

Alternative Therapies

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THE FOLLOWING PAGES CONTAIN INFORMATION ON OUR ANATOMY / PHYSIOLOGY AND MASSAGE INTERNET CORRESPONDENCE COURSES

YOU MAY START OUR COURSES AT ANY TIME

RECOGNITION

Our Internet correspondence course in Anatomy & Physiology is recognised by IPTI (www.iptiuk.com)

I.P.T.I. (Independent Professional Therapists International) is a United Kingdom based organisation formed to serve the needs of aestheticians and alternative and complementary therapists throughout the world. They cover a large range of therapies.

I.P.T.I. is recognised by the British Complementary Medicine Association (www.bcma.co.uk)

Members of I.P.T.I. can insure themselves and practice.

The course is also recognised by the BOWEN technique association.

WHAT EQUIPMENT DO I NEED TO JOIN THE COURSES ?

- A computer running either Windows 95, 98, ME, XP or Vista
- 10 Mb of free space on your hard disk
- Access to the Internet and an Email address
- A facility to receive files 3 Mb in size over Email (if this is not the case, please contact us, we can still help)
- We strongly advise that you purchase a massage table for the Massage course.
- A keenness to learn Alternative Therapies **and a smile**

BACKGROUND TO OUR COMPANY

- Our company was created in 1991 and has been trading since then as a school of Alternative Therapies
- We have been running ITEC qualifying courses in the UK since 1993.
- We were the holders of the prestigious **JAMES** award (Joint Accreditation Monitoring & Evaluation System) from ITEC. This award was only given to the top 5% schools in the world. ITEC discontinued this award a few years ago.

- We offer many courses in Alternative Therapies.
- For the latest information, see our web site pages at <http://www.therapies.com>

WHAT IS INCLUDED IN THE COST OF THE COURSE ?

- The cost of all the handouts
- The cost of the video for the massage course
- The correction of all the tests
- Communication with your teacher via email
- 12 months support (renewable)

COST OF THE COURSES ?

The prices below are in UK sterling (pounds).

TRIALVERSIONS

Please note that you we now offer **trial versions** of our courses in Anatomy Physiology or Massage for a nominal 10 pounds (any topic). This allows you to try one of the courses offered, for a nominal amount prior to committing yourself to the full course. See our Web page at

<http://www.therapies.com/corresp/trial.htm>

Full courses :

Massage £19.95	Anatomy & Physiology £275.00
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WHY A CORRESPONDENCE COURSE ?

A correspondence course is an ideal way to study a topic when you cannot afford regular time off to attend a school or if there are no suitable schools near you.

You do not have a time constraint when joining a correspondence course, you can work at your own pace.

HOW IS IT POSSIBLE TO STUDY A THERAPY BY CORRESPONDENCE ?

The Internet is an ideal way to study from home.

You are sent course material and have complete interaction with your tutor(s) through Email.

You can ask as many questions as you like

You are tested at the end of each lesson

CORRESPONDENCE COURSE IN MASSAGE

THIS COURSE MAY BE STARTED AT ANY TIME

This course must be studied in conjunction with the Anatomy & Physiology if you ever intend to sit an examination.

This makes sense, when you massage somebody, you are going to put some pressure on different parts of their body. Sometimes, a part may be sensitive or a medical condition may exist. By studying Anatomy & Physiology, you will be able to know what organ that part of the body corresponds to and be better able to advise your customer.

An Anatomy & Physiology knowledge will also mean that you can talk knowledgeably with your customers.

THE THEORY OF MASSAGE

This will be studied using the following material that we will supply you with :

- Complete course handouts (readable from any computer supporting Windows 3.1 or Windows 95/98 or 2000, XP or Vista)
- Tests - to be completed and immediately corrected on-line
- Email support on the Internet

CONTENTS :

LESSON 1

Introduction to our school
Student introduction
Introduction to the diploma
Introduction to the information supplied with the course
Introduction to your Video
Introduction to your tests

LESSON 2

Contra indication to Massage
The massage sequence
First visit by a Client
Consultation card and Case histories
Notes during and in between consultations
Negative feed back, effective questioning and body language and timing

LESSON 3

Before, during and after the massage

The Equipment

The history of body Massage

LESSON 4

The Theory and philosophy of body massage

Definition and purpose of massage

The do's and don'ts of massage

Swedish massage - Oil, talc and cream Massage

The different strokes used in massage

LESSON 5

The physiological effects of massage

The psychological effects of massage

LESSON 6

Why is it important for a Masseur or Masseur to understand..

How to treat ...

The holistic approach - treating the whole person

LESSON 7

Employment and employing staff

Retail service; the principles of selling;

How to cost a treatment; Courses of treatments

Security

The Receptionist

Giving a talk on Massage

LESSON 8

How to design a leaflet

Professionalism, Ethics, Client Handling, Personality

Hygiene and Sterilisation, Personal standard of hygiene

Blood transmitted diseases

Infrareds

LESSON 9

Setting up a practice, raising finance

Planning the work area, stock control
Home visiting / Working from home
Advertising and promotion
Consideration for UK residents : Premises; Type of Business; Legal requirements, National insurance, Tax
Insurance, Consumer protection, Trade description act 1968

LESSON 10

The different laws
Data protection act 1984
Supply of goods and services ACT 1982
Electricity Act
Trade description Act 1968
Reporting of Injuries, diseases and dangerous occurrences 1995
Health and Safety at work ACT 1974
Consumer protection ACT 1987
Control of substances Hazardous to health regulation 1988

LESSON 11

Introduction to other natural therapies
First Aid
What to do upon completion

THE PRACTICE OF MASSAGE

This will be studied using the following material that we will supply you with :

- A video showing you in details the sequence of the Massage, proper towel draping, use of the trolley, use of the wipes
- Email support on the Internet
- We strongly advise that you purchase a massage table for this course
- You will be asked to massage 5 people on at least 4 different occasions on this course and document these massages.
- A complete sequence of body Massage including - Face, neck, front of shoulder, abdomen, front and back of arms and legs, upper thighs, back

CORRESPONDENCE COURSE IN ANATOMY & PHYSIOLOGY

THIS COURSE MAY BE STARTED AT ANY TIME

WHY STUDY ANATOMY & PHYSIOLOGY ?

It is necessary to study Anatomy & Physiology in order to gain a qualification in other related subjects such as Massage or Reflexology.

Anatomy & Physiology is the study of the human body, how it functions, what organs serve what purpose, where the organs are located and what are their symptoms if you do not take care of them properly.

This must be studied because when you perform a Massage (or any other treatment), you need to know where the organs are positioned and what they do. **Without this knowledge, it would in fact be quite dangerous to give a treatment.**

HOW WILL IT BE STUDIED ?

This will be studied using the following material that we will supply you with :

- Handouts (readable from any computer supporting Windows 3.1 or Windows 95)
- Numerous diagrams
- Tests - to be completed and immediately corrected at the end of each lesson
- Email support on the Internet

COURSE CONTENTS

This course will cover an in-depth study of the following :

LESSON 1

Introduction to our school
Student introduction
Introduction to the diploma and recognition
Introduction to the information supplied with the course
Introduction to the tests

LESSON 2

The skin

LESSON 3

Cells, Connective Tissue, Membranes

LESSON 4

The skeletal system

LESSON 5

Muscular system

LESSON 6

Vascular system

LESSON 7

Lymphatic system

LESSON 8

Respiratory system

LESSON 9

Digestive system

LESSON 10

Endocrine system

LESSON 11

Urinary system

Reproductive system

LESSON 12

Nervous system

LESSON 13

First Aid

Accessory organs

LESSON 14

what to do upon completion

RECOGNITION

This course is recognized by IPTI (Independent Professional Therapists International). I.P.T.I. is an Independent association formed to serve the needs for aestheticians and alternative and complementary therapists throughout the world. They cover a large range of therapies.

Their membership is open to all therapists holding national or state recognised qualifications.


I.P.T.I. is recognised by the [British Complementary Medicine Association \(B.C.M.A\)](#).

B.C.M.A is in turn recognised by the English government. Members of I.P.T.I. can insure themselves with [AXA insurance PLC](#).

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REGISTRATION FORM

To enroll on one of our correspondence course, please complete this form and post it to the address above with your deposit, or fax it back to us with your credit card details.

Name

Address

Tel No (Hme)

(Wrk)

Email address :

Courses you wish to join

Payment ⊗

⊗ Full payment of £275 for the Anatomy & Physiology module or £45 for the Massage module should be paid upon registration.

Amount paid £

Today's date

Circle payment method

Cheque - Visa - Access - Switch

Credit card number

Expiry date

Security code

Start date

If card registered at different address give post code / street number of registered address:

Name on credit card

Signature

We appreciate your joining our course(s) and are confident that you will enjoy learning with our tutors. Please note that we cannot reimburse your deposit once you have started a course.

PLEASE DO NOT HESITATE TO CONTACT ME SHOULD YOU NEED ANY FURTHER INFORMATION

PATRICK