



SHORT CERTIFICATE COURSES

- Introduction to Massage Course
- Relaxation Massage
- Sports Massage - Level 1 & 2
- Tui Na - Level 1 & 2
- Shiatsu - Level 1 & 2

Start your studies in massage today!

Copeland College of Massage Therapy offers:

- Small classes with hands-on training
- New courses throughout the year
- Evening, daytime and weekend courses available
- A holistic approach in training and assessment.

Introduction to Massage Course

This fun, hands-on course gives you an introduction to massage and its benefits. You will learn massage techniques to assist family and friends, including basic back, shoulders and leg massage. On successful completion of this course you'll know if massage is the right career choice for you.

Certificate of Relaxation Massage

This very popular course teaches a wide range of massage techniques to complete a thorough full body massage. Students will learn both the benefits and contraindications for massage. Techniques taught include: effleurage, petrissage, cross-frictional therapy, deep soft tissue therapy and vibration. This is an excellent course to begin with as students quickly learn valuable hand skills, which can be used in many other types of massage. Course code REL100.

Certificate of Sports Massage - Level 1

This course offers valuable techniques to help you assist athletes in the prevention and treatment of injuries.

You will learn:

- Sports massage techniques for each area of the body
- Focus on specific sports injuries and appropriate massage techniques for each area
- Prevention of injuries
- How to treat an injured person and your responsibilities to them
- Rehabilitation of the injured person and when to refer.

Course code SPT100.

Sports Massage - Level 2

This unit is available to students who have completed the Certificate of Sports Massage Level 1, and develops the students ability to differentiate in a sporting setting the appropriate treatment of presenting complaints. Acknowledgement of limitations for conditions best referred to a medical practitioner or health care professional.

- Competently assess sporting injuries, including the treatment of and ongoing management.
 - Treatment of chronic and acute injuries including stress fractures, shoulder injuries, patello-femoral pain syndrome, lower back and leg injuries.
 - Application of cupping and moxibustion
 - Electrotherapy
 - Determine appropriate treatment of presenting complaint.
- Course code SPT200.

Certificate of Tui Na - Level 1

Tui Na (Chinese Therapeutic Massage) is an integral part of TCM with a history of thousands of years of use. Expert application of Tui Na can in many cases:

- Reduce and eliminate pain, often bringing instant relief
- Effectively treat many chronic disorders
- Stimulate the body's natural immune system and improve resistance to disease
- Improve nutritional supply to many parts of the body
- Improve circulation.

This course is designed to give the students an introductory understanding of TCM theory and to teach the basic techniques used in this valuable form of therapy.

Instruction will also be given to enable students to treat some commonly occurring complaints such as stiff and painful neck, headaches, shoulder pain, arm pain and lower back pain. Course code TUN100.

Tui Na - Level 2

This course is available to students who have completed the Certificate Tui Na Level 1, and builds on the skills taught in that course.

You will learn about:

- Diagnostic techniques from a Tui Na approach. How to select energy (acupressure) points for specific problems and which techniques to use.
- Spasm of the diaphragm.
- Lumbar and shoulder pain and dysfunction – Sciatica – Arthritis
- Toothache and Headaches – Facial paralysis – Trigeminal Neuralgia
- Neurasthenia – Enuresis – Retention of urine and urinary tract infection – Spermatorrhea and impotence

• Application of Cupping and Moxibustion. This course provides an excellent opportunity to learn in depth from the ancient and valuable knowledge in TCM.

Course code TUN200.

Certificate of Shiatsu - Level 1

This informative and interesting course in Shiatsu includes:

- Contraindications for Shiatsu
- The Shiatsu approach to the human being, disorders and diseases
- The five phases
- Tzang and Fu Organs
- The energy channels and movement of Ki (Chi)
- Important energy points (Tsubo) and indications for their use.

Techniques to enable the student to carry out a full body Shiatsu are demonstrated, and then practiced by students.

Course code SHI100.

Shiatsu - Level 2

This course is available to students who have completed the Certificate of Shiatsu Level 1, and consolidates and builds upon skills gained from that course. This course will cover:

- Refining and developing diagnostic techniques both on and off the body
- Energy point (tsubo) combinations
- Zen meridian extensions and their use
- Traditional Chinese Medicine and its application in Shiatsu
- Body positioning and techniques for treating pregnancy, specific injuries, ailments and pathologies
- Sotai and Setai techniques.

Course code SHI200.

For more information, contact CCMT on (03) 9532 8144
www.copelandcollege.com.au

