

THE UNITY  
HOLISTIC MASSAGE DIPLOMA  
2010-2011

An explorative journey into oneself  
relating with others through loving touch.



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## UNITY

### Holistic Massage Diploma 2010-2011

An explorative journey into oneself  
Relating with others through loving touch.

### Information Pack

Thank you for your interest in the course. The following is included in the information pack,

The course syllabus

Student learning contract (please copy, sign and return)

Protocol

Professional Skills

1<sup>st</sup> Aid

AnP Course

Standing Order form

The venue for the course is

The Unity Studio, 130 Lewes Road, Brighton, BN2 3LG

To enrol please complete the contract and return together with your deposit and Doctors Certificate, stating that you are in good health prior to commencement onto the course, to

Sevanti

Unity Massage

130 Lewes Rd

Brighton

BNN2 3LG

This will secure you a place subject to an interview. I will contact you to arrange a suitable time. It is important to understand that this Diploma requires intensive study – on the Practical and Anatomy, Physiology & Pathology course.

It is important that you keep on track with the 40 hours of massage given, and the 10 hours of massage received. If you have concerns about the hours of homework required, please speak with me.

If you have any further questions, please e-mail me - [sevanti@being-in-unity.com](mailto:sevanti@being-in-unity.com)

Warm wishes, and blessings, I look forward to meeting you,

Namaste,

Sevanti

## Holistic Massage Diploma 2010-2011

### Syllabus

#### **Session 1: 26-28th November (Friday-Sunday)**

Introduction & Administration

What makes a good massage?

What is Holistic Massage and the Unity Holistic Ritual Massage?

Other types of bodywork

Practical guidelines

Contraindications

Consultation form

AP&P information

Setting up the room

Back Massage

Classification of techniques

History & Effects of Massage

Back of leg massage

Body posture and techniques

Looking after yourself

Information on: Massage journal, clinic practice, Reiki, First Aid, Book list

Case Study Info – Assessment Criteria

Info on Massage Charts

Aftercare

*Home study: Essay and case studies begin, start journal and charts*

#### **Session 2: 7-9th January (Friday- Sunday)**

Introduction to the Skeleton

Front of leg Massage

Arm Massage

Professionalism & Sexuality

Recap Back, back of legs

Intuition & Energy

*Home study: case studies*

**Session 3: 11-12 February (Friday – Saturday)**

Introduction to the Muscular system

Body, Mind, Balancing

Abdominal Massage

Face Massage

Aura & Chakras

Recap front of legs, arms

Protection – Sea Water, Blue dome, Sea Water

Professionalism & Sexuality

Yoga Nidra

Body Posture, use of techniques

Speed and rhythm

Workshop: Supplementary Oil Techniques

*Home study: Essay, case studies continue*

**Session 4: 11-12 March (Friday - Saturday)**

PRACTICE Session: With tutors, including therapist-client role play

**Session 5: 15-16 April (Friday - Saturday)**

Stress, Depression & Anxiety – How Massage can help

Workshop: Energy Work & Relaxation

Workshop: Thai Massage

Recap All

Hygiene

Ethics & Legislation

Health & Safety, risk assessment

First Aid overview

*Home study: Essay & case studies continue*

**Session 6: 13-15 May (Friday-Sunday)**

Reflection of progress and development so far

Client Management

Workshop: Thai Foot Massage

Workshop: Head, Neck & Shoulders

Workshop: Ritual Practice in the 2 hour treatment

Practice

Varying treatment lengths

Ending a treatment

Timing, Pressure feedback

Clothing and presentation

Breath and Meditation in Massage

One Clinic Practice

*Home study: Essay and case studies continue*

**Session 7: 11-12 June (Saturday - Sunday)**

Advertising & Marketing

Tax & Insurance

2 x clinic practices

Full 2 hour Ritual Massage Treatment

Relaxation, After-care, Home Advice

Working on all ages, bodies (elderly, pregnant, special needs, cancer, babies etc)

Quality of touch

Workshop: Hands-free Massage

*Home study: Leaflet/card/logo ideas, Massage theory paper, case studies continue*

**Session 8: 8-9 July (Friday- Saturday)**

Deep Tissue Massage

Practice

Clinic Practice – Exam practice of 45 mins

Mock Exam – 1 hour Exam (Mock)

**Closing ceremony**

*Home study: Finish all coursework and hand in before exam: Charts, journals, Case-studies, essays, exam paper etc*

**28/29 July (Exam)**

**General Session times:**

3 Day Sessions:    Day 1: 10-6  
                              Day 2: 9-6  
                              Day 3: 9-6

2 Day Sessions:    Day 1: 10-6  
                              Day 2: 9-6

Please also be aware that this schedule may change slightly before the course commences.

Many thanks,

Sevanti x

# Holistic Massage Diploma 2010-11

## Student Contract

I have enrolled on the Unity Diploma in Holistic Massage and by signing this student contract I agree to the terms and conditions set out below.

This course starts on 26 November 2010, and completes on 12 August 2011.  
Unity will provide training 21 days of training over 9 months. Most sessions are Fridays and Saturdays and occasional Sundays .

### The Practical and Theory course times are:

3 Day Sessions:	Day 1: 10-6	Friday
	Day 2: 9-6	Saturday
	Day 3: 9-6	Sunday

2 Day Sessions:	Day 1: 10-6
	Day 2: 9-6

### The Practical and Theory course dates are:

November 26 - 28 (Friday, Saturday, Sunday)  
January 7-9 (Friday, Saturday, Sunday)  
February 11-12 (Friday, Saturday)  
March 11-12 (Friday, Saturday)  
April 15-16 (Friday, Saturday)  
May 13-15 (Friday, Saturday, Sunday)  
June 11-12 ( Saturday, Sunday)  
July 8-9 (Friday, Saturday)  
July 28/29- (Exam) (Thursday, Friday)

The AP&P component takes place 10am-5pm on the following Sundays in London with Richard Leadbetter:

December 12  
February 6  
March 13

April 17

May 1

May 22

June 10 AP&P Exam - Brighton

### Course Recognition

The course is accredited by the Massage Training Institute (MTI) which is affiliated to the General Council for Massage Therapy (GCMT)

### Assessment

The coursework and final 2 exams, will be assessed by MTI's quality commitment and Assurance system.

You will be assessed by:

1. Practical Assessment
2. Anatomy, Physiology and Pathology Written Assessment.
3. Course work

The fees for each exam are £75 and are in addition to the course fees. All exam fees must be paid prior to examination

### Attendance

I will attend the course at the specified times, unless I am prevented by exceptional circumstances. In this instance, I will notify the UNITY tutor, Sevanti as soon as possible. I understand that there is a minimum attendance requirement of 80%.

Catch up Sessions, either on a one to one basis or in a small group can be provided at the following rate

1 day missed	=	3 Hours Study for £60
2 days missed	=	6 Hours study for £90
3 days missed	=	8 Hours study for £120

If a day of the AP&P course is missed, I will arrange a 1.5 hr session with Richard Leadbeater at a cost £40.

### Resits

Should either the AP&P, or Practical exams need to be re-taken, the prices are as follows:

Practical	£75
AP&P	£100

The exams will take place at the Unity studio, on a date appropriate for both the Student, and Unity. No refund will be given for non- attendance.

### Health & Well-Being

I understand that a holistic perspective is respected on the course, including physical, mental, emotional and spiritual aspects of massage therapy.

Therefore, I realise that I shall be responsible for my own state of health and well-being on all levels during the course. I accept that the course is not a substitute for personal treatment, and if necessary I will organise personal support – counselling/ psychotherapy/ physical or spiritual guidance if required

### Unity Policies

I understand that Unity operates an equal opportunities policy, and that I may expect to be treated fairly and reasonably throughout the course. I have notified Unity of any health issues that may affect my successful completion of the Diploma.

### Course Fees:

Course fees =	£1500
AP&P =	£425
Total Fees =	£1925

**Payment Plan:**

*Please delete as necessary:*

I enclose the deposit of £500, and will pay the balance (£1425), 2 weeks prior the start of the course.

OR,

I enclose the deposit of £500, and have set up a Direct Debit for monthly instalments. Due on the 1<sup>st</sup> of every month. £150 per month for 10 months from November 2010 to August 2011 inclusive)

Please note that an additional administration fee of £75 has been added to the monthly direct debit option.

Any payment more than 7 days late will incur a 10% charge

The MTI registration fee of £30. (Please make cheques payable to Massage Training Institute ) is payable on the first day of the course

I understand that £150 for the two exam fees (£75 each) is payable one month prior to the first exam.

The course handbook, MTI's textbook in Anatomy, Physiology and pathology is to be paid for on the first day of the course, at £15.

I understand that I make all payments to 'J Attwood' (Sevanti at Unity)

Should I need to leave the course, I understand that the fees must still be paid, and are not refundable.

PLEASE ENSURE THAT YOU HAVE SUFFICIENT FUNDS TO PAY FOR  
THE COURSE BEFORE YOU SIGN THE CONTRACT.

**A SIGNED CONTRACT IS LEGALLY BINDING.**

I enclose a Medical Certificate to validate that I am in good health, and that there is no knowable reason why I would need to leave the course.

I have discussed the course with Sevanti, and have read the 'Professional Skills' notes.

NAME (Please print) .....

ADDRESS .....

EMAIL.....

TELNO.....

DATE.....

SIGNATURE.....

Please keep a copy of this signed contract for your own records

# Unity Holistic Massage Diploma 2010-2011

## Protocol

UNITY reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course

UNITY reserves the right to ask a student to leave at any stage if it is felt that the professional skills have not been adhered to

UNITY reserves the right to change the date and venue of any class / substitute a guest tutor if unforeseen circumstances occur

All fees must be paid by the dates agreed. Any student withdrawing from the course after registering will be liable for the total fee.

IT IS ESSENTIAL THAT STUDENTS INTEND TO COMPLETE THE  
COURSE BEFORE ENROLLING AND HAVE SUFFICIENT FUNDS TO PAY  
FOR THE COURSE

A MEDICAL CERTIFICATE WILL BE REQUIRED TO VALIDATE GOOD  
HEALTH UPON BOOKING

Students will need to take out 'student insurance' (approx. £52) for the duration of the training. Please ask for details at the start of the course.

By signing the contract students agree in full to the protocol

Outlined above

# Unity Holistic Massage Diploma 2010-11

## Professional Skills

The standard for graduation is assessed by the following:

Internal Assessments:      Case Studies & Clinic Practices  
   Massage journal  
   Essays  
   Practical Massage Mock Exam (1 Hour)

External Assessments:      Anatomy, Physiology & Pathology Exam  
   Practical Massage Exam (45 minutes)

The student is also assessed informally throughout the course in practical application, in addition to theoretical input and general conduct. This area of conduct is called 'professional skills' and is outlined below.

It is important to realise that the student may not be able to graduate if these skills are not met. These skills are relevant to the clinic practice, but also to the entire course in general. Essentially they are core principles of taking responsibility for oneself, having respect for fellow students, teachers and clients.

### 1. Ability to be sensitive to other people's needs

Working with love and respect, for one's surroundings, fellow students, teachers and clients. Discussing problems in a mature manner, without allowing inappropriate feelings or behaviours to intrude. Respecting boundaries around appropriate touch, showing discretion around dressing and draping towels. Being trust worthy, and respecting confidentiality around personal information.

## 2. Taking care of oneself and others

Taking care of one's own needs. For example, if ill one must be aware of taking time out if necessary. Seeking support when needed, from other students, the tutor or outside friends/family/therapists. Having equal respect for those around you.

## 3. Demonstrating appropriate confidence

Adopting a positive standpoint of one's abilities and progress. Being confident in oneself, with patience and awareness.

## 4. Social reliability

Respecting the schedule and the group by being on time, and not leaving early – except in serious circumstances. Respecting confidentiality, and maintaining boundaries.

## 5. Maintaining a professional appearance

Maintaining personal hygiene and tidiness; particularly on clinic practice. Each student is required to bring their own matching towels and oil to each session: 2 large bath towels and 3 smaller hand towels, plus sweet almond oil. The towels need to be clean and fresh. Clothing should be close fitting but not tight, one should be able to move and breathe deeply.

## **Appointed Persons 1st Aid Tutor: Charles Holmes**

A course specifically designed for Unity Yoga & Massage students. It not only includes the topics required for the appointed person's certificate, but it has been developed to further incorporate common situations such as: soft tissue injury, fractures, shock and anaphylaxis, heat exhaustion & heat stroke, common illness, asthma and epilepsy, taken into a yoga & bodywork context.

### **Content**

Safe best practice  
A systematic approach to incident management  
Unconsciousness, causes and treatment  
External bleeding, internal bleeding and shock  
Resuscitation procedures including choking  
Awareness of current regulations  
Optional topics tailored to group

Tutor: Charles Holmes, a qualified ITEC massage therapist (since 1990), completed a course in myofascial release at LSSM, HSE approved First Aid instructor, trained as a paramedic at Hertfordshire University.

**Course Dates – 25<sup>th</sup> February 2011 9.30-5pm**

**At Unity Studio**

**Cost - £95 including all literature and certification**

Please complete the booking form and return together with a cheque for £95 to secure your place

Booking form for 1<sup>st</sup> Aid Training with Charles Holmes – 25<sup>th</sup> February 2011

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Name:

Contact telephone Number and email address :

Date:

Signature:

Please make cheques payable to Joanne Attwood – Thankyou

# Unity Holistic Massage Diploma 2010-11

## Anatomy, Physiology and Pathology Module 2010/11

This module will provide you with a thorough understanding of the structure and workings of the human body and of the effects of common diseases and conditions. It will also link this knowledge to your massage study and practice.

The course comprises six Sundays (10 am to 5 pm), with time between them to allow for home study and preparation of assignments. The days will include active learning – experiential exercises, games and group discussions.

**Day 1 – 12<sup>th</sup> December** - Introduction, skeletal system.

**Day 2 – 6<sup>th</sup> February** - Muscular system.

**Day 3 – 13<sup>th</sup> March** - Nervous and endocrine systems.  
- Physiology of stress & relaxation.

**Day 4 – 17<sup>th</sup> April** - Digestive, respiratory and cardiovascular systems.

**Day 5 – 1<sup>st</sup> May** - Lymphatic, immune, urinary and  
- Reproductive systems.  
- Skin, cells & tissues.

**Day 6 – 22<sup>nd</sup> May** - Mock exam and revision.

Notes will be provided for each day. The recommended course text book is – Anatomy, Physiology and Pathology for the Massage Therapist by Su Fox and Darien Pritchard (Corpus Publishing).

A book list of other helpful texts will also be provided.

The course tutor will be Richard Leadbeater. Richard has worked as a massage practitioner since 1984 and as a teacher since 1989. He is also a senior examiner for the Massage Training Institute.

Contact details – 28 Hadley Highstone, Barnet, Herts, EN5 4PU.

Tel: 020 8364 8758.

email: [richardleadbeater@talktalk.net](mailto:richardleadbeater@talktalk.net)

The course will take place at the above address. The nearest station is High Barnet tube station which is the last stop on the Northern Line. The venue is a 20 minute walk from the station, although a pick-up can be arranged. Street parking is available if you are driving.

### **Exam enrolment requirements –**

You are required to pass a written exam in Anatomy, Physiology and Pathology for Massage as part of your Holistic Massage diploma. The exam will take place on the morning of **Friday 10<sup>th</sup> June in Brighton** and will be arranged by Sevanti.

You will need to be enrolled for the exam at least one month before the exam date, including payment of the exam fee. You are required to have attended all classes/catch-up sessions and completed all homework assignments before enrolment. Catch-up sessions for any missed classes last 1\_ hours at a cost of £40 and take place in Barnet.

# Unity Holistic Massage Diploma 2010-2011

## STANDING ORDER FORM

Please instruct your bank/building society with the following instructions

### Standing Order

Payment £ 150 monthly

Date 1<sup>st</sup> of every month from November 2010- August 2011  
inclusive

### Bank Details:

Payment to J Attwood

Bank HSBC

Sort Code 40-02-32

Account Number 71171070

Payment Reference: Initial and Surname followed by HM

Many thanks