



HOLISTIC HEALTH TRAINING LTD.
PROFESSIONAL NZQA ACCREDITED BODYWORK EDUCATION

Ministry of Education # 7648.

www.hht.co.nz

NZQA - Registered Private Training Establishment.

021 2382535 info@hht.co.nz

Holistic Massage Therapy Micro-Credential 5124 - 1 PROSPECTUS



*- a short practitioner training course,
by workshop, small group or one-to-one tutorial.*

NZQA-approved, Level 4, 40 hours.

*Auckland, Bay of Plenty, Manawatu, Nelson, Canterbury and Otago
or by arrangement.*

Course Purpose

An introductory holistic massage course for individuals looking to initiate a career in massage therapy or for current practitioners needing a recognised massage award.

Who might benefit from attending this course?

- Anyone who desires to embark on a fulfilling new career pathway in Holistic Massage Therapy.
- Intuitive healers who need a recognised modality to expand their client base.
- Those already practising massage who would benefit from a refresher, perhaps to reinvigorate their careers with training that will ensure their well-being.
- Anyone who enjoys doing massage therapy but needs a better understanding of essential health and safety requirements.
- Anyone who needs to add a New Zealand (NZQA-approved) training to your skill set.
- People who enjoy receiving massages would like to learn about the process so that they can offer effective therapy to kaumatua, whanau, and friends.
- Those wanting to gain a fresh perspective on massage therapy from a truly holistic point of view

Course Information

Kia Ora! He mihi nui ki a koe. Thank you for your interest in this NZQA-approved training program in Holistic Massage Therapy. The program has been running successfully since 2005.

- Entry to the training is open to anyone aged 16+.
- This is a beginner's course, so no experience is required.
- Participants at all levels of experience will benefit from acquiring and practising these skills and applying this knowledge.

Please read this Prospectus before you register. It contains details about the structure, content, and assessment processes involved in this course.

Tutors for one-to-one, two-to-one, small groups or workshops are available in Nelson, Canterbury, Auckland, Manawatu and Bay of Plenty. Workshops outside these areas can be arranged.

Tutorials are arranged by negotiation with the tutor at times and dates that suit both parties, making the course flexible and accessible. Workshops are periodically offered in various centers. Check our website or FB page.

At HHT, we understand that most massage courses require you to give up other family/work commitments and finances to be able to train to an introductory level in massage therapy. This program overcomes those barriers and enables you to learn a wonderful, gratifying, and rewarding skill that you can offer not just to family and friends but to paying clients as well.

What teaching style will best meet your learning needs?

The fee is the same regardless of which option is chosen. It includes all training, resources, including an audiovisual presentation, and Assessment.

One-to-one tutorial training

- Focused individual attention from your tutor.
- Individual training tailored to your specific learning needs.
- Learn at your own pace. Spread your tutorials over days or weeks.
- Negotiable flexibility around dates and times of training.
- Add your own experiential knowledge to the learning process.
- Caters for those who thrive in a quiet, private, one-to-one learning environment.
- Shorter hours, as you do not receive the massage. You work with specialist clientele “receivers” organised by your tutor, who will give you good feedback.

One to two tutorial training

- Share one or more of your tutorials with one other student.
- Receive the massage and practise under close supervision.
- Hear the practical coaching twice – once when delivering, once when receiving.
- Make a close massage connection with another student at the same level of training.
- Caters for couples, friends or colleagues who want to train together.
- Flexible timing.
- More hours, but the extra hours are spent receiving massage.

Small group/workshop training (4 people +)

- Works for those who thrive in a collaborative learning environment.
- Gives networking and connection opportunities with other trainees.
- Predictable, pre-set dates for training enable forward planning.
- Provides opportunities to work with a range of different people.
- Creates a “classroom” style of learning.
- Generates peer feedback and experience from a wide group.
- Creates a fun, stimulating, lively learning environment.

In-house upskill training for spas, beauty therapy businesses, etc., is also available by arrangement.

Outcomes Statement

It is expected that participants in the course will achieve these outcomes.

1. Explain Massage Therapy's history, role, and relevance in N.Z. today, including Mirimiri (traditional Māori massage) through discussions with the tutor.
2. Apply knowledge of the crucial role of the Nervous System to the delivery of a holistic therapy session.
3. Explain the legislative framework of complementary and alternative medicine in New Zealand, with emphasis on the Health and Disability Code.
4. Construct an effective 60-minute massage therapy session tailored to client needs, incorporating knowledge gained about safety, healing, client/therapist relationship and required record keeping within a broad framework of learned massage principles and student's safe scope of practice.
5. Explain and apply the Te Whare Tapa Whā wellbeing model to a holistic massage practice.
6. Interpret effects of massage therapy, including impacts on anatomy and physiology of musculoskeletal systems.
7. Apply knowledge of body mechanics and practitioner self-care practices within and beyond the massage.

Our Tutors

North Island



Olivia Dexter: West Auckland
olivia@hht.co.nz



Hannah Tapner: North Auckland
hannah@hansi.co.nz



Amanda Smith: Bay of Plenty
amanda@integratedbody.co.nz



Kim Bryson: Palmerston North
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South Island



Lynda Mabin: Nelson
lyndamabin@gmail.com



Serena Gallagher: Christchurch
serenagallagher01@gmail.com



Amy-Leigh Broadstock: Christchurch
amyleigh@windowslive.com



Heather Breen: Otago
heather@thelifestyleblock.co.nz

Course length

There are five components necessary to achieve the course, regardless of the delivery method.

40 hours of learning and assessment.

Structure: 5 components:

- Initial Online tutorial and background reading: 3 hours
- In-person training: 12-16 hours
- Self-Directed Learning: 8-10 hours
- Self-directed practice / 10 case studies: 20 hours
- Assessment: 2.5-3 hrs

The course is 40 learning hours and must be completed within 12 weeks based on a negotiated plan between the student and tutor. The course can be completed full-time or part-time. Extensions may be applied for.

1. On-line Tutorial and background reading

One-hour introductory tutorial and reading to begin on course enrollment

2. In-person tutorial components

- One-on-one: 12 hours of face-to-face training, typically divided into four separate tutorials spaced to suit.
- One-to-two or small group training, up to 16 hours of face-to-face training; participants will receive and practice (by negotiation).
- Workshop (4+ participants): This is a 16-hour face-to-face training session, which may be held on a weekend or by arrangement.

You are welcome to contact any of our tutors to arrange a weekend workshop in your area. However, a minimum number and a suitable venue are required.

3. Self-directed study.

8 – 10 hours of self-directed work, including studying the Theory Manual, watching the audiovisual presentation, and completing a short quiz.

4. Self-directed practice and Case Studies.

20 hours of self-directed practice (**10 clients x 1 hour protocols each**) written up as case studies; 1 hour 15 delivery + 45 minutes write-up per case. Two of these case studies will be used as written assignments, so they will include more detail. These hours are approximate.

Additional practice hours as required and recommended by your tutor.

5. Hands-on competency assessment.

Delivery of a one-hour massage to a tutor: this process takes 2.5 hours and includes an analysis of your Case Studies, the opportunity for you to self-assess, and a tutor assessment. Performance Criteria for the competency assessment are transparent.

Additional information.

- Typically, the course is taught over 12 weeks through tutorials, with tutorials and assessments spaced apart to enable the integration of learning and self-directed practices.
- Workshops may be held over a weekend or over two days, with each day containing a separate assessment. The remaining study is done on your own time.
- The self-directed work is completed at the student's pace.
- Assessment times/dates are arranged with the tutor.
- Assessments should be arranged within three months of the training. Depending on the circumstances, you may be required to apply for an extension and repeat one or more tutorials after this time.

- Confirmation of your training will be emailed, with details/directions to the venue. Your tutor will contact you via phone or email to ensure that everything about the upcoming training is clear.

Certification

Your certificate will acknowledge that you have completed a 40-hour (4 credits) NZQA-approved holistic massage course (theory and practice) and achieved the required level of competence.

To receive the certificate, you must;

- Complete the online tutorial and background reading
- Attend sufficient tutorial or workshop training hours to meet the Performance Criteria
- Complete the written assignment and achieve a 75% pass.
- Complete and write up the six case studies to present to the tutor during your assessment
- Complete the assessment process and reach the standard defined in the Performance Criteria.
- All assessments must be successfully completed to be awarded this micro-credential
- No credit recognition, transfer, or recognition of prior learning is available for this micro-credential

Assessment Policies and Procedures

- Should you not achieve the required standard in the written assignment, you can repeat it for a small additional fee.
- Should you fail to demonstrate the competency required in the hands-on assessment, you can re-contract a second assessment after working out a Skill Development Plan involving more supervised practice and/or Case Studies. A second assessment attracts a second fee and any additional costs, such as tutor travel. You can take the assessment a maximum of two times.

What to bring and what to wear

HHT Ltd provides the following for your training.

- Tables, Table covers.
- Massage media (wax or oils).
- Full course Manual & techniques AV presentation; Intake templates.

Please bring the following to the tutorial.

1. For shared tutorials or workshops, your tutor will advise what table linen you need to bring; if the tutorial is one-to-one, linen is provided.
2. Lunch if necessary.
3. Please Don't Bring;
 - perfume or other cosmetic smells.
 - seasonal contagious diseases, including cold and flu viruses. Bugs LOVE the warm, close atmosphere of a therapy room. If you are sick, stay home and ask for a rescheduling.
4. What to wear to your massage training.
Massage is skin-to-skin therapy. If you are in a shared tutorial and receiving massage,

- It makes life easier if you wear comfortable, easy-on-easy-off clothes. Generally, “clothes in two halves” are easier than one-piece items.
- You will always remain covered as a client. You will be left alone to undress and redress.
- Your clothes are liable to get massage medium on them.
- When delivering massage therapy, practitioners warm up while clients are disrobed and exposed. The ambient temperature must suit the client, not the therapist. Wear light layers.
- Make-up will run when you work and rub off on the face pillows.
- Please leave non-essential jewellery, including necklaces, earrings, rings and watches at home.
- Please cut fingernails short enough so that no nail tissue protrudes above the finger pad.
- Massage therapists get up close with clients. Be mindful of hygiene, body odour and breath.
- Do Not wear perfume or strong-smelling cosmetics to tutorials.

Clothing.

Please choose your massage clothes carefully; here are our requirements.

- Short sleeves are best; loose, light material is essential. Armpits should be covered.
- Light ¾ pants are ideal. Bare feet are fine.
- For reasons that will be explained during your first theory session, appearances are important to the Nervous System. First impressions count with clients, so please present yourself professionally and sensibly.
- Pay special attention to personal hygiene, including hands, nails, breath, body odour and hair. Long hair must be tied back.

SMOKING AND MASSAGE THERAPY.

You cannot smoke during tutorials (for the first session, this is 4+ hours.)

Therapy Room/Massage Table Use for Self-Directed Practices, tables and consumables.

- If you live locally and do not have a table, we may be able to lend you a table between tutorials. Tutors in some locations may charge a small fee for the use of a table.
- If you have travelled from out of town to do an intensive or do not have an appropriate space to complete your practices at home, you may be able to contract with your tutor to use their therapy space. This depends on location and availability; talk to your tutor. There will be a charge for this.
- Your tutor will discuss massage media and makes of therapy tables.
- To attend this course, you do not need to invest lots of money in materials. Your tutor will advise you.

Resources.

All resources are delivered digitally via access to the Member's Page on our website. Your tutor will give you the passwords to enable access to the written materials, video, templates and forms. The video will be released after your fourth tutorial.

Fees

Fees are standardised across all locations and delivery modes. The requirements, content and qualifications are the same.

- Initial online tutorial and back ground reading \$300
- Face-to-face training: one-on-one, small group, or workshop; \$1,200.00 per person, paid in instalments of no more than \$500.
- A deposit of \$100.00 is required to confirm your booking for tutorials. The remaining fee is due one week before training.
- For intensives, small groups or workshops, \$400.00 confirms your place. If you are completing all four in-person tutorials over 2 days. Your second instalment will be \$400. The instalments for the remaining \$800 will be negotiated with your tutor – all instalments will be under \$500.
- Your tutor will provide a bank account number.

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| Component 1: Online Tutorial | \$300 |
| Component 2: In person tutorial 1 | \$400 |
| Component 3: In person tutorial 2 | \$300 |
| Component 4: In person tutorial 3 | \$300 |
| Component 5: In person tutorial 4 | \$200 |
| Component 6: Assessment | \$300 |

- Re-assessment: an additional assessment fee, or part thereof, may be charged.

Total for NZQA Certification - \$1,800.00.

Cancellation Policy

The Holistic Massage Micro credential is a 40-hour course that can take up to 12 weeks to complete. The total cost is \$1800.

You pay for this course in instalments each time you do a component of it.

You pay in the following way:

Online Component 1: \$300 (Online Tutorial)

In-person Component 2: \$400 (Tutorial 1)

In-person Component 3: \$300 (Tutorial 2)

In-person Component 4: \$300 (Tutorial 3)

In-person Component 5: \$200 (Tutorial 4)

In-person Component 6: \$300 (Assessment)

You pay an initial fee of \$300 upon enrolment into the micro-credential, providing you access to the initial online tutorial and pre-reading material. When you receive access to this tutorial, the delivery of the micro-credential commences. You can cancel your participation in the micro-credential up to 5 days after the course commencement. If you choose to do this, you will be entitled to 75% of your \$300 paid course fees. This will be \$225.

You pay the remaining course fees in installments based on when you attend the face-to-face components: a nonrefundable deposit of \$100 when you book onto a component and the balance of the component fee one week before attending.

If you are unwell and unable to attend the pre-arranged in-person components, you may arrange with your tutor to complete these at an agreed-upon later date.

If you decide to withdraw from the course at any point after the first five days, you will not be charged for any further tutorials.

Student Support

Once you have enrolled in a HHT course, you can enjoy support from your tutor for the duration of your course and beyond. So if, for example, you experience difficulties whilst delivering a massage, and you are uncertain how to deal with it, you can contact your tutor or HHT HQ directly to seek advice and guidance.

Complaints

- Your rights as a learner in this programme are protected by NZQA. Should you have a complaint about the course, please discuss this with your tutor in the first instance.
- Please note that complaints can only be processed if they involve a failure covered by the Learning Outcomes or Code of Conduct.
- If you and your tutor are unable to resolve the complaint, please contact the organisation at www.hht.co.nz.
- There is also an independent Course Complaints Authority. If your complaint concerns Assessment, she may decide that you are entitled to a second assessment by a different tutor.
- Feedback is encouraged, and an Evaluation form is provided. This can be accessed from the Member's Page on our website.
- If you feel that HHT is unable to resolve your complaint and it pertains to the Code of Pastoral Care, then you can take your case to NZQA using the following link: <https://www2.nzqa.govt.nz/about-us/contact-us/complaint/education-provider/>
- If your complaint relates to financial or contractual issues, then you can take it to Study Complaints.

Expected Standards of Behaviour

Code of Conduct.

Holistic Massage Therapy is a powerful healing tool and a wonderful relaxing experience. Because it involves skin-to-skin contact, it is intimate.

Massage Therapists, like all health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain ways and not in others, so whakawhanaungatanga and haurora are integral parts of our teaching.

During the training, we discuss aspects of this powerful healing relationship. Participants in HHT training are required to follow a Code of Behaviour. When you register for the training, you agree to abide by this Code. Failure to do so will result in your removal from the training without a refund.

Participants have a right to be always treated with courtesy and respect.

- All participants will remain mindful of the rights of others to dignity and modesty.
- Even though this is a training session, therapists will pay attention to the needs of “clients.” Clients (receivers) have the right to refuse any technique for religious or cultural reasons. However, it is expected that students in workshops or shared tutorials will participate fully in both practising and receiving as part of the learning process and engage in the feedback process.
- Participants will not make remarks about other people regarding appearance.
- Honest feedback, delivered according to the Performance Criteria in the Student Manual, is a valuable learning tool and is encouraged.
- Students are invited to behave in ways that always model the outcomes we hope to achieve—a “relaxation response” from the client and a positive learning experience for the student.

- No student will make any remark or innuendo that could be construed as sexual nor engage in any touch other than therapeutic.
- Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.