

Diploma of Remedial Massage HLT50307 Student Information – 2012

WHO CAN DO THIS COURSE: Pre requisite: Certificate IV in Massage or equivalent qualification.

People who have already achieved their Diploma of Remedial Massage HLT50307 or equivalent and are wishing to accumulate CPE (Continuing Professional Education) points. Individual modules can be studied. Students must be 18 or turn 18 in the year of their enrolment. You must have a reasonable level of written and oral communication skills. If you have a learning disability or language difficulties please contact the college to see if we are able to accommodate your needs.

WHERE:

All classes are held at **Corrimal Community Centre, Short Street, Corrimal.**

Course commences – Wed 7th March and finishes Thurs 25th October 2012

2012 Term Dates

TERM 1	DATES	COMMENTS	DAY & TIME	ROOM
Massage 5- (Trigger Point Therapy)	7 th Mar to 30 th May	12 weeks (No class 25th April)	Wed: 6.00pm to 9.30pm	Lillypilly
Massage 7 – (Posture, stretching & flexibility)	8 th Mar to 24 th May	12 weeks	Thurs: 6.00pm to 9.30pm	Lillypilly
TERM 2				
Symptomatology, treatment plans & assessment	14 th June to 19 th July	6 week course	Thurs: 6.00pm to 9.30pm	Lillypilly
Massage 6 – Princ of Rehab, Ankle&Achilles,Chest,&Thoracic	26 th July to 30 th Aug	6 weeks – carries on 1 st 6 weeks term 3.	Thurs: 6.00pm to 9.30pm	Lillypilly
Massage 4 – (Reflexology relevant to rem massage)	13 th June to 29 th Aug	12 weeks	Wed: 6.00pm to 9.30pm	Lillypilly
TERM 3				
Massage 6 – Princ of Rehab, Ankle&Achilles,Chest,&Thoracic	20 th Sept to 25 th Oct	6 weeks	Thurs: 6.00pm to 9.30pm	Lillypilly
Special Unit 1- Womens & Childrens	18 th Sept to 25 th Sept	2 weeks	Tues: 6.00pm to 9.30pm	Lillypilly
Special Unit 2- People with Disabilities	2 nd Oct to 9 th Oct	2 weeks	Tues: 6.00pm to 9.30pm	Lillypilly
Special Unit 3- Pregnancy Massage	16 th Oct to 23 rd Oct	2 weeks	Tues: 6.00pm to 9.30pm	Lillypilly

YOU WILL NEED TO PURCHASE:

Some course notes at a small cost – (approx \$5)

4 prescribed textbooks:

- * 1 for Massage 7, 2 for Massage 5, 1 for Symptomatology (see textbook list Page 5)
- * A yoga mat for Massage 7 – Posture stretching & flexibility
- * 4 Towels for Practical (2 Bath Sheets & 2 Hand Towels) for the massage modules.

You will also need to purchase your own massage table to practice at home, and eventually to use in your practice. We suggest you start with a basic portable model, these start at around \$250. You are not required to bring this to class.

WHAT IS PROVIDED:

Course calendar, course outlines, notes and assessment schedules are provided to the students in class.

Massage tables and oils are provided for practical classes. Tea & Coffee is also provided for your tea break.

RPL (Recognition of Prior Learning) & RCC (Recognition of Current Competency)

Karuna College recognizes current competencies from other Registered Training Organisations (RTO's). We will also give you credit for previous study, work or life experience. You must provide evidence to support previous experience to show you meet the competency requirements. Where insufficient evidence is provided or training was from a non Registered Training Organisation(RTO), you will be given a practical or challenge exam to prove competence. Please phone the college for more information. Please refer to **RPL section in Terms & Conditions for costs and cut off dates for applications.** You can download a RPL form from our website.

Synopsis of Module Names

The following modules comprise the Diploma of Remedial Massage HLT50307

MASSAGE 4 (Reflexology – relevant to Remedial Massage)

Reflexology is a holistic, non-invasive therapy based on the principle that all components of the body are reflected in reflexes throughout the body. You will learn a basic reflexology workout to add to your massage sessions using a combination of pressure techniques on some of these reflexes to promote balance in the physical, mental, emotional and energetic levels of the body.

MASSAGE 5 (Trigger Point Therapy)

Trigger points are small knots of calcified tissue found within a band of muscle which are tender and when pressed send pain or sensation to a distant muscle. Trigger point therapy is a powerful tool in modern massage therapy. The points are essentially de-activated using precise finger pressure, resulting in release of pain, increased mobility and in some cases emotional release.

SYMPTOMATOLOGY, ASSESSMENT & TREATMENT PLANS

This course aims to provide the practitioners with the skills and knowledge necessary to recognize signs and symptoms of common disorders that affect the body. This will allow them to identify contraindications to massage including medications, and know when to treat the client or refer to another health professional. Practitioners will be provided with the skills necessary to develop a treatment plan &/or referral letter for the client based on presenting symptoms, client history and medical tests.

MASSAGE 6 (Principles of Rehabilitation) – Learn how to initiate a rehabilitation program, relative to clients needs e.g. Athlete, non Athlete.

(The Ankle & Achilles – Chronic & Acute) – Learn techniques to instigate a full recovery in chronic and acute injuries to this complex joint.

(Chest & Thoracic Pain Diagnosis & Treatment) – Treat & diagnose different types of pain. Learn treatment relief methods (including taping for rib injuries)

MASSAGE 7 (Posture, Stretching and Flexibility)

This module has two components.

The first and major component will investigate a range of stretches for the entire body, with specific emphasis on their application to the specific needs of clients in the clinical situation. Core stability, and its role in the management of back pain, will also be explored.

The second component will explore a somatic approach to bodywork. This involves methods that help to re-organize the sensory-motor nervous system and encourage improved patterns of movement.

Though this module is experiential in nature, no prior experience in these areas is necessary.

SPECIAL UNIT 1A & 1B(Corporate & Women’s & Children’s Massage)

Using the techniques, assessment tools and treatment plans already taught, learn how to specifically tailor your massage treatment to cater for the special needs of women and children and corporate massages.

SPECIAL UNIT 2 (Massage for people with disabilities and special needs)

This unit will introduce students to various mental health conditions and disabilities with the aim to increase their understanding of and decrease the stigma associated with mental health and disabilities. It will provide students with the knowledge required to tailor a treatment plan according to the special needs of their client.

SPECIAL UNIT 3 (Pregnancy Massage)

Students will learn specific body changes that occur to mother & baby over the term of the pregnancy. They will then learn to safely conduct a pregnancy massage, including contraindications, techniques and appropriate care of the client.

WHEN YOU HAVE COMPLETED THE COURSE:

You will be qualified to work as a: Mobile massage therapist; Masseuse in your own clinic, in health, ski & international hotel resorts, sports clubs & gyms, beauty clinics, with Chiropractors, Osteopaths & Physiotherapists.

You can become an accredited member with one of the approved industry associations, **ATMS** and **AMT**. You will be recognized as a provider by all of the health funds, (in order for your clients to claim a rebate).

Graduates from the Diploma of Remedial Massage are eligible to apply for articulation into the:

Bachelor of Health Science (Massage Therapy, Complementary Medicine)

Certificate IV in Aromatherapy, Certificate IV in Reflexology, Advanced Diploma of Naturopathy.

COURSE LENGTH & COSTS: 30 weeks (2x12 week terms & 1x6 week term) – DRM runs over 1 year but you may take 2 years to complete. You may also study single modules.

Total Nominal Course Hours – **395hrs** (This is made up of class hours and home study, assignments etc.)

MODULE	Class Hrs Per week	Home Study hrs-approx	Total nominal hrs	No. of Weeks	Cost Per Module
Massage 5 – Trigger Point Therapy	3.5hrs/Wk	2hrs/wk	66	12	\$750.00
Symptomatology,treatment plans & assessment	3.5hrs/Wk	4hrs/wk	45	6	\$380.00
Massage 7 – (Posture, stretching & flexibility)	3.5hrs/Wk	2hrs/wk	66	12	\$750.00
Massage 6 – Principles of Rehab, Ankle&Achilles,Chest,&Thoracic	3.5hrs/Wk	2hrs/wk	66	12	\$750.00
Massage 4 – (Reflexology relevant to remedial massage)	3.5hrs/Wk	2hrs/wk	66	12	\$750.00
Special Unit 1- Corporate/Womens & Childrens	3.5hrs/Wk	2hrs/wk	12	2	\$170.00
Special Unit 2- People with Disabilities & Special Needs	3.5hrs/Wk	2hrs/wk	12	2	\$170.00
Special Unit 3- Pregnancy Massage	3.5hrs/Wk	2hrs/wk	12	2	\$170.00
In Class student clinic			50	30	inclusive
		TOTALS:	395		\$3890.00

Senior First Aid - This is part of the Diploma and must be completed externally during the course year. Certificate (Please make sure you complete this with a *registered training organization*)

ENROLMENTS:

To secure your place in the course you must send in your application form plus a **deposit of \$300**.

This will be deducted from your first term fees.

Applications and deposits must be received before the **30th January 2012**.

Our numbers are limited so make sure you have your applications in as early as possible.

PAY \$1,000 (this is inclusive of the \$300 deposit) **by the 19th December** and receive **\$120 off your first term fees**.

PAYMENT OF FEES:

Our fees are paid by term these are set out below. These term fees must be paid **1 week prior** to the term commencing or a \$10 late fee will be charged.

Term 1 - **\$1500.00**

Term 2 - **\$1505.00**

Term 3 - **\$885.00**

See Application form for payment options.

Payments made by credit card attract a 1% surcharge

PLEASE NOTE: Term fees are due **1 week PRIOR** to the commencement of each term or a late fee of **\$10.00** will be charged.

PART PAYMENT OF FEES- If you wish to part pay your term fees please contact the office **before the commencement of term** to arrange this. This will incur an administration fee of **5% of the total fee**.

Refund Policy & Appeals and Grievances - please read our Terms & Conditions (page 4) carefully.

Terms & Conditions

*REFUND POLICY - please read carefully:

***Course cancellation prior to commencement of Term 1: full refund less \$300 admin fee.**

***Course cancellation after commencement of Term 1: no refund.**

DEFERMENT:

Students may defer study once enrolled to a later year, as described above. A switching fee of \$75 is payable for deferment. Applications for deferment must be in writing.

LATE FEES:

Fees must be paid prior to the first day of class each term, otherwise a **\$10 late fee will be charged.**

RECOGNITION OF PRIOR LEARNING (RPL) – application & costs.

Students who believe they are eligible to apply for recognition of prior learning (RPL) should request our RPL form. Where the relevant modules have been completed at a recognised training organisation (RTO) the RPL will be granted without challenge test. Where previous learning is gained through study at a non-RTO or through work experience, a challenge test will normally be given. **Applications for RPL must be made on the appropriate form 1 week prior to commencement of Term 1.** A non-refundable **application fee of \$80** must accompany this form, along with relevant documentation. Then there will be a minimum **\$30 fee per module** depending on documentation supplied. If a challenge exam is required then the fee is **\$80 per module**. In many cases, RPL applications for Communication/Practice Management require a challenge examination.

There will be absolutely No applications for RPL accepted after the above date.

FAILURE TO PASS ASSESSMENTS:

Where a student has failed an assessment, s/he may apply for re-assessment. A fee of \$80 is payable for re-assessment.

ATTENDANCE: You are required to be punctual and regular in attendance. **All classes have a 80% Attendance requirement as part of their assessment.** Make up classes out of hours will incur a cost for teachers' time & assessment.

YOUR QUALIFICATION:

This will not be issued until all requirements of the qualification have been fulfilled. This includes:

Payments of **Fees, attendance, student clinic, home assignments** and the **external first aid certificate**. **You must be marked competent in all modules.**

STUDENTS APPEARANCE, PERSONAL HYGIENE & CONDUCT:

Students must be suitably attired, clean and tidy. They must maintain a high standard of personal hygiene at all times. **Please trim nails. No mobile phones are allowed in class** unless they are switched off or on silent. They must be left in your bag. If you are waiting on an urgent message you must notify the teacher of this before class. There is absolutely no messaging during class. Students must display good manners and professional conduct at all times.

DISCIPLINARY ACTION:

A lecturer may expel a student from class for unprofessional conduct. A student may be suspended indefinitely by the Course Manager for unprofessional conduct; disruption or misconduct in class; cheating in assessments; non-payment of fees; being under the influence of alcohol or recreational drugs whilst in class; inappropriate sexual innuendo or politically incorrect references or behaviour. No fees are refunded in case of suspension. A student may appeal this decision, which must be received in writing within seven days of notice of suspension.

APPEALS AND GRIEVANCES:

A complaint or grievance must be made in writing to the Course Manager, clearly stating circumstances and reasons for the complaint. The Course Manager will consult the teacher, student, and other members of the Karuna teaching staff and in doing so, try to facilitate a satisfactory resolution to your complaint.

SUBSTITUTION OF TRAINERS/CONTENT:

Karuna College reserves the right to substitute trainers or alter module content at its discretion.

PRACTICE OF MASSAGE TECHNIQUES:

Students are permitted to perform techniques *only taught in the Karuna College curriculum course*. The practice of other techniques in class is not acceptable.

PERSONAL BOUNDARIES:

The Karuna massage course is not in any way a sexual therapy. Inappropriate touching of another person, lack of respect for another person's privacy in undressing/dressing, or politically incorrect sexual innuendo are behaviours not tolerated at the college, and may be grounds for expulsion from class.

Required Textbook List

Diploma of Remedial Massage HLT50307

PLEASE NOTE: THESE TEXTBOOKS WILL BE AVAILABLE FOR SALE FROM KARUNA COLLEGE OFFICE – 2 WEEKS PRIOR TO COMMENCEMENT OF COURSE (This does not include recommended texts) – PLEASE RING OFFICE BEFOREHAND TO MAKE SURE IT IS OPEN – 42832000 or 42832006.

TEXTBOOKS WILL NOT BE AVAILABLE IN CLASS

TERM 1

MASSAGE 7 - (Posture, Stretching & Flexibility)

Laughlin, *Stretching and Flexibility*. Simon & Schuster.

MASSAGE 5 - (Trigger Point Therapy)

1. Chaitow, Fritz, *A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points*.

ISBN: 978 0 44310 200 4.

2. Davies, C *The Trigger Point Therapy Workbook*. New Harbinger Publications.

ISBN: 9781572243750.

Trigger point wall chart (Recommended only**)

www.mentone-educational.com.au/products/chiro/reflexology/tp1

SYMPTOMATOLOGY, ASSESSMENT & TREATMENT PLANS

Werner, *Massage Therapist's Guide to Pathology* 3rd ed., ISBN 071754895

TERM 2

MASSAGE 6 – (Principles of rehabilitation etc.)

** Brunner&Khan, *Clinical Sports Medicine* 3rd Ed, (**Recommended only**) ISBN 9780074715208.

Ph: 0299001800 or Visit www.mcgraw-hill.com.au or www.fishpond.com.au

MASSAGE 4 - (Reflexology) - Course Notes: available in class at a small cost.

****Recommended Only**

Karuna College of Massage Therapies

Lecturers for the year 2012 – Diploma of Remedial Massage

John Delaney DRM, Cert IV Assess & Train, Paralympics 2000, Deaflympics 2005
(Massage 6 - Principles of Rehab, Ankle & Achilles, Chest & Thoracic)

Hilly Corris BA, MA, DRM, Cert IV Assess & Train, Deaflympics 2005, Comm Games 2006
(Special Unit 1 & Special Unit 3)

Catherine Britt – Dip of Education, Certificate in Health, Bach of Applied Sciences
Certificate III & IV in Fitness – Personal Training.
(Massage 7 - Posture, Stretching & Flexibility)

Cathie Bromwich DRM, Diploma of Reflexology, Cert IV Assess & Train, Formerly a
registered nurse. (Massage 4 – Reflexology)

Steve Cooper DRM
& **Angela Milic** B.A.(Hon)USyd., DRM
(Massage 5 - Trigger Point Therapy)

Cathie Pacitto BNursing, Cert IV Assess & Train, AssDiploma Health Science
(Symptomatology, Assessment & Treatment Plans & Special Unit 2)



Why Karuna College?

*Because we offer you exceptional tuition in a rewarding, exciting new career!
At our friendly, personal, professional College.*

*We look forward to hearing from you.
Regards the Team at Karuna College*

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