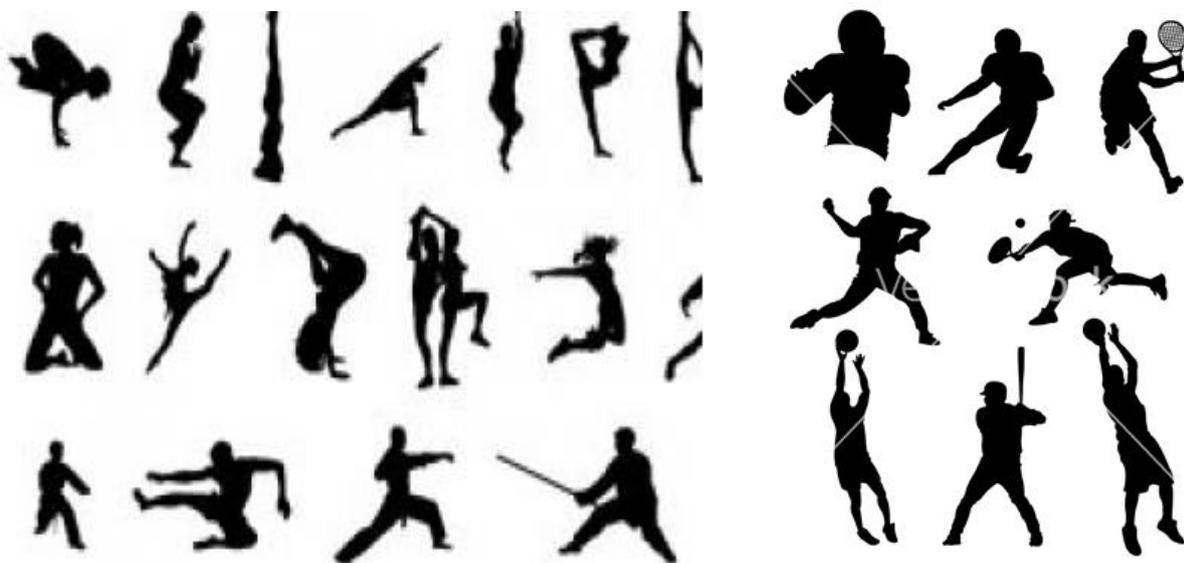


Sheffield Centre for Massage Training

WELCOME TO THE POST GRADUATE DIPLOMA IN HOLISTIC THERAPEUTIC SPORTS AND REMEDIAL MASSAGE

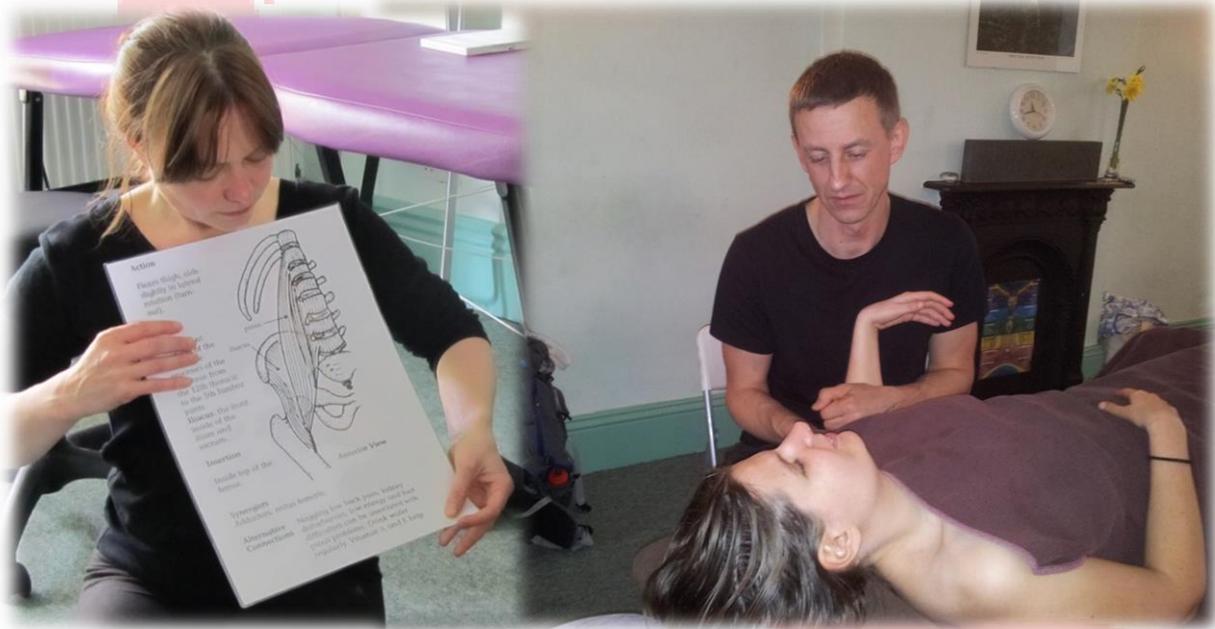
Starting 1st April 2017:

A Sports & Remedial massage training that includes all you need to know to work in this field. The underlying holistic ethos of the Massage Training Institute is present throughout this course which meets National Occupational Standards at level 4.



Postal Address: 25 Montgomery Road, Nether Edge, Sheffield S7 1LN 0114 2584 558

Your Teachers: Eva Weltermann and Craig Foden



Eva Weltermann did her original training with the Sheffield Centre of Massage Training under Vicky Gaughan, graduating in 2006. She has worked as a full-time massage practitioner since 2007 and her further training has included long and short courses with Dror Steiner, Darien Pritchard, Sally Morris, Julie Linton, Ruth Duncan, Art Riggs, Leon Chaitow and the Dr Vodder school for manual lymph drainage. She has taught on SCMT courses since 2012 and has developed her own CPD courses. Her aim is to deliver a rounded, co-operative learning experience where the engaged student gains plenty of practice, sound background knowledge, and enthusiasm for the subject.

Craig Foden qualified and has worked as a professional holistic & therapeutic massage practitioner since 2005. He became a tutor assistant later the same year with Vicky Gaughan, founder and principal tutor of the Sheffield Centre of Massage Training. He now works with Sports & Remedial accreditation and in 2012 commenced teacher training leading to full tutor status with the Massage Training Institute in 2014. He has had the opportunity to work with and learn from Julie Linton, Darien Pritchard, Dror Steiner, Ruth Duncan and is a member of Sally Morris's Onsite massage team who work at a range of UK events including Glastonbury festival. Facilitating and encouraging a progressive student led learning environment runs at the core of Craig's passion for person centred massage training & coaching.

Benefits of undertaking the Holistic Sports & Remedial Massage training

For You

For your Client

For the Massage Industry

Expand Tool Box

Tailor Made, Targeted Massage

Increased Credibility and uptake

Developing an in depth understanding of

Leading to

By

Fascial System
plus MET, NMT, MFR

Being in safe hands

Therapists in the field with recognized qualifications

Posture, Movement & Assessment

Relief of conditions & injuries

More clients more talk about the profession

Injuries & Conditions
(sports-related and common) and massage techniques appropriate for each stage of the healing process

Knowledge of your body

Confident Therapists

This means...?
You fill in this box!

Below is an outline of the content of the course and the dates
(subject to change if necessary)

W/e	Brief outline of key subjects
	<i>There will be a sports event in addition to the dates below. Date tbc and negotiated in good time with the student group.</i>
1 1st & 2nd April	<p>Introduction to course: course lay out, content plus outline of assessment.</p> <p>History behind S&R massage and working with a holistic take.</p> <p>Benefits of Holistic Sports and Remedial Massage.</p> <p>Revision of Anatomy, Physiology and Pathology of the skeletal system. Revision of anatomical terms.</p> <p>Revision of massage strokes and body use.</p> <p>Revision of contraindications and actions.</p> <p>Considerations around recording client's records and useful additions.</p> <p>Code of conduct</p> <p>Understanding and applying Deep Tissue Massage.</p>
2 6th & 7th May	<p>Revision and exploration of Anatomy, Physiology and Pathology of the musculoskeletal system.</p> <p>Phases of healing and application of massage.</p> <p>Revise and expand on physiology of massage strokes.</p> <p>Explore palpation, connection and touch.</p> <p>Role of fascia and how we can influence it.</p> <p>Direct myofascial release and first introduction to indirect myofascial release.</p>
3 3rd & 4th June	<p>Revision and exploration of the nervous and neuromuscular system.</p> <p>Neuromuscular technique (NMT) / Trigger Point Therapy (TPT), Strain counter Strain (SCS) and Positional Release Technique</p> <p>Theory – working at clubs and events</p> <p>Technique: pre and post event massage.</p>
4 1st & 2nd July	<p>Understanding and applying Postural analysis.</p> <p>Carrying out Range of Motion Assessment.</p> <p>Further development of consultation, evaluation, assessment and treatment plan.</p> <p>Further develop therapeutic relationship, non-verbal communication and further develop initial consultation.</p>
	Supervised Group Practice

W/e	Brief outline of key subjects
5 2 nd & 3 rd Sept	Myofascial Release
6 30 th Sept. & 1 st Oct	Understanding flexibility and working with stretch. Muscle Energy Technique (MET). - application of Post Isometric Relaxation (PIR) and Reciprocal Inhibition (RI). Understanding and applying Soft Tissue Release (STR)
7 4 th & 5 th Nov	Anatomy, Physiology and Pathology of soft tissue injury and massage theory. S.O.A.P and rehabilitation. Injury treatment consolidated
8 2 nd & 3 rd Dec	Psychology of sport. Now we begin to consolidate learning and integrating techniques to existing practice - working with upper body Look at the psychology around sport and its impact on our work as massage therapists.
9 6 th & 7 th Jan 2018	Clinic Practice Day Clinic Practice day incl. internal assessment of PA and session planning. Therapeutic relationship and practitioner self-reflection. Internal assessments of STR and MET techniques Therapeutic relationship and meeting client's needs. Focus on specific conditions and injuries and working with remedial massage e.g. scar tissue.
10 3 rd & 4 th Feb 3 rd Feb 2018	Basic Nutrition. Presentation of case study. Theory exam prep incl. mock, revise working with specific injuries and conditions, massage practice. Further consolidation of massage and bodywork techniques working with lower body. Present case study to group.
11 3 rd & 4 th March Proper written exam on 3 rd March 2018.	Theory exam Group led massage and body work practice, revision of techniques- group led Practice management – your way forward and business planning, marketing etc. Preparation for practical exam Mock practical exam
12 12 th & 13 th may Final assessment on May 12 th 2018.	Practical exam Practical Assessment. Business planning and the way forward. Round up of course elements, present to group future business plans.

POST GRADUATE DIPLOMA IN HOLISTIC AND THERAPEUTIC SPORTS AND REMEDIAL MASSAGE (HSRM)

This training is suitable for qualified massage therapists from all backgrounds.

Entrance requirements: There are some essential components that the therapist will need to show evidence of. Acceptance on to the course can only be given after an interview or by attendance of a SCMT CPD course. This is your chance to find out if this course is right for you and to have any questions you may have, answered. MTI graduates have immediate entrance to this course. Other qualified massage therapists must show understanding of the holistic approach to massage and may be required to attend a 3 day Holistic Enhancement (HE)* course before entering the HSRM course. In addition to level 3 APP and body work acquired prior learning (APL), HSRM students are expected to have an in date first aid qualification. *In the event that you do not have an in date First Aid qualification, one should be obtained before the end of the course at your own expense.*

Cost: £2250 – Early Bird price is £2000 for bookings before 4th February 2017. After a 25% deposit to secure your place the course can be paid in monthly instalments.

Cost includes, course workbook, all hand-outs, mid-course tutorial and ongoing support. Cost does not include: set books, massage equipment, student membership to MTI, exam fees, practitioner insurance.

Times: 10.00am - 5.30pm. Training days are at weekends.

Please note: in addition to these dates student HSRM practitioners will also be required to attend a compulsory date to work at a sporting event in the later part of the course (date to be arranged and is at no further cost).

It has long been recognised by such leading lights as Mel Cash & Art Riggs that in Massage Therapy, techniques are not enough.

'In addition to the very quantifiable myofascial benefits of massage, the genuine concern for the individual being treated is the magical element that makes our work so effective.... It is important to remember that a stroke that is performed in a mechanistic manner without a clear intention or purpose can become an empty gesture'

~Art Riggs, Deep Tissue Massage - A visual guide to techniques.

A grounding in essential areas other than techniques, such as the therapeutic relationship, communication skills and the ability to reflect on your practice are paramount to a successful treatment for clients and is the way of the Massage Training Institute. To find out more about the course, attend a free open evening or to enrol please contact SCMT to arrange to meet with the course tutors.

In order to deliver a high standard in training the group will be limited to 10 students therefore it is essential that you book early to avoid disappointment.

ADDITIONAL INFORMATION

Assessment Process - during the course

By the end of the course, our aim is for you to be competent, confident Holistic Therapeutic Sports and Remedial Massage Practitioners. To assist with this we will be assessing you formally and informally throughout the course in order that we can best support you with your development and learning.

Assessment will include:

- Continuous assessment and feedback during teaching sessions
- Assignment and project completion including short presentations
- Self-assessment and audit
- 2 tutorials (during teaching hours)
- Massage Practice Journal (60 hours minimum including case study).
- 2 supervised practice days.
- Clinic Practice day with 3 unknown clients feedback and tutor feedback
- Attendance and work at a sporting event with feedback from clients and tutor feedback
- Formal internal Assessment of soft tissue techniques and Postural Analysis
- End of year external Theory and Practical Examinations
- *NB: If a student does not pass any of their SCMT internal assessment they will be charged £45 for each resit.*

For successful completion of this course:

- **Attendance** - the course duration is 27 days for MTI graduates, and a possible 30 days for none-MTI. If you miss a day, you will need to state how you intend to catch up. The maximum number of contact teaching days allowable to miss is 3. After this a crucial catch up programme will be created and comes at an additional cost. Depending on circumstances entry to exam and course completion may be postponed/deferred.
- **Payment in full** (we may withhold your diploma if your course fee isn't settled by the end of the course).
- Completion of all **homework** and **assignments**.
- **Massage Journal** - 60 hours (min) of massage practice of which 6 clients must receive 5 treatments.
- **Client case study** - of the 60 hours 6 sessions must be with one client to form the client study.
- **Reflective Practice** - this will be evidenced as part of the massage journal or as a separate journal.
- **2 Supervised Practice days** - informal assessment and feedback of working with unknown clients, sessions can be used for massage journal
- **Clinic Practice** - evidence of working with 3 clients unknown to student in a clinic practice setting. One session to be used for Postural Analysis assessments. Sessions not to be used for massage journal.
- **Event attendance** - one-day attendance to a sporting event

- **Injury File** - not formally assessed but looked over mid-way through course and checked at end of course.

Set books –

- Trail Guide to the body – Andrew Biel
- Advanced Remedial Massage and Soft Tissue Therapy – Mel Cash
- Relating to Clients - Su Fox

HSRM Student Learning Agreement

SCMT reserve the right to refuse enrolment if an applicant is deemed unsuitable for the course.

SCMT reserve the right to ask a student to leave at any stage: if they prove in any way unsuitable for the course.

Students are required to attend all classes punctually.

If a student's attendance falls below 3 days extra tuition will be necessary at the students own expense over and above the course fee at a cost of £35 per hour.

SCMT reserve the right to change the dates and venue of any class or substitute a guest tutor should unforeseen circumstances occur, although this will be avoided as far as possible.

No one else, unless invited by **SCMT** other than the students may attend the course.

*All course fees must be paid and **SCMT** may withhold your diploma if your course fee isn't settled by the end of the course.*

Any student withdrawing after commencement of the training will be liable for the total fee. **It is therefore essential that you intend to complete the course before enrolling.**

Students are expected to act in a compassionate, ethical and responsible way whilst on the course or engaged in any related way.

Students are expected to take responsibility to communicate with tutors, any difficulties or personal issues encountered during the training which may affect their attendance or ability to undertake any aspect of the course. In

doing so, the student can expect to be treated in a compassionate and ethical way.

Students are expected to have public liability Insurance at commencement of training.

If you have any concerns about your experience on the course or if you have cause for complaint, in the first instance please take this up with your course tutor. If you are unsatisfied with the outcome of this initial process please contact the SCMT principal, Vicky Gaughan.

Students should agree in full to the learning agreement before registration

✂ -----

I, (name in full).....understand and agree to the SCMT HSRM learning agreement

Sign.....

Application Form—print off or request a word document to complete on your computer

Name.....**DOB**.....

*The process of filling in this form will help you focus your thoughts about the reasons why you are applying for the **Diploma in Therapeutic Sports & Remedial Massage** and it will give us information about your experience prior to undertaking the course.*

Why are you interested in training in Sports and Remedial Massage?

What is your understanding of the term Holistic?

Date of first qualification in Massage:
(state AP&P level):

Name of qualification:

Qualifications in Massage Therapy - list courses you have attended since qualifying:

Previous academic and vocational qualifications:

At the commencement of the course you are applying for will you be undertaking any other training/courses?

What strategies do you have for taking care for yourself?

Have you suffered any major illness, injuries, loss or trauma in recent years?

Do you have any learning difficulties (e.g. dyslexia or dyspraxia)?

Do you have a disability or impairment?

What qualities do you bring to the course?

Describe your massage therapy work to date (e.g. Do you work in a clinic, at home? sports centre? elsewhere? how many clients do you see per week?).

What are your aspirations for yourself after gaining a diploma in Sports & Remedial Massage?

Important: Data Protection Act (1998).

This form contains 'personal' data as defined by the Data Protection Act 1998. It has been supplied to SCMT exclusively for the purpose of recruitment of the applied for training. SCMT will protect the information provided and ensure that it is not passed to anyone who is not authorised to see it.

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