



Dynamic On-Site Chair Massage

Course Prospectus



2012

The Back Rub Team

The team consists of four therapists who are all qualified, experienced and successful practitioners.

Suzanne Bugano – has been a successful complementary therapist for 10 years now and qualified in many therapies including; On-Site Chair Massage, Reflexology, Massage, Remedial Massage, MLD, Aromatherapy, Nutrition and is a Reiki Master. She has a successful private client list and also works from several clinics and corporate venues around Cornwall. Suzanne is resident therapist at several large country establishments where she provides a variety of complementary therapies to the guests. She is also qualified to teach and has a Certificate in Education.

Anne Browne - was the owner and manager of Charlestown Natural Health Centre, a clinic for complementary and alternative therapies, which she opened in 2002. Charlestown was mid Cornwall's leading CAM Clinic and had 15 therapists practicing from the delightful harbour side clinic. Anne is a practitioner herself specialising in Reflexology since qualifying in 1998, with particular interest in womens health and maternity reflexology. She also practices On-Site Chair Massage, Indian Head Massage, Ear Candling and Body Massage. Holding a C&G Certificate in Further and Adult Teaching Anne has taught VTCT Reflexology and Anatomy and Physiology at FE College and has run introductory courses in Reflexology and Indian Head Massage at CNHC for many years. She is a full member of Association of Reflexologists and holds current certificate in emergency First Aid.

Jill Greenacre - Jill trained intensively as a Shiatsu practitioner over the course of eleven years with Bill Palmer of the School of Experimental Education. She has also trained with the British School of Shiatsu with Clifford Andrews (The Shiatsu College, Norwich), Michael Rose, Rex LaSalle and the European School of Oriental Therapy and Movement. Over the past 29 years she has been the resident Shiatsu therapist at TVAM and the Actors Centre, a member of the Walk in Backrub in Covent Garden, London, and has a loyal and ongoing private clientele. As an extension to her considerable range of skills, Jill is now qualified in **Equine Shiatsu** (horses being another of Jill's passions!)

Antonia Eden – has been a complementary therapist for over 10 years now. She is qualified and highly experienced in On-Site Chair Massage, Reflexology, Holistic Massage, Remedial Massage and Thai Leg and Foot Massage. She is also a qualified First Aider. As well as managing a successful private client list, Antonia has been resident therapist at Channel Four and The Eden Project. She is a qualified teacher and has a Certificate in Education having taught on the Foundation Degree in Complementary Therapies in Camborne, Cornwall. Antonia is area Group Leader for the Association of Reflexologists.

Course Description

The Dynamic On-Site chair Massage course is for qualified body-work practitioners. It is a Post Graduate Qualification. On completion you will receive a C1208 Certificate in Dynamic On-Site Massage which gives you 17 Post Graduate Qualification Credits

Students will learn a unique form of seated massage using a combination of disciplines which include Massage, Shiatsu, Reflexology and Reiki.

The course is mainly a practical, hands on course taught over 2 days. Students will then be expected to complete 30 practical and written case studies in their own time before returning for a half day assessment.

The assessment will consist of an observed 15 minute treatment on a tutor, incorporating all that you have learnt both practically and verbally.

The Course runs for 2 ½ days. The cost of the course is £180. To secure a place a deposit of £50 is required.

Learning Outcomes

By the end of this course **all** students will be able to:

- Successfully provide a 15 minute dynamic seated massage
- Adapt routine to provide shorter or longer treatments
- Provide an appropriate massage for each client
- Use the correct posture and body weight to prevent injury
- Understand working with healing energy
- Use specific techniques for seated massage, joint mobilisation and stretching
- Use basic shiatsu massage techniques and theories
- Work with pressure points
- Understand basic reflexology points on the hands
- Provide clients with individual aftercare

Course Syllabus

Day 1

- Overview
- Introduction
- Demo
- Coffee break
- Setting up of chair
- Ice breaker energy work
- LUNCH
- Posture of therapist – exercises – breathing
- Techniques used
- Beginning of treatment
- Tutor lead step by step routine & swap

Day 2

- Disclaimers, consultations, contraindications
- Run through routine – probs/feedback from yesterday
- One half of group do routine
- COFFEE
- 2nd half of group do routine
- Questions & answers
- LUNCH
- Adaptations, individual/timing
- Feedback, guidance, support
- Work on tutor
- Work on peers

Assessment after 2 day course within one month

- 30 completed practical and written case studies – to be assessed
- Observed assessment - 15 minute sequence on tutor
- Verbal mini assessment on contra-indications and after care advice

What is provided?

- On successful completion of the course students will receive a certificate in Dynamic On-Site Chair Massage
- Handouts of supporting information and documentation
- Training material
- Qualified and experienced tuition
- Use of on-site massage chair
- All tuition and assessments (no hidden costs)
- Working opportunities with The Back-Rub Team

Further Development

On successful completion of this course you will be able to expand your current practice with your new found skills.

There is also the potential of work with The Back Rub Team at various events, festivals and corporate workplaces. Please inform us of your interest by filling in your pre-requisite check list at the back of this prospectus



Pre-Requisite Check List

Name:	
Address:	
Telephone:	
Mobile:	
Email:	
Recognised Qualification in Body work (massage, shiatsu etc)	<input type="checkbox"/>
Recognised Qualification in Anatomy & Physiology	<input type="checkbox"/>
First Aid Certificate	<input type="checkbox"/>
Insurance to practice	<input type="checkbox"/>
Experience as a therapist (recommended 3 years)	<input type="checkbox"/>
Understanding & knowledge of working holistically	<input type="checkbox"/>
Understanding & knowledge of energy work	<input type="checkbox"/>
Would you be interested in working for The Back Rub Team?	<input type="checkbox"/>
I understand that the total cost of the course is £180. To secure a place a deposit of £50 is required	
Signature:	

If you wish to reserve a place on this course please fill in this form and return with your £50 deposit (Payable to the Back Rub Team) The Back-Rub Team, 4 Place View, Fowey, PL23 1BJ

Contact Details

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