



HEALING HANDS @ WORK TRAINING CENTRE

98 Main Street

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 three post-graduate classes being held during the daytime. These courses are very intense, being held over only 20 weeks or less with the exception of Sports Massage, which is 28 weeks long. 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 99% 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

ITEC Diploma in Indian Head Massage

ITEC Diploma in Stone Therapy

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

Cost for 2 modules (A&P and Indian Head Massage): €1,670.00

A&P Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Tuesday	5 th April	6.30pm-10.30pm
Tuesday	12 th April	6.30pm-10.30pm
Tuesday	19 th April	6.30pm-10.30pm
Tuesday	26 th April	6.30pm-10.30pm
Tuesday	3 rd May	6.30pm-10.30pm
Tuesday	10 th May	6.30pm-10.30pm
Tuesday	17 th May	6.30pm-10.30pm
Tuesday	24 th May	6.30pm-10.30pm
Tuesday	31 st May	6.30pm-10.30pm
Tuesday	7 th June	6.30pm-10.30pm

Tuesday	14 th June	6.30pm-10.30pm
Tuesday	21 st June	6.30pm-10.30pm
Tuesday	28 th June	6.30pm-10.30pm
Tuesday	5 th July	6.30pm-10.30pm
Tuesday	12 th July	6.30pm-10.30pm
Tuesday	19 th July	6.30pm-10.30pm
Tuesday	26 th July	6.30pm-10.30pm
Tuesday	2 nd August	6.30pm-10.30pm
Tuesday	9 th August	6.30pm-10.30pm
Tuesday	16 th August	6.30pm-10.30pm

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	7 th April	6.30-10.30pm
Thursday	14 th April	6.30-10.30pm
Thursday	21 st April	6.30-10.30pm
Thursday	28 th April	6.30-10.30pm

Thursday	5 th May	6.30-10.30pm
Thursday	12 th May	6.30-10.30pm
Thursday	19 th May	6.30-10.30pm
Thursday	26 th May	6.30-10.30pm
Thursday	2 nd June	6.30-10.30pm
Thursday	9 th June	6.30-10.30pm
Thursday	16 th June	6.30-10.30pm
Thursday	23 rd June	6.30-10.30pm
Thursday	30 th June	6.30-10.30pm
Thursday	7 th July	6.30-10.30pm
Thursday	14 th July	6.30-10.30pm
Thursday	21 st July	6.30-10.30pm
Thursday	28 th July	6.30-10.30pm
Thursday	4 th August	6.30-10.30pm
Thursday	11 th August	6.30-10.30pm
Thursday	18 th 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>
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Wednesday	6 th April	6.30-10.30pm
Wednesday	13 th April	6.30-10.30pm
Wednesday	20 th April	6.30-10.30pm
Wednesday	27 th April	6.30-10.30pm
Wednesday	4 th May	6.30-10.30pm
Wednesday	11 th May	6.30-10.30pm
Wednesday	18 th May	6.30-10.30pm
Wednesday	25 th May	6.30-10.30pm
Wednesday	1 st June	6.30-10.30pm
Wednesday	8 th June	6.30-10.30pm
Wednesday	15 th June	6.30-10.30pm
Wednesday	22 nd June	6.30-10.30pm
Wednesday	29 th June	6.30-10.30pm
Wednesday	6 th July	6.30-10.30pm
Wednesday	13 th July	6.30-10.30pm
Wednesday	20 th July	6.30-10.30pm
Wednesday	27 th July	6.30-10.30pm
Wednesday	3 rd August	6.30-10.30pm
Wednesday	10 th August	6.30-10.30pm
Wednesday	17 th 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>
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Tuesday	5 th April	10.00am-2.00pm
Tuesday	12 th April	10.00am-2.00pm
Tuesday	19 th April	10.00am-2.00pm
Tuesday	26 th April	10.00am-2.00pm
Tuesday	3 rd May	10.00am-2.00pm
Tuesday	10 th May	10.00am-2.00pm
Tuesday	17 th May	10.00am-2.00pm
Tuesday	24 th May	10.00am-2.00pm
Tuesday	7 th June	10.00am-2.00pm
Tuesday	14 th June	10.00am-2.00pm
Tuesday	21 st June	10.00am-2.00pm
Tuesday	28 th June	10.00am-2.00pm
Tuesday	5 th July	10.00am-2.00pm
Tuesday	19 th July	10.00am-2.00pm
Tuesday	26 th July	10.00am-2.00pm
Tuesday	2 nd August	10.00am-2.00pm
Tuesday	9 th August	10.00am-2.00pm
Tuesday	16 th August	10.00am-2.00pm
Tuesday	23 rd August	10.00am-2.00pm
Tuesday	30 th August	10.00am-2.00pm

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 Monday evening and will run for 28 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: €1,400.00

Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Saturday	1 st October	10am-2pm
Saturday	8 th October	10am-2pm
Saturday	15 th October	10am-2pm
Saturday	22 nd October	10am-2pm
Saturday	29 th October	10am-2pm
Saturday	5 th November	10am-2pm
Saturday	12 th November	10am-2pm
Saturday	19 th November	10am-2pm
Saturday	26 th November	10am-2pm
Saturday	3 rd December	10am-2pm
Saturday	10 th December	10am-2pm
Saturday	17 th December	10am-2pm
Saturday	7 th January	10am-2pm
Saturday	14 th January	10am-2pm
Saturday	21 st January	10am-2pm
Saturday	28 th January	10am-2pm
Saturday	4 th February	10am-2pm
Saturday	11 th February	10am-2pm
Saturday	18 th February	10am-2pm
Saturday	25 th February	10am-2pm
Saturday	3 rd March	10am-2pm
Saturday	10 th March	10am-2pm
Saturday	17 th March	10am-2pm
Saturday	24 th March	10am-2pm
Saturday	31 st March	10am-2pm
Saturday	7 ^h April	10am-2pm
Saturday	14 th April	10am-2pm
Saturday	21 nd April	10am-2pm

Diploma in Indian Head Massage

Indian Head diploma course will be held on Wednesday morning and will run for 17 weeks

Aims and objectives

The ITEC Level 3 Diploma in Indian Head Massage comprises of ITEC units:

- Unit 30-40 Anatomy and Physiology
- Unit 6 Indian Head Massage
- Unit 22.1 & 22.2 Professional Conduct and Business Awareness

All the 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 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 9 case studies for Indian Head Massage students to complete. Each student must give 3 case studies/clients 3 weekly Indian Head Massage treatments each.

Cost for single module: €785.00

Cost for 2 modules (Indian Head Massage & A&P): €1,670.00

Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Wednesday	27 th April	10am-1pm
Wednesday	4 th May	10am-1pm
Wednesday	11 th May	10am-1pm
Wednesday	18 th May	10am-1pm
Wednesday	25 th May	10am-1pm
Wednesday	1 st June	10am-1pm
Wednesday	8 th June	10am-1pm
Wednesday	15 th June	10am-1pm
Wednesday	22 nd June	10am-1pm
Wednesday	29 th June	10am-1pm
Wednesday	6 th July	10am-1pm
Wednesday	13 th July	10am-1pm
Wednesday	20 th July	10am-1pm
Wednesday	27 th July	10am-1pm
Wednesday	3 rd August	10am-1pm
Wednesday	10 th August	10am-1pm
Wednesday	17 th August	10am-1pm

Diploma in Stone Therapy Massage

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

Will be held on a Tuesday evening and will run for 15 weeks

Aims and objectives

In order to take the ITEC Level 3 Diploma in Stone Therapy Massage candidates must hold the pre-requisite of the ITEC Level 3 Diploma in Holistic Massage or ITEC Level 3 Diploma in Body Treatments or equivalent.

The ITEC Level 3 Diploma in Stone Therapy Massage comprises of one unit:

- Unit 47 Stone Therapy Massage

All aspects of the unit are mandatory and it has 3 elements– theory, practical and case studies.

The main aim of the ITEC Level 3 Diploma in Stone Therapy 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 9 case studies for Stone Therapy Massage students to complete. Each student must give 3 case studies/clients 3 weekly Stone Therapy Massage treatments each.

Cost for single module: €1,000

Also included: A set of high quality Basalt Stones and heater and a set of marble stones all costing over €500.00.

Timetable:

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
Monday	18 th April	6.30pm-10.30pm
Monday	25 th April	6.30pm-10.30pm
Monday	30 th May	6.30pm-10.30pm
Monday	9 th May	6.30pm-10.30pm
Monday	16 th May	6.30pm-10.30pm
Monday	23 rd May	6.30pm-10.30pm
Monday	13 th June	6.30pm-10.30pm
Monday	20 th June	6.30pm-10.30pm
Monday	27 th June	6.30pm-10.30pm
Monday	4 th July	6.30pm-10.30pm
Monday	11 th July	6.30pm-10.30pm
Monday	18 th July	6.30pm-10.30pm
Monday	25 th July	6.30pm-10.30pm
Monday	8 th August	6.30pm-10.30pm
Monday	15 th August	6.30pm-10.30pm

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.