



**THE MTI DIPLOMA COURSE IN HOLISTIC MASSAGE,  
ANATOMY, PHYSIOLOGY AND PATHOLOGY**

## **THE 2016 PROSPECTUS**

*The MTI professional practice diplomas are considered by  
the complementary therapy world as the  
Gold Standard in massage therapy training!*

Accredited by the



## About Hands-On Training



**Hands-on Training** is a specialist massage therapy school, founded by Earle Abrahamson and Jennie Parke Matheson, built on the principles and ethos of providing excellent teaching and an exceptional learning experience for all students.

At **Hands-on Training** we promote and support the massage practitioner by creating opportunities to develop new and different skills, and then apply these skills in real working and event situations.

**Hands-On Training** focusses on learning through doing and uses an interactive approach to engage student therapists with therapy learning and professional development.

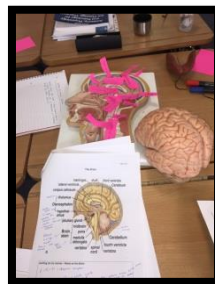
**Hands-On Training** is unique in its approach and brings wide experience into the student workplace so they can benefit from a community of practice and learning.

**Hands-On Training** is an accredited school member of the Massage Training Institute (MTI) - one of only 18 in the UK.

**Hands-On Training** offers a range of professional programmes including the Level 4 MTI accredited Diploma Course in Holistic Massage, Anatomy, Physiology and Pathology (A,P&P).

To further facilitate student development, **Hands-On Training** regularly helps provide work experience at major events as well as supporting student teacher development through its **Hands-On** learning programme.

This programme offers a mentorship opportunity to aspiring graduates who wish to consider teaching as a career option.



## About the Massage Training Institute



**The Massage Training Institute (MTI)** was founded in 1988 by a group of dedicated massage tutors. It was created due to a lack of accrediting bodies, at that time, offering a holistic approach to massage. MTI rapidly became a highly esteemed organisation built on a foundation of core values including integrity, sensitivity and creativity. The MTI's model of training and professional practice has helped influence the Complementary and Natural Healthcare Council's (CNHC) standards in the UK.

MTI prides itself on establishing an educational and practice philosophy based on teaching students a diverse range of skills and techniques that can readily be applied and adapted to individual needs, as opposed to teaching a set routine.

MTI currently has 18 accredited schools operating throughout the UK, teaching the Level 4 Diploma Course.

To maintain the MTI's high standards in professional practice, every student on the Diploma Course is assessed individually on practical & theoretical skills, and knowledge. Registered MTI practitioners are expected to maintain their professional training by attending a programme of continuing Professional Development (CPD). To assist practitioners with CPD training, the MTI has established regional support groups. Each year the MTI holds an Annual Conference, an event filled with learning, application of knowledge, networking, and personal/professional development opportunities. The 2016 Conference will be held in Cardiff on Saturday 16th April.

**MTI professional practice diplomas are considered by the complementary therapy world as the gold standard in massage training.**

Members of the MTI are eligible to register with the Complementary and Natural Health Council (CNHC) – the voluntary regulator for complementary therapy.



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## About the Level 4 Diploma in Holistic Massage Therapy

This is an 11-month part-time course delivered over 22 days (11 weekends) of intensive training, running from 23rd January to 19th November 2016. Full dates are available on the Hands-On website. The syllabus encompasses a balanced mix of theory & practice, including clinic days and a required emergency first aid course - combined with a programme of independent personal development.

### Course Objectives

By the end of the course students will have learned how to:

- Deliver a full body holistic massage treatment
- Fully assess a client for massage therapy
- Provide aftercare advice following a holistic massage therapy treatment
- Relate anatomy, physiology and pathology to massage practice
- Provide emergency first aid treatments
- Establish a massage therapy practice

### The Diploma Course Tutor led Syllabus

- 22 on-site course days, which delivers 175 “contact” hours comprising:
- 3 key Modules
  - ❖ The Principles of Massage Theory & Best Business Practice
  - ❖ The Principles of Massage Practice
  - ❖ Anatomy, Physiology & Pathology
- 2 Clinic Days
- A one-day Emergency First Aid certification course

### The Personal Development Syllabus

- To complete a fully documented minimum 40 hours of “give” massage
- To complete a fully documented minimum 10 hours of “receive” massage
- To complete a reflective learning journal, written throughout the course
- Attendance at suggested external events

As a guide, we recommend you allow approximately 5-6 hours per week, for: self-study time; homework tasks; written assignments and massage development practice.

### The Professional Portfolio

The fully documented 40 give & 10 receive massages, plus internal assessments, marked class work and tutor & peer feedback is presented in a Professional Portfolio, which is presented and evaluated at the same time as the final practical assessment.

## **The Student Commitment**

Each student is expected to:

- attend a minimum of 85% of the 22 course days
- to make up any missed time with 1+1 tutor sessions
- to complete all personal development requirements

The course culminates with a 3 hour written paper, a one hour practical assessment and the presentation of The Professional Portfolio.

## **Tutor Led Syllabus - Module 1**

### **The Principles of Massage Theory & Best Business Practice**

- The History of Massage and a Holistic approach
- Benefits of Holistic Massage
- The Massage working environment
- Massage research and using research resources
- Body use, self-awareness and practitioner posture
- Reflective practice
- Indications and contraindications to massage
- Client consultation
- Researching a range of pathologies & illnesses that may impact the massage
- Understanding a range of complementary therapies
- Communication skills
- Ethical and legal skills
- Business Planning and Development
- First Aid Training

## **Tutor Led Syllabus - Module 2**

### **The Principles of Massage Practice**

- Client assessment
- Massage techniques including: effleurage, petrissage, tapotement, passive joint mobilisation, the range of motion testing, neuromuscular reflexes & stretches and neuromuscular therapy.  
The emphasis is on exploring technique through an evidenced based practice model.
- Massage Effectiveness
- Application of Massage for different populations and conditions
- Towel techniques: oils, waxes, lubricants and supports
- Human energy fields
- Practitioner posture and body use
- Indications and contraindications to massage
- Client consultation and record keeping

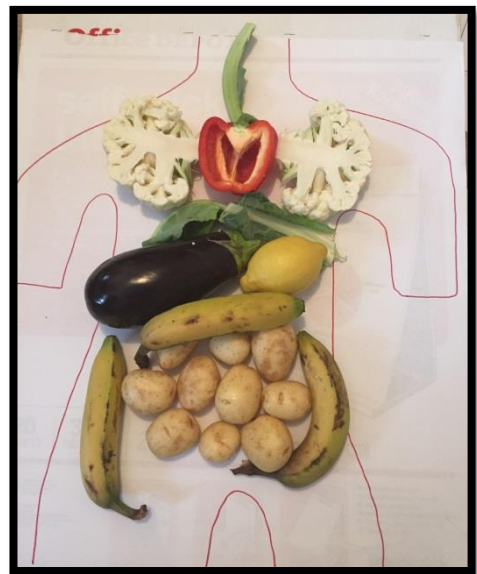


- Planning a massage treatment
- Client education
- Aftercare advice
- Interpersonal relationships
- Collation of information and pulling a treatment together
- “From Process to Product”

## Tutor Led Syllabus - Module 3

### Anatomy, Physiology and Pathology (A,P&P)

- Anatomical terms and positions
- Anatomy as a language
- Cytology and Histology – cells and tissue
- The Anatomical Systems
  - ❖ Skeletal System
  - ❖ Muscular System
  - ❖ Nervous System
  - ❖ Respiratory System
  - ❖ Integumentary System
  - ❖ Digestive System
  - ❖ Urinary System
  - ❖ Reproductive System
  - ❖ Endocrine System
  - ❖ Cardiovascular System
  - ❖ Lymphatic System
  - ❖ Immune System
- For each system students are expected to:
  - ❖ **Describe** structure
  - ❖ **Explain** function
  - ❖ **Describe** interrelationships with other systems
  - ❖ **Evaluate** the physiological effects of massage on the system
  - ❖ **Describe** common pathologies affecting the system
  - ❖ **Evaluate** and demonstrate appropriate treatment planning
- The Physiological effects of stress and relaxation on Human Health



### Clinic Days

During the course we organise two supervised clinic days, where students have their first experience being part of a busy working practice – and the opportunity to work with a variety of guest clients. All performed in a safe and supportive environment.

## **Emergency First Aid**

To practise as a therapist you must have an emergency first aid certificate. We help arrange your first training with an external first-aid trainer. Emergency First Aid certificates are valid for three years.

## **Personal Development Syllabus - 60 hours**

### **40 hours of “give” massage**

- The focus of the personal development programme is learning how to carry out a full holistic massage. How to make & confirm an appointment, ask constructive questions during your client consultation, use a variety of massage techniques to meet the needs of each client – and how to manage your time
- The 40 hours should be with a variety of clients – young, old, male, female, differing problems – finding out how you work and how best to give
- Within the 40 hours you must have at least 3 clients that you treat for a minimum of 4 sessions, noting any changes and progress throughout that time
- Each session will require a completed massage journal entry, including a personal reflective assessment of your progress and development

### **10 hours of “receive” massage**

- When learning how to give massage, receiving different types is equally as important. Exploring how you feel during each session, what you are experiencing, what the therapist is doing – and learning new techniques that you can develop
- The 10 hours should include at least 2 professional massages - 3 hours of which can be bodywork other than massage
- Each session will require a completed massage journal entry including a personal reflective assessment of your progress and development

## **The Reflective Learning Journal**

This is a focussed log of your journey through training. Your thoughts & experiences – both good & bad - influences, books, websites, contacts made - and recording your progress. This Journal is not part of the final assessment.

## **External events**

Attending external events will help provide you with a broader sense of the field you intend to work in. Live events - for example 10k runs, full & half marathons; Annual Exhibitions such as The Back Show and CamExpo; The MTI Annual Conference - and why not a dissection!

## **Study time**

You will need to set aside up to 5-6 hours per week to study massage and A,P&P. To pass the assessments you will need a comprehensive knowledge of the human body.



## What are the minimum entry criteria?

- Must be a minimum of 18 years of age
- Proficient spoken and written English
- Good verbal communication skills
- An appropriate facility with hand-based skills
- A commitment to attend all course days and complete the syllabus

## How do I enrol?

To enrol, complete the on-line application form on the HO-T website to attend a pre-course Introduction to Massage or Taster Open Day, where you will meet the tutor team, find out about what happens during the course, talk through your interests and aspirations - and take part in informal verbal and skill based assessments and a group interview. If you meet the course criteria you will be invited to enrol.

## Introduction to Massage and Taster Day Dates

- Saturday 9th & Sunday 17th January 2016
- or - ad hoc dates with the tutors by mutual agreement

## What are the Costs?

Your investment for the Diploma Course is £1,975, less £50 discount from the Introduction or Taster Day. This covers MTI student membership, all course tuition and personal development support from your tutors – but not additional tutor sessions required to make up for any missed course days. These are charged @ £30 per hour.

A non-refundable deposit of £275 secures your place on the course. If you enrol and pay in full by 24th December 2015, you are also eligible for the £100 early bird discount

## Payment options

- Option A     payment in full by the start of the course
- Option B     3 x bi-monthly payments
- Option C     6 x monthly payments

Additional costs will include the written and practical exam fees; the first aid course; student insurance; recommended reading texts; and a massage couch and accessories, including towels and oils.

## Where is the course run?

Our venue is The Education Centre at The Whittington Hospital in Highgate (Magdala Avenue, Highgate, N19 5NF), close by Archway tube on the Northern line. This purpose built facility provides the perfect backdrop for massage training and further allows our students to work with hospital personnel and clinical staff.

## How is the course assessed?

We use a range of recognised assessment techniques throughout the course to ensure all students stay on track. The final assessment is in the form of written and practical examinations, plus the presentation of the personal development portfolio, which are externally evaluated by accredited MTI assessors. The written paper pass mark is 65%.

## What Qualification will I receive when I complete the course?

The Diploma Course is specifically designed to train you for a high level professional qualification. On successful completion of all course components, including passing both exam assessments, the student will be awarded the Level 4 **MTI Diploma in Holistic Massage Therapy, Anatomy, Physiology and Pathology**.

## How can I use the Qualification?

The MTI accredited Diploma qualifies you to set up your own practice or to seek employment with established clinics. In order to practise you must have insurance. **Hands-On Training** actively supports all graduates with employment opportunities and advice on how to build and manage your business.

## What happens after the Course?

Once qualified, the Tutor Team at **Hands-On Training** are there to support you through your next steps as a working therapist. We provide supervision sessions, guidance on how to focus on and choose your CPD (Continued Professional Development) and advice on how to set up and run a business. Further CPD courses will help develop your A,P&P knowledge e.g. Muscle Energy Technique (MET) and Soft Tissue Release (STR) and workshops focussing on specific body areas, their pathologies and the most effective treatments for them.

- We run a series of Masterclasses in Advanced Soft tissue Skills
- And in 2017 an Indian Head Massage Course and Hot Stone Massage Course

## Course Weekends – 2016

- 1 Saturday 23rd (30th?) January
- 2 Sunday 24th (31st?) January
  
- 3 Saturday 20th February
- 4 Sunday 21st February
  
- 5 Saturday 12th March
- 6 Sunday 13th March
  
- 7 Saturday 9th April
- 8 Sunday 10th April
  
- 9 Saturday 7th May
- 10 Sunday 8th May
  
- 11 Saturday 4th June
- 12 Sunday 5th June
  
- 13 Saturday 2nd July
- 14 Sunday 3rd July
  
- 15 Saturday 23rd July
- 16 Sunday 24th July
  
- 17 Saturday 10th September
- 18 Sunday 11th September
  
- 19 Saturday 8th October
- 20 Sunday 9th October
  
- 21 Saturday 29th October
- 22 Sunday 30th October

### Assessments

Friday 11th November – 3 hour A,P&P written assessment

Saturday 19th November – 1 hour practical assessment

**NB:** The Diploma Course schedule & timetable may be subject to occasional change: e.g. change of venue, dates and/or content - if required...

## Why Hands-on Training?

At **Hands-on Training** we pride ourselves on working with students to support and enhance their learning. Our specialist staff is experienced in teaching, and employs a range of methodologies to facilitate learning.

The programme is applied with a range of external events, workshops, symposia and conferences to encourage the student to gain experience and develop competencies.

We have excellent relationships with a range of industry partners who not only support our students with equipment and material needs, but are keen to engage our students with work and work opportunities.

## The Hands-On Tutors



**Earle Abrahamson**

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**Mobile: 07831 164430**

Both Earle Abrahamson and Jennie Parke Matheson, the **Hands-On** Principal Tutors, are trained and accredited by MTI. Earle is also Chair of MTI and vice chair of the GCMT (The General Council for Soft Tissue Therapies)

All **Hands-On** tutors are practising therapists and members of the CNHC (The Complementary and Natural HealthCare Council). Full biographies and qualifications are available on the **Hands-On** website

## The Hands-On Training Core Values

- ❖ We will always put our students first
- ❖ We will foster and develop our diverse student and staff population
- ❖ We will endeavour to be the best we can
- ❖ We will be creative in our teaching and practitioner support
- ❖ We will promote an inclusive climate for learning and practice
- ❖ We will respond actively to feedback and consider all recommendations and suggestions
- ❖ We will encourage students to take an active interest in shaping their learning and futures



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<b>Website</b>	<a href="http://www.hands-on-training.co.uk">www.hands-on-training.co.uk</a>
<b>Facebook</b>	<a href="http://www.facebook.com/HandsOnTherapyTraining">www.facebook.com/HandsOnTherapyTraining</a>
<b>Discussion</b>	<a href="http://www.facebook.com/groups/LetsTalkHandsOnMassageTherapy">www.facebook.com/groups/LetsTalkHandsOnMassageTherapy</a>
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