Indian Head Massage Practitioner Course

Full course information for the Indian Head Massage course commencing in June 2015. Includes course contents, dates, fees and application form.

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18 Victoria Buildings
Bath
BA2 3EH

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Website: www.complementarytherapycollege.co.uk

Please see current dates on our website >
Indian Head Massage

On the Indian Head Massage practitioner course you will learn the key techniques that have been developed over generations in India: Indian Head Massage has been a traditional part of Indian rituals incorporating Ayurvedic principles and knowledge which we will explore as part of your training in this deeply relaxing and rejuvenating therapy. The first school of Indian Head Massage (or ‘champissage’) was established in London by Narendra Metha in the 1990’s and it continues to be a convenient treatment to receive as well as to give.

Indian Head Massage is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques to enhance function, aid in the healing process, decrease muscle reflex activity and promote relaxation and well-being.

Indian Head Massage is a holistic therapy that treats the whole upper body: back, shoulders, arms, neck, face and scalp, with the additions of marma points and chakra balancing giving both physiological and psychological benefits. The treatment can be performed with or without oil.

The Complementary Therapy College

• All our tutors have an appropriate teaching qualification.
• Our full tutors have at least 5 years practicing experience since qualifying. Full tutors can teach any parts of the course.

Why Choose Us?

As professional massage therapists ourselves, we want you to develop a deep understanding of Indian Head Massage as well as confidence in yourself as a therapist. We teach in small groups which enables us to give you the support that you need throughout the course.

Course Aims

We aim:

• to give you the skills, knowledge and, above all, understanding and experience to be a good therapist rather than to just gain a qualification.

• for students to learn through a ‘hands on’ approach with the theory applied wherever possible through practise; we are practising therapists who teach from our own on-going experience.

• to inspire you with a love of doing Indian Head Massage treatments not just a set of techniques and knowledge. Our focus is on taking you through working with individual clients in case studies and training to support you as you develop your understanding, experience and confidence.

• to be approachable and supportive, to work with you as individuals and ask you to match our input with your own. We have a policy of talking to each other whenever
necessary to keep both tutors and students informed so that we can pick up any
problems before they become difficult to deal with and so minimise distress.

At the end of the course you will be a competent and confident practitioner able to give
effective treatments and run a practice within the guidelines of the Federation of Holistic
Therapists / The Association of Reflexologists.

Course Details

Accreditation  The Complementary Therapy College is accredited by FHT for and the AoR.

The qualification The course leads to the Level 3 Indian Head Massage Practitioner course.

Duration: This course runs over two weekends approximately 5 weeks apart. Please see current dates on our website >

Study Sessions: Will include lectures, tutorials, discussions, demonstrations, practical
treatment and, during the second part of the course, supervised clinical practise.

Course work: Students will be expected to produce written work and case studies
during the course work. Each student should expect to put aside 5 hours per week for home study and practical work.

Student numbers: Groups are small with a maximum of 10 students for practical work. Groups tend to be friendly and supportive with a good sense of teamwork.

Training clinics: Students work with members of the public in a fully supervised clinical setting: taking the consultation, assessing needs and giving a full treatment then discussing treatment and after-care with the client post-treatment.

Assessment Procedure

Practical: 1 Clinic Study: Students will be assessed on treatments given on the second weekend.

Coursework: Case Studies: Completion of approximately 3 in-depth case studies. Assignments and worksheets.

Practical assessments and coursework all count towards the final mark.
Course Contents

The course will cover a wide range of subjects including:

• Introduction to Indian Head Massage
• The History of Indian Head Massage and Ayurveda
• The Principles and Practice of IHM: marma points and chakras are included.
• Holistic philosophy and principles of health and healing, the relationship ‘stress’ and disease
• Taking a case history including listening skills, open questioning and body language
• Assessment and formulation of a treatment plan; reactions and outcomes
• A wide range of traditional Indian Head Massage techniques, so students can give a tailored massage treatment
• Treatment space, after-care of clients, treatment skills
• Personal growth issues and the responsibilities of the practitioner as an individual, as a therapist and as a business manager

Course Tutor

Sharon Lewis has a Diploma in Holistic Therapies and trained as a reflexologist with Rosalind Oxenford from 1997-1999; she has been working as a Reflexology, Body Massage and Indian Head Massage teacher at Bath College since 2007 and taught for several years at Bath Reflexology Centre on the Practitioner Course with Rosalind Oxenford. Sharon is currently course leader on the Reflexology Practitioner Course with Complementary Therapy College.

Sharon has a background in Shiatsu having trained with the European School in Marlborough and a Level 5 Diploma in Teaching (DTLLS) which she gained in 2011- she loves complementary therapies, walking and teaching.

"My aim is to support and encourage every person to achieve their potential and enrich their lives."
Course fees

<table>
<thead>
<tr>
<th>Registration: (Please note this is non-refundable unless we are unable to offer you a place)</th>
<th>£95</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course fee:</td>
<td>£395</td>
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<td></td>
<td>CTC graduates get a £45 discount.</td>
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Payment of the balance, **having paid the registration fee**, may be made in one of the following ways:

Cheque made payable to Complementary Therapy College

Bank transfers to: Complementary Therapy College

Sort Code 30-90-54   Account Number 56167960

If you wish to pay with a credit card please contact us and we will send you a PayPal invoice.

**Refund Policy**

If a student is unable to complete the course, due to any circumstances, then the course may no longer be financially viable as each course has to have a certain number of students to run. Therefore all students must be aware that they are still liable for the full payment of the course fees regardless of their attendance, whatever method of payment is chosen.

**Other costs**

**Course books:**

Students are recommended to get ‘Indian Head Massage 4th Edition’ by Helen McGuinness.

The total cost of this books is approximately £22.00

Another book you may find useful is ‘Indian Head Massage by Narendra Mehta: Discover the power of touch’ – this is now approximately £5.00

**Extra Tutorial time:**

£45.00 for a 2 hour tutorial. This is for anyone who has missed a session and has to make up the hours or who would like some help with any aspect of the course over and above regular course days.
Equipment list

Equipment needed for training days

- Comfortable cotton clothing – a long-sleeved t-shirt is best for the upper body practical treatment sessions. Leggings or loose comfortable trousers.
- Socks to be worn as outdoor shoes are left by the entrance
- Paper and pens. Coloured pencils / pens may be useful
- Clipboard
- Towels for the oil treatment (day 2)
- Massage medium will need to be purchased for practice/case studies but initially this will be provided

Equipment for home use

- A chair without arms is ideal for an Indian Head treatment. It should have a support for the lower back but enable you to work the shoulders and arms.
- A small towel for practice treatments with oil.
- Massage medium.
Assistance for students with learning difficulties or for whom English is a second language

Groups at the school are small with a maximum of ten students. This is necessary in order to facilitate the practical aspect of the training which requires a lot of one-to-one demonstration and guidance. It also ensures time for individual discussion and help where needed.

Small class sizes are also important to enable individual time and assistance for anyone with learning difficulties.

Our tutors have considerable experience in working with both adults and children with a variety of special needs and learning difficulties. We know that it is most effective to find an individual solution to specific problems and for this it is essential to have time and the opportunity to work together in the relevant areas.

**Course Work**  Discussion as to how best to meet course work requirements is held and an individual plan put in place.

The College aims to be approachable and to meet students individual needs wherever possible within the framework of the course requirements. We ask students to communicate with us at all times and to tell us about any problems as soon as they become aware of them so that we may work together throughout.

Please indicate if you have any special needs or learning difficulties on the application form, in the space provided.

**Contact Us**

If you wish for further information prior to applying please do not hesitate to contact the college.

Complementary Therapy College

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Complementary Therapy College

ENROLMENT/REGISTRATION FORM

Indian Head Practitioner Course

Online application form on the website

NAME (Mr/Mrs/Miss/Ms)

ADDRESS .................................................. Date of Birth ..............................

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Postcode ..................................................

Email: ..............................................................................................................

PRESENT OCCUPATION .................................................................................

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QUALIFICATIONS (Therapy diplomas, GCSEs, A levels, Further, Higher Education etc.) Please use separate sheet if necessary.

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Do you have any special needs (i.e. dyslexia)? ...................... If “yes” please give details:

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Do you have any health problems, physical or mental?

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I wish to apply for a place on the Indian Head Practitioner’s Course and enclose a registration fee of £95 (payable to Complementary Therapy College).

Bank transfers to: Complementary Therapy College

Sort Code 30-90-54  Account Number 56167960 with the reference code IHM your first initial and surname. E.g. IHMHArmstrong

I have read and understand the enrolment procedures.

SIGNED ......................................................................................................................

DATE ....................................................................................................................

RETURN TO:
Complementary Therapy College
Office Address
18 Victoria Buildings
Bath
BA2 3EH

Please tell us how you heard about the course: .....................................................
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