



Pregnancy Relaxation Massage



A short practitioner upskill training in the delivery of safe, effective relaxation massage therapy to pregnant women in the 2nd and 3rd trimesters.

Prospectus.

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1. Entry requirements.

- You must be an experienced (50+ hours hands-on experience) relaxation therapist with a qualification at Level 3 equivalent or higher.
- Minimum age 18 years.
- If you are a qualified therapist but you have not been working recently, your tutor may require you to demonstrate relaxation skill competence via a short hands-on tutorial in Holistic Massage.
- You must have access to the correct equipment and the appropriate therapeutic space necessary to deliver safe pregnancy massage.
- You must have up to date knowledge regarding contact details for local emergency services.
- You must have (or be in the process of obtaining) a current CPR Certificate.
- If English is not your first language, you may need to undergo an interview with your tutor prior to undertaking the course.

2. Assessment procedures.

This course does not carry NZQA credits and is not hands-on competency assessed. There are requirements for assessment via Case Studies and written Assignment.

To achieve the HHT Ltd Certificate of Attendance you must undertake the following;

- a) complete as many tutorial or workshop hours as are deemed necessary by your tutor to be safe. *Note that during your hands-on training, your tutor will arrange for a "body" for you to practice on. Practical considerations determine that this demonstration person will be female, but will most likely NOT be pregnant.*
- b) read and assimilate the theory Manual content and study the DVD provided. You will also be required to complete a short written assignment (20 multi-choice questions) that refer to the Course material in the Manual.
- c) undertake a minimum of FIVE Case Study practices using the correct procedures including positioning, draping and technical delivery. THREE Case Studies will initially be delivered to a non-pregnant woman so that you can practice intake procedures, draping, positioning and stroke sequence. The last two Case Studies must be delivered to a healthy pregnant women experiencing a normal 2nd or 3rd trimester

pregnancy. These final Case Studies must be written up according to the template provided.

Your two pregnant Case Study clients will be required to complete a brief 3-question Evaluation survey that will be emailed to them by HHT, once you have provided their contact details to the organisation. This will be returned to HHT and will form part of your assessment.

- d) provide evidence of a current CPR Certificate.
- e) send the Attestation form to HHT Ltd to receive your Certificate of Attendance. This will only be sent once we have received;
 - the Evaluations from your two pregnant Case Study clients
 - your 2 Template case study forms;
 - your assignment.



3. Programme regulations.

HHT Ltd retains the right to request an interview with you prior to enrolling you for this training if you have not previously trained with us.

You may be required to submit proof of your prior training.

All students will remain mindful of the special characteristics and qualities necessary in the therapist to ensure pregnancy massage is carried out in a manner that is physically, environmentally, emotionally and culturally safe for the client.

You will be required to sign a disclaimer and confidentiality agreements prior to training.

4. Outcomes.

1. Graduates of this course will be able to deliver a 60-90 minute relaxation massage to clients in the 2nd and 3rd trimesters of pregnancy.
2. Students will understand the benefits of peri-natal massage.
3. Students will demonstrate an understanding of the requirements with regards to; safe positioning, pressure, appropriate touch, draping, comfort and temperature.
4. The use of appropriate massage medium is understood.
5. Students will understand when it may be necessary to defer therapy until appropriate clearance is obtained from the primary caregiver.
6. Students will understand the special empathy and consideration required for working with pregnant clients. This might include mood, body awareness, weight-gain, and emotional factors. This may be increased by the requirement to remain in the therapy room to safely assist the client onto and off the table.
7. Students will have a sound knowledge of special medical factors and physiological changes that may affect pregnant clients.

5. Equipment.

To undertake effective safe pregnancy massage, and to achieve this course, students must have access to the following essential equipment.

- a) An appropriate, ambient, private space in which to deliver the massage that meets all the requirements for standard relaxation massage. This includes the ability to adjust room temperature either up or down.
- b) Easy access to a clean toilet and hand-washing facilities, including individual hand-drying.
- c) A safe, stable therapy table that is sufficiently wide to accommodate a pregnant woman plus the support bolsters needed. NB/ "pregnancy slings" that were in fashion some years ago are no longer recommended.
- d) A stable footstool to facilitate safe access on and off the table.
- e) Multiple drapes, pillows, bolsters, including a full-length body bolster. This equipment will be fully explained during your training.
- f) Appropriate consumables including a safe medium, hygiene equipment, tissues, wipes etc.

6. Fees.

One to one tutorial training - \$400.00, includes all resources, templates, techniques dvd and 6 hours of tutorial training.

Workshop rate (2 or more students) - \$295.00 per person. In a workshop training students will receive the massage as well as practise it, and will not be charged for time on the table. This will take one full day.

Where the training is offered to two or more students, participants have the opportunity to act as the demonstration "body" for other trainees. This format takes longer because of the requirement to swap; the fee remains the same, and the student has the advantage of experiencing the hands-on component personally. Discuss this option with your tutor.

7. Disclaimer.

While all care is taken, neither HHT Ltd, nor its tutors, can accept any liability for any consequence that may arise from your participation in this Pregnancy Relaxation Massage training programme, or your use of this training when working with clients.