



Dynamic On-Site Chair Massage

Course Prospectus 2019

The Back Rub Team

The team consists of three therapists who are all qualified, experienced and successful practitioners:

Suzanne Bugano.

Suzanne has been a successful Complimentary Therapist since 2000, and is qualified in many therapies including on-site Chair Massage, Reflexology, Massage, Remedial Massage, Manual Lymphatic Drainage (Basic, Level 1,2,3)Aromatherapy, Energetic Stomach Massage, Thai Massage, Thaivedic Massage, Hot Stone Massage, Indian Head Massage, Swedish massage, Holistic Massage, Hopi Ear Candles. She is also a Reiki master and Healer. Suzanne has a large private client list that spans the UK, South of France, Turkey and Thailand. She is qualified to teach and runs training programmes and workshops both in the UK and Thailand where she can be found in the winter months, she also holds a 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!)

Suzanne Roland-Jones

Suzanne has training in a variety of body-work and energy work therapies over the years and has been involved for almost 30 years in the healing fields, as well as being highly experienced in Dynamic On-Site Chair Massage. She has also worked as a Shamanic Practitioner and Shamanic Counsellor for the past 15 years with a small practice based in Cornwall.

Course Description

The Dynamic On-Site Chair Massage course is for qualified body-work practitioners. On completion you will receive a Certificate in Dynamic On-Site Massage from The back Rub Team which will allow you to add this method to your massage practice and gain insurance cover.

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 1/2 days. The cost of the course is £250. 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 –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
- • 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





If you wish to apply for a place on our next training, please complete the application form as detailed below and return with your £50 deposit (Cheque payable to The Back Rub Team) to:

The Back Rub Team

Ivy Cottage

Porthpean

St Austell

PL26 6AY

Contact Details:

Jill Greenacre

07974 828 006

www.back-rub.co.uk

enquires@back-rub.co.uk

The Back Rub Team

Application Form

Name:
Address:
Telephone:
Mobile:
Email:
I understand that the total cost of this course is £250. To secure a place a deposit of £50 is required
Signature:
Date:

Please provide the following information and attach to your application form:

- Details of your recognised qualifications in Body Work
- Details of your recognised qualification in Anatomy & Physiology
- Copy of current First Aid certification
- Copy of current insurance policy
- Details of your experience as a therapist (minimum 3 years required)
- Your understanding & knowledge of working holistically
- Your understanding & knowledge of energy work
- Would you be interested in working for The Back-Rub Team?

