



Remedial Massage
a short practitioner
course,

Therapy ~
training

by workshop or small-group tutorial.
Level 5, 30 hours.

PROSPECTUS.

Holistic Health Training Ltd
Ministry of Education # 7648.
www.hht.co.nz

~ NZQA - Registered Private Training Establishment.

People who might benefit from attending this course.

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- Graduates of HHT's Holistic Massage Therapy programme wanting to expand their skills and knowledge to grow their client base.
- Therapists who graduated from massage therapy training some time ago, who are still working but feel the need of an upskill and the latest research.
- Therapists with an overseas qualification who would like to learn about massage therapy in the New Zealand context.
- People who may have trained in massage therapy or an allied modality, stopped working, and are a bit "rusty".
- Graduates from other programmes who are not feeling confident enough yet to work with paying clients.
- Working therapists who need coaching around self-care via learning some new tools and techniques.
- Beauty therapists who did basic massage therapy training as part of their course but need more intensive training to be able to work confidently and safely.

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Where is the course offered? How does it work?

Thanks for your interest in this training programme in Remedial and Deep Tissue Massage Techniques.

Please note this course is not NZQA-approved. The current regulatory environment has restricted the number and accessibility of massage therapy

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courses in New Zealand, and approval for any new courses in this climate is impossible. The course carries HHT's own Certificate of Achievement (Level 5 Equivalent, 30 hours).

Entry to the training is open to anyone aged 16+ who has some training and experience in massage therapy. This is not an entry-level course. Your tutor will expect that you are familiar with, and can deliver, standard relaxation effleurage and petrissage techniques.

Therapists at all levels of experience, including those already working with clients, will benefit from acquiring and practicing these skills and applying this knowledge.

Please take the time to read this Prospectus before you register, and bring it with you to the workshop. 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, or your local tutor.

Tutors for workshops or small-group tutorials are available in Nelson, Christchurch, Auckland, and Tauranga. These will be offered when demand requires, typically about every 8 months in each centre.

LEARNING OUTCOMES.

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



Understand the theory of *thixotropism* as it relates to working with the myofascia.



Develop *palpation skills and sensitivity* to enable recognition of

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major bony landmarks, connective tissue structures and muscle tissue.

 Develop techniques to facilitate thixotropism; techniques to work with adhesions and restrictions in soft tissue. This may include but is not limited to the following;

⌘① Cross fibre friction.

⌘⌘① Manipulation of intermediate and deep tissue with strong body tools.

⌘⌘⌘① Intentional holding of the myofascial stretch.

⌘❖① “Deep listening” for fascial shifts.

 Develop appropriate techniques that employ correct therapist body mechanics.

 Have the requisite skills to apply techniques and begin work with clients under supervision in a confident and professional manner with regard to remedial techniques.

 Develop and apply appropriate verbal dialogue interventions with clients when working with deep tissue.

 Learn and apply appropriate record-keeping and client note-taking techniques in line with legal requirements.

What to bring and what to wear.

***Tables**; Therapists should bring their own tables. Please advise if you are unable to bring a table; if you are already working as a therapist you are encouraged to bring your own table, as height is important.

* **Massage medium**; please bring the medium you normally use. We will have an unscented and hypo-allergenic product in case we run out. We will provide consumables such as spatulas, hand wipes etc.

* A full colour course manual is provided.

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* Morning/afternoon tea provided, (BYO lunch or shared lunch, details later).

Please bring the following to the workshop.

1. Litres of drinking water, in a named bottle. Not all venues have acceptable- quality drinking water. If you are fussy, bring your own.
2. Linen for the table when you are on it; bring the table-set-up you normally use.
4. Your lunch, or contribution to a shared lunch if we're doing that.
5. A pen, and extra writing paper if you are a note-taker.

Please Don't Bring;

- ~ switched on cell phones.
- ~ perfume or other cosmetic smells.
- ~ seasonal contagious diseases, including cold and flu viruses. If you get sick, please contact the tutor as soon as possible as the training may have to be re-scheduled depending on numbers.

What to wear.

- * It makes changeovers easier if you wear comfy, *easy-on-easy-off clothes*.
- * Generally, "*clothes in two halves*" are easier than one-piece items. Because we are focusing on specific body regions, complete disrobing will not be necessary.
- * 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 medium* on them.
- *Wear several light layers of clothing.
- * If you wear *make-up*, it 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 *nails* are cut short enough so that no nail tissue protrudes above the finger pad.
- * Please be mindful of *hygiene, body odour and breath*.
- * *Do Not wear perfume or strong-smelling cosmetics* to this workshop. Some people are severely allergic to such things.

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Resources.

-   **Course Manual** – a comprehensive Manual with colour photographs is included with your workshop fee.
-   **Techniques DVD** – a visual back up for reference.
-   At the workshop; resource copies of texts will be available during the workshop, including **Bachin's Muscle & Skeleton Charts**, **Netter's Atlas of Human Anatomy**, and close-up **coloured A4 diagrams** locating key landmarks for reference as you palpate. Bachin's charts (colour, laminated) are available for purchase at \$65.00 per set. Please advise in advance if you wish to purchase a set.
-   It is recommended but not essential that students obtain a copy of Andrew Biel, Trail Guide to the Human Body. This is widely available and can be purchased through the NZ distributor, www.akashabooks.co.nz
-   HHT Ltd also provides enough steak to feed an army (for the purposes of palpation), tissue paper, GladWrap, bread-making gear and all the other bits and pieces we use to play games with.

Workshop Fees.

16 hours workshop training; includes demonstrations, supervised practice, course notes (Student Manual), DVD, morning and afternoon tea. **\$400.00 per person.**

This course is NOT ASSESSED. To receive your Certificate, you must complete 5 x practice sessions with clients that include a percentage of Deep Tissue techniques, watch the DVD and read the Course Manual in full.

You will be given an Attestation form to send to HHT Ltd once you have completed these

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requirements, and your Certificate will be sent to you.

To secure a place on the workshop, please complete, detach and return the form on the final page with a **non-refundable deposit** of \$100.00 **to the COURSE TUTOR**.

If you are unable to attend the workshop after sending your deposit for a valid reason, you must contact the tutor **prior** to the workshop. Your deposit may be carried over to a future training or refunded, depending on the circumstances.

Confirmation of registration will be sent by return post, with details about the venue. The balance of the workshop fee must be paid during Registration (8.30 - 9am on Day One), unless otherwise negotiated.

Your certificate will acknowledge that you have completed a programme in Remedial Techniques and Palpation Skills for Massage Therapists of 30 hours, (Level 5).

To receive the certificate, you must;

- ☞ Attend the 16-hour workshop.
- ☞ Complete 5 practice sessions incorporating some Deep Tissue techniques.
- ☞ Read the Course Manual to review theory.
- ☞ Send the Attestation form to HHT Ltd.

To achieve the Certificate you must complete all components.

Expected Standards of Behaviour and Code of Ethics.

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

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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. *Note that participation in this training will require you to receive Deep Tissue massage and be actively involved in feedback.*

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.

 Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.

 The tutor has the right to refuse to train a student if there is any evidence that the student **smokes**. This includes stained fingers, odour on the person’s breath, or clothes. Students are not permitted to smoke during the workshop. This is out of respect for other trainees. If you smoke, please remain mindful of the health obligations that are implicit upon you *as the provider of a health service.*