

Sheffield Centre for Massage Training

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Course booklet for Fridays January 2020 - January 2021



Diploma in Holistic Massage Friday every two weeks starting 17th January 2020

Details about the course

The Sheffield Centre for Massage Training one year Diploma Course offers the student a high standard of professional training incomparable to other trainings in the North. During the course there is a mixture of practical and academic work it is therefore essential that the student has adequate spoken and written English (ESOL level 3). The individual interested in massage will find this course stimulating, satisfying and challenging as we journey through all myriad aspects of this exciting way of working with people. There will be a process of **self, peer** and **facilitator** assessment throughout the training. This will be particularly relevant in the last phase when we focus on the student as practitioner. There will be **Massage Training Institute (MTI)** practical and written exams in the final phase of this programme. Graduates of SCMT are eligible for public liability insurance and may also join the **Massage Training Institute (MTI)** practitioner register and attend the annual conference at student rate.

When **you** graduate from Sheffield Centre for Massage Training **you** will be able to give a massage to suit your client's needs. **You** will be able to choose from a large range of approaches at **your** fingertips – literally. **You** will be able to work with deep tissue techniques, working into muscles and mobilizing joints to ease stiffness. **You** will be able to lengthen and relax muscles, increase circulation and therefore nourish muscles. Using a variety of techniques **you** will be able to work on tight, stringy areas that may have been brought about by overuse or incorrect posture. At the other end of this spectrum **you** will be able to apply overall relaxing approaches, which work on the nervous system, calming and bringing about a deep relaxed state by using gentle yet powerful techniques. **You** will be able to guide your client into linking breathing to **your** strokes and therefore involving **your** client in their own healing and **you** will also be able to work with simple visualisation and subtle energy techniques. It is because of this range that **you** are able to tailor the massage to **your** client.

A course tailored to your needs

This course will run over one year and will involve **28 Friday's** 10am – 5pm starting **Friday 17th January 2020**. Every other week, on a Friday, you'll have a day of training (towards the end of the course timings may vary). How you organise your home massage practice and written homework time is entirely up to you and can fit in with your lifestyle. Please ask us about the time commitment outside the training. **There are three dates in 2021, 22nd January 10am – 1.30pm for the final written exam, 26th February 90 mins in total, times to be arranged for final practical assessment and 5th March for course ending celebration.**

Equal Opportunities Statement

The Sheffield Centre for Massage Training is committed to equal opportunities. The course is open to all women and men, irrespective of age, religion/creed or size. We welcome applications from individuals from B&ME and people from the LGBT community. People with Disabilities are encouraged to contact the SCMT to discuss

their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

Student Learning Agreement

On registering for the course you will be asked to sign that you fully agree to follow the principles below:

- Students are required to attend all classes punctually. If a student's attendance falls below 85% extra tuition will be necessary to complete the course at the students own expense over and above the course fee.
- **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.
- **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 fees must be paid. Any student withdrawing after commencement of the training will be liable for the total fee. **It is therefore essential that students 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 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 must agree to the MTI Code of Ethics for registered student practitioners – see page 12.
- Students are expected to take out Student Insurance for the duration of the training. Please ask for details at the start of the course.
- Students should agree in full to the learning agreement before registration and can expect to have their registration terminated if they do not abide by any of the above.

About SCMT

Sheffield Centre for Massage Training was established in 1995 as the Sheffield School of Massage (SSOM). It continued to develop and over the years has become committed to a person centred approach to the work both in teaching and working with members of the public. SCMT offers Workshops, short courses and professional training in massage and has developed a bespoke professional course for Muslim women.

The Diploma in Holistic Massage uses the Massage Training Institute (MTI) examining body, see www.massagetraining.co.uk for further details. SCMT is affiliated to the Complementary and Natural Healthcare Council (CNHC) see www.cnhc.org.uk and as such keeps students informed of current regulations and policies for Massage Therapy & the protection of the public.

Books

Course Books: **Anatomy, Physiology and Pathology for the Massage Therapist**

Darien Pritchard & Su Fox

The Massage Therapist's Pocketbook of Pathology

Su Fox

The course books are on sale in the library, please ask for details.

Students may also be interested in the following titles:

Touching: The Human Significance of Skin

Ashley Montague

Touched by the Goddess: The Physical, Psychological and Spiritual Powers of Bodywork

Deane Juhan

Bodymind

Ken Dychtwald

Reichian Growth Work: Melting the blocks to life and love

Nick Totton & Em Edmondson

The Muscle Book

Paul Blakely

Relating to Clients: The Therapeutic Relationship for Complementary Therapists

Su Fox

SCMT has a small library of massage and related topics.

Fees Policy

Payment in full or payments by instalments at 2% interest are acceptable. Profits of the school are primarily used in improving its education facilities for its students benefit.
SCMT can withhold the qualifying diploma if fees are outstanding.

Interviews & Open Evenings

This course is suitable for those with some prior experience of massage. Applicants should attend an introductory workshop or a taster day with a recognised trainer or have relevant insight into the work. Applications will be considered by individuals who consider they have prior insight or knowledge however an informal one to one interview will be required. The interview is for the benefit of both parties, it is an informal meeting to discuss and clarify any queries you may have. The interviews take place at a mutually agreed time. There are several free open evenings during the year and some people prefer to attend in a group to help them gain the most information about the course.

Financial Investment

Within 14 days of acceptance you will be required to pay a non-returnable deposit of 25% of the course fee to secure your place.

Fees & Registration for the Diploma Course starting 17th January 2020 are £2130. £2050 with early bird discount. Please enquire to admin@massage-training.co.uk if you wish to pay by monthly instalments after 25% deposit is received. You may gain an early bird discount of £80 if you have registered & paid your deposit by 10th November 2020 *(a further £50 reduction can be gained by attending a Beginners Course prior to commencement of this diploma course).*

Fees for the MTL practical and theoretical examinations are included in your course fees.

Please discuss with your tutor what other costs you may be likely to incur over and above the course fees.

Health & Wellbeing warning: This course will seriously improve your life. It will however, impact your life and make demands on your time. Make sure you take this into consideration and look forward to an enjoyable training.

Holistic Therapeutic Massage Diploma FAQ

Frequently Asked Questions (FAQ)

Q. I haven't done any massage before, what is the next step?

A. It is recommended that you do an Introductory Massage Weekend or Taster Day. The Diploma course requires great commitment; therefore it's a good idea to have a taster to find out if it's really for you.

Q. What is the difference between Massage and Aromatherapy?

A. Although there are some similarities i.e. they borrow from each other, these therapies have completely different rationales. Massage uses a large range of body work techniques to relax, lengthen and nourish muscles, joint mobilisation to ease stiffness and various approaches to assist body awareness. The Massage Therapist is primarily interested in the therapeutic properties of massage and its effects. Aromatherapy is primarily interested in the therapeutic effects of essential oils. Essential oils are said to have different properties and by using different approaches e.g. baths, compresses or massage the oils will be absorbed into the body bringing about an improvement of certain conditions. Some massage therapists use essential oils and frequently you find that aroma therapists use massage.

Q. I have done a short course in massage can I do your Massage Training?

A. Yes, but we would need to meet and have a chat to make sure you understand what is involved in this training.

Q. What kind of people will I meet on this course?

A. A diverse group of people, different ages, size and shapes, men and women from different backgrounds. The training group will have approximately 14 students.

Q. What homework will there be?

A. Getting to practice on friends and family is essential; you need to complete a practice journal recording at least 40 hours given massage and 10 hours received. There are AP&P homework projects to complete and group presentations to prepare.

Q. How will I pay for the course?

A. Some people pay for the course in one lump sum, some pay 3 instalments 1 per term and some people pay in 12 monthly instalments. Please confirm how you would like to pay for the course.

Q. Do I have to have a massage table?

A. During your training the SCMT has enough massage tables to go round however at some point you will want to invest in a massage table and SCMT has details of many different kinds.

Massage Training Institute – The Difference That Makes the Difference!

General/Overall

- MTI develops students to be professional practitioners who can work with a range of people and give massage that really attends to their wants and needs.
- If you want to be taught a sequence of strokes to perform on a body – this is not the training for you!
- At the core of your training with MTI is the recognition that we do massage WITH whole, individual people and not TO bodies or their parts.

Course/Training Duration

- MTI provides a training that is a process over a period of time to enable students to mature/develop and become professional and confident.
- Courses include wide-ranging content and teaching styles e.g. communication skills, experiential exercises, practical demos, self-directed learning, placements.
- Time between supervised teaching sessions allows for practice, development and integration – making the learning from the last session your own and getting confident and competent with it before moving on to (add) more.
- Minimum attendance requirement is 85%.
- We believe learning to do “good” massage with people takes time and practice... we do not offer intensive courses.
- We offer introductory trainings & taster days, which teach all the basics and may be suitable if you want to massage family and friends rather than pursue a professional path/career
- Graduates report feeling well prepared to start their own professional practice.

Practical Exam

- The way in which the massage is done is as important as the technical skills i.e. a person-centred approach and characteristic of this is:
 - Compassion and awareness
 - Aware of self as well as client
 - Tone of voice, body language, atmosphere
- Clinical practice with real clients during training prepares students well for the practical assessment.
- The practical assessment is as close to ‘real life’ as a professional session is possible, i.e. a professional setting – a private space with an unknown

client (allocated by the training provider) observed one-to-one throughout by an external examiner. There is an emphasis on:

- Centred and professional manner
- Communication, relationship and rapport with client
- Taking a full case history
- Negotiating and delivering/giving an appropriate and individual tailored massage... both in content and style: attentive, sensitive and adapting to the client and their needs and seeking and responding to their feedback.
- Sensitive and safe body and hand use
- Appropriate after-care suggestions
- Students’ course work, client case histories etc. also form part of the practical assessment by the external examiner. Emphasis on existence of:
 - Reflective practice
 - Ability to work with and develop strengths and weaknesses
 - Range of clientele worked with
 - Massage received reflected on
- Immediate verbal and written feedback
- We make no apologies for this being a ‘rite of passage’, students have said, “if I can do that when I’m nervous, being watched and scrutinised one-to one, I can work with any client who walks through my door”

Theory Exam

- ❑ A written paper requiring short answers (35 short answers, 20 labels) and longer essay style answers (3 out of choice of 6). The emphasis is on knowledge specifically relevant to massage as applied in practice e.g. rationale behind contraindications, effects of different massage strokes.
- ❑ Tests students' understanding and ability to apply knowledge to client's needs e.g. the use of knowledge in treatment planning.
- ❑ Pass mark is 65%

Personal Development

- ❑ Central to the MTI approach is work on your own personal development and self-awareness.
- ❑ The person-centred approach of MTI is not just for the client, but also for the student / practitioner.

- ❑ Although often a treat and luxurious we see massage can cover the spectrum from rewarding indulgence through healing encounter to intimate therapy.

We Are All People

- ❑ MTI graduates are human and deliver a person centred approach.
- ❑ MTI graduates convey a positive attitude to working intimately with touch, respecting the whole person:
 - Their physical body
 - Their innate spirit
 - Their rights, needs and choices.

Care and Use of Your Own Body

- ❑ Emphasis on looking after the student practitioners own body when working doing massage. Particularly:
 - how we protect and avoid overuse of our hands and joints.
 - using movement and body weight effectively.
- ❑ MTI train people for (potentially) long careers as body workers / massage practitioners.
- ❑ MTI graduates stand out e.g. One graduate on a course was asked, 'where did you train, you move so well around the table – who taught you to do that?'

Post-Graduate

- ❑ Provision of good and varied CPD courses and info particularly through In Touch magazine (MTI publication).
- ❑ Welcomes graduate involvement and contribution to the magazine.

Essence

Why Train With MTI?

- ❑ MTI graduates have their own style.
"That was like no other massage I've received"

- ❑ MTI graduates feel ready for professional careers.
"I loved designing my own business card & leaflet"

- MTI Graduates get noticed.

“Where did you train, you have such a good range?”

MTI is built on the strong foundation of compassion and awareness and a recognition that we are all people, whether student, graduate, tutor or client.

CODE OF ETHICS FOR REGISTERED STUDENT PRACTITIONERS

Student to sign and return with the registration form.

1. INTRODUCTION

The Massage Training Institute (MTI) is committed to ensuring that the highest standards of teaching and practice are maintained at all times.

2. THE STUDENT’S RESPONSIBILITY TO THE PROFESSION AND COLLEAGUES

2.1 Students must ensure they are competent to give massage in the best interests of the client. If this is not possible, through ill health - mentally or physically - the student should refrain from practising.

2.2 Students should be aware of their limitations and seek advice from their tutor where necessary.

2.3 Students should not make any kind of medical diagnosis of or prescribe treatment for a client unless qualified to do so.

Students should ensure that clients are aware of the complementary nature of the treatment and advise them to seek medical help wherever appropriate.

Students must be aware of contra-indications to massage and have a responsibility to ask clients about any medical treatment and medication, and to be able to consult the GP, if appropriate.

2.4 Students must not make any claims to cure.

2.5 Students should be aware of the laws prohibiting complementary therapists from treating certain medical conditions. It is an offence to massage a woman in childbirth, or for ten days thereafter, without the consent of a medical practitioner.

2.6 Students must comply with their school's student learning contract.

3. PROFESSIONAL CONDUCT

3.1 Students should be mindful of the responsibility they have to their fellow students

and clients; shall not abuse the trust placed in them and shall at all times act with integrity.

- 3.2 Students must ensure that confidentiality is maintained. Consent of the client must be obtained, if any information is disclosed, except in the case of professional supervision or when the law requires this.
- 3.3 Students must not engage in sexual activity with their client.
- 3.4 In the case of a client under the age of 16 years, the parent must be in the room when the child is being massaged. See also Section 13.1 'Working with children'.
- 3.5 Students shall have respect for the religious, political and social views of any individual irrespective of race, colour, creed, sex or sexual orientation.
- 3.6 Students shall at all times maintain high standards of hygiene, both personal and in the learning and work environment.
- 3.7 Students must not allow inappropriate feelings or behaviour to intrude with fellow students or clients,
- 3.8 Students must respect and demonstrate boundaries around appropriate touch, undressing and draping.
- 3.9 Students should demonstrate the appropriate personal qualities expected of a massage practitioner during the course.

4. DISCIPLINE AND COMPLAINTS

- 4.1 Students shall agree to observe this code of practice and agree to be bound by any disciplinary action that it may be necessary for MTI to take against them, by signing the declaration below.



I, (block capitals) agree to observe the Massage Training Institute's Code of Ethics for Registered Student Practitioners and agree to be bound by any decision taken by MTI by way of disciplinary action, should this be necessary.

Dated.....Signed.....