of competence for safe practice, and a big-picture understanding of the type and level of training required to achieve practitioner-level competence. Be able to self-evaluate, and to assist others to self-evaluate through feedback.
9. You may make a decision after completing the course that further study in Massage Therapy is in fact not an option for you. This is a legitimate and valid outcome. You can exit the course after the workshop. Completion of assignment, practice sessions and assessment is **optional**.

## Tutorial fees.

**Part A;** Tutorial training to a maximum of 16 hours (usually 10-12) at **\$75.00 per hour per person**; includes observation, demonstrations, supervised practice, Student Manual (USB) and DVD, templates, morning and afternoon tea.

Each session is payable at the completion of the session, or in advance by Internet Banking. Please ask your tutor for details.

Your first tutorial covers the bulk of fees - typically \$300.00 for four hours training. It's cheaper every time after that. A "typical" course takes an average of 12 hours (\$900.00), plus the Assessment fee of \$175.00 - so most students can achieve the course and Certification for slightly over \$1,000.00. This is Jolly Reasonable for an NZQA-approved training.

**Part B;** 2.5 hours tutor assessment, includes discussion and evaluation of case studies; Certificate upon successful assessment. **\$175.00.**

Re-assessment fee; For written assignment; \$10.00. For tutor re-assessment; \$175.00 plus any travel or venue costs. Course fees are inclusive of GST.

To confirm your tutorial, please email or phone the Director, who will give you the contact details for your nearest tutor. Email or phone the tutor to arrange your first tutorial time and get details about the venue. Complete and return the Registration form to your tutor.

### **Cancellation.**

A huge advantage of learning by individual tutorial is flexibility, but please respect the fact that the tutor has set aside the time, prepared the room, and organised a demonstration body just for you. If you are unable to attend your tutorial for a valid reason, please contact the tutor well before the tutorial, giving 24 hours notice; other people (the demo body and/or other students) will be involved. If you cancel twice without giving the tutor 24 hours notice, the tutor can decline to teach you and withdraw you from the programme, and/or charge a cancellation fee of 50% of the full tutorial fee, or request non-refundable payment in full prior to the tutorial going ahead.

This of course doesn't apply if Disaster Strikes - car accidents, sick children, other legitimate emergencies.....our tutors are humans as well. But please give as much notice as possible if you need to re-schedule.

Confirmation of your tutorial will be sent to you by email, with details/directions to the venue. Your tutor will also phone you prior to the tutorial for a chat to ensure that everything is clear around the upcoming training.

### **COMPLAINTS.**

Your rights as a learner are protected by NZQA. Should you have a complaint about the course, please discuss this with your tutor in the first instance. Please note that complaints can only be processed if they involve a failure covered by the Learning Outcomes or Code of Conduct.

If you and your tutor are unable to resolve the complaint, please contact the organisation at [www.hht.co.nz](http://www.hht.co.nz).

There is also an independent Course Complaints Authority. If your complaint concerns Assessment, she may decide that you are entitled to a second assessment by a different tutor.

Feedback is encouraged, and an Evaluation form is provided at the end of your Manual. This can be scanned and returned to the tutor or anonymously via email to the organization at [info@hht.co.nz](mailto:info@hht.co.nz)..

### Expected Standards of Behaviour.

*Holistic Massage Therapy has the potential to be a powerful healing tool, as well as a wonderful relaxing experience.*

*Because of the nature of the contact (skin to skin), it is, by definition, an intimate therapy. Massage Therapists, like all other health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain acceptable ways, and not in others. We will discuss aspects of this powerful healing relationship during the training.*

*Participants attending training run by HHT Ltd are required to follow a Code of Behaviour and Practice, outlined below. When you register for the training, you are agreeing to abide by this Code. Failure to abide by it may result in your removal from the training.*

1. Participants have a right to be treated with courtesy and respect at all times.
2. All participants will remain mindful of the rights of others to dignity and modesty.
3. Even though this is a training session, therapists will pay attention to the needs of "clients". Clients (receivers) have the right to refuse any particular technique, for religious/cultural reasons. However, it is expected that students in workshops or shared tutorials will participate fully in both practicing and receiving, as part of the learning process, and engage in the feedback process.
4. Participants will not make remarks about other people with regard to appearance.
5. Honest feedback, delivered according to the Performance Criteria in the Student Manual, is a valuable learning tool and is encouraged.
6. Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a "relaxation response" from the client, and a positive learning experience for the student.
7. No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
8. Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.

**SMOKING AND MASSAGE THERAPY.**

Massage therapists are providing a health service that focuses on supporting well-ness and promoting self-healing. Someone who smokes sends a very clear message around their attitudes to self-care; it's incongruous for a smoker to be offering health services to others. There are also issues around smell, stained fingers etc.

If you want to do this course, and you smoke, please be aware that the tutor has the right to refuse to teach you if there is **any indication that you smoke in your appearance or smell.**

**You will not be permitted to smoke during tutorials (for the first session, this is 4+ hours.)**

**If you would like information about support for quitting this difficult addictive habit, please contact the Director.**

### Therapy Room/Massage Table Use for Self-Directed Practices.

1. If you live locally and do not have a table to practice, we are usually able to lend you a table between tutorials. This depends on availability; tutors in some locations may also charge a small fee for the use of a table.
2. If you have travelled from out of town to do the Holistic Massage Therapy course, or if you do not have an appropriate space to complete your practices at home, you may be able to contract with your tutor to use their therapy space for your practices. This again depends on location and availability; talk to your tutor.

There is a charge of \$15.00 per session for the use of the room, to cover the cost of heating, massage wax, and especially the use and laundering of table linen (water, detergents and time).

If necessary, we can usually organise practice "bodies" for you as well, although this cannot be guaranteed, and the more notice you can give us, the better.

3. Your tutor will discuss with you the best brands and makes of therapy tables if you need to purchase one.
4. HHT tutors use Tui Massage Wax for training, and you will be provided with a small sample pot to get you going with Case Studies. Students enrolled in the programme are able to open accounts with Tui and purchase their products at wholesale rates. The use of other media is discussed, and no student is required to use any particular product.

## Training Pathways.

Your tutor will discuss with you employment opportunities in Massage and allied therapies in New Zealand.

If you are planning a career (ie/ seeing paying clients) in Massage Therapy, even for just Relaxation massage, further training is a good idea, to ensure safety - both for you and your clients - and satisfaction, again for both therapist and client. Self-care for bodyworkers can become a major issue.

HHT Ltd offers several courses which could be added to your suite of skills training in Alternative Health.

1. **Remedial (Deep Tissue) Massage Techniques** - taught as a 2-day intensive by arrangement. Your tutor will advise when the next course is scheduled in your area. This is a non-NZQA-approved course, certificated by HHT Ltd. A great up-skill and expansion of client-base following the Holistic course.
2. **Applied Anatomy & Physiology for Bodyworkers** - NZQA-approved 50-credit National Certificate, level 5. Distance Learning, digital and DVD formats. Essential training for in-depth work. No deadlines, start any time.
3. **Hot Stones Massage Therapy**. This is a one-day add-on for working therapists, and adds an easy-to-deliver luxury component to your practice.
4. **Interpersonal, Communication & Practitioner Skills for Bodyworkers** - NZQA-approved 25-credit Certificate, Level 5. A fascinating trawl through the minefield of mind-body therapy from a psychotherapeutic perspective. No deadlines, start any time.
5. **Holistic Pulsing** - NZQA Level 5 National Certificate in this wonderful, gentle mind-body therapy. Completed part-time over two years with a mix of face-to-face workshop training and self-directed learning.
6. **Human Nutrition** -non-NZQA-approved course about Food - the facts, not the myths. Digital or paper, Distance Learning, one open-book research-based assignment, certificated by HHT Ltd. No deadlines, start any time.

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Please phone or email your tutor to arrange your first tutorial time and date, and either send in advance or bring this form with you.

### Registration For Holistic Massage Therapy Tutorial.

First Session

Date;.....

Venue;.....

Your name;.....

Your street address;.....

.....

Contact phone number;.....

Email address;.....

Male.....Female.....(tick)

Your age; 16 - 30.....30-40.....40-50.....50-60.....60+.....

I will be paying for my first tutorial via; (tick)

a) Internet banking in advance, please get account details from your tutor.....;

b) Cash; ..... c) Cheque;.....

Receipts will be issued. Fees include GST.  
(Please turn over)

## Prospectus

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Have you any experience of Massage Therapy, either as a receiver (client) or as therapist? Please describe your experience (if it's zero, that's fine!)

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Please tell us a little bit about what your purpose is in doing this course. It doesn't have to be a Grand Plan - just an idea what your aim might be.

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.....

I have read and understand the aims and purpose of this course, and agree to abide by the Code;

Signed.....Date:.....

Send this form to your tutor.  
You will be contacted a few days prior to the tutorial via phone or email.

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*Huge Big Fat Disclaimer Section. Please Read This!!*

*Under NZ law, anyone can call themselves a Massage Therapist. Completion of this course does not entitle you to make claims for your competence beyond that stated on your certificate, or to use completion of this course as an endorsement or license to practice massage, whether paid or unpaid. You can do that in NZ without any training whatsoever!*

*What you do with this qualification is a matter for you to decide.*