

# Holistic & Therapeutic Massage Diploma

## *Course Prospectus*



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## Course Dates & Fees

The practical element of the Holistic & Therapeutic Massage Diploma is taught either on a Wednesday morning at our Parker Street Therapy Rooms or on a Thursday evening at the Coach House in Headington Quarry. A detailed copy of the course outline with specific dates and times can be found on our website.

The Wednesday class runs from 10.00am to 1.00pm and the Thursday class 7.30pm to 10.30pm.

Course fees are £1950 and include:

- Student insurance for the first 12 months of the course
- Course text books and additional learning material
- ITEC Diploma in Holistic Massage
- Access to the OSM student intranet
- Complete set of massage towels, sheets and polo shirt
- Emergency First Aid at Work certificate

A deposit of £195 is required to secure your place on the first year of the course, the remainder can be paid in a further 9 monthly instalments of £195.

## **Course Overview**

Our holistic approach to teaching means that equal attention is paid to both the giver and receiver of a massage. We do not teach a series of sterile routines that treat everyone in the same way. At all times the receiver is a whole person, not a collection of components in need of 'repair'. Students are taught how to look after themselves so the treatment can give great benefit to both giver and receiver. There is an emphasis on movement and rhythm, which leaves the giver feeling energised and the receiver with a great sense of relaxation and well being.

The course has a very vibrant approach, giving a sense of depth and richness that is found on very few courses in massage. This is combined with the dynamics and energy of a team of tutors and staff with a variety of skills and background.

It is the aim of the Oxford School of Massage (OSM) to extend massage into everyday life. The healing capacities of massage can help those with special needs such as MS (multiple sclerosis), cancer patients, arthritis sufferers or can be used as a simple and effective means of reducing the ever increasing burden of stress in our modern lifestyles. Most businesses now use masseurs in the workplace, relieving tiredness and strain allowing people to then work more efficiently.

Many people take the OSM course to complement their work in the caring professions, such as nurses, people working in the hospices and with the physically handicapped and those with learning disabilities. Others choose to work for themselves at home, in one of the many clinics now offering massage or in one of the many businesses that now offer massage treatments to their employees.

## **Course Modules**

- Holistic Massage Practical
- Holistic Massage Theory
- Anatomy & Physiology
- Professional Conduct & Business Awareness
- Case Studies
- Clinical Practice
- First Aid Training
- Therapy Sessions

### **Holistic & Therapeutic Massage**

Our holistic approach to teaching means that equal attention is paid to both the giver and receiver of a massage. We do not teach a series of sterile routines that treat everyone in the same way. At all times the receiver is a whole person, not a collection of components in need of 'repair'. Students are taught how to look after themselves so the treatment can give great benefit to both giver and receiver. There is an emphasis on movement and rhythm, which leaves the giver feeling energised and the receiver with a great sense of relaxation and well being.

The module has a very vibrant approach, giving a sense of depth and richness that is found on very few courses in massage. This is combined with the dynamics and energy of a team of tutors and staff with a variety of skills and background.

Our syllabus fully complies with the core curriculum as set out by the General Council for Massage Therapies (GCMT), the regulatory body established to make sure that students receive the quality of training necessary to meet the standards required to set themselves up as professional therapists and the International Therapies Examination Council (ITEC). Full details of the assessment criteria and schemes of work can be found on our website.

Supervised or contact education and training amounts to 160 hours spread over approximately 18 months of the course. Topics covered include:

- The holistic approach, including an understanding of how environmental factors, diet & nutrition, emotional and spiritual factors influence our health.
- Stress & its many ramifications and effects on the body and mind.
- Self-care and personal growth & development; getting to know one's own body & recognizing areas which need attention.
- Full range of practical massage techniques for all body areas; client care; good body use.
- Case studies; client handling; listening skills; taking a case history.
- Assessing and recording treatments; aftercare; reactions to treatment; the healing crisis.
- Contraindications to massage; when to seek GP advice; when to suggest other alternative treatments.
- Understanding of other complementary therapies.

## **Anatomy & Physiology**

This module is run on a self study assignment basis, approximately 5-6 hours of home study per week, utilising our student intranet to support your learning experience. There will also be a tutor available for you to contact and discuss and questions you may have throughout the duration of the course. Consisting of 15 modules covering all major systems of the body and their malfunctions, and how they are all integrated to create a balanced internal state, the course offers an excellent grounding in Anatomy & Physiology for all future therapists. On successful completion of the multiple choice exam paper the ITEC International Level 3 Anatomy & Physiology Diploma is awarded.

## **Professional Conduct & Business Awareness**

Areas covered in this ITEC module include:

- Legislation – legal requirements, taxation, insurance
- Management – good management practice
- Health & Safety – good hygiene practice, infections, fire regulations, first aid in the workplace
- Producing a business plan – getting started, types of business, costing
- Ethics – codes of conduct, confidentiality, ethical practice
- Professionalism – record keeping
- Marketing – 4Ps, word of mouth, internet, leafleting, discounting

## **Case Studies**

Students are also required to complete 36 case study treatments. 16 of which take place during the course. The final 20, comprising of 4 treatments on 5 different clients, are externally assessed once all other elements of the course have been completed. The case studies will need to reflect the student's growth as a therapist and show thoughtfulness and concern for their client throughout.

Extensive support and help is given while completing these. It is valuable experience for students to work in a continuing, real, situation with clients of different types and with different concerns. To achieve this end students can undertake their external case studies at the Oxford School of Massage Clinic where their treatments will be supervised by a school tutor. Students will be charged £25 per session for this supervision.

## **Clinical Practice**

On completion of their case studies, students can undergo 60 hours of supervised clinical practice in the Oxford School of Massage Clinic. Students will receive £20 per session for their work and on completion of their clinical hours will be awarded a Masters Diploma in Holistic & Therapeutic Massage.

### **First Aid Training**

Each student will be expected to attend a one day Emergency First Aid at Work course the cost of which is included in the course fees.

### **Therapy Sessions**

Understanding what it is like to receive massage is an important part of the course, therefore students are encouraged to receive four treatments from qualified graduates of the Oxford School of Massage and must pay for these treatments themselves.

### **About OSM**

The Oxford School of Massage provides individually tailor made quality training courses which recognise the importance of the link between the physical body, the mind and the emotions in delivering a truly holistic client based massage treatment.

Established in 1988 as a centre of excellence for massage training, we pride ourselves in being able to offer small classes in a friendly and caring environment. We offer a high level of personal attention to all of our students in the pursuit of combining the technical skills needed for massage with the sensitivity and awareness of the subtle aspects of healing work.

In addition to running our Holistic & Therapeutic Massage Diploma we also offer in association with Soul Energy a wide range of Continuing Professional Development Workshops.

Graduates of the Oxford School of Massage are eligible to register with the Complementary Therapists Association (CthA).

## **Our Tutors**

### **Victoria Bond**

Vicky qualified in 2015, gaining both her in-house diploma from OSM and also a Level 3 ITEC qualification in Holistic Massage. A strong advocate of the schools philosophy and values she developed an interest in teaching after qualifying and joined OSM as a Teaching Assistant before going on to lead her own classes. Vicky also regularly volunteers as a Massage Therapist at a local cancer support centre, here she provides treatments to help try and improve the physiological and emotional well-being of the guests who attend. In addition to each of the mentioned roles she also works with disabled children and young people with complex health needs and Autistic Spectrum conditions.



### **Mark Higgins**

Mark qualified with the Oxford School of Massage in 1988, before going on to the West London School of Therapeutic Massage to take further courses in Aromatherapy and Sports Massage. He started teaching at OSM in 1990, and took over as the principal of the school in 2008. As well as his role as principal of the school he owns and runs the Oxford franchise of Neal's Yard Remedies.



### **Sarah Toplis**

Sarah qualified with the Oxford School of Massage in 2009 with a distinction. She has since set up her own practice in Abingdon which is proving to be very successful with both private clients and the corporate sector. Sarah previously worked in Training and Development for 15 years and has an extremely strong background in facilitating the learning experience, making it appropriate and fun for those involved. She discovered a love for Anatomy and Physiology whilst undertaking her own diploma and has joined Oxford School of Massage to share her passion for the topic. Sarah has also completed courses in Advanced Facilitation & Training Skills, Counselling and Presentation Skills.





## **Course Venue**

The Wednesday class takes place at our Parker Street Therapy Rooms and the Thursday class at the Coach House in Headington Quarry. Directions to each of the venues can be found on our website.

## **Additional Student Costs**

Course fees cover core text books, all teaching materials, sheets and towels, student insurance and massage oil in class.

Students will also be required to purchase other books on the reading list and massage oil for use outside of the classroom. Students will also need access to a massage table which can be hired from the school at a cost of £5.00 per week. Students may wish to purchase their own tables and details of specifications will be given in the first class.

As part of the course students are required to receive four massage treatments from graduates of the Oxford School of Massage and must pay for these treatments themselves.

Students will be charged £25 per session to undertake their external case studies in Oxford School of Massage Clinic. This is to cover the cost of employing a supervising tutor and hire of a treatment room.

These costs are redeemed later in the course when students can undertake their clinical hours in the Oxford School of Massage Clinic.

## **Insurance**

It is a requirement that all students are adequately insured to practice massage and aromatherapy for the duration of the course and for their case studies. Student insurance can be obtained at a discounted rate through the Oxford School of Massage.

## **Frequently Asked Questions**

A detailed list of frequently asked questions about our Holistic & Therapeutic Massage Diploma is available on our website.



## Recommended Reading List

An Introductory Guide to Massage and An Introductory Guide to Anatomy & Physiology both by **Louise Tucker** are included in your course fees.

To back up your studies you could consider purchasing some of the following books:

Body Massage for Holistic Therapists by **Francesca Gould**

Holistic Guide to Massage by **Tina Parsons**

Body Massage: Therapy Basics by **Mo Rosser**

Anatomy Coloring Workbook by **Wynn Kapit & Lawrence M. Elson**

Trail Guide to the Body by **Andrew Biel**

Anatomy & Physiology for Holistic Therapists by **Francesca Gould**

Business & Professional Skills for Massage Therapists by **Sandy Fritz**

An Introductory Guide to Business by **John Mann**

## Contact Details

If you have any specific questions not answered here please feel to contact us by one of the methods below:

Oxford School of Massage, 25 Parker Street, Oxford OX4 1TD

Website: [www.oxfordschoolofmassage.com](http://www.oxfordschoolofmassage.com)

Facebook: [www.facebook.com/oxfordschoolofmassage](http://www.facebook.com/oxfordschoolofmassage)

Twitter: <https://twitter.com/oxschoolmassage>

Email: [enquiries@oxfordschoolofmassage.com](mailto:enquiries@oxfordschoolofmassage.com)

Telephone: 07714-464577