



HEALING HANDS @ WORK TRAINING CENTRE

Church Terrace

Bray

Tel: 2745426

www.healinghandsatwork.net

This Training Centre was started, due to the increased demand for more Holistic Training in the area.

All of the courses in the Centre are run on a part-time basis. This is particularly appealing for people who work full-time or part-time, and have always wanted to study Holistic Therapies.

Most of the courses are held in the evening, with just two post-graduate classes being held during the daytime. These courses are very intense, being held over only 20 weeks. All students are made aware of the intensity of the courses during an initial interview, where we will talk over what needs and interests you have and how you will balance working/home life with study.

We are proud to say that we have had extremely good results from all students who have studied with us to date. We have so far had a 100% pass rate with most of our students gaining a credit or a distinction for their work.

The Training Centre offers the following courses:

ITEC Diploma in Anatomy and Physiology

ITEC Diploma in Reflexology

ITEC Diploma in Holistic Massage

ITEC Diploma in Aromatherapy

ITEC Diploma in Sports Massage

Diploma in Anatomy and Physiology

Anatomy and Physiology will be held on a Tuesday evening and will run for 20 weeks. This diploma can be taken as a single module, or be taught concurrently with Holistic massage, Indian Head massage or Reflexology

Aims and objectives

The Anatomy and Physiology award is the 'foundation' upon which all other Complementary, Beauty and Sports Therapy awards are based. It is comprised of several units encompassing all systems of the body.

It is essential for therapists to have a sound understanding of anatomy and physiology, as they will be working in direct contact with the body structures. It is also vital that they have a comprehensive knowledge of diseases and disorders of the human body so that they are aware of when and when not to treat a client, and only operate within certain parameters.

The units are mandatory and should be taught concurrently and to be examined concurrently.

- Unit 30 Skeletal system
- Unit 31 Muscular system
- Unit 32 Skin
- Unit 33 The Cell
- Unit 34 Circulatory and Lymphatic systems
- Unit 35 Neurological system
- Unit 36 Endocrine system
- Unit 37 Respiratory system
- Unit 38 Digestive system
- Unit 39 Urinary system
- Unit 40 Reproductive system

Cost for single module: €885.00

Cost for 2 modules (one including A&P): €1,770.00

A&P Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Tuesday	10 th April	7pm-10pm
Tuesday	17 th April	7pm-10pm
Tuesday	24 th April	7pm-10pm
Tuesday	1 st May	7pm-10pm
Tuesday	8 th May	7pm-10pm
Tuesday	15 th May	7pm-10pm
Tuesday	22 nd May	7pm-10pm
Tuesday	29 th May	7pm-10pm
Tuesday	5 th June	7pm-10pm
Tuesday	12 th June	7pm-10pm

Tuesday	19 th June	7pm-10pm
Tuesday	26 th June	7pm-10pm
Tuesday	3 rd July	7pm-10pm
Tuesday	10 th July	7pm-10pm
Tuesday	17 th July	7pm-10pm
Tuesday	24 th July	7pm-10pm
Tuesday	31 st July	7pm-10pm
Tuesday	7 th August	7pm-10pm
Tuesday	14 th August	7pm-10pm
Tuesday	21 st August	7pm-10pm

Diploma in Reflexology

Reflexology will be held on a Thursday evening and will run for 20 weeks. This can be taken as a single module if the student already holds an ITEC diploma for Anatomy & Physiology.

Aims and objectives

The ITEC Level 3 Diploma in Reflexology comprises of ITEC units:

- 30-40 Anatomy & Physiology
- 4 Reflexology
- 22.1 & 22.2 Professional Conduct and Business Awareness

All the units are mandatory. Unit 4 has 3 elements- theory, practical and case studies. Unit 22 and Units 30-40 are theory only.

The main aim of the ITEC Level 3 Diploma in Reflexology is to enable candidates to provide treatments for the purpose of relaxation and stress release by treating the Reflex areas.

Case studies: All students are required to do case studies as part of their course content. There are 40 case studies for Reflexology students to complete. Each student must give 10 case studies/clients, 4 weekly Reflexology treatments.

Cost for single module: €885.00

Cost for 2 modules (Reflexology & A&P): €1,770.00

Reflexology Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Thursday	12 th April	6.30-10.30pm
Thursday	19 th April	6.30-10.30pm
Thursday	26 th April	6.30-10.30pm
Thursday	3 rd May	6.30-10.30pm

Thursday	10 th May	6.30-10.30pm
Thursday	17 th May	6.30-10.30pm
Thursday	24 th May	6.30-10.30pm
Thursday	31 st May	6.30-10.30pm
Thursday	7 th June	6.30-10.30pm
Thursday	14 th June	6.30-10.30pm
Thursday	21 st June	6.30-10.30pm
Thursday	28 th June	6.30-10.30pm
Thursday	5 th July	6.30-10.30pm
Thursday	12 th July	6.30-10.30pm
Thursday	19 th July	6.30-10.30pm
Thursday	26 th July	6.30-10.30pm
Thursday	2 nd August	6.30-10.30pm
Thursday	9 th August	6.30-10.30pm
Thursday	16 th August	6.30-10.30pm
Thursday	23 rd August	6.30-10.30pm

Diploma in Holistic Massage

Holistic massage will be held on a Wednesday evening and will run for 20 weeks. This can be taken as a single module if the student already holds an ITEC diploma for Anatomy & Physiology.

Aims and objectives

The ITEC Level 3 Diploma in Holistic Massage comprises of ITEC units:

- 30-40 Anatomy and Physiology
- 2 Holistic Massage
- 22 Professional Conduct and Business Awareness

All units are mandatory and each has 3 elements- theory, practical and case studies except for Units 30-40 and 22 which are theory only.

The main aim of the ITEC Level 3 Diploma in Holistic Massage is to enable candidates to provide treatments for the purposes of relaxation and stress release.

Case studies: All students are required to do case studies as part of their course work. There are 20 case studies for Holistic Massage students to complete. Each student must give 5 case studies/clients, 4 weekly Massage treatments.

Cost for single module: €885.00

Cost for 2 modules (Holistic Massage & A&P): €1,770.00

Massage Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Wednesday	11 th April	6.30-10.30pm

Wednesday	18 th April	6.30-10.30pm
Wednesday	25 th April	6.30-10.30pm
Wednesday	2 nd May	6.30-10.30pm
Wednesday	9 th May	6.30-10.30pm
Wednesday	16 th May	6.30-10.30pm
Wednesday	23 rd May	6.30-10.30pm
Wednesday	30 th May	6.30-10.30pm
Wednesday	6 th June	6.30-10.30pm
Wednesday	13 th June	6.30-10.30pm
Wednesday	20 th June	6.30-10.30pm
Wednesday	27 th June	6.30-10.30pm
Wednesday	4 th July	6.30-10.30pm
Wednesday	11 th July	6.30-10.30pm
Wednesday	18 th July	6.30-10.30pm
Wednesday	25 th July	6.30-10.30pm
Wednesday	1 st August	6.30-10.30pm
Wednesday	8 th August	6.30-10.30pm
Wednesday	15 th August	6.30-10.30pm
Wednesday	22 nd August	6.30-10.30pm

Diploma in Aromatherapy

**Aromatherapy will be held on a Tuesday morning and will run for 20 weeks
This can be taken as a single module if the student already holds an ITEC diploma for Anatomy & Physiology and Holistic Massage or equivalent.**

Aims and objectives

The ITEC Level 3 Diploma in Aromatherapy comprises of ITEC Unit 3 Aromatherapy, Unit 1 Anatomy & Physiology and Unit 22 Professional Conduct & Business Awareness. The qualification has 3 methods of assessment – theory, practical and case studies.

The main aim of the ITEC Level 3 Diploma in Aromatherapy is to enable candidates to provide treatments for the purposes of relaxation and stress release with massage and essential oils.

Case studies: All students are required to do case studies as part of their course work. There are 40 case studies for Aromatherapy students to complete. Each student must give 10 case studies/clients 4 weekly Aromatherapy treatments each.

Cost for single module: €885.00

Cost for 2 modules (Aromatherapy & A&P): €1,770.00

Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Tuesday	10 th April	10am-2pm
Tuesday	17 th April	10am-2pm
Tuesday	24 th April	10am-2pm
Tuesday	1 st May	10am-2pm
Tuesday	8 th May	10am-2pm
Tuesday	15 th May	10am-2pm
Tuesday	22 nd May	10am-2pm
Tuesday	29 th May	10am-2pm
Tuesday	5 th June	10am-2pm
Tuesday	12 th June	10am-2pm
Tuesday	19 th June	10am-2pm
Tuesday	26 th June	10am-2pm
Tuesday	3 rd July	10am-2pm
Tuesday	10 th July	10am-2pm
Tuesday	17 th July	10am-2pm
Tuesday	24 th July	10am-2pm
Tuesday	31 st July	10am-2pm
Tuesday	7 th August	10am-2pm
Tuesday	14 th August	10am-2pm
Tuesday	21 st August	10am-2pm

Diploma in Sports Massage

To qualify for this course you must already hold a diploma in Holistic massage

Students are presented with the theory and practice of Sports Massage, from pre-event, post-event and maintenance massage techniques to techniques for treating sports injuries and chronic tension.

Sports massage will be held on a Saturday morning and will run for 20 weeks.

Aims and objectives

The ITEC Level 3 Diploma in Sports Massage comprises of ITEC Unit 27 with a pre-requisite of the ITEC Level 3 Diploma in Holistic Massage or the ITEC Level 3 Diploma in Body Treatments or equivalent.

The unit has 3 elements – theory, practical and case studies.

The main aim of the ITEC Level 3 Diploma in Sports Massage is to enable candidates to provide treatments for sports injuries and help improve athletes' performance through pre- and post-event massage.

Case studies: All students are required to do case studies as part of their course work. There are 15 case studies for Sports Massage students to complete. Each student must give 5 case studies/clients, 3 weekly Sports Massage treatments.

Cost for single module: €885

Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Saturday	14 th April	10am-2pm
Saturday	21 st April	10am-2pm
Saturday	28 th April	10am-2pm
Saturday	5 th May	10am-2pm
Monday	12 th May	10am-2pm
Saturday	19 th May	10am-2pm
Monday	26 th May	10am-2pm
Monday	2 nd June	10am-2pm
Saturday	9 th June	10am-2pm
Saturday	16 th June	10am-2pm
Saturday	23 rd June	10am-2pm
Saturday	30 th June	10am-2pm
Saturday	7 th July	10am-2pm
Saturday	14 th July	10am-2pm
Saturday	21 st July	10am-2pm
Saturday	28 th July	10am-2pm
Saturday	4 th August	10am-2pm
Saturday	11 th August	10am-2pm
Saturday	18 th August	10am-2pm
Saturday	25 th August	10am-2pm

Notices:

**Exam dates and times will be set 8 weeks before the courses end.
Examinations normally take place 1-2 weeks after the courses end so
we would advise you not to book any holidays or time off until you
know the exact dates for these examinations.**

APPLICATION FORM

Name _____

BLOCK CAPITALS PLEASE, TO BE SPELLED HOW YOU WOULD LIKE IT TO LOOK ON YOUR DIPLOMA

Address _____

Date of Birth _____ Mobile & Home Number _____

E mail address (essential) _____

Have you had any previous ITEC qualifications?

ITEC student Number (essential) _____

If you have qualified with a different examining body, please specify

Where did you hear about our courses? _____

Total amount due: _____

Emergency name and number (Mother, father etc):

I wish to apply for the following course(s): (Please tick)

ITEC Diploma in Holistic Massage

Start date:

ITEC Diploma in Anatomy and Physiology

Start date:

ITEC Diploma in Reflexology

Start date:

ITEC Diploma in Sports Massage

Start date:

ITEC Diploma in Aromatherapy

Start date:

(Please note that for all courses, Anatomy and Physiology is a pre-requisite for certification, and Holistic Massage is a prerequisite for Sports Massage. You can take A&P concurrently with Massage or Reflexology or as a separate module. Please indicate above, the modules that you intend taking at the same time. (It is not advisable to take two practical modules at the same time.)

A non-refundable deposit of €200.00 is required with your application. Regretfully we cannot confirm your place on the course until this deposit has been paid.

We offer easy payment options to suit individual needs.

We thank you for your application, and further correspondence will be sent to you shortly with a receipt, and information detailing a suitable time for an interview.

If you have any further queries relating to the Courses and the Training Centre, please do not hesitate to get in touch.

Signature: _____ Date: _____