



HOLISTIC HEALTH TRAINING LTD.
PROFESSIONAL NZQA ACCREDITED BODYWORK EDUCATION

PROSPECTUS & INFO FOR STUDENTS

Level 5 Deep Tissue Massage Micro-credential

Massage course

NZQA Level 5

60 Hours

Course Details

Kia Ora! He mihi nui ki a koe. Thank you for your interest in this NZQA-approved training program in Deep Tissue Massage Therapy. Please take the time to read through this course prospectus for more details about the Deep Tissue Massage Micro-Credential.

Course Title:

Deep Tissue Massage Micro-credential

A short practitioner training course, by workshop, small group or one-to-one tutorial. NZQA-approved, Level 5, 60 hours. Auckland, Bay of Plenty, Manawatu, Nelson, Canterbury and Otago or by arrangement.

NZQA Level: 5 | Credits: 6

Hours:

60 8 weeks full-time (8 hours per week), 18 weeks part-time (4 hours per week).

Course Purpose:

The aim of this micro-credential is to provide massage practitioners with an advanced course in deep tissue massage techniques. It is also for current deep tissue massage practitioners who need a recognised qualification.

Entry Criteria:

Entry is open to anyone over 18 years old who has done the level 4 Holistic Massage course or an agreed equivalent.

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, Bay of Plenty and Otago. 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 centres. Check our website or FB page.

At HHT, we understand that most massage courses require you to give up other family/work commitments and invest a lot of money to be able to train. This program overcomes those barriers and enables you to advance your expertise in deep tissue massage therapy in a manageable way.

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 tutorials:

- 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 a 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.

Outcome Statement and Learning Outcomes:

This micro-credential is an advanced training course designed to build on existing massage skills, focusing on the application of deep tissue and myofascial release techniques.

Students will develop safe and effective techniques for working with intermediate and deep muscle layers using appropriate body mechanics and client communication strategies. Completion of this micro-credential can support progression into further study within the field of clinical or therapeutic massage.

As an employment pathway, it strengthens the skillset of practising therapists looking to offer more specialised and targeted treatment options, particularly in deep tissue and myofascial work.

On successful completion of this component, learners will be able to...

1. Explain the theory of thixotropism as it relates to working with myofascia.
2. Apply massage techniques to facilitate thixotropism and work with adhesions and restrictions in fascia. This may include but is not limited to the following:
 - Cross-fibre friction.
 - Manipulation of intermediate and deep tissue with stronger body tools.
 - Intentional holding of the direct and indirect myofascial stretch.
 - Understand and apply trigger point theory where appropriate to superficial intermediate and deep muscle tissue.
3. Demonstrate appropriate techniques that employ correct therapist body mechanics.
4. Develop and apply appropriate verbal dialogue interventions with clients when working with deep tissue.
5. Construct a session including deep tissue techniques incorporated into a holistic massage context.
6. Apply appropriate record-keeping and client note-taking techniques in line with legal requirements.
7. Maintain a holistic context rather than a medical approach to clients, including working within a safe scope of practice.

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
kim.knead.me@gmail.com

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 and Structure:

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

60 Hours of learning and assessment:

Structure: 6 components:

- Initial online tutorial and background reading.
- In-person training: 12 - 16 hours.
- Self-directed learning 8 hours.
- Self-directed practice/10 case studies: 20 hours.
- 2 Additional case studies massaged 3 times each, and accompanying written assignment: 20 hours.
- Assessment: 2.5 - 3 hours.

The course is 60 learning hours and must be completed within 18 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.

- **Online tutorial and background reading:**

One-hour introductory tutorial and reading to begin the course enrolment.

- **In-person tutorials:**

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.

- **Self-Directed Study:**

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

- **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.
Additional practice hours as required and recommended by your tutor.

- **Two extended case studies and a written assignment**

Two clients are to be massaged three times each within an agreed time period. An accompanying written assignment will be required based on these case studies. The structure for the written assignment is provided. (20 hrs)

- **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 8 - 18 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. The remaining study is done in 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 18 weeks 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.

Your training confirmation will be emailed, along 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 60-hour (6 credits) NZQA-approved Deep Tissue 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 ten case studies to present to the tutor during your assessment;
- Complete the two extended case studies and the accompanying written assignment;
- 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.

Note that if you need a re-assessment this will incur an additional cost.

Assessment Policies and Procedures

- Should you not achieve the required standard in the written assignment, you can repeat it for an 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.

What to Bring:

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.

- 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.
- Lunch if necessary.

If you have seasonal contagious diseases, including cold and flu viruses stay home and ask for a rescheduling.

What to wear to your massage training.

Massage is skin-to-skin therapy. If you are in a shared tutorial and receiving a 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 balm 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.
- Please choose your massage clothes carefully; here are our requirements: Short sleeves are best; loose, light material is essential. Armpits should be covered. Light 3/4 pants are ideal. You can massage bare foot.

Course Fees

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

- The initial online tutorial is \$300, which can be paid online using the link provided.
- 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 tutorial bookings. The remaining fee is due one week before training.
- For intensives, small groups or workshops, \$400.00 is required confirms your place. The second two instalments are \$400 each and can be negotiated with your tutor; these must be paid before you come to the workshop.
- Written assignment: On submission of the written assignment, a further \$150 will be paid.
- The final \$300 is paid for the final assessment.
- Your tutor will provide a bank account number for all payments except the registration fee, which is paid online via Stripe.

Total for NZQA Certification - \$1,950.00.

	Payment	Cost	To be paid...
Registration Fee and online tutorial	One-off	\$300	On Registration
Component 2 - 5: In person tutorials	1 of 4	\$300 each	1 week before tutorial
Assignment	1 of 1	\$150	On submission
Assessment	1 of 1	\$300	One week before assessment

[Click here to register](#)

If the button doesn't work, you can copy and paste this link into your browser:
<https://form.jotform.com/250051121664040>

If you have any further queries, please contact us via:

- **Website:** hht.co.nz
- **Email:** olivia@hht.co.nz
- **Phone:** 021 238 2535

Assistance with funding:

We are NZQA approved and accredited. Successive governments have changed eligibility for WINZ support, and approval seems very discretionary. The rules recently changed yet again. All micro-credentials are now listed on the National Qualifications Framework, and in theory, should be eligible for funding assistance. Ask your Case Officer if you are eligible for a Training Incentive Allowance.

We are not TEC-funded. This means that this course will not qualify you for a Studylink student loan. Registration onto this course entitle you to an International Student Visa.

Cancellation policy

The Deep Tissue Massage Micro credential is a 60-hour course that can take up to 12 weeks to complete. The total cost is \$1950.

Payment for this course is by instalment. Instalments are paid each time you do a component.

An initial fee of \$300 is paid 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. Cancellation of your participation in the micro-credential can happen 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 then pay the remaining course fees in instalments 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.

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 the right to be 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 their 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 “therapeutic 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.



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