

SUE LINCOLN SCHOOL OF HOLISTIC THERAPIES

MASSAGE DIPLOMA SYLLABUS

Module One

Recommended Reading

History of Massage

The Treatment Room

Setting up the work area

Selecting a Massage Couch

Health Safety and Hygiene

Personal Hygiene

Pathogenic Bacteria

Anatomical Positions

Integrated medicine

Holistic approach to healthcare

The relationship between orthodox and complementary medicine

The House of Lords Select Committee report and recommendations.

Classification of Massage Strokes and their Effects

Effleurage

Petrissage

Skin Rolling

Compression

Vibration

Shaking

Rocking

Tapotement

Friction

Lubricants and other mediums

Hand Exercises

The Importance of Posture, Stride Standing, Walk Standing

Towel Technique

Professional ethics and client care

Carrier/Fixed Oils used in Massage

Stress – How the body is affected by stress

Duration and Frequency of Treatment

Clinical Practice

Prepare the treatment area

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Carry out an effective consultation to demonstrate the following:

1. Demonstrate procedures required in order to perform a client consultation and assessment for treatment
2. Identify key points in the compilation of a consultation sheet
3. Empathetic listening skills
4. Appropriate use of open and closed questions

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5. Analysis of body language
6. Offer suggestions regarding diet and lifestyle
7. Session closing skills
8. Monitoring of on-going progress

Perform a range of diagnostic tests to include:

1. Postural and skin analysis
2. Facia mobility
3. Cellulite
4. Fluid retention

Identify indications, clinical contraindications, cautions or contra actions, which require the avoidance of specific products or treatment methods
Demonstrate an effective approach to treatment

Appropriate and safe treatment

- Devise a treatment plan to meet individual client needs
- Give advice on aftercare and make recommendations for home care
- Identify potential situations and conditions which require client referral to medical and non-medically trained healthcare professionals
- Discuss the importance of recognising ones own limitations as a therapist
- Explain the use of massage for special client groups and situations:
 1. Skin care and associated conditions
 2. Pregnancy
 3. Baby and child care
 4. Stress related conditions: nervous tension, anxiety, depression
 5. The elderly
 6. Cancer care
 7. People with physical and learning difficulties
- Describe the mental and emotional benefits of Massage
- Describe the placebo effects and mind-body connection

Professional Practice and Management

The student will be able to:

- Ethical Management of a professional practice
- Describe the maintenance of up to date and secure client records

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- Explain confidentiality
- Explain time management
- Describe safety in the clinic
- Explain boundaries of the therapeutic relationship
- Liaise with other healthcare professionals
- Work within an orthodox healthcare setting

The student will be able to explain briefly the following bodies

- The Prince of Wales Foundation for Integrated Health
- The Aromatherapy and Allied Practitioners Association
- The British Complementary Medicine Association
- The Research Council for Complementary Medicine

The student will be able to describe

- A sole trader
- A partnership
- A limited company

The student will be able to identify the issues for Massage in connection with the following:

- Curriculum vitae
- Scope of practice
- Insurance: professional indemnity/public/product liability
- Advertising and marketing
- Financial management and accountability: accounts, taxation, data protection, NI contributions, pensions
- Development of practice

The student will be able to explain the implications of legal requirements for good practice:

- Health, hygiene and safety at work Act
- COSHH
- RIDDOR
- Local authority by-laws
- Data protection Act
- Consumer protection Act
- Goods and Services Act
- Trades Descriptions Act
- Inland Revenue
- Public Performance License (in terms of playing music for clients)

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Professional Self-Development

The student will develop an understanding of the key elements of continuing professional development and research.

The student will be able to:

- Identify the advantages of personal self-development
- Explain the requirements for continuing professional development
- Explain the necessity of keeping up to date with changes in the profession
- Explain the advantages of participation in local support groups
- Identify strategies for maintaining practitioner health and well-being
- Develop an awareness of other complementary therapies

Practical Skills

The student will be able to:

- Greet a new client, conduct an appropriate consultation
- Discuss treatment, explain the main features and reasons for the treatment chosen with the client
- Blend oils safely and appropriately for the individual
- Carry out an appropriate treatment, using massage if applicable
- Carry out any other treatment which would be applicable in that situation
- Explain what treatment would be suggested if facilities permitted
- Provide suitable after care advice

The student will conduct research into over 100 common conditions most likely to be encountered in the normal day-to-day working i.e. head lice, athletes foot, herpes simplex, frozen shoulder, headaches, constipation, a burn, sinusitis, sciatica, endometriosis etc.

The Therapeutic Relationship

Setting Boundaries

Case Histories

Client Consultation/Record keeping

Confidentiality

Evaluating a Treatment

After Care Advice

Treating Specific Areas

Referrals to other Health Care Professionals

The Importance of not diagnosing

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Holism and Energy
Adaptations for Special Client Groups
Assessing Imbalances
Treatment Plans
Physiological effects of Swedish Remedial Massage on the Body Systems
Full Body Routine
Surface Anatomy

Module Two

Advanced Massage Techniques
Anatomy of neck and upper shoulders
Massage in prone lying and supine lying positions - Advanced Massage Techniques
Trigger Points
Nerve impingement
Dermal receptors
Neuroendocrine Interactions
The influence of Massage on Neuroendocrine Substances
Seated Shoulder Massage
Passive Movements
Assisted Exercises
Facial Massage
Pain and Massage
Frozen Shoulder
Hip Pain – Anatomy of the lower back, hip and thigh
Effects of Injury
Clinical Reasoning
Muscle Injury
Neuromuscular Techniques
Pain Cycle
Stretch Receptors
Proprioceptors
Muscle Energy Techniques
 Soft Muscle Concept
 Soft Tissue Release
 Post Isometric Relaxation
 Myofascial release
Palpatory Techniques
Ice and Heat Application
Ice Massage
Back Massage - Advanced Massage Techniques
Neck Massage – Advanced Massage Techniques
Valid Research
Determining Feedback
Pricing Massage
Insurance
Case Studies – Progress

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The student will be expected to undertake 50 hours of Case Studies and complete an extensive portfolio, which includes sections on Business Practice, Anatomy and Physiology, Hygiene, Legislation, Other Complementary Therapies, Nutrition, Orthodox Specialists, Hypothetical Scenarios, First Aid, Conditions Related, Treatment Related, Health and Safety and Communication Skills.

Students will need to either hold or work towards a recognised Anatomy and Physiology qualification and produce a current First Aid Certificate, which will need to be updated every three years.