

Holistic Massage Therapy



HOLISTIC HEALTH TRAINING LTD.
PROFESSIONAL NZQA ACCREDITED BODYWORK EDUCATION

PROSPECTUS.

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

NZQA-approved, Level 3, 30 hours.

Auckland, Bay of Plenty, Manawatu, Nelson, Canterbury & Southern Lakes

or by arrangement.

Holistic Health Training Ltd.

Ministry of Education # 7648.

www.hht.co.nz

NZQA - Registered Private Training Establishment.

Who might benefit from attending this course?

- Anyone with a desire to set out on a fulfilling new career pathway in Holistic Massage Therapy.
- Intuitive healers needing a recognized modality to expand their client base.
- Those already practicing massage who would benefit from a refresher, perhaps to reinvigorate your career with training that will ensure your own well-being.
- Anyone who enjoys doing massage therapy but needs a better understanding of essential health and safety requirements.
- Anyone needing to add a New Zealand (NZQA-approved) training to your skill set.
- People who enjoy receiving massage, and would like to be able to offer an effective therapy to kaumatua, whanau and friends, by learning about the process.
- Those wanting to gain a fresh perspective on massage therapy from a truly holistic point of view.

Holistic Health Training Ltd,

027 222 1491,

info@hht.co.nz

Course Information.

- Thanks for your interest in this NZQA-approved training programme in Holistic Massage Therapy. The programme has been running successfully since 2005.
- Entry to the training is open to anyone aged 16+.
- You do not need to know anything about massage to achieve the course.
- Participants at all levels of experience will benefit from acquiring and practicing these skills and applying this knowledge.

Please read this Prospectus before you register. It contains details about the structure, content, and assessment processes involved in this course.

Tutors for one-to-one, two to one, small groups or workshops are available in Nelson, Canterbury, Lakes District, Auckland, Manawatu and Bay of Plenty. Workshops outside these areas can be arranged.

Tutorials are organised by negotiation with the tutor at times and dates to suit both parties, making the course flexible and accessible. Workshops are offered in various centres periodically. Check our website or FB page.

At HHT, we understand that most massage courses require you to give up other family/work commitments, and take out a mortgage, to be able to train to an introductory level in massage therapy. This programme overcomes those barriers, and enables you to learn a wonderful, gratifying and rewarding skill that you can offer not just to family and friends, but to paying clients as well.

What teaching style will best meet your learning needs?

The fee is the same regardless of which option is taken. This fee includes all training, resources including an audio-visual presentation, and Assessment.

One to one tutorial training?

- Focused individual attention from your tutor.
- Individual training tailored to your specific learning needs.
- Learn at your own pace. Spread your tutorials over days or weeks.
- Negotiable flexibility around dates and times of training.
- Add your own experiential knowledge to the learning process.
- Caters for those who thrive in a quiet, private one to one learning environment.
- Shorter hours, as you do not receive the massage. You work with specialist clientele “receivers” organised by your tutor who will give you good feedback.

One to two tutorial training?

- Share one or more of your tutorials with one other student.
- Receive the massage as well as practise under close supervision.
- Hear the practical coaching twice – once when delivering, once when receiving.
- Make a close massage connection with another student at the same level of training.
- Caters for couples, friends or colleagues who want to train together.
- Flexible timing.
- More hours, but the extra hours are spent receiving massage.

Small group/workshop training (4 people +)?

- Works for those who thrive in a collaborative learning environment.
- Gives networking and connection opportunities with other trainees.
- Predictable, pre-set dates for training enables forward planning.
- Provides opportunities to work with a range of different people.
- Creates a “classroom” style of learning.
- Generates peer feedback and experience from a wide group.
- Creates a fun, stimulating, lively learning environment.

In-House upskill training for spas, beauty therapy businesses, etc, is also available by arrangement.

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 Māori 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.

Our tutors.

Olivia Dexter has 17 years' experience in massage. She became interested in the health benefits of massage after using it to aid her recovery from Post Viral Fatigue Syndrome. After spending time in Thailand training in Thai Massage she did a diploma in Holistic Massage and A&P in the UK. She now co runs a busy family business with her partner, an Osteopath, in Auckland. She is a qualified teacher and mindfulness practitioner. Olivia blends skillfulness as a teacher with an ongoing passion for massage. She has an engaging teaching style, making the theory of anatomy and physiology accessible to all, while gently guiding you as you learn new massage techniques in the supportive environment of her home. Her experience running her own massage business, as well as massaging in a spa environment means she is aware of the market and is knowledgeable about how best to promote your new business. Contact her on olivia@amtraining.co.nz



Lynda Mabin, BA, MA (Hons), Dip Tchng. Lynda, the founder of HHT Ltd, 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 runs exercise classes. Email lyndamabin@gmail.com for training in Nelson.



Serena Gallagher is active in course development and administration. Serena 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 clinic. Email serenagallagher01@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 on amanda@integratedbody.co.nz

Hannah Tapner; Following her heart's passion, in 2001 Hannah became certified as a yoga teacher. She then studied to become a complementary therapist gaining qualifications in many holistic health modalities. After teaching complementary therapies in London, she then did a City & Guilds Teaching Certificate, and has been teaching ever since. In 2008 after gaining residency in New Zealand, she set up her business - Hansi Yoga & Holistic Therapies, which includes holding annual retreats, running a private treatment clinic, teaching classes and workshops in yoga, meditation, massage, stress-management and well-being, creativity and art and also visits corporate clients for on-site massage and yoga. She loves teaching, meeting new people and sharing skills that she's acquired. Her students often feedback that they appreciate her clarity, humour and welcoming nature. Contact her on hannah@hansi.co.nz



Kim Bryson.

Kim trained at the Wellington School of Massage Therapy in 2017. Since then she has explored many different massage techniques and styles while working with a wide range of clients in her home based massage business in Palmerston North.

Kim aspires to teach people not only all the skills they need to succeed in our courses and beyond but also show them the joy that comes from providing excellent massage services.



Nicole Labes. Post Graduate Diploma in Tertiary Education, NZARBP, CIDESCO, ITEC, CIBTAC, Dip Aromatherapy (Hons).

Nicole is based in Dunedin, and has been involved with education, the fitness industry and holistic health and beauty therapy for many years. Studying at the Beauty Therapy College of NZ in Auckland, Nicole gained her international qualifications plus completed post graduate training in Aromatherapy. She continues post grad studies with new modalities within the beauty therapy industry and has always had an avid interest in complementary therapies. Nic

ole has also trained in Naturopathy, hot stone therapy, Reiki, yoga, nutrition and studied Dr Julia Rucklidge’s Mental Health and Nutrition programme through Canterbury University. This allows her to combine the latest scientific research for an “holistic approach” to wellbeing within her beauty therapy practice and online health and wellness consultancy service. Nicole began her teaching career in Mid Canterbury at Aoraki Polytechnic, completed her Post Graduate Diploma in Tertiary Education whilst teaching at Otago Polytechnic and recently also taught at Te Pukenga’s Weltec Polytechnic campus in central Wellington. She enjoys sharing her passion for massage and its therapeutic benefits to health and wellbeing as well as educating clients and students alike. Contact her at nicole@odysseyskinandhealth.com



Course length.

There are four components necessary to achieve the course, regardless of the delivery method.

1. Face to face training.

One to one; 12 hours face to face training, typically divided into four separate tutorials spaced to suit.

One to two or small group; up to 16 hours face to face training; participants will receive as well as practice (by negotiation).

Workshop (4+ participants) – 16 hours face to face training – may be a weekend, or by arrangement.

You are welcome to contact any of our tutors to arrange a weekend workshop in your area. Minimum numbers and a suitable venue would be required.

2. Self-directed study.

8 – 10 hours of self-directed work; this includes study of the Theory Manual, watching the audio-visual presentation, and completion of a short written assignment.

3. Self-directed practice and Case Studies.

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 approximate.

Additional practice hours as required and recommended by your tutor.

4. Hands-on competency assessment.

Delivery of a one-hour massage to a tutor; this process takes 2.5 hours and includes analysis of your Case Studies, the opportunity for you to self-assess, and tutor assessment. Performance Criteria for the competency assessment are transparent.

Additional information.

- Typically, by tutorial the course is taught over 4 – 8 weeks with tutorials spaced 1 – 2 weeks apart to enable integration of learning and self-directed practices.
- Workshops may be over a weekend, or two separate days.
- An intensive training with your tutor can be arranged if you need to travel to train; this typically takes 3-5 days. Discuss this option with your tutor. The use of loan tables/therapy spaces and organisation of practise “bodies” is negotiable. Please give your tutor lots of lead time to organise intensives.

- The self-directed work is completed at the student's pace.
- Assessment times/dates are independently contracted with the tutor.
- Assessments should be contracted within four months of the training. After this time, you may be required to repeat one or more tutorials depending on the circumstances.
- Confirmation of your training will be emailed, with details/directions to the venue. Your tutor will contact you via phone or email to ensure that everything is clear around the upcoming training.

Certification.

Your 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;

- Attend sufficient tutorial or workshop training hours to meet the Performance Criteria.
- Complete the written assignment and achieve a 75% pass.
- Complete and write up the six Case Studies to present to the tutor during your assessment.
- Complete the assessment process and reach the standard defined in the Performance Criteria. The assessment component is contracted and paid for separately from the training. There is no certificate presented if you take this option.

Assessment Policies and Procedures.

- Should you not achieve the required standard in the written assignment, you can repeat it for a small additional fee.
- Should you not demonstrate the competency required in the hands-on assessment, you can recontract a second assessment after working out a Skill Development Plan, involving more supervised practice and/or 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.

What to bring and what to wear.

HHT Ltd provides the following for your training.

- Tables, Table covers.
- Massage media (wax or oils).
- Full course Manual & techniques AV presentation; Intake templates.

Please bring the following to the tutorial.

1. For shared tutorials or workshops, your tutor will advise what table linen you need to bring; if the tutorial is one-to-one, linen is provided.

2. **Lunch if necessary.**

3. Please Don't Bring;

- 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 are sick, stay home and ask for a re-scheduling.

4. **What to wear to your massage training.**

Massage is skin-to-skin therapy. If you are in a shared tutorial and 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 always remain covered as a client. You will be left alone to undress and redress.
- Your clothes are liable to get massage medium on them.
- When delivering massage therapy, practitioners warm up, while clients are disrobed and exposed. The ambient temperature must suit the client, not the therapist. Wear light layers.
- Make-up will run when you work and rub off on the face pillows.
- Please leave non-essential jewellery, including necklaces, earrings, rings and watches at home.
- Please cut fingernails short enough so that no nail tissue protrudes above the finger pad.
- Massage therapists get up close with clients. Be mindful of hygiene, body odour and breath.
- Do Not wear perfume or strong-smelling cosmetics to tutorials.

Clothing.

Please choose your massage clothes carefully; here are our requirements.

- For women, don't wear skimpy or revealing clothes such as tops with "spaghetti" straps. Short sleeves are best; loose, light material is essential. Armpits should be covered.
- Don't wear denim jeans. Light ¾ pants are ideal. Bare feet are fine.
- For reasons that will be explained during your first theory session, 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.

SMOKING AND MASSAGE THERAPY.

- You cannot smoke during tutorials (for the first session, this is 4+ hours.)

Therapy Room/Massage Table Use for Self-Directed Practices, tables and consumables.

- If you live locally and do not have a table, we may be able to lend you a table between tutorials. Tutors in some locations may charge a small fee for the use of a table.
- If you have travelled from out of town to do an intensive, 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 depends on location and availability; talk to your tutor. There will be a charge for this.
- Your tutor will discuss massage media and makes of therapy tables.
- To attend this course, you do not need to invest lots of money in materials. Your tutor will advise you.

Resources.

All resources are delivered digitally via access to the Member's Page on our website. Your tutor will give you the passwords to enable access to the written materials, video, and templates and forms.

Fees.

Fees are standardised across all locations and delivery modes. The requirements, content and qualification are the same.

- **Face to face training; – one to one, small group or workshop; \$1,200.00 per person.**

For tutorials, a deposit of \$100.00 is required to confirm your booking.

For intensives, small groups or workshops, \$250.00 confirms your place.

Payment is on an “as you go” basis. You must pay the full amount for each tutorial prior to the session, your tutor will provide a bank account number.

Tutorial One; \$400.00.

Tutorial Two; \$300.00

Tutorial Three; \$300.00

Tutorial Four; \$200.00

- **Assessment; - \$300.00 per person.**
- **Re-assessment; an additional assessment fee, or part thereof, may be charged.**

Total for NZQA Certification - \$1,500.00.

Cancellation.

If you can't attend your training for a valid reason, please advise your tutor giving at least 5 days' notice; your deposit will be refunded or held over. If you do not advise within 5 days your deposit will be forfeited. Venues, other students, and “bodies” will have been organized.

Please contact your tutor if extenuating circumstances arise within the 5-day period.

If your tutor must postpone, they will contact you with as much notice as possible and arrange a re-schedule.

Complaints.

- Your rights as a learner in this programme 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.
- 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. This can be accessed from the Member's Page on our website.

Expected Standards of Behaviour ***(Code of Conduct).***

Holistic Massage Therapy is a powerful healing tool, as well as a wonderful relaxing experience. Because of the nature of skin-to-skin contact, it is an intimate therapy. Massage Therapists, like all health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain ways, and not in others. We discuss aspects of this powerful healing relationship during the training. Participants attending HHT trainings are required to follow a Code of Behaviour. When you register for the training, you are agreeing to abide by this Code. Failure to abide by it will result in your removal from the training, without refund.

1. Participants have a right to be always treated with courtesy and respect.
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 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 regarding 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 that always 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.