



SCHOOL OF INTEGRATED
BODYTHERAPY



Massage Course Prospectus

Student Handbook may be viewed on our website

Your Massage Career Starts Here



School of Integrated Body Therapy
Registered Training Organisation 90362
Nationally Recognised Training
ATMS Recognised Provider of Natural Medicine Education
ATMS Accredited Course

School of Integrated Body Therapy
LakeSpa Wellness Centre
1 Callaghan Close,
Charmhaven NSW 2263
Phone: +612 4393 1200 Fax: +612 4393 3333
Email: admin@massageschool.com.au

WELCOME

We welcome your interest in the School of Integrated Body Therapy and look forward to an opportunity to support your growth and learning from your participation in our wide range of interesting and professional massage courses. The School's philosophy embraces an holistic approach to healing and recovery through massage & bodywork.

The School is a boutique college and one of the largest specialty massage schools in Australia and was established in 1985. We provide cutting edge bodywork and massage training courses with a focus on the latest hands-on therapy, techniques and skills. The School has been a major contributor to national training standards for massage. The School is a Registered Training Organisation and courses are recognised with major professional associations.

The School's co-founders, Maggie Sands and David Griffiths, had humble beginnings with a small group of enthusiastic students in 1985. During the School's growth we have aided and witnessed the evolution of Massage as a highly respected profession in Australia. These years of experience have allowed the School to develop and offer a reliable and sound skills-based professional training to a practitioner level.

Maggie Sands has held an Executive Director position of the Australian Traditional Medicine Society (ATMS) from 1987 to current where she has been honoured with Life Membership. She has held the positions of Vice President, Treasurer and President/Chair. During this time she has served on major committees that assisted to guide the natural medicine industry in Australia. Maggie was also responsible for the successful development of SIBT into the Asian massage training area.

The school founded the Sands Integration Therapy Method, Myofascial Release and Counseling accreditations within the Australian Traditional Medicine Society. The School has also created other speciality modalities which include Neurolymphatic Massage and Detox Massage.

Due to growth and demand the School relocated into it's current home at Charmhaven in early 2000 and the LakeSpa Wellness Centre was born. The purposefully designed building houses the School's training rooms, student clinics, administration offices and the LakeSpa team of professional natural medicine practitioners.

Students love to learn in the wonderful ambience of our Centre.



WHY YOU SHOULD TRAIN WITH SIBT

PROFESSION LEADERS SIBT has trained practitioners in Australia for over four decades. SIBT leads by example, other schools copy what we do. SIBT has trained many other school owners and teachers.

ACCREDITATION The School is a Registered Training Organisation 90362 offering Nationally Recognised Training and is regulated by the Australian Skills Quality Authority. SIBT is an ATMS Recognised Provider of Natural Medicine Education and has had 2 qualifications accredited by the society. The Australian Traditional Medicine Society (ATMS), is the largest natural medicine association in Australia, established 1984. This indicates both the School and courses are industry accredited. SIBT students receive free student membership.

PROFESSIONAL ASSOCIATIONS Australian Traditional Medicine Society (ATMS), Association of Massage Therapists (AMT), Myotherapy and Massage Association (MMA). Professional membership of industry associations, allowing practitioners the benefits of affordable insurance, health fund eligibility on many client services, professional journals, continuing education opportunities and professional support.

ALL INCLUSIVE COURSE FEES Course fees are competitive, SIBT gives the "whole price" and has no hidden costs. SIBT gives a one-off cost that covers all your training including student clinic. Texts may be suggested but these are optional extras to assist with your education. Payment options are available and we are happy to work out a payment plan to suit you. Students pay a deposit up to \$1500.00 and then pay as they learn.

HIGH REPUTATION Recommended by more therapists and employers in Newcastle, Hunter and Central Coast of New South Wales, Australia and a variety of countries internationally.

INTERNATIONAL EXPERIENCE The School has been supported by the Australian Trade Commission to export massage education. SIBT is the only natural medicine school in Australia, to export non nationally recognised massage training internationally at a professional level. Currently the school has successfully completed trainings in Hong Kong, Singapore, Vietnam and Indonesia. The School is approached by numerous countries throughout the world. Teachers are trained and experienced to work with international interpreters as in many countries English is not the first language. The School has introduced new concepts overseas, ie. Remedial Massage as a viable treatment option.

QUALITY TRAINING SIBT continually stays on the cutting edge of the industry and provides the latest skills-based programs.

STUDENT HANDBOOK Available on the website.

ACCOMMODATION Contact the School office if you need accommodation.

JOB PLACEMENT OPPORTUNITIES Because of our quality reputation numerous organisations approach SIBT when they have Massage Therapist positions available. Positions vacant are also listed on our website. We provide support and direction for students when required.

EXPERIENCED TRAINERS & ASSESSORS Professional, caring, experienced trainers & assessors dedicated to teaching and sharing what they know. Our teachers understand the industry. They have personally completed numerous courses and our extensive in house teacher training program. Trainers also work in the industry, many having their own successful massage therapy practices. Teachers are personally trained by SIBT to ensure the School philosophy of "healing intent" is practiced and taught.

STUDENT SUPERVISED CLINIC We believe we run one of the most successful and professional student clinics in Australia. The clinic allows students to get on-the-job training in preparation for being a professional practitioner. Student clinic supervisors have "real" massage practice experience and are dedicated to sharing their knowledge with students developing their practice skills under supervision. Clinics are run on Fridays and Saturdays. All student clinic fees are included in course fees.

FACILITIES Students are provided with informative and professional manuals and workbooks. Library facilities are available. Text books, models, charts and other teaching tools may be used to assist your learning.

Your Career in the Wellness Industry



HLT42015 CERTIFICATE IV IN MASSAGE THERAPY

CAREER OUTCOMES

Completion of HLT42015 Certificate IV in Massage Therapy will enable professional membership to an association as a Massage Practitioner. Career options may include starting a small business from home, or mobile massage service, working in clinics, spas, medical centres, gyms, on cruise ships, at resorts, with chiropractors, physiotherapists, sporting clubs or in hospitals. Those considering a career in Massage are best to have an interest in health and wellness.

CAREER OPPORTUNITIES Various organisations contact the School when they have positions available for graduates. Positions vacant are also listed on the SIBT website.

PHYSICAL ABILITY Moderate level of fitness required as the course encompasses practical massage components. Discuss concerns regarding your physical ability with staff.

DURATION/APPROXIMATE HOURS See info for each course.

EXTERNAL HOME STUDY Is required for components and encompasses anatomy & physiology, principles of massage, revision, study for class quizzes/assessments, workbooks, treatment plans, health assessment, completion of research reports. To complete home study you will need to have English proficiency writing skills and best to have knowledge of computer software such as MS Word or similar. It would also be of advantage (but not essential) to have internet access for researching information. It is preferable that all workbooks are typed/saved and/or copied prior to submission.

WHAT TO BRING TO CLASS Massage table (if you have one), 3 towels, 1 sheet, 1 pillow, massage balm (provided at 1st class), anti-bacterial soap, disinfectant wipes, writing equipment and water proof band-aids. Student discounts on tables are available. Contact school directly if clarification is required.

WHAT TO WEAR Comfortable clothing (shoulders covered, no midriffs), supportive, covered footwear. A School T-shirt can be purchased to wear to clinics.

RECOGNITION OF PRIOR LEARNING (RPL) Is the acknowledgment of a person's skills and knowledge acquired through previous training, work/life experience. Further information contact the School.

SIBT POLICIES, RULES AND PROCEDURES For info on policies and procedures such as access/equity, refunds, student support, assessments, appeals/grievance, etc. View Student Handbook on website or talk to the School directly.

HOW TO ENROL Complete enrolment form and send to the School. We recommend you call the School prior to enrolment to book a tour and to have any questions answered regarding the training.

FIRST AID CERTIFICATE Is a requirement for both HLT42015 Certificate IV in Massage Therapy and HLT52015 Diploma of Remedial Massage. Students attend an external recognised course provider to obtain a current first aid certificate.

HLT42015 Certificate IV in Massage Therapy will be your introduction to the world of massage and your first step towards achieving professional massage recognition. You will learn the base requirements involved with massage as a therapy. You will gain understanding of Anatomy and Physiology ie. studies of the muscular and skeletal systems of the body. You will learn to associate and appreciate the body's biomechanical actions as a system, often closely related to muscular dysfunction and pain. You will also learn and develop hands on massage skills.

During your classes you will be guided through the process of perfecting a variety of effective massage techniques. Students work together in pairs and you are sure to enjoy and benefit from receiving regular massages.

After you have successfully completed the HLT42015 Certificate IV in Massage Therapy you may choose to join a professional association. You will also be able to apply for affordable professional indemnity insurance and gain professional support.

It should be noted that health fund eligibility does not apply at this level and students wanting health fund eligibility should enrol directly into the HLT52015 Diploma of Remedial Massage.

As with many of our students you will be surprised at your achievements during your training with us. The course will provide you with practitioner skills and also give you a great understanding of yourself and of others. You will find our classes professional and supported by a team of people interested and willing to help you learn.

This is a popular course, make an appointment to visit the school and fill your enrolment application. We encourage your interest in the world of Massage and look forward to meeting you.

PRE-REQUISITE School Certificate/Mature Age Student/English competency

VOLUME OF LEARNING/APPROXIMATE HOURS - 726

DURATION/APPROXIMATE Full time 12 months. Part time 12-18 months.

UNITS OF COMPETENCY

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTAAP002	Confirm physical health status
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatments
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
CHCCCS001	Address the needs of people with chronic disease
HLTREF002	Provide reflexology for relaxation

ASSESSMENT WORKBOOKS 1-8 Workbooks include both face to face and external home study. Sent electronically after enrolment procedures are finalised.

COURSE COMPONENTS (Dates/times available on website)

FACE TO FACE MODULES

Done in any order after
Massage Therapy, A&P1.
Massage Therapy
Anatomy & Physiology 1
Reflexology for Relaxation
Law, Ethics and Work Practices
Pregnancy Massage
Reflexology for Relaxation
Working with Clients with Chronic
Diseases
Supervised Student Clinic

EXTERNAL HOME STUDY

Small Business Planning
Safe Practices
Establish and Manage Client
Relationships
FIRST AID Attend external
recognised course provider to
obtain a current first aid certificate.

INFORMATION OR CLARIFICATION ABOUT THE TRAINING

Make an appointment to visit the School, view facilities and talk to staff. View dates (Date + Times Sheet) on website.



HLT52015 DIPLOMA OF REMEDIAL MASSAGE



HLT52015 Diploma of Remedial Massage is a more advanced course preparing practitioners to treat clients using massage. You will be introduced to the base requirements of massage therapy leading into a variety of individual modules which will provide flexibility and skill in the treatment of your clients. Diploma students will also master postural and orthopaedic assessments, preparing them to create suitable treatment plans for their clients and work remedially. At this level graduates may develop skills that may significantly change a client's physical structure assisting with recovery or pain management.

After you have successfully completed the HLT52015 Diploma of Remedial Massage you may choose to join a professional association. You will also be able to apply for professional indemnity insurance and gain professional support.

It should be noted that health fund eligibility requires amongst other criteria, a HLT52015 Diploma of Remedial Massage qualification.

PRE-REQUISITE School Certificate/Mature Age Student/English competency

VOLUME OF LEARNING/APPROXIMATE HOURS-1342

DURATION/APPROXIMATE Full time 12-18 months. Part time 18-24 months.

UNITS OF COMPETENCY Additional to the units below are the units for HLT42015 Certificate IV in Massage Therapy on page 3.

CHCCOM006	Establish and Manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTAID003	Provide first aid (completed externally)
HLTINF004	Manage the control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatment
HLTWHS004	Manage work health and safety
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals & health system
HLTAAP003	Analyse and respond to client health information
HLTMSG003	Perform remedial massage musculoskeletal assessments
HLTMSG005	Provide remedial massage treatments
HLTMSG006	Adapt remedial massage practice to meet specific needs
HLTMSG008	Monitor and evaluate remedial massage treatments
BSBSMB404	Undertake small business planning
CHCCCS001	Address the needs of people with chronic disease
HLTREF002	Provide reflexology for relaxation
HLTMSG007	Adapt remedial practice for athletes
CHCPOL003	Research and apply evidence to practice

ASSESSMENT WORKBOOKS 1-18

Workbooks include both face to face and external home study. Sent electronically after enrolment procedures are finalised.

COURSE COMPONENTS (Dates/times available on website)

FACE TO FACE MODULES

Done in any order after
Massage Therapy, A&P1,
Remedial Massage & A&P2.
Massage Therapy
Anatomy & Physiology 1
Remedial Massage*
Anatomy & Physiology 2
Myofascial Release Part 1*
Sports Massage*
Lymphatic Massage*
Trigger Point Therapy*
Pregnancy Massage*
Reflexology for Relaxation*
Law, Ethics and Work Practices
Working with Clients with Chronic Diseases*
Supervised Student Clinic
See opposite column for **these modules.

EXTERNAL HOME STUDY

Small Business Planning
Safe Practices
Establish and Manage
Client Relationships
Research and Apply Evidence to
Practice
Engage with Health Professionals
and Health System
Reflect on and Improve your Own
Professional Practice
FIRST AID Attend external
recognised course provider to
obtain a current first aid certificate.

REMEDIAL MASSAGE MODULE

Will provide you with the skills necessary to work remedially. After developing your foundation massage techniques you will be ready to learn more about the art of massage treatment. You will learn how to correctly assess the body's muscular structure and the appropriate massage techniques to assist/relieve discomfort. You will learn how to assess/treat/rehabilitate or assist a range of musculo-skeletal conditions.

LYMPHATIC MASSAGE MODULE

The lymphatic system is the major drainage system of the body. It plays a key role in the defence & surveillance of the body, it functions in immune response, assisting in the maintenance of fluid balance by draining fluid from the tissues, and then returning vital substances back to the blood stream. You will learn skills to assist this vital system. You will gain knowledge of the functions of the Lymphatic System and conditions effected by poor Lymphatic performance and contraindications to treatment and how to refer on when required.

MYOFASCIAL RELEASE THERAPY 1 MODULE

Will introduce you to a fascinating system of working with the framework of the body which is held together by fascia. You will be aware that fascial tissue surrounds/fuses with every structure of the body, enveloping muscles, organs and nerves. You will gain an understanding of how fascia can inhibit muscular function even after you have applied your massage skills to an area. This interesting module will provide you with treatment options.

TRIGGER POINT THERAPY MODULE

Designed for you to enhance/refine your palpation skills. Learn to locate/treat trigger points in the skeletal muscles and in the muscle's fascia. Trigger Point can be easily incorporated into your treatment programs, especially your neck, shoulder and lower back routines. Trigger points are located through palpation (by touch). Understand predictable pain patterns of active trigger points and the role of latent trigger points in muscle dysfunction as well as detect the perpetuating factors which activate trigger points.

SPORTS MASSAGE MODULE

Enhance your understanding of injuries and their treatment through this module. Learn effective pre- and post-event massage techniques to enhance speed, endurance and prevention of injury. Master maintenance and conditioning massage to use between sports events to assist bring about full recovery. Develop skills to assess and recognise signs and symptoms of common sporting injuries and develop effective treatment options.

PREGNANCY MASSAGE MODULE

This module is designed for therapists who would like to feel confident massaging a pregnant client. It aims to provide a solid theoretical background as well as useful and safe hands-on skills to support pregnancy. This module includes contraindications, physiological changes during pregnancy, conditions and benefits of pregnancy massage. You will master appropriate massage and positioning for each trimester using a variety of techniques. You will learn techniques in preparation for labour, massage during labour and post-natal.

WORKING WITH CLIENTS WITH CHRONIC DISEASES MODULE

Focuses on caring, comforting and supporting clients with chronic diseases. You will learn to identify a range of chronic diseases/conditions, understand mainstream and complementary health approaches to their management and how these condition effect the body. You will learn how these diseases/ conditions have physical and psychological impacts on the client and their family. Also how treating clients with chronic diseases that may be life threatening can impact on you.

REFLEXOLOGY FOR RELAXATION MODULE

A useful tool to add to your massage menu as it is a relaxing and pleasant experience that can assist to reduce stress and promote balance. Learn and master the benefits of reflexology. Make observations of the feet and identify pathology and abnormal musculoskeletal conditions. Gain an understanding of charts and zone systems and how the bodies systems may be reflected in the feet and hands.

For information regarding module dates, times, policies etc. please visit www.massageschool.com.au