



Therapeutic Massage

Course Outline



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By the end of the course the student will be able:

- To explain the historical and philosophical foundations of therapeutic massage.
- To develop a range of skills in therapeutic massage and be able to respond to a client's expressed needs
- To demonstrate competence with a variety of strokes and identify their effects.
- To demonstrate the ability to combine strokes to meet the needs of the individual.
- To develop a knowledge and awareness of soft tissue characteristics as they relate to therapeutic massage, e.g. skin, superficial fascia, deep fascia, muscles, etc.
- To examine the concept of health, illness, a range of conditions and the factors(physical, mental and emotional), which may impact upon Massage as a therapeutic intervention.
- To identify the importance of creating a safe and appropriate working environment, taking into account the socio-economic and political influences, which may impact on professional practice
- To develop sensitivity, empathy and respect within the therapeutic relationship
- To develop an understanding of the ethical, legal and professional bases for the use of therapeutic massage
- To evaluate the physical, mental, emotional and spiritual effects of therapeutic massage, both theoretically and experimentally.
- To explore the use of touch as therapy, e.g. comparison of different forms of therapeutic bodywork
- To evaluate the use of touch, e.g. discussion and debate of touch across culture, race, age and gender
- To recognise opportunities for, and limitations to, practice.

- To demonstrate and utilise knowledge of an evidence base to support decisions for chosen Aromatherapy treatment plans.
- To explore and practice related techniques, e.g. relaxation techniques, earthing and centering techniques, self help massage techniques
- To utilise reflective practice and the use of personal and professional development within the boundaries of client management.

Structure of the course

The student will complete a 60 hour study course of which 7 days will be face to face teaching and 50 hours of unsupervised documented massage practice.

On the final day of the course there will be a practical examination

