



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

### THE 2020 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.

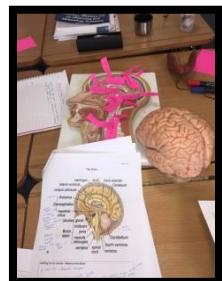
**Hands-On Training** is unique in its approach and brings wide experience into the student workplace so they can benefit from a community of practice and learning.

**Hands-On Training** is an accredited school member of the Massage Training Institute (MTI) - one of only 15 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 15 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 2020 Conference will be held in Solihull on Saturday 28th March.

**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.



## TABLE OF CONTENTS

ABOUT HANDS-ON TRAINING	PAGE 1
ABOUT THE MASSAGE TRAINING INSTITUTE	PAGE 2
TABLE OF CONTENTS	PAGE 3
THE DIPLOMA COURSE SYLLABUS	PAGE 4
MODULE 1: PRINCIPLES OF MASSAGE THEORY	PAGE 5
MODULE 2: PRINCIPLES OF MASSAGE PRACTICE	PAGE 5
MODULE 3: ANATOMY, PHYSIOLOGY & PATHOLOGY	PAGE 6
CLINIC DAYS	PAGE 6
EMERGENCY FIRST AID	PAGE 6
PERSONAL DEVELOPMENT SYLLABUS	PAGE 7
ENTRY CRITERIA	PAGE 8
HOW TO ENROL	PAGE 8
INTRODUCTION TASTER DAY DATES	PAGE 8
COURSE FEES	PAGE 8
COURSE VENUE	PAGE 9
ASSESSMENT CRITERIA	PAGE 9
THE QUALIFICATION	PAGE 9
THE 2017 COURSE DATES	PAGE 10
THE HANDS-ON TUTORS	PAGE 11
THE HANDS-ON CORE VALUES & CONTACT INFO	PAGE 12



## 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 with two further days for the final assessments. 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 Professional Portfolio
- 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 tutor assessments, marked class work and tutor & peer feedback is collated in the 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 in the time allotted

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**

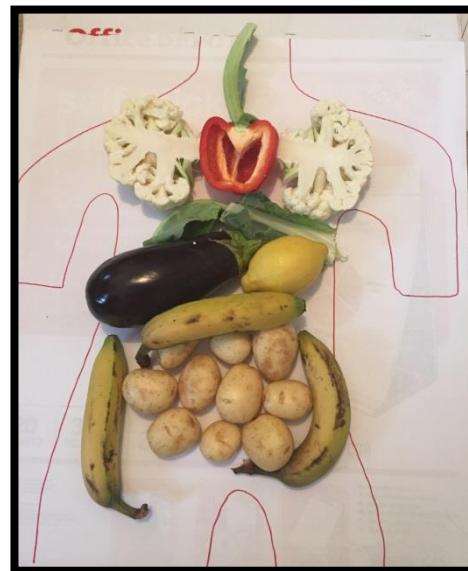
- Client assessment
- Massage techniques including: effleurage, petrissage, tapotement, passive joint mobilisation, the range of motion testing, neuromuscular reflexes & stretches and neuromuscular therapy.  
The emphasis is on exploring technique through an evidenced based practice model.
- Massage 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 provide your first training on the penultimate course day. 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 Professional Portfolio**

The fully documented 40 give & 10 receive massages, plus internal assessments, marked class work and feedback is presented in a **Professional Portfolio**, which is evaluated at the same time as the final practical 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, triathlons, bike rides; Annual Exhibitions such as The Back Show and CamExpo; Bodyworlds; The MTI Annual Conference - and why not a visit to an Anatomy Lab!

## **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?**

We invite you to attend an Introduction to Massage Taster Day, where you will meet the practical tutor, and experience an initial training day - during which you can find out about what happens during the course. It is an informal interview where you and the tutor both assess whether taking the course is right for you. If you meet the course criteria you will be invited to enrol & will be sent an application form plus two additional forms to complete and return.

## **Introduction to Massage and Taster Day**

- Check on the Hands-On website for dates
- or - an hoc 1+1 session with the Tutors by mutual agreement

## **What are the Costs?**

Your investment for the 2020 Diploma Course is £2,250, 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 £300 secures your place on the course.

## **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 usual 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.

We also use The Green Shed in Muswell Hill, a quirky alternative venue within a lovely garden.

## 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, and the presentation of a Professional 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 2-day Hot Stone Massage Training Course
- Plus, a series of CPD workshops on a variety of subjects
- And the MTI accredited Sports & Performance Diploma Course

## Course Weekends – 2020-21

- 1** Saturday 18th April
- 2** Sunday 19th April
- 3** Saturday 2nd May
- 4** Sunday 3rd May
- 5** Saturday 6th June
- 6** Sunday 7th June
- 7** Saturday 11th July
- 8** Sunday 12th July
- 9** Saturday 1st August
- 10** Sunday 2nd August
- 11** Saturday 5th September
- 12** Sunday 6th September
- 13** Saturday 26th September
- 14** Sunday 27th September
- 15** Saturday 17th October
- 16** Sunday 18th October
- 17** Saturday 14th November
- 18** Sunday 15th November
- 19** Saturday 12th December
- 20** Sunday 13th December
- 21** Saturday 16th January 2021
- 22** Sunday 17th January

### Assessments

Friday 22nd January – A,P&P written exam

Saturday 30th January – 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 are highly experienced in teaching, and employ 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**  
E-mail: [earle@hands-on-training.co.uk](mailto:earle@hands-on-training.co.uk)  
Mobile: 07547 555409



**Jennie Parke Matheson**  
E-mail: [jennie@hands-on-training.co.uk](mailto:jennie@hands-on-training.co.uk)  
Mobile: 07831 164430

Both Earle Abrahamson and Jennie Parke Matheson, the **Hands-On** Principal Tutors, are trained and accredited by MTI, and MTI members. Earle is the Chair of MTI and the 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). Both Earle & Jennie sit on the CNHC Massage Specific Board.

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



**Directors** Earle Abrahamson and Jennie Parke Matheson

**Address** 33 Twyford Court  
Fortis Green  
Muswell Hill  
London N10 3ET

**Phone** 020 8444 7570

**Email** info@hands-on-training.co.uk

**Website** www.hands-on-training.co.uk

**Facebook** www.facebook.com/HandsOnTherapyTraining

**YouTube** www.youtube.com/HandsOnTrainingMassageSchool

**Vimeo** www.vimeo.com/handsonmassagetherapy

**Twitter** www.twitter.com/@HandsOnN10

**Instagram** www.instagram.com/hands\_on\_training\_n10