

Holistic Health Training Ltd

www.hht.co.nz

Ministry of Education # 7648.

~ NZQA - Registered Private Training Establishment.



***Deep Tissue & Remedial Massage
Therapy ~***

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

Level 5, 30 hours.

PROSPECTUS.

People who might benefit from attending this course.

- 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, a new approach 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.

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 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, 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. 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. Contact details are below.

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. Your tutor may also be able to deliver the course to you via one to one or one to two tutorials.

To enquire, contact:

HHT Ltd and Nelson (lynda@hht.co.nz) for trainings generally and Nelson Amanda (asmith401@msn.com) Bay of Plenty

Kim (kimmckay72@gmail.com) Auckland

Serena (serenagallagher01@gmail.com) Canterbury

LEARNING OUTCOMES

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

1. Understand the theory of *thixotropism* as it relates to working with the myofascia.
2. Develop *palpation skills and sensitivity* to enable recognition of major bony landmarks, connective tissue structures and muscle tissue.
3. 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;
 - i) Cross fibre friction.
 - ii) Manipulation of intermediate and deep tissue with strong body tools.
 - iii) Intentional holding of the myofascial stretch.
 - iv) “Deep listening” for fascial shifts.
4. Develop appropriate techniques that employ correct *therapist body mechanics*.
5. 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.
6. Develop and apply appropriate *verbal dialogue interventions* with clients when working with deep tissue.
7. 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, and a Techniques DVD. These come via USB. You are welcome to print off yourself if you wish.

Morning/afternoon tea provided, (BYO lunch or shared lunch, details will be arranged by your tutor).

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 use.
4. Your lunch, or contribution to a shared lunch if that's the arrangement.
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.

Resources.

1. **Course Manual** – a comprehensive Manual with colour photographs is included with your workshop fee. It comes via USB.
2. **DVD** (also on USB) showing techniques.

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 **colour 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 well in advance if you wish to purchase a set, as they come from Head Office in Nelson.

3. 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

Workshop Fees.

16 hours workshop training; includes demonstrations, supervised practice, course notes, DVD, morning and afternoon tea. **\$360.00 per person.**

If you are being taught this course via tutorial, the fee is the hourly rate (\$75.00 per hour). Discuss the likely tutorial hours with your tutor. Tutorial training is more intensive than workshop training and the hours can normally be reduced.

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, and read the Course Manual in full.

You will be given an Attestation form to send to HHT Ltd once you have completed these requirements, and your Certificate will be sent to you.

To secure a place on the workshop, please contact your nearest tutor for dates, and registration form and deposit details.

If you can't attend the workshop after sending a deposit for a valid reason, you must contact the tutor **prior** to the workshop. Your deposit may be carried to a future training or refunded, depending on the circumstances.

Confirmation of registration will be sent via email dialogue with your tutor, along with any further information you might need including 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 Deep Tissue and Remedial Massage Techniques of 30 hours, (Level 5).

To receive the certificate, you must;

- a) Attend the workshop or attend sufficient tutorials to ensure your competence in achieving the Outcomes.
- b) Complete 5 practice sessions incorporating some Deep Tissue techniques.
- c) Read the Course Manual to review theory.
- d) Send the Attestation form to HHT Ltd.

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 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.
8. Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.
9. 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 or tutorials. 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*.

How to Register.

Please complete the attached Registration form and return it to your tutor. You will be contacted several times prior to the training 😊.