

## Application Form

To enrol please complete this application form and send with your deposit to: **Holistic Education College**  
46 James St New Farm Qld 4006

Name: .....

Address: .....

Contact: (M) .....

(H) ..... (W) .....

E-mail: .....

Course Date: .....

On graduation, do you wish to be considered for employment with the

Holistic Health Centres? ..... Yes / No

### I wish to enrol for:

- HLT40307 Certificate IV in Massage Therapy Practice \$3400
- HLT50307 Diploma of Remedial Massage \$7480
- I currently hold HLT40307 Certificate IV in Massage Therapy Practice and wish to upgrade to HLT50307 Diploma of Remedial Massage \$4080

**Deposit:** 25% on enrolment  
The balance can be paid by instalments  
5% discount if paid in full – Certificate and Upgrade

**Time:** Two evenings per week at six hours per week – to be advised.

I enclose a cheque payable to  
“**Holistic Education College**”

Charge my credit card:  
 Mastercard  Visacard

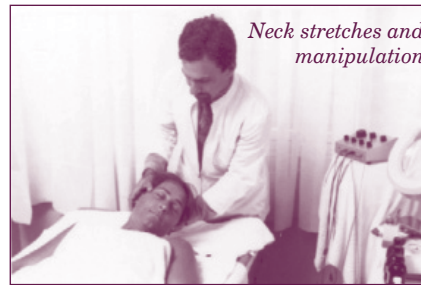
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Cardholders name.....

Address.....

Signature.....

Expiry date.....



Neck stretches and manipulation



Preparation of Aromatherapy Essential Oil blends

## Frequently asked Questions

### How long has Holistic Education been delivering courses?

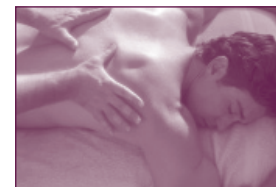
The courses have been delivered in a similar structure since 1996. Required course content upgrade or changes are made according to Australian Quality Framework standards.

### Are the courses accredited?

Our courses are accredited under the Nationally Recognised Health Training Package and delivered by Holistic Education College, a Registered Training Organisation.

### Why are your courses shorter than many other courses delivering the same qualifications?

Our courses are delivered in a practical hands-on format that will lead to easy and timely application of various massage techniques. This offers graduating students the opportunity to gain employment. Many of our students have become successfully employed at our own Holistic Health Centres. The objectives are best achieved with this style of training where students can implement what they have learned.



## Previous Students Feedback

“What a fantastic course... very informative, extremely well priced and time efficient! It enabled me to fast track a career change into an industry and profession I just love!”  
- Cheryl Bolton, Owner, Massage by the Minute

“Great course! Very professional and the teachers have real industry experience and practical knowledge. I would recommend this course to anyone wanting a career in the massage industry”. - Kerry Wiles

“Personally the course provided me with the knowledge and confidence to manage any massage clinical situation...it was an informative and most enjoyable course. No where else is there a course that offers so much for such little cost”.  
- Rosemary Quinlan



Listed under Healthy Living as

“SIMPLY THE BEST IN BRISBANE”

HOLISTIC EDUCATION COLLEGE

HLT40307

Certificate IV  
in Massage Therapy Practice

HLT50307

Diploma of Remedial Massage



NATIONALLY RECOGNISED  
TRAINING

RTO National code: 2857 CRICOS: 03193F

www.holistic.com.au  
e-mail: course@holistic.com.au

46 James St (Cnr Wandoo & Doggett Sts)  
New Farm QLD 4006  
P: 07 3854 0087

- ✓ External studies available
- ✓ Overseas student program

## COMMITMENT TO QUALITY SERVICE AND LEARNING OUTCOMES

The Holistic Education College (HEC) has been in operation for over fifteen years. Our College is committed to delivering the best quality educational programs with skilled and experienced facilitators. Our programs are structured with the emphasis on professional delivery and practical experiential learning to achieve the best outcomes for each participating student.

## THE COURSES... PRACTICALITY

Our programs have been specifically designed to produce graduates as multi-skilled practitioners who can meet the growing market & community demand for quality massage therapists.

## EMPLOYMENT... A CAREER OPPORTUNITY

HEC programs are Nationally Recognised and Accredited. Graduates will be eligible to register with Massage Association/s, and achieve Health rebate status and have the required knowledge to apply for work both in and outside of our expanding network of clinics. (New Farm & Brisbane CBD currently).

## FIRST AID QUALIFICATION

Senior First Aid is requisites for completion of our courses. Students must achieve the required first aid standard before Certificate IV or Diploma can be issued. We suggest that organisations such as Queensland Ambulance, St Johns or Red Cross should be contacted to join an accredited First Aid course.

## OVERSEAS STUDENTS

Our courses are available to Overseas Students. Please call HEC for further information or visit [www.holistic.com.au/courses](http://www.holistic.com.au/courses) For further information including Recognition of Prior Learning and Recognition of Current Competencies process and requirements, refund and & FOI policies and Appeal processes please refer to our Student Handbook/s accessible via our website [www.holistic.com.au](http://www.holistic.com.au) If you do not have internet access please contact our Course Administrator for the required information and we will mail you a Student Information Package.

## HLT40307 CERTIFICATE IV IN MASSAGE THERAPY PRACTICE – 3 MONTH PROGRAM

- **Massage 1**
- **Massage 2**
- **Aromatherapy**
- **Shiatsu**
- **Communication 1**
- **Business Practice**
- **Clinic 1**
- **Anatomy & Physiology 1**

### SUBJECT OUTLINES –

**Massage 1** - Students will learn relaxation and Swedish massage techniques. On successful completion of this module the student will be competent in delivering a full body relaxation massage.

**Massage 2** - Learn strategies to work within organisational guidelines and related industry standards, efficiently obtain and interpret relevant client information regarding health status and conduct thorough pre-massage assessment.

**Aromatherapy** - This module provides a basic overview of Aromatherapy. This includes theory, benefit of pure aromatherapy oils, contraindications and practical combinations & application.

**Shiatsu** - On successful completion of this module students will have the skills needed to deliver the quality traditional Japanese point therapy Shiatsu massage.

**Communication 1** - This module offers techniques which enable students to communicate effectively with clients and colleagues in a health practice environment within the Health Industry context including interpretation and delivery of relevant information.

**Business** - Students will be introduced to information on business structure and relevant legalities. This subject includes information on setting up a Practice, taxation structure & implications, health fund rebates, registration and insurance.

**ASP 1 from Certificate IV and ASP 2, & Muscular Anatomy from the Diploma** These modules provide an overview of the muscle skeletal structure, organ functionality and systems of the body. The student will learn all the basic systems of the human body so that they can assess the client before and during treatment.

### Following are the competency units achieved upon completion of HLT40307:

BSBCMN204A	Work effectively with others
HLTCOM404B	Communicate effectively with clients
HLTCOM405B	Administer a practice
HLTCOM406B	Make referrals to other health care professionals as relevant
HLTCOM408B	Use specific health terminology to communicate effectively
HLTFA301B	Apply first aid
HLTHIR301A	Communicate and work effectively in health
HLT0HS300A	Contribute & Adhere to OHS processes
HLTIN301B	Comply with infection control policies and procedures in health work
HLTAP401A	Confirm physical health status
HLTREM401B	Work within a massage framework
HLTREM406B	Provide massage treatment
HLTREM407B	Plan massage treatment
HLTREM408B	Apply massage assessment framework
HLTREM409B	Perform massage health assessment

## HLT50307 DIPLOMA OF REMEDIAL MASSAGE – 6 MONTH PROGRAM

- **Remedial Massage 1**
- **Remedial Massage 2**
- **Cross Fibre Mobilisation**
- **Anatomy & Physiology 2**
- **Deep Tissue**
- **Lymphatic**
- **Communication 2**
- **Muscular Anatomy**
- **Clinic 2**

### SUBJECT OUTLINES –

**Remedial Massage 1** - This module provides the students with the practical skills of muscle testing and the anatomical structure of the muscles. The student will be able to assess, treat or refer a client with an injury after completion of this unit.

**Remedial Massage 2** - This module offers the student information on specialised massage techniques for treatment of corporate clients, athletes, women, men and children.

**Cross Fibre Mobilisation** - The student will learn to manipulate muscles in a gentle 'rolling' manner. The treated area is then left to assimilate and react to this change. This is a more gentle technique used for specific injuries.

**Deep Tissue** - The student will learn the principles of sports massage, PNF stretches and the application of heat. They will also learn the invaluable technique of Rest, Ice, Compress and Elevate commonly know as RICE.

**Lymphatic** - Provides theory and practical skills to perform a lymphatic drainage massage. Students will learn the benefits of this style of massage especially in the help of toxin release and fluid retention.

**Communication 2** - This module offers the student information on reflection of professional practice including ethics, culture, and knowledge of human anatomy and physiology to develop an effective client centered health option plan.

**Clinic 1 and 2** - A simulated clinic environment offers students the opportunity to provide massage treatments in a workplace setting.

### Following are the competency units achieved upon completion of HLT50307:

HLTAP501A	Analyse health information
HLTCOM502B	Develop professional expertise
HLTCOM503B	Manage a practice
CHCORG28A	Reflect & improve upon professional practice
HLTHIR506B	Implement & monitor compliance with legal & ethical requirements
HLTHIR501A	Maintain an effective health work environment
HLTREM502B	Provide remedial massage treatment
HLTREM503B	Plan remedial massage treatment strategy
HLTREM504B	Apply remedial massage assessment framework
HLTREM505B	Perform remedial massage health assessment
HLTREM510A	Provide specialized remedial massage treatments
HLTREM512A	Provide remedial massage treatments within a corporate setting
HLTREM513A	Provide remedial massage treatment to athletes
HLTREM511A	Provide remedial massage treatment for women and children