

Prospectus

for

The Diploma of Massage and Remedial Therapy

presented by

Life Gate



Academy of Natural Therapy

Life Gate



Life Gate is the trading name for Damian and Deborah Carey,
independent Natural Therapists and
Co-Principals of Life Gate Academy of Natural Therapy.
This course is a part time training in the professional practice
of Massage and Remedial Therapy.
It is available to those who wish to undertake a complete training program
as well as to those who wish to undertake selected sections.

Duffy Village Shops, 10 Duffy Place, Duffy, ACT 2611
Telephone: 02 6288 1122
Email: dd@lifegate.com.au
Web Site: www.lifegate.com.au

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INTRODUCTION

This course is designed to train people in all of the practical and theoretical applications of Massage Therapy that are required for professional self-employment in the massage industry. It is based on **over fifty years of combined clinical and teaching experience**. The content of the course is a blending of contemporary body mechanics and the ancient traditions of Oriental Medicine.

Graduates can expect to be highly competent, well above the general standard. They will have **a dynamic and flexible approach** and will be capable of assisting others with a diverse range of skills for the improvement of health, fitness and well-being.

WHAT IS MASSAGE AND REMEDIAL THERAPY

Massage and Remedial Therapy is considerably more than the skilful application of Swedish Massage. It is a broad base of predominantly tactile skills which manipulate the soft tissues and the Vital Force (Qi) in order to create beneficial changes in the physical, mental and emotional aspects of a human being. To become a professional Massage Therapist also requires competence with counselling skills and an understanding of basic human psychology.

STATEMENT OF PURPOSE

Our Intentions for this Diploma Course are:

- to pursue **a standard of excellence** with all the details of our training program
- to present a well rounded massage course based on **hands-on clinical experience**.
- to produce therapists with **excellent hand skills, clear minds and loving hearts**.
- to demonstrate **the profound benefits of massage** as a therapy in its own right
- to demonstrate just how well and how quickly that people can develop into **exceptionally good bodyworkers** when they are taught with the right method.

QUALITY TRAINING

The practical bodyworkclasses in this course consist of **a maximum of ten students**. Our students get very close, personal attention. We believe that this is the only effective arrangement for learning the intricacies of bodywork to **a high degree of competence**. Combined with our teaching methodology and backed up with our clinical experience, we can confidently offer you **the highest standard of training available**.

DIPLOMA COURSE

The full training course as outlined in this prospectus is a Diploma of Massage and Remedial Therapies. It is designed to equip the graduate for professional practice as a Massage Therapist and is equivalent to the standard of training required for most professional associations including the Australian Traditional Medicine Society and the Association of Massage Therapists (NSW).

The Diploma Course is accredited by the Association of Massage Therapists (NSW) and entitles graduates to become general members of the association.

SUMMARY OF COURSE STRUCTURE

The full Diploma training consists of **thirteen units**. Each unit (with the exception of Unit Eight) consists of **ten, weekly, two and a half hour classes**. Unit Eight, Anatomy and Physiology, consists of **twenty five weekly classes**. An additional **50 hours** is required in the form of **supervised clinical experience**, bringing a total of **355 hours of contact tuition**. Practical classes are usually composed of four to six students (some of the more academic classes may have larger numbers). Classes are scheduled by mutual agreement, either daytime or evening as required.

Diploma of Therapeutic Massage

Twelve units of ten, weekly, two and a half hour classes:	$12 \times 10 \times 2.5 = 300$ Hours
One unit of twenty five, weekly classes:	$25 \times 2 = 50$ Hours
Supervised Clinical Training:	50 Hours
TOTAL CONTACT TUITION	400 Hours
Plus Required Massage Practice:	250 Hours

ADDITIONAL REQUIREMENTS

As well as the classes outlined above, there are some other requirements for successful completion of the courses. First of all you will need to acquire a professional massage therapy table. These are available for purchase at a market value of \$300 - \$1,000. We can guide you to find a worthwhile table.

Other requirements are described in further detail in the following sections of this document:

Assessments, Assignments & Examinations; Massage Practice; Commitment

COURSE CONTENT

(Detailed descriptions of these units are given in the next section: **Syllabus Details**)

Unit One: The Foundations of Massage (25 hours)

- Massage Principles and Practice
- Relaxation Techniques

Unit Two: Lymphatic Massage (25 hours)

- Gentle, rhythmic, fluid release massage

Unit Three: Therapeutic Massage (25 hours)

- Invigoration Techniques: friction, percussion and direct pressure
- Reflexology

Unit Four: Remedial Massage (25 hours)

- Treatment of Common Syndromes and Injuries
- Sports Massage Techniques

Unit Five: Polarity Therapy/Deep Relaxation Massage (25 hours)

- Polarity Therapy
- Subtle Energy Massage Techniques
- Sensitivity Training

Unit Six: Deep Tissue Massage (25 hours)

- Neuro Muscular Technique
- Myofascial Release
- Postural Integration

Unit Seven: Complementary Skills (25 hours)

Aromatherapy, Counselling and Communication Skills, Postural Analysis, Professional Practice and Business Skills, Relaxation and Meditation Techniques

Unit Eight: Anatomy and Physiology (50 hours)

- Overview of the Anatomy and Physiology of the Human Body
- Structural Anatomy

Unit Nine: Shiatsu (25 hours)

- Sustained Pressure Techniques
- Stretching / Rocking Techniques

Unit Ten: Acupressure (25 hours)

- Acupressure point location
- Trigger Point Therapy

Unit Eleven: Oriental Medicine (25 hours)

- Foundations of Chinese Medicine
- Psychological Correspondences
- Chinese Cupping, Moxibustion and Guasha Techniques
- Diagnostic Techniques

Unit Twelve: Stretching and Remedial Exercise (25 hours)

- Fitness Training and Yoga
- Clinical Stretching Techniques

Unit Thirteen: Clinical Practice (25 hours)

- Clinical Massage Applications
- Flexibility and Integration of all Styles

SYLLABUS DETAILS

Unit One: The Foundations of Massage_Massage [10 x 2 1/2 hour classes: 25 hours]

This section lays the foundations for all your future massage practice. The style you will be taught is based on thorough Swedish massage movements. We will emphasise the art of relaxation. You will be encouraged to apply a confident pressure with great sensitivity at an unhurried pace, in order to “wring out” and “unwind” your clients.

Students will be taught:

- the personal role, responsibilities and motivation of the practising therapist
- the theory and general principles of massage
- how to use your body and maintain a good posture
- how to drape your clients
- how to develop and maintain sensitivity
- specific movements for all parts of the body (predominantly stroking and kneading).

This last component is 90% of the class input. By the end of these classes you will be able to complete a methodical, flowing, full body massage within one hour.

Unit Two: Lymphatic Massage [10 x 2 1/2 hour classes: 25 hours]

The lymph system is crucial to the good health of our tissues. It acts as the drainage system, removing metabolic waste products from the interstitial spaces around human cells. Unlike the blood, the lymph system does not have its own pump, but relies instead on the natural movement of the body. Lymphatic massage enhances the flow of fluids in the body, thereby assisting in the cleansing of tissues.

There are various versions of Lymphatic Massage or Lymphatic Drainage. The style we teach is a synthesis of a German technique characterised by slow, gentle, rhythmic, pulsing movement. It is an easy style to apply and profoundly nurturing to the recipient.

Unit Three: Therapeutic Massage [10 x 2 1/2 hour classes: 25 hours]

This section continues to build on your hand skills. You will be shown how to use your foundation knowledge to increase the speed and the depth of penetration of your massage applications. Your stroking and kneading techniques will be applied with a greater intensity, with an emphasis on releasing specific areas of congestion in the soft tissues. Friction, percussion and pressure techniques will be introduced.

Every part of the body will be given thorough attention. Students will be taught:

- specialised massage of the entire back
- in depth treatment of the limbs
- techniques for meticulous foot massage, under the heading of reflexology
- extensive abdominal massage and its physiological effects
- intricate massage of the neck, face and scalp

Unit Four: Remedial Massage Massage [10 x 2 1/2 hour classes: 25 hours]

During this unit we will examine common syndromes and specific injuries such as bad back syndrome, frozen shoulders, carpal tunnel syndrome, tendinitis, tennis elbow, repetitive strain injuries, etc.. We will also examine specific applications of massage contributing to athletic conditioning, mobility, performance enhancement and recovery.

Unit Five: Polarity Therapy/Deep Relaxation Massage [10 x 2 1/2 hour classes: 25 hours]

Polarity Therapy is a complete system of healing based on the work of Dr. Randolph Stone. It represents the fruition of a life long study of Chiropractic, Osteopathy, Naturopathy, Biological Sciences and the ancient wisdom of east and west. Polarity Therapy is based on an understanding of the matrix within which the body, mind and spirit are interconnected. This matrix is referred to as a bio-magnetic field or a set of fundamental patterns of energy which create and sustain the structure and functions of the body.

This introduction to a profoundly intricate department of Natural Science includes easy to learn techniques for repolarising the body's energy. You will learn a sequence of movements and holds that can have a profoundly relaxing effect on your clients. Most of these holds are very gentle, though some are, by contrast, very strong.

You will also be exposed to Polarity exercises, breathing exercises, meditation and creative visualisation as a background to developing sensitivity to the subtleties of human energetics.

Unit Six: Deep Tissue Massage [10 x 2 1/2 hour classes: 25 hours]

During this unit we will teach you the deep, slow approach. There are various labels for this method, such as postural integration, myofascial release, connective tissue massage and neuromuscular technique. All of these approaches are overlapping in their style and effect. Their collective aim is to release adhesions in the connective tissue (deep fascia) and to break up congestion in the muscle structure so as to correct chronic postural imbalances and generally revitalise the soft tissues. These methods can be used for the treatment of old injuries and chronic back pain.

We will methodically cover the whole body, emphasising areas that accumulate the greatest stresses. Particular attention will be given to the spine, the pelvic and shoulder girdles and the neck.

Unit Seven: Complementary Skills [10 x 2 1/2 hour classes: 25 hours]

This is a series of classes which cover a range of skills that are essential for a well rounded ability as a Massage Therapist. The main topics will be Aromatherapy, Counselling and Communication Skills, Postural Analysis and Professional Practice and Business Skills. We will also examine topics such as Breath Therapy, Relaxation and Meditation techniques and Wholistic Philosophy

Aromatherapy

When natural aromatic essences are extracted from wild or cultivated plants, the resultant essential oils can produce a wide range of therapeutic and sensory effects. We will show you how to incorporate these oils with your massage to enhance your clinical practice.

Counselling and Communication

As a therapist, you will be faced with many situations that require you to listen and give helpful feedback to your clients about their life circumstances. Some basic training in counselling will prepare you to be sensitive to people's emotional realities, which often spill over into your bodywork sessions.

Postural Analysis

Your clients will be amazed when you tell them where their pain is. This can be achieved by careful observation of the way people move and hold their bodies, the technique of postural analysis, in its overt and covert forms! You will also be introduced to some basic principles of Alexander Technique, which will help you educate your clients to consciously maximise their postural effectiveness.

Professional Practice and Business Skills

This section of the course deals with all the administrative, commercial and legal factors that you must know for your future professional practice. It includes topics such as business administration, advertising, practitioner ethics and clinic equipment.

Unit Eight: Anatomy and Physiology [25 x 2 hour classes: 50 hours]

These classes give a detailed overview of all the systems of the body. In particular we will study the layers of tissues of the human body and we will examine in detail the entire skeletal muscle network. Wherever possible emphasis is placed on practical applications of this knowledge. For instance, when we study the cardiovascular system, you will learn how to take blood pressure readings; when we come to the respiratory system you will learn cardiopulmonary resuscitation; to study the musculoskeletal system you will use play dough to form bones and muscles and to build models of muscle groups.

These sessions will:

- give you a working knowledge of the position, shape and action of the major superficial muscles
- familiarise you with the mechanical and chemical functions of the skeletal, muscular, nervous, vascular and lymph systems and give you a picture of how these systems interlink
- give you the understanding and confidence to explain physiological processes to your clients
- enable you to communicate in the language of anatomy with other professionals
- develop in you a respect for the human body.

This last aspect is most significant. A thorough study of the human body will leave the student awestruck at its subtlety and complexity. Understanding the human body at this level will give you extra insight into the process of healing with the hands.

Unit Nine: Shiatsu [10 x 2 1/2 hour classes: 25 hours]

This series of classes introduces a completely different style of bodywork. Shiatsu is the Japanese art of bodywork and like any comprehensive approach, it has many variations. The method you will learn is based in part on Zen Shiatsu, which uses sustained pressure with the fingers, palms and elbows. We will combine this approach with stretching and rocking techniques and various procedures for joint mobilisation. The result is an invaluable method of stress release and revitalisation. Students will be encouraged to develop Shiatsu as a unique approach as well as blending it with general massage applications.

Students will learn an involved hour and a half Shiatsu sequence as well as Shiatsu joint mobilisation techniques.

Unit Ten: Acupressure [10 x 2 1/2 hour classes: 25 hours]

This series of classes is a thorough study of the acupressure points and channels defined by Traditional Chinese Medicine (TCM). Awareness of these acupressure points will add enormous depth to your hand skills; it will give you the ability to seek out and disperse the hidden tensions in a body with far greater effect.

During these classes students will:

- develop a working knowledge of acupressure and its implications
 - become familiar with up to two hundred selected pressure points, catergorised under fourteen channels or energetic pathways in the body
- deepen and broaden their overall ability with hands-on healing.

Unit Eleven: Chinese Medicine for Bodyworkers [10 x 2 1/2 hour classes: 25 hours]

These classes support and complete the previous two units in Oriental Medicine. The knowledge that you will gather here will profoundly alter the way in which you think about your treatments, giving you a language for relating mental and emotional disharmonies to corresponding congestion and pain in the body. It will assist you to go directly to the affected areas of the body, based on the verbal, visual or aural information that you pick up from your clients.

As well as learning the essential concepts of TCM, you will also study the Psychological Correspondences of the Channels, tongue diagnosis and Chinese cupping, moxibustion and guasha techniques.

Unit Twelve: Stretching and Remedial Exercise [10 x 2 1/2 hour classes: 25 hours]

In order to practice massage you must be able to keep your own body in good order. This set of workshops exposes students to a wide variety of exercise including Indian Yoga, Japanese Yoga, Jiko Jitsu, Bio-Energetics, Martial Art Stretches, Meridian Stretching and the Anderson System of Stretching. In particular we will look at applying the principle of Hyperton-X to these stretches, otherwise known as Proprioceptor-neurofacilitation or PNF.

This knowledge is of tremendous benefit to you in maintaining peak vitality, increasing the tone of weak muscles and keeping your joints flexible. These benefits can be passed on to your clients in two ways: firstly by “prescribing” specific exercises to help your clients maintain and extend the effects of their treatments: and secondly by actually performing passive stretches on your client as a part of your therapeutic approach.

Unit Thirteen: Clinical Applications of Massage [10 x 2 1/2 hour classes: 25 hours]

This series of classes will ensure that you have thoroughly integrated the seven major forms of massage and all of the complementary skills which you have studied up to this point. We will continue to polish your hand skills and your timing; we will investigate procedures for a wide variety of potential clinical situations and we will do some “troubleshooting” for your future professional practice. There will also be some surprises to round off your training!

Supervised Clinical Experience [50 hours]

This component of the course is completed in three different ways. Primarily we have found that the very best way to polish a student’s skills towards the end of their training is to exchange treatments. Hours of both giving and receiving treatments with the principals are regarded as invaluable method for gauging a students ability and for giving appropriate feedback.

Secondly, students will have the opportunity to observe some specific private consultations undertaken by the principals. Again, this is an invaluable learning experience.

Finally, students will be required to give specific therapeutic treatment under observation. This last component will form the bulk of the supervised clinical experience.

ASSESSMENTS

Eight practical assessments will be undertaken at intervals throughout the course. These assessments are in the form of a full hour or hour and a half of physical therapy. They correspond with the various styles of massage or complementary techniques which you will study throughout the course.

Grades will be given for the practical assessments; but more importantly, this is **an opportunity to get feedback on your progress** and to build confidence.

ASSIGNMENTS

Students are required to complete **five written assignments** throughout the course. The first involves a set of questions on **massage theory**; the second asks you to describe **procedures for specific clinical situations**. For the third assignment you will write up three of **your own case studies**. The fourth assignment is a review of the Oriental Medicine sections of the course. These assignments are due within three months of completion of the Diploma course.

There is also an **anatomy and physiology assignment** which is undertaken throughout the Anatomy and Physiology classes (Unit Ten). Each week you will need to provide written answers to a series of questions relevant to the immediate topic of study. These questions will be reviewed and your papers assessed during the following class.

EXAMINATIONS

Two brief examinations will be held during the course involving two particular subject areas. The first takes place at the end of Unit Seven (Anatomy and Physiology) and will test your knowledge of **the musculoskeletal system**. The second will be held at the end of Unit Ten (Chinese Medicine) and will test your knowledge of the location and function of various **acupuncture channels and points**.

These examinations will be brief. Students will be required to obtain **a pass rate of 70%** for both exams. Those that don't will be given the opportunity to repeat the exam until they do.

ACCREDITATION

After successful completion of Units One to Eight students will be awarded a Certificate of Therapeutic Massage and be eligible to join the Association of Massage Therapists (NSW) as general level members with all the associated benefits of professional membership, such as provider numbers for specified Health Insurance Funds.

Students who are intent on professional practice of Massage Therapy as a career are highly encouraged to complete the full Diploma (currently 400 hours of contact tuition) and then to continue to study other related therapies as an on-going commitment to professional development. Graduates who have completed 500 hours of training will be entitled to Senior Level One membership of the AMT (NSW) which carries greater status and a wider range of Health Insurance Funds recognition. [For further details of AMT (NSW) requirements please see their website at www.amtnsw.asn.au]

In addition to the official accreditation status of our Diploma course, we can give you our personal assurance, backed up by our reputation and experience in this field, that **our training is exceptionally thorough** and will give you excellent preparation for the professional clinical practice of therapeutic massage.

TEACHING METHODOLOGY

We offer this course with pride. The training is **based on clinical applications** and is therefore very practical. We teach in the manner of an apprenticeship, giving you very close and personal attention in order that your own unique specialities can be nurtured and developed. Our aim is to prepare you for the wide variety of clinical situations that you will meet in your professional practice. We do this by **building your expertise in a broad range of therapeutic skills**, predominantly hands-on bodywork. These skills will be supplemented by an understanding of the physiological, mental, emotional and spiritual factors that are always involved with any human being and we will build your understanding of all of these factors over the duration of the course. Although many styles and methods are introduced throughout the training, the course should be seen as a whole, **an eclectic blend of many approaches** that allows you multiple choices in your therapy. With this synthesised method of teaching, many of the sections of the course overlap and we can be flexible with the unfolding of the content. In this way we can **focus on each student's individual abilities** and **encourage a dynamic approach to therapy**. Occasionally issues will arise that are not on the schedule but that would benefit from some immediate attention and act as a good example of clinical reality. Such issues will be given priority. As a student you will be encouraged to participate in this course by **focusing on your own self healing** at the same time as you are building **a pathway to independent self-employment**. **The standards we require are high** and we are quite prepared to refuse to issue a Diploma to any student who does not meet those standards. However it is also our intention and responsibility to ensure that anyone who applies themselves with commitment will absorb what is presented to a satisfactory level. Everyone who graduates can be assured that their competence as a Massage Therapist is commendable.

THE TEACHERS

Damian Carey ND, Dip Ac, ADRM

Damian is a full time practising Naturopath and Acupuncturist with twenty nine years of clinical experience. He began his professional career studying osteopathic techniques and soft tissue manipulation and he has continued to specialise in all aspects of massage and bodywork.

He has been teaching Massage and Natural Healing since 1984 and has assisted many individuals to establish themselves as full time professionals in this field.

Deborah Burrows ADRM, Cert. Polarity

Debbie is a Wholistic Therapist and Bodyworker, specialising in Polarity Therapy and the subtle energy body. She works with massage and biomagnetism.

Debbie's clinical approach and teaching skills are highly individual. Her treatments are crafted to align the physical and energetic bodies and to lead others towards self-empowerment.

Two teachers are better than one. By being exposed to two different styles and approaches you will develop a broader perspective. In this way you will be better able to develop your own unique blend of massage therapy techniques.

PREREQUISITES

There are no special academic prerequisites apart from **a willingness to study** and **the confidence to do bodywork**. Applicants will need to demonstrate personal maturity. So preference is given to those with some life experience who are committed to a goal. Younger students are also welcome to apply. Applicants will be requested to attend an interview with the principals to help determine their suitability for the training and to sort out any questions that you may have.

MASSAGE PRACTICE

As well as the formal contact hours you will be required to complete **a minimum of 250 hours of massage practice** before you are entitled to receive a Diploma. Realistically this means you will need to do 2 to 4 hours of massage per week for the duration of the course. You will need to keep up this rate in order to integrate what you are learning. These hours must be recorded in a log book with provision for name, date and duration of treatment plus a signature of the client.

Students will be encouraged to establish their own clientele as soon as possible. You will quickly develop sufficient skill to charge a reasonable student rate for your services. In this manner you will learn to conduct yourself professionally, you will gather the essential practice that you need and you will help to pay your course fees.

COMMITTMENT AND WORKLOAD

The commitment to undertake this training is **a commitment to yourself**. In order to develop the skill and sensitivity of a professional therapist you must directly experience **the process of growth through massage** and take on **the discipline of study**. Although it is only a part time course, you will succeed best by making it **a full time obsession**.

You will be required to complete the course with **at least 90% attendance** (remember that 50% of success is just showing up). You will be required to complete 2 - 4 hours of practice per week, outside of class time. At this rate you will be able to complete the required 250 hours of massage practice by the end of your training. Plus you will need to put in **regular time for study**, assignments and additional reading. In addition, **you are required to commit yourself to the principles and practice of the profession of Natural Therapy**.

TEXT BOOKS AND COURSE NOTES

Students will receive extensive notes to support their study. The core of these notes is a 150 page text book for students and practitioners of massage therapy, ***“Body Mechanics and Fine Tuning”*** by Damian Carey. You will receive three manuals titled ***“Anatomy and Physiology of the Human Body”***, ***“Polarity Therapy - Therapy of the Ancients”*** and ***“Chinese Medicine for Bodyworkers”***. You will also various other notes such as the **Hyperton-X Stretching** method and **The Classical Method for Locating Acupuncture Points**.

To supplement all of the above, a full library of relevant text books is also available to students.

CREDITS FROM PREVIOUS WORK

Anyone requesting exemption from specific sections of the course on the basis of previous study and/or experience will be given favourable consideration. Indeed we welcome students who have completed some level of training in massage and who wish to develop their skills.

In some cases the student may be exempted from the fee in whole or in part but required to attend and complete the relevant section of the course.

TIMING

Training can commence whenever a compatible group of students is ready and classes will be scheduled at any mutually agreeable time. Both daytime and evening sessions are possible. Units may run continuously or with allowance for a couple of weeks break in between. All of this is subject to mutual negotiation.

Each group of students will determine its own pace. Units may be undertaken sequentially or, within certain guidelines, two at a time involving two scheduled classes per week. In general, Units One to Six will be undertaken sequentially, though this may be varied in certain circumstances. Units Nine to Eleven will always be undertaken sequentially. Unit Thirteen is always undertaken after all other Units have been completed.

With two scheduled classes per week the Diploma Course may be completed in as little as a year and a half. Undertaking the units one at a time, and allowing for a two week break in between units, the Course could take up to three years to complete.

COURSE FEES

The full fee for the Diploma Course is \$5,750.00. This includes: 1) a **\$150.00 administration fee** which is required with your enrolment application; 2) **twelve payments of \$400.00**, payable at the beginning of each of the twelve, ten week units; and 3) **one payment of \$800.00**, payable at the commencement of Unit Eight.

These prices are subject to change, however once you are enrolled as a Diploma student, this fee structure will remain fixed for the duration of the course.

REFUND POLICY

If a student chooses to withdraw from the training when they have already made advance payments, our policy is that the student will forfeit the portion of fees that pertain to the current unit they are participating in. Any remaining portion of fees will be refunded in full.

The enrolment fee is non-refundable.

EMPLOYMENT PROSPECTS

The vast majority of professional Massage Therapists are self-employed. Accordingly this course will focus on training you to establish your own business. Self-employment can take various forms: some people work on a casual, part time basis from home, using their trade as a supplement to other income; others establish a more professional, full time trade from home, which requires a very particular set up with a separate entrance. Others take the step of renting rooms with more visible public access, either as a stand alone clinic or as part of a larger health centre or gymnasium. In all cases it takes dedicated application and lots of patience to build a flourishing trade. Less frequently, there are opportunities for employment with chiropractors or medical clinics. In the future, it is hoped, there may be a demand for good Massage Therapists in hospitals.

CONDITIONS AND RESPONSIBILITIES

Conditions

1. The Principals reserve the right to alter the structure, content, timing and fees for the Diploma of Therapeutic Massage course, as described in this prospectus. However, once a student has enrolled in the course, the agreed fee structure will remain fixed for the duration of the course.

2. The principals are acting independently, yet within the commonly accepted guidelines and standards of training of the Natural Therapy industry in general.

3. The training in and subsequent practice of massage is subject to Common Law. At this time there is no State or Federal legislation that restricts the professional practice of massage. The principals cannot guarantee that this situation will not change in the future.

4. The Diploma of Therapeutic Massage is presented as the training in an ancient healing art. Its motivation, from the point of view of the principals, is to be of service to humanity by enhancing the health and well being of all those that come to you for assistance.

Responsibilities of the Principals

1. The principals will undertake to pass on to the student all of the necessary skills that will prepare the student for the public practice of Massage Therapy. We will do our best to develop in the student excellent hand skills, a broad theoretical perspective, competent and appropriate knowledge of anatomy and physiology and the ability to interact with people in a professional, ethical and compassionate manner.

2. The principals will aim to present the training according to the attached schedule. However we reserve the right to alter the structure and timing of the classes. Any such changes will be given reasonable notice and will be open to discussion. We undertake that the subject matter as outlined in the attached schedule will be covered.

3. The principals will provide extensive course notes and all other equipment necessary for the training.

4. The principals undertake to be punctual with all classes and workshops.

5. Upon fulfilment by the student of their agreed responsibilities, the principals will issue to the student a Diploma of Therapeutic Massage.

Responsibilities of the Student

1. The student will undertake to complete the training with **90% attendance**; the student will be required to re-register for and pay for any classes that they have not attended in excess of this rate.

2. The student will complete **250 hours of massage practice** outside of class hours; the student will keep a log book for the purpose of recording these hours with provision for the name and signature of the patient and the date and duration of the treatment.

3. The student will complete the **written assignments and practical assessments** within the specified schedule.

4. The student will complete the two examinations with **a pass rate of at least 70%**.

5. The student will undertake to **be punctual** with all classes. If unable to attend any session the student will do their best to inform both the teacher and their fellow students as soon as possible.

6. The student will **finalise all due payments** for the course.

7. The student will ensure that their **habits and lifestyle are consistent with the profession of Natural Therapy**.

8. The student will satisfy the principals that he/she is capable of **competent and ethical professional massage practice**.

BEFORE YOU APPLY ... A FEW WORDS FROM DAMIAN

"I have been teaching massage since 1984 and in that time I have assisted many people to establish themselves as professional Massage Therapists. The students that I take on are given a very practical training and a lot of personal attention, aimed at directing them immediately towards public practice. I have a reputation for training people to a very high standard and I intend to maintain and develop that reputation, so I do not want anyone who is less than a highly competent therapist to be displaying my Diploma.

So before you apply, there are a number of things that I want you to understand. If you take on this Diploma course you will be in training to become a professional therapist, capable of intervening in a wide range of health problems. You will end up with a broad range of hand skills and a deeper understanding of human beings. I will therefore require that you conduct yourself professionally and demonstrate a commitment to the whole field of Natural Healing. It would be inappropriate, for instance, for a therapist to cultivate addictions to alcohol, tobacco, sugar or drugs. It will be your responsibility to convince me that you are respectful of the Life Force in all people and capable of actively assisting and inspiring them.

Another important thing to keep in mind is that you will be challenging yourself in this training, so you may be faced with personal issues as a result of the internal reorientation that occurs when you commence a program of self discipline. You must be prepared to meet these challenges. Understand it is your personal process of self healing which will give you the direct experience to enable you to assist and inspire others.

If you want to take on this training, you are required to make it a priority for its duration. You are required to attend all of the scheduled classes and be willing to do two to four hours of massage practice per week. You are required to complete an extensive written assignment before the completion of your training. You are required to complete a minimum of 250 hours of massage practice before you earn your Diploma.

If you are willing to commit yourself to these standards then you are welcome as a student and Debbie and I will look forward to helping you to attain your goals."

Damian Carey

REFEREES

If you would like an independent opinion on the value of our massage training program, please feel free to contact:

Bill Pugh

Public Relations Officer
Professional Massage and Remedial Therapy Society
Telephone (08) 8384 4229

Nik Hagicostas

Ex Commonwealth Games Athletics Team Masseur (1990)
Fitness Coach for the Sydney Swans
Telephone (02) 9339 9157

or one of our students / graduates:

Andrew Zealand DTM

Australian Olympic Diving Team Masseur (1996)
Telephone (08) 8431 4883

Suzi Balmer DTM

Telephone (08) 9438 1804

Pauline Cameron DTM

Telephone (08) 8251 4035

TESTIMONIALS

"Damian has been for many years an exceptionally skilled and knowledgeable Naturopath and Acupuncturist. We have benefited greatly from his depth of understanding which he passes on to clients and students with great caring"

Phoebe and Paul Hoogendyk DTM

"Without exception, Damian's students have shown an extremely high level of confidence and competence. I commend him as an gifted and professional Naturopath and Acupuncturist."

Dr. Stephen Hardy B.Sc., Ph.D.

"I accredit the foundations of my success and skills to Damian's wisdom, passion and ability and I am grateful to have had his teachings and guidance in my life. He offers any potential student an exceptional learning opportunity."

Suzi Balmer DTM

"Damian has an in depth knowledge of the subjects he teaches and imparts his knowledge in a clear and easy to understand manner. He has a warm and approachable teaching style and treats his students with respect."

Susan Goldeband

"Damian's approach to his work reflects a well balanced combination of mastery of the topic and an exceptional ability to communicate with and motivate his students towards an integrated understanding of the topic. It is with great enthusiasm that I recommend Damian's skills as a teacher of Massage."

Dawn Hay DTM

**Application For Enrolment in the
Diploma of Massage and Remedial Therapy**
presented by
Life Gate Academy of Natural Therapy

First Name:

Surname:

Address:

Telephone

- home:

- work:

-mobile:

Email:

Date of Birth:

Time of Birth:

Place of Birth:

What circumstances have led you to train as a professional massage therapist?

What are your personal goals for this training?

What are your professional aims and intentions upon completion of this training?

I have read and understood, and I am willing to comply with, the conditions and responsibilities that are listed in the Prospectus for the Diploma of Therapeutic Massage.

Signed:

Date:

Please include a \$150.00 (non-refundable) administration fee with this application. You will be invited for an interview to discuss your application and to assign you to a class. Your first fee instalment will be due before your first class.