

## **IRMT Diploma Course Syllabus**

Massage is one of the oldest recorded of all therapies and has been used throughout the ages by all cultures. As an holistic form of treatment it has a profound effect on the mind, body and emotions. Massage aids digestion, stimulates the lymphatic system and improves circulation and, combined with the psychological benefits, quickly brings about a feeling of overall well-being.

By successfully completing the course the student will have gained sufficient skills to practice as a Massage Therapist and be entitled to apply for membership of the IPTI and IRMT.

### *Overview*

This 'Swedish Massage with A&P' course provides both the practical and theory tuition needed to enable you to offer massage treatments confidently and safely. It covers all the essential massage strokes, considers issues of safety, professional conduct and business practice, and the basic principles of Anatomy & Physiology.

### *Outline Syllabus*

WHAT IS MASSAGE? Background, Benefits & Styles

MESSAGE TECHNIQUES Definitions and applications of the massage strokes.

CLIENT SAFETY Precautions and contra-indications, environment

PRACTICAL ISSUES Massage Medium, Equipment, Draping

MESSAGE ROUTINES Full Body Routine, Back and Shoulders, Developing your own.

ANATOMY The organization of the Body, Body Tissue, Skeletal and Muscular Systems.

PHYSIOLOGY Overview of the Lymphatic, Endocrine, Digestive, Respiratory, Excretory, Cardiovascular, Nervous, Urinary and Reproductive systems.

CLIENT PROCEDURES How to conduct a consultation, record keeping, courtesy etc.

SETTING UP IN BUSINESS Including premises, equipment, advertising, hygiene, insurance etc.

ETHICS & STANDARDS Professional conduct guidelines

### *Course Duration*

5 workshop days, either full-time or equivalent in weekend or daily sessions (40-45 hours total).

Workshop days include theory & practical sessions and written theory paper

Following the workshop, students are required to produce evidence of 40 hours of practical work.

After submission of the completed log, there is a final exam of practical technique under the auspices of an independent IRMT tutor/examiner.

### *Costs*

Course Fees £485 - including Diploma exams (theory & practical) - resit fees if appropriate £65

Fees include tuition, basic IRMT workbook (28pp), full Rising Moon workbook (approx 100pp)

Accommodation is not included, although B&B is available locally. Lunch/refreshments are included

### *Class sizes*

4 or 6 depending upon location & demand

The course is designed to ensure that graduates are capable of giving a massage in a professional capacity. By necessity therefore diploma classes are mixed-gender classes to ensure that proficiency is gained in working with a client of the opposite gender in a controlled and safe environment for both parties. It is appreciated that there may be students for whom this method of working may raise issues. If this is the case, please still register your interest in training and I will try to arrange a single-gender course to suit.

### *Qualification/Certification*

After Practical assessment, Case Studies (40 hours) and achieving at least a pass mark in the written examination, successful candidates will be awarded an IRMT Diploma in Swedish Massage with Anatomy and Physiology.

### *Important Notice:*

Because of the intimate nature of this tuition, both the personal physical and emotional safety of my students is of paramount importance. All students will be required to sign a document agreeing to respect the privacy and boundaries of all the other students. Any behaviour, actual or construed, which is in breach of this agreement will lead to the expulsion of the student, and the forfeiture of the tuition fee. If you are not prepared to abide by this agreement, then please do not apply for tuition.

p.s. - please do not be intimidated by the A&P content - it is taught only to the appropriate level, and is incorporated into the practical sessions to make it relevant.