Welcome to our school prospectus

After many years experience providing professional training in the field of Complementary Medicine, we know that choosing the right course for you is paramount to your future success as a complementary therapist! For this reason, we have put together this detailed information pack, which we hope will give you all the information you need to help you make an informed choice.

We invite you to browse our extensive range of courses and workshops. At the start of this prospectus we have included a contents page to help you find the course you require. We have tried to include as much information as possible but please note – we are constantly updating courses and dates. All the latest information on courses and workshops can be found on www.mscm.co.uk.

We're proud of the quality of our training and would love you to visit us teaching any of our courses where you will be able to talk with the staff and tutors and observe the quantity and quality of the facilities available for your education. One of the best things you can do is to talk to past or present students of the school, ask them what they think about the school and the course you are considering.

Being an informed consumer can make a significant difference in the kind, quality, and extent of the education you obtain. It can also make the difference in attaining the level of success you desire.

We hope you will find this prospectus useful. If you require further information please do not hesitate to let us know. We would also be happy to meet you for an informal discussion before you embark on your training programme, should you wish to do so. Please contact us on 0208-429-2895 or at info@mscm.co.uk and one of our teaching team will be in touch to answer all your questions.

We look forward to hearing from you.

Lynn Vereenooghe
Lynn Vereenooghe, BA (Hons), DO, DMS, MISM
School Principal
TO FIND OUT MORE

For up-to-date information about the courses available at MSCM please visit www.mscm.co.uk

For all the latest news, job opportunities and special offers follow us on Facebook and Twitter.

Twitter: @mscmtraining

To receive our regular newsletter by email - please send us your email address and we will add you to our mailing list

Come and see us......
you are always welcome to come in and discuss courses, to observe classes in action or to attend free taster days
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WELCOME TO THE MIDDLESEX SCHOOL OF COMPLEMENTARY MEDICINE

Who are we?
Since our foundation in 1992, MSCM has grown from strength to strength, becoming a recognised centre of excellence within the field of Complementary Therapies. Over 10000 professional therapists have trained at the Middlesex School of Complementary Medicine, attaining ITEC Diplomas and Post-Graduate qualifications accredited by various professional associations, such as, IPTI (Independent Professional Therapists International), CThA (Complementary Therapists Association), FHT (Federation of Holistic Therapists) and APNT (Association of Physical and Natural Therapists).

We aim to offer the most comprehensive professional training in complementary medicine available today. MSCM enjoys an excellent reputation for the highest standards of tuition from highly qualified and experienced tutors, supportive and caring learning environment, reasonable fees and good pass rates which, together with a comprehensive curriculum and an emphasis on learning through fun, fulfil all the requirements for a successful, interesting & rewarding career.

Where are we?
The Middlesex School of Complementary Medicine is based in Northwest London and the training takes place both at Mount Vernon Hospital, Northwood and The Windmill Studio Centre, Ruislip. Both venues are close to M25 and have easy access to tubes, buses, and trains.

Mission Statement

The Middlesex School of Complementary Medicine is committed to providing a high standard of training in complementary therapies at a competitive price. We create a supportive, friendly environment that enables the student to learn to the best of their ability.
What do you get when you train with MSCM?......

**Experienced and highly qualified tutors** –
all of our tutors are busy practising therapists with a passion for their subject, a desire to pass on knowledge and a supportive and caring teaching style.

**Excellent tuition** – interactive and varied teaching methods to suit everyone.

**Guided Learning and Home Study**

**Part-time weekend courses**– Ideal for people with busy lives

**Part-time weekday courses also available**– Ideal for therapists, shift workers, self-employed, part-timers and those not working Monday to Friday.

**Flexible Learning** – Modular structure and careful timetabling of our courses allows you to work at your own pace

**Reasonable Fees** –
Interest-free Instalment payment plan available upon request

**Professional Qualifications** – ITEC diplomas- recognised worldwide

**Professional Membership** – Graduates of MSCM eligible to join the most widely recognised Professional Associations

**Accredited Courses** – CThA (Complementary Therapists Association), IPTI (Independent Professional Therapists International), APNT (Association of Physical and Natural Therapies)

**Extensive choice of Professional Courses** –
wide range of therapies available to choose from

**Wide Spectrum of Post-Graduate Courses and Workshops** –
Continuing Professional Development (CPD) points available

**Exceptionally High Results**– 99% pass rate & many Credits & Distinctions

**Proven Track Record** –
Over 6000 therapists trained to the highest standards of excellence

**Outstanding reputation within the industry** –
MSCM graduates are known for professionalism and exceptional standards

**All ages/all backgrounds catered for**

**Exam preparation** – supportive assistance prior to examinations

**Comprehensive notes** – accompanying each teaching session
Getting Started

Deciding to follow your dreams and enter this wonderful world of natural therapies is the easy part. When you are first starting out and looking into becoming a therapist the options can be a little confusing. The flow chart below shows the ITEC courses available and the path you must take. Hopefully this will make it clearer. As you will see, Anatomy and Physiology is the starting point for all therapies. The details for the next step courses are shown later in this document.

If you are unsure which therapy would be most suited to you, you may benefit from one of our free taster days or clinic session where you can experience a treatment for yourself.

Please note, whichever therapy you choose (except Indian Head Massage) you will have to complete the Business Module as well. This is an online module which you are required to successfully complete before you receive your first ITEC therapy qualification. You can book onto this at any time – however, the course and assignments must be completed before your Massage, Aromatherapy or Reflexology Examination date. This stand-alone Business Module is compulsory for all first-time therapists – the good news is once it is completed you never have to do it again when you go on to do other ITEC courses.
**Massage or Reflexology**
If you do not already hold a qualification in Anatomy and Physiology and are interested in Massage or Reflexology you have two options:

**Option 1: The modular route – taking each course as a stand alone**

**Aromatherapy**
If you are interested in Aromatherapy you will need to qualify in Anatomy and Physiology first and complete the required Massage training prior to starting the classes.

**Diet and Nutrition**
If it is Diet and Nutrition you are interested in you must be qualified in Anatomy and Physiology and have a qualification in *one therapy*.

**Indian Head Massage**
For Indian Head Massage you will need to have a qualification in Anatomy and Physiology.

Details of the options available to you are included in the following pages and you would also be most welcome to come in and discuss the courses with us. Please do not hesitate to contact us for further information – we will be pleased to answer all your questions.
COMPLEMENTARY THERAPY COURSES

Anatomy, Physiology & Pathology

Qualification
Certificate in Anatomy, Physiology and Pathology for Complementary Therapies – RQF LEVEL 3
Awarding Body - International Therapy Examination Council (ITEC)

The body and its functions is a most fascinating area of learning and a sound knowledge of Anatomy and Physiology is essential for anyone involved in health matters - particularly if you have a career in bodywork in mind. Learning about the human body is like being on a journey of discovery through the most complicated machine on earth. Every inch of that joyful journey serves as a highway to excellence as a natural health practitioner.

Study of the structure and function of the human body provides the foundation and underpinning knowledge on which all complementary therapies are based. When you gain knowledge of this cornerstone of health, you will find it will serve as a framework for learning many facets of Natural Therapies and how you can support the body in its attempts to regain physical and mental health and well-being. As you learn about the physical body you will gain an appreciation for the homeostatic mechanisms and the body’s ability to repair itself and maintain health and vitality.

An understanding of the importance of anatomical structures and their interrelated functions provides you with a fascinating insight into the intricate workings of the human body prior to attempting any form of treatments. It is also the key to becoming a successful practitioner.

The study of the body’s structure is called anatomy; the study of the body’s function is known as physiology. To understand the human body it is necessary to understand how its parts are put together and how they function. Upon completion of this course you will be able to accurately describe microscopic and gross anatomy, name all the major structures, state their relationships and explain their basic functions.
Course Details:

The course will cover the following subjects:

- **Understanding your learning style**
- **Introduction to the human body**
- **Medical terminology**
- **Cytology & Histology**
- **Anatomy & physiology of the following systems**
  - Integumentary
  - Skeletal
  - Articulations
  - Muscular
  - Digestive
  - Urinary
  - Neurological
  - Endocrine
  - Cardiovascular
  - Lymphatic & immunity
  - Respiratory
  - Reproductive
- **Basic pathology of each system**
- **Learning & examination techniques**

The course text book recommended by ITEC is: ‘An Introductory Guide to Anatomy & Physiology’ – Louise Tucker and the latest edition will be available for you to purchase at a discounted price on the first day of the course.

Who Can Attend?

There is no special entry requirement for this course and it is assumed that you will have no prior knowledge of the subject. You must be 18 years of age to attend but there is no upper age limit!
Examinations:
During the course, we will guide you through some practice exam papers in preparation for the final exam. Upon satisfactory completion of a mock theory examination taken in class on the last day of the course you will be eligible to sit the ITEC Certificate in Anatomy, Physiology and Pathology for Complementary Therapies –RQF LEVEL 3 examination which comprises a Multiple-choice Theory Paper of 50 questions.

Students who do not have English as their first language will be granted extra time in the exam. You will also be required to submit an assignment to receive your qualification.

You will have the choice of taking the exam as a stand-alone qualification or as part of your therapy qualification, eg Massage or Reflexology. In the latter case you will sit the paper on the same day as your practical exam. Please note: those choosing to take it as a stand-alone qualification will also be required to submit an assignment to receive your qualification.

Qualification:
To achieve an ITEC Level 3 RQF Certificate in Anatomy, Physiology and Pathology for Complementary Therapies, you must pass Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists

Once qualified, you will be awarded an ITEC Certificate in Anatomy, Physiology and Pathology for Complementary Therapies –RQF LEVEL 3. This qualification is the stepping stone to other qualifications such as Massage, Reflexology, Indian Head Massage or Aromatherapy, which can be booked before you complete the Anatomy, Physiology and Pathology course.

Please note:
If you are proposing to enrol on the Massage, Reflexology, Indian Head Massage or Aromatherapy course to follow on from the Anatomy, Physiology and Pathology for Complementary Therapies Course, please be aware that there will be some additional costs involved for the purchase of necessary equipment and clinic wear. This will be explained to you in class. If you would like further information, please contact the office on 0208-429-2895 and we will be happy to send you the equipment requirements information pack.

Recognition by Professional Associations:
The ITEC Certificate in Anatomy, Physiology and Pathology for Complementary Therapies –RQF LEVEL 3 is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:

- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council
Choose Attendance or Attendance/On-Line Home Study Course?
The Anatomy and Physiology course runs several times a year in varying forms. You can choose an option to suit your lifestyle and other commitments. You have 2 main options open to you:

**Option 1:** - 5 Attendance Days plus On-Line Home Study Course
The course comprises **5 attendance days** where we review each topic to ensure full understanding to support your learning and to prepare you for the examination, **supplemented by an on-line course** which you work through at home. Each section includes student testing so that you can check your progress and understanding.

**Option 1 Course Fees: £295.00 (+VAT)**
Deposit £75.00 (+VAT)
Interest-free Easy Payment Plan available upon request

**Option 2:** - Attendance Only Course
The attendance course consists of in-house training & assessment plus supervised home study. The classes are taught using tried and tested accelerated learning techniques and the emphasis is on fun! All lectures are supported with a comprehensive manual, visual material, revision tips, anatomical charts and teaching aids such as skeletal models, toys and games! We will also give you details of other learning resources such as useful websites and suggested books to help you with your studying. All ages, backgrounds and abilities are catered for. We offer this option for those who prefer to study in class with others.

**Option 2 Course Fees: £395.00 (+VAT)**
Deposit £75.00 (+VAT)
Interest-free Easy Payment Plan available upon request
ITEC Exam Fees:
Anatomy, Physiology & Pathology for Complementary Therapies-£85.00 (+VAT)
Payable prior to course commencement.
Includes:
- Exam registration
- ITEC theory paper
- Issue of certificate
- Postage of certificate by Registered Post

Course Dates:
Anatomy, Physiology & Pathology for Complementary Therapies course runs several times a year in varying forms. You can choose an option to suit your lifestyle and other commitments.

For those working Monday-Friday we have a weekend option. The mid week option is timed to suit those with school age children, whereas the summer intensive course is perfect for busy people who have limited time available.

Duration:
Option 1: - 5 Attendance Days plus On-Line Home Study Course
Option 2: - Attendance Only Course – 8 days (10-5) or 10 days (9.30-2.30)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.

Embarking on a course in a new subject can be daunting and it is important that you find the right course and school for you.

We are proud of the quality of our training and would love you to visit us teaching any of our courses where you will be able to talk with the staff and tutors, and observe the quantity and quality of the facilities available for your education. One of the best things you can do is to talk to past or present students, ask them what they think about the school and the course you are considering.

Being an informed consumer can make a significant difference in the kind, quality, and extent of the education you obtain. It can also make the difference in attaining the level of success you desire. If you would like to come and meet us for an informal chat, attend a taster session or visit a class please call 0208-429-2895.
PROFESSIONAL COMPLEMENTARY THERAPY COURSES

Massage Diploma

Qualification
Massage Diploma RQF Level 3
Awarding Body - International Therapy Examination Council (ITEC)

Becoming a massage therapist is an exciting, fun, and rewarding challenge in which you will experience life changing personal growth while creating a great career for yourself helping and caring for others. Today, there are more opportunities for massage therapists than ever before, including: sports massage, clinical massage, corporate massage, private practice, the medical field, baby and infant massage, Indian head massage, health centres, pregnancy massage, geriatric massage, spas, health clubs and even cruise ships. No matter which field you choose, the possibilities are endless.

If you’re serious about getting your dream job, this MSCM massage course can help make it happen! Delivered by dedicated and experienced teaching staff, this course prepares you to develop into a successful practicing bodyworker. The course content exceeds standards set by national certification and teaches the art and science of massage therapy, while also teaching sound business practices which prepare students for success in the marketplace.

The profession of massage therapy richly deserves the recognition and respect that it is gaining through National Certification, improved legislation, research, implementation into medical plans and increased acceptance by related professions and industries. As more people seek to improve their health and as massage therapists broaden their efforts to educate the public about the health benefits of massage therapy, the demand for highly qualified practitioners will continue to grow.

The world can be a stressful place. Most of us feel like we’re living at the speed of light, running here, there, and everywhere. And to top it off, because of life’s pace, a lot of us have chronic pain, tight shoulders, aching necks and tired lower backs. And we seem to get sick more than we used to. As a Massage Therapist, you can help others overcome chronic pain, recover from injuries and illness, reduce stress, promote well-being and a higher quality of life, and just plain help them feel better.

Massage is a healing art as well as a science. It requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Nearly everyone has the innate resources to touch another with care.
and confidence. However, it takes a sincere desire to help others, along with a commitment to the time, energy, and focus necessary for the training process in order to become a solid practitioner.

Now is an exciting time in the field of massage therapy, which is expanding like never before. The public’s use of massage as a healthcare option has tripled in the last decade, which in turn has caused a tremendous increase in the demand for therapists.

Course Details:

The course consists of in-house training & assessment together with tutorials, student testing, supervised Massage practice and supervised home study, which includes 36 massage treatments made up of 16 Case Studies and 20 evidence treatments to be submitted to ITEC. All lectures are supported with course notes, overheads, anatomical charts and teaching aids such as skeletal models. We will also give you details of other learning resources such as useful websites and books.

Please note: If you are proposing to enrol on this massage course, please be aware that there are some additional costs involved for the purchase of necessary equipment, such as a treatment couch, couch covers, massage oil and holster and so on. The course is primarily practical in content and you will be required to have access to a treatment couch and appropriate workwear (white polo shirt, navy trousers and black shoes) during the course. Student insurance is also mandatory for this course and is available through the IPTI or CThA or APNT and other Industry Associations who recognise ITEC qualifications. Full details will be sent to you with your joining details. If you would like further information before booking, please contact us on 0208-429-2895.
The course will cover the following subjects:

- History of massage
- Theory of massage therapy
- Philosophy of massage
- Palpatory techniques
- 6 classical massage movements
- Connecting and completing strokes
- A full body massage routine using oils
- Physiological & psychological effects of massage
- Contra-indications (restrictions and cautions) to massage
- How to develop a holistic and intuitive approach
- Working with an awareness of pacing, fluidity, continuity and rhythm
- Sensitivity, adaptability and creativity in applying techniques
- Working at a range of depths and pressures
- How to look after yourself and your posture as a therapist
- The use of preparatory exercises to centre and ground yourself
- Carrier oils and their properties
- Appropriate conditions for massage:
  - Temperature
  - Décor
  - Ventilation
  - Privacy
  - Hygiene
- Patient care and modesty
- Towel management and supports
- Consultations & patient note taking
- Effective listening and communication skills
- Awareness of non-verbal signals
- After-care advice
- Self-massage skills for clients
- Relaxation, breathing and stress management
- Holistic approach
- Professionalism & ethics
- Health & safety
- Professional associations
- Hygiene
- Basic first aid
- An introduction to other natural therapies

**Who can attend?**

The entry requirement for this Massage Diploma course is the successful completion of the Anatomy & Physiology Course or previous relevant qualification in Anatomy & Physiology. You are able to book your place and start this course before you have the results of your Anatomy and Physiology exam.

There are no other academic prerequisites for enrolling on our ITEC RQF Diploma in Massage. However, you must have fluency in written and spoken English and be a minimum of 18 years of age.
Examinations:
During the course we will prepare you for your final examinations and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of this mock examination, you will be eligible to sit the ITEC Level 3 RQF Diploma in Massage practical examination (Unit 380). Your technical skills and treatment techniques will be assessed via a practical examination with an external ITEC examiner. Documentary evidence of case studies/treatments will also be required - 36 massage treatments to be performed on a minimum of 15 clients and the outcomes documented. These must include 16 case studies – a minimum of 8 clients treated twice each plus evidence of an additional 20 treatments.

Qualification:
To achieve an ITEC Level 3 RQF Diploma in Massage, you must pass (or hold) all of the following elements:

- Unit 380 - Provide Body Massage for Complementary Therapies
- Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists
- Unit 384 - Principles and Practice of Complementary Therapies
- Unit 385 - Business Practice for Complementary Therapies.

For new therapists
If you are new to complementary therapies in addition to the anatomy and physiology and massage, you will need to complete the ITEC Business Modules course – this is an on-line course and is assessed by two written assignments.

For existing therapists
If you already hold a therapy qualification you may be exempt from some of these units if your previous qualification is accredited and on the OFQUAL register. If your qualification has been issued by training providers, associations or manufacturer's where there is no Government accreditation or external quality assurance involved although you will not be accepted for APL/RPL, we may be able to exempt you from attending additional training if the level and depth of any previous learning that has taken place is sufficient. In this case you would only have to complete the required elements such as assignments or multiple choice question paper, as appropriate. If you are unsure and would like some guidance please contact us on 020-8429-2895.

Once qualified, you will be awarded an ITEC Level 3 RQF Diploma in Massage – a fully accredited, level 3 diploma linked to National Occupational Standards.

The ITEC Level 3 Diploma in Massage also enables you to apply for membership of the National Register for Complementary Therapists maintained by the CNHC.

ITEC qualifications are recognised nationally and internationally - UK, Ireland, Australia, Greece, South East Asia but to name a few. Successful completion of this diploma course will also provide you with the title of "Massage Therapist", and the knowledge and techniques needed to give a treatment. Practitioner professional liability insurance is also available upon successful completion of the course.
Qualification Recognition by Professional Associations:
The ITEC Level 3 Diploma in Massage is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC (Complementary and Natural Healthcare Council)

More Information
Massage is one of the most useful therapies you can train in as it leads the way to so many more options, such as: aromatherapy, sports massage, remedial massage, baby massage, oncology massage and pregnancy massage. If you would like to receive our most up to date prospectus with details of our courses and workshops please email us at info@mscm.co.uk.

It is important that the school and course you choose is the right one for you. We're proud of the quality of our training and would love you to visit us teaching any of our courses where you will be able to talk with the staff and tutors, and observe the quantity and quality of the facilities available for your education. One of the best things you can do is to talk to past or present students, ask them what they think about the school and the course you are considering.

Being an informed consumer can make a significant difference in the kind, quality, and extent of the education you obtain. It can also make the difference in attaining the level of success you desire.

If you would like to come and meet us for an informal chat, attend a taster session or visit a class please call 0208-429-2895.

Course Fees: £395.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- Initial mock examination fees

Deposit - £75.00 (+VAT) – Payable on booking secures your place.
ITEC Exam Fees: Massage Diploma - £95.00 (+VAT)
Payable prior to course commencement.
Includes:
- Exam registration
- Practical assessment by external examiner
- Marking of assignments
- Marking of case studies
- Issue of Diploma certificate
- Postage of certificate by Registered Post

Duration:
6 days in total (10am-5pm)
or
8 days (9.30am-2.30pm)

Course Dates
Please see the MSCM course calendar or visit www.mscm.co.uk.
The Ultimate All-Inclusive Massage Diploma

Qualification
Massage Diploma RQF Level 3
Awarding Body - International Therapy Examination Council (ITEC)

What would it be like to love the work you do and know that you made a positive difference in people’s lives? Becoming a massage therapist is an exciting, fun, and rewarding challenge in which you will experience life changing personal growth while creating a great career for yourself helping and caring for others.

Today, there are more opportunities for massage therapists than ever before, including: Sports Massage, Clinical Massage, Corporate Massage, Private Practice, the Medical Field, Baby and Infant massage, Indian Head Massage, Health Centres, Pregnancy Massage, Spas, Health Clubs and even Cruise Ships. Massage therapy gives you the opportunity to be self-employed with your own massage practice. No matter which field you choose, the possibilities are endless.

Unlike many careers in complementary and alternative healthcare, such as Osteopathy, Homeopathy, Acupuncture and Chiropractic, the tuition is affordable and you can be qualified and working professionally in as little as nine months. A career in massage therapy sets you free from the 9-5 world. You can decide what days and hours you want to schedule clients. Live your life on your own terms. Very few careers can provide such freedom and flexibility.
What makes the Ultimate course so special?

This course is like no other!!! Offered just once a year, it is a one-stop shop for anyone wanting to ‘get on with it’. It is a fun-packed, fast track, intensive course, which attracts like-minded people! There are no hidden costs – everything is included in the cost of the course, right down to your uniform, your couch and even the pens and pencils! All the exam fees are included too. All you need to sort out is your student insurance (details will be provided) and a pair of black shoes! You will have none of the hassle other students have sourcing a couch and shopping around for equipment and uniforms. All of that is taken care for you. All you have to do is turn up!

What will you receive?

Portable treatment couch

Easy to use portable couch – it takes less than 30 seconds to erect and fold up.

Compact design – it fits into the back of the smallest hatch back car.

Easy to carry – Extremely light in weight

Cable Design – Steel cable tension system giving the couch extra stability and no centre leg structure. When weight is applied on top of the couch the cable becomes tight and acts as a stabilising system

Durable & Strong – strong ALUMINIUM frame-all components have been tested for strength and durability. Safety lock support system.

Well upholstered – packed with high density dual layer foam which will not collapse with continuous use.

Rounded corners – Less prone to damage

Versatile – can be used in most forms of therapy

INCLUDED WITH THE COUCH:
Breathing Hole: - For comfort
Face Cradle
Adjustable Backrest: - Multiple lifting positions allowing greater versatility for therapists
Adjustable Height Legs: - Easily adjust the couch height to suit you.
Side arm supports and front armrest sling
1 Year Replacement Guarantee: - Against faulty workmanship and defective materials

Carry Bag with shoulder strap and pockets: - A slip on nylon carry bag for protection and easy transportation of your couch
Couch Accessories
All the items you need to dress your couch during a treatment

Stretch Towelling Couch Cover - with breathing hole
Bale of Towels - for covering your client during massage
Paper Couch Roll – to cover the couch for hygiene

Massage Accessories
All the items you need to carry out a massage treatment

Washable Slippers for your client – for hygiene when getting off the couch barefoot
Massage Application Bottle – a useful bottle with a suitable pouring spout
Massage Holster – to use while doing a treatment
Antibacterial Wipes – for hand cleansing before, during and after treatments
Bottle of Massage Oil – the oil you will use during the massage
Clinic Wear
All the basic items you need to wear for a massage treatment. (You will need to purchase black shoes and black socks)

MSCM Polo Shirt
Navy Clinic Trousers
ITEC Student Badge

Text Books
All the ITEC recommended text books you need to for a study for your exams

‘An Introduction to Anatomy and Physiology’ – by Louise Tucker
‘An Introduction to Massage’ – by Louise Tucker
‘An Introductory Guide to Business’ – by John Mann

Learning Aids
A selection of study aids to help prepare you for your exams

MSCM Massage routine laminated crib card
MSCM Anatomy & Physiology manual
MSCM Massage Therapy manual
MSCM Marketing Manual
Miniature bendy man!

Course Stationery

Notebook
Coloured Pencils
Pencil
Highlighter
MSCM pen
Pencil Case
The course includes the following ITEC courses:

- Anatomy & Physiology
- Massage
- Business Module

In addition, this unique course will guide you effortlessly through supplementary aspects such as:

- Personal and Professional development
- Successful Business Management
- Career Development
- Introduction to Advanced Massage Techniques

This winning combination of training programmes enables you not only to attain the necessary professional qualifications but providing you with the necessary skills and knowledge to successfully create a new career as a Massage Therapist.
Course Details:
During the course we will cover:

Anatomy, Physiology and Pathology
- Understanding your learning style
- Introduction to the human body:
- Medical terminology, cytology & histology
- Anatomy & physiology of the following systems:

- **Integumental Systems and Body Cavities**: Cells, tissues, membranes, skin.
- **Skeletal System**: The framework of the body.
- **Muscular System**: Movement and strength
- **Nervous System**: This is the computer; it is an electrical communication system receiving and giving out information. It is divided into two parts: the central nervous system (CNS), the brain and the spinal cord, and the peripheral nervous system which is made up of all the nerves in the body.
- **Endocrine System**: The glandular system. It uses chemical messengers to carry instructions around the body. The health of the body depends on a correct hormonal balance.
- **Circulatory System**: This is made up of the heart, blood vessels and the blood circulating around the body.
- **Lymphatic and Immunity System**: This system consists of a fluid, lymph and vessels that convey lymph. Structures and organs all contain lymphatic tissue, but the central nervous system, bones, and cartilage do not.
- **Urinary System**: This gets rid of the waste fluid from the blood and maintains the liquid balance of the body.
- **Digestive System**: This is responsible for changing the food into substances that can be used by the cells of the body.
- **Respiratory System**: All cells need oxygen for life. The respiratory system takes oxygen into the lungs and gives out carbon dioxide. It works in close conjunction with the heart.
- **Reproduction System**: Responsible for the continuation of the species.
  - Basic pathology of each system
  - Learning & examination techniques
**Massage**
- History, theory & philosophy of massage
- Palpatory techniques
- 6 classical massage movements
- Connecting and completing strokes
- A full body massage routine using oils
- Physiological & psychological effects of massage
- Contra-indications to massage
- How to develop a holistic and intuitive approach
- Working with an awareness of pacing, fluidity, continuity and rhythm
- Sensitivity, adaptability and creativity in applying techniques
- Working at a range of depths and pressures
- How to look after yourself and your posture as a therapist
- The use of preparatory exercises to centre and ground yourself
- Carrier oils and their properties
- Appropriate conditions for massage:
  - Temperature
  - Décor
  - Ventilation
  - Privacy
  - Hygiene
- Patient care and modesty
- Towel management and supports
- Consultations & patient note taking
- Effective listening and communication skills
- Awareness of non-verbal signals
- After-care advice
- Self-massage skills for clients
- Relaxation, breathing and stress management
- Holistic approach
- Professionalism & ethics
- Health & safety
- Professional associations
- Hygiene
- Basic first aid
- An introduction to other natural therapies
Business Module
- Points of professionalism & ethics
- Working relationships:
- Working with other therapists – support networks working with the medical profession
- Understanding contra-indications
- Advertising, sales and marketing
- Insurance
- Employment law
- Consultation & client confidentiality
- First aid
- Statutory regulations & work acts
- Data protection act
- Presentation skills
- Client record keeping
- Continuing professional development
- Code of ethics
- Clinic planning and design
- Accounts, VAT and pricing policy

You will also receive so much more on the Ultimate Course!.....
In addition to all the training outlined above and all the equipment and supplies you will also receive the following:-

Opportunity to experience massage in class from an MSCM tutor
As a student on the ULTIMATE Course you will enjoy the unique opportunity to experience application of massage techniques from one of the MSCM teaching team. This will allow you to experience first-hand how massage should feel and how it should be conducted.

Time spent on learning muscles!
The washable pens are ready...you can expect lots of fun as you draw muscles on each other!

An introduction to advanced massage techniques
In addition to the classical massage moves you will learn on the course, you will be introduced to a selection of advanced massage techniques.

Use of a wide selection of learning aids, such as anatomical models, charts, instructional videos and laminated fact sheets
As a student on the Ultimate Course, you will also be able to benefit from our extensive selection of learning aids. We have a wide range of anatomical models, featuring all systems of the body, a selection of instructional videos and a huge choice of charts and laminated information sheets.
Full mentoring support from experienced MSCM tutors
Behind the scenes we have a number of dedicated tutors, who have a vast wealth of theoretical and practical experience. If you are struggling with your course, need to advice or are worried about a problem, you will be welcome to discuss your issue with one of our tutors between college sessions. This mentoring service will be available throughout the duration of your course.

Informal study sessions
Through many years of experience, we have observed the enormous benefits of study groups. These are set-up and encouraged from the start of the course and for many students are the most effective way of learning.

Marketing Masterclass
In addition you will receive a whole day dedicated to Marketing! It will be invaluable to you when you set up in practice as the marketing advice you receive from us during this course will be the key to your success. We will be covering this in great detail. This special focus on effective marketing is unique to the Ultimate course and to MSCM!

Understanding Disease Seminar
Unique to the Ultimate course is an entire session devoted to understanding disease. A good understanding of disease and illness is vital for success as a therapist.

Deep Tissue Massage
We introduce you to some advanced deep tissue techniques taking your skills beyond the basic massage routine. Deep tissue massage techniques can greatly benefit sufferers of chronic pain and injury. However, there is a general misunderstanding of the concept of deep tissue massage. Deep tissue does not mean working harder or stronger, the therapist simply works deeper and slower by sinking through superficial layers into the deeper structures using compression and lengthening techniques.

Carrier Oils Day
Carrier oils play a far more significant role in massage than many people realiseas they offer a wealth of health-giving benefits of their own. There are a wide range of carrier oils to choose from, plus some other infused or macerated oils such as Calendula and St Johns Wort. The variety of vegetable oils available to a newcomer can seem a little bewildering at first, but once you know some basic facts about the properties, actions and viscosity of vegetable oils, then choosing becomes easier.
During the course we will also discuss the following:

**Career Advice**
There are so many options open to a massage therapist concerning how and where to work. During the course you will be advised of these options and will explore the pro’s and con’s of each to help you determine your future path towards becoming a massage therapist.

**Professional Associations and CPD Points**
This area can be a minefield when you are new to the business. We will discuss and demystify the subject of Professional Associations.

**Professional Journals**
It is important, once qualified, to keep abreast of what is happening in the industry. During the course, you will receive some complimentary editions of the professional journals...

Such as Massage World Magazine -

If you're serious about getting your dream job, this MSCM Ultimate Massage Therapy course can help make it happen! Delivered by dedicated and experienced teaching staff, this course prepares you to become a successful practicing bodyworker.
As you choose massage therapy as your new career, or as an extra source of income, getting the best education is vital to your success. At MSCM we are fully committed to helping you achieve your personal best through:
- Experiential learning
- Accelerated learning
- Personal development
- Professional development
- An excellent education.
With the right balance of the art, the science, and the business of massage, we can give you the tools you need to find the success you desire while you provide a quality massage to your clients.

The course content exceeds standards set by national certification and teaches the art and science of massage therapy, together with anatomy and physiology, while also teaching sound business practices which prepare you for success in the marketplace.

In addition, you will be provided with everything you need to complete the course, from the treatment couch to all the books. (We even supply you with your pens and paper!)

Who Can Attend?
There is no special entry requirement for this course and it is assumed that you will have no prior knowledge of the subject. You must be 18 years of age to attend but there is no upper age limit! All you need is a desire to help others and a keenness to learn - Oh yes.....and a sense of humour.

Support
If this course is your first experience of studying or exams, or if it is a long time since you were in a ‘classroom’, don’t worry! Our teaching approach is flexible and supportive, designed to help each of you study and practise in the way that works best for you.

All practical classes are designed so that you receive a high level of personal attention. You will learn a range of massage techniques working on couches. Practical training will be in the form of tutor demonstrations and individual tuition. There is ample time to practice whilst in class and at home between course dates.
Regular tests will build your examination confidence; handouts, visual material and tutorials back up all group exercises, quizzes and lectures. Our exceptionally high rate of exam success reflects the fact that we teach up to and beyond ITEC requirements.

Our approach of using only practising therapists as tutors results in you benefiting from their vast wealth of theoretical and practical experience, which they are keen to share in a learning environment that is relaxed, fun and informative. We use modern learning techniques to enhance learning and increase retention.

**Examinations:**

**Theory exam:**
During the course we will guide you through some practice examination papers in preparation for the final exam. Upon satisfactory completion of a mock theory examination taken in class on the last day of the course you will be eligible to sit the ITEC Anatomy, Physiology and Pathology for Complementary Therapies RQF Level 3 examination which consists of a Multiple Choice Theory Paper of 50 questions. Students who do not have English as their first language will be granted extra time in the examination.

**Practical exam:**
During the course we will prepare you for your practical examination and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of this mock examination, you will be eligible to sit the ITEC Diploma in Massage RQF Level 3 examination which comprises coursework assignments, case studies and a practical examination with an external ITEC examiner.
Qualification:
To achieve an ITEC Level 3 RQF Diploma in Massage, you must pass all of the following elements:

- Unit 380 - Provide Body Massage for Complementary Therapies
- Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists
- Unit 384 - Principles and Practice of Complementary Therapies
- Unit 385 - Business Practice for Complementary Therapies.

Your qualification will be the ITEC Level 3 RQF Diploma in Massage

In addition you will receive the MSCM ‘Certificate of Excellence’ in Massage Therapy

This is a unique award for successful students on the Ultimate course who have demonstrated a high level of professionalism and commitment throughout the duration of the course and who have excelled in all areas of their studies.
Following qualification you will be able to:

- Use the title of "Massage Therapist"
- Obtain professional indemnity insurance enabling you to practice openly and legally anywhere in the UK
- Become a member of several professional associations, such as IPTI, APNT, FHT or CThA
- Work at home, abroad or set up a mobile practice
- Choose where you work – you can work in Clinics, Health Clubs, Hospices, Beauty Salons, Leisure Centres, Sports Clubs, Corporate Offices, Workplaces, Hotels, Cruise Liners, Ski Resorts (abroad), offer a mobile service, as well as open your own practice.
- Use your ITEC and MSCM qualifications as a guarantee to employers and clients that you have had an all encompassing training.
- Supplement your full time income by working part time while you build up your business
- Do a worthwhile job you love that also enhances the wellbeing of others
- Develop your Continuing Professional Development (CPD) portfolio
- Go on to study further therapies such as Indian Head Massage, Aromatherapy, and many more.

**Qualification Recognition by Professional Associations:**
The ITEC Level 3 Diploma in Massage is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council)
**Course Fees:**

**£1375.00 (+VAT)**

Course fees include:

- All class tuition – 3 ITEC courses rolled into one
- Business Module On-line course
- Understanding disease course
- Carrier Oil course
- Deep Tissue Massage
- Marketing Masterclass
- A comprehensive set of course manuals
- All the required course text books
- Portable treatment couch & carry bag
- Couch accessories
- Massage accessories
- Clinic wear
- Learning aids
- Course stationery
- Mock examination fees
- Initial mock examination fees
- Marking of course assignments
- ITEC examination fees
- Exam registration
- Issue of ITEC Diploma certificate
- Issue of MSCM Certificate of Excellence in Massage Therapy
- Postage of certificates by Registered Post

For further details please contact us on 0208-429-2895

**Deposit - £100.00 (+VAT)** – Payable on booking secures your place.

**Duration:**

15 days in total (9.30am-5pm).

**Course Dates:**

Please see the MSCM course calendar or visit www.mscm.co.uk.
Reflexology Diploma

Qualification
International Therapy Examination Council (ITEC) – RQF LEVEL 3

Reflexology is an ancient form of holistic treatment, with a long history encompassing Ancient Egypt, Japan, China and India. It is a science which deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. A reflexology treatment involves deep pressure massage on the soles of the feet, which stimulate the nerves in the feet and influences the whole body. Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance. As well as being deeply relaxing, it also improves the circulation and encourages the elimination of toxins and waste products. Reflexology like many other complementary therapies has increased in popularity over the past few years, and has now gained respect as an important, safe and natural healing art.

Training in Reflexology can lead to a wonderful new career. As a practitioner of Reflexology you will be able to work in hospitals, nursing homes, hospices, sports centres, gyms, natural health centres or even on luxury cruise liners! Alternatively, you may choose to branch out independently by working from home or visiting clients in their own homes. With almost 2 million people visiting a reflexologist in the UK each year, opportunities for well qualified, skilled reflexologists are opening up at a rapid rate, and although the traditional route of self employment is still favoured by most, more and more reflexologists are finding part and full-time employment within clinics or corporations.
Course Details:
During your course you will become proficient in Reflexology and will be equipped with the necessary skills and knowledge to set up in practice following qualification.

The course comprises 72 hours in-house training plus tutorials, supervised Reflexology practice, student testing and home study which includes 40 detailed case studies plus 60 evidence treatments to be submitted to ITEC.

All lectures are supported with course notes, overheads, anatomical charts and teaching aids such as skeletal models. We will also give you details of other learning resources such as useful websites and suggested books to help you with your studying.

The syllabus includes the following subjects:
- Introduction to Reflexology & history
- Current theories & concepts techniques
- Philosophy of complementary medicine
- Holistic approach
- Zone therapy and Zones of the body
- Case history taking
- Contra-indications
- Reactions to treatments
- Chart interpretation
- Structure, disorders & conditions of the feet
- Reading the feet: hand reflexology
- Preparation of work area
- Patient care
- Patient consultation
- Principles & order of treatments
- Interpretation of foot conditions & reflexes
- Treatment assessment & recording
- Listening skills
- Patient /therapist relationship
- Integral biology
- Disorders & reflexes
- Supervised clinical practice
- Other complementary therapies
- Professional associations

The course is primarily practical in content and you will be required to have access to a Massage Couch or Reflexology Chair, accessories and appropriate workwear (white polo shirt, navy trousers and black shoes) during the course. If you are proposing to enrol on this reflexology course, please be aware that there are some additional costs involved for the purchase of necessary equipment. The required course text book recommended by ITEC is: The Complete Guide to Reflexology by Ruth Hull. Student insurance is mandatory for this course and is available through the IPTI or CThA or APNT and other Industry Associations who recognise ITEC qualifications. Full details will be sent to you with your joining details. If you would like further information before booking, please contact the office on 0208-429-2895.
**Who can attend?**
The entry requirement for this Reflexology Diploma course is the successful completion of the Anatomy & Physiology Course or previous relevant qualification in Anatomy & Physiology. You are able to book your place and start this course before you have the results of your Anatomy and Physiology exam.

There are no other academic prerequisites for enrolling on our ITEC RQF Diploma in reflexology. However, you must have fluency in written and spoken English and be a minimum of 18 years of age.

**Examinations:**
During the course we will prepare you for your final examinations and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of this mock examination, you will be eligible to sit the ITEC Level 3 RQF Diploma in Reflexology practical examination (Unit 381). Your technical skills and treatment techniques will be assessed via a practical examination with an external ITEC examiner. Documentary evidence of case studies/treatments will also be required - 100 reflexology treatments to be performed on a minimum of 15 clients. These must include 40 case studies – 10 clients treated a minimum of 4 times each plus evidence of an additional 60 treatments.

**Qualification:**
To achieve an ITEC Level 3 RQF Diploma in Reflexology, you must pass (or hold) all of the following elements:
- Unit 381 - Provide Reflexology for Complementary Therapies
- Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists
- Unit 384 - Principles and Practice of Complementary Therapies
- Unit 385 - Business Practice for Complementary Therapies.

**For new therapists**
If you are new to complementary therapies in addition to the anatomy, physiology and pathology (unit 383) and reflexology (unit 381), you will need to complete the ITEC Business Modules course – this is an on-line course and is assessed by two written assignments (Units 384/385).

**For existing therapists**
If you already hold a therapy qualification you may be exempt from some of these units if your previous qualification is accredited and on the OFQUAL register. If your qualification has been issued by training providers, associations or manufacturer's where there is no Government accreditation or external quality assurance involved although you will not be accepted for APL/RPL, we may be able to exempt you from attending additional training if the level and depth of any previous learning that has taken place is sufficient. In this case you would only have to complete the required elements such as assignments or multiple choice question paper, as appropriate. If you are unsure and would like some guidance please contact us on 020-8429-2895.
Once qualified, you will be awarded an ITEC Level 3 RQF Diploma in Reflexology – a fully accredited, Level 3 diploma linked to National Occupational Standards. ITEC qualifications are recognised nationally and internationally - UK, Ireland, Australia, Greece, South East Asia but to name a few.

The ITEC Level 3 RQF Diploma in Reflexology also enables you to apply for membership of the National Register for Complementary Therapists maintained by the CNHC.

Successful completion of this diploma course will also provide you with the title of "Reflexologist", and the knowledge and techniques needed to give a treatment. Practitioner professional liability insurance is also available upon successful completion of the course.

Qualification Recognition by Professional Associations:
The ITEC Level 3 RQF Diploma in Reflexology is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- AOR (Association of Reflexologists)
- BCMA (British Complementary Medicine Association)
- CNHC (Complementary and Natural Healthcare Council)

Testimonials:

Pat Welch: The college & its tutors expect high standards and teach to enable us to reach these heights.

Linda Abrahams: An inspirational learning experience.

Ronit Gerber: I would like to say a big Thank You to everyone at MSCM. I have wanted to study reflexology for so long and have finally done it!! What’s more, the people I have practised on have been really impressed.

Course Fees:
£795.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- Initial mock examination fees

Deposit - £75.00 (+VAT) – Payable on booking secures your place.
Interest-free Easy Payment Plan available upon request
ITEC Exam Fees:
Reflexology Diploma - £95.00 (+VAT)
Payable prior to course commencement.
Includes:

- Exam registration
- Practical assessment by external examiner
- Marking of assignments
- Marking of case studies
- Issue of Diploma certificate
- Postage of certificate by Registered Post

Duration:
12 days in total (10am-5pm)
or
15 weekdays (9.30am-2.30pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.

SPECIAL OFFER
EARLYBIRD DISCOUNT
Book 2 months or more before the start of the course and save £100.00
(not to be used in conjunction with any other offer)
Imagine how great you would feel waking up every day, eager to do the work that you really love! Working as a professional reflexologist can be a wonderfully rewarding career. Not only will you be able to help others in a natural way, but you will also be in charge of your own career.

Opportunities for Reflexologists are opening up at a rapid rate, and whilst the traditional route of self-employment is still the norm for most Reflexologists, more and more are finding part and full time employment. Reflexologists are working within complementary health clinics, sports facilities, care homes, clinics, gyms, health spas and even on luxury liners. Some NHS hospitals and hospices also employ reflexologists to provide treatments for patients. More and more companies are offering opportunities for reflexologists to provide treatments in the workplace for busy professionals. The sky is the limit for you if you are a caring, helpful professional. The secret to success is the amount of energy and enthusiasm you put into your business as this directly impacts on the quality of your work and client satisfaction.

The benefits of becoming a Reflexologist are that you can choose where and when you work, fitting your career around your lifestyle and enabling you to live your life on your own terms. Very few careers can provide such freedom and flexibility.
What makes the MSCM Ultimate Reflexology course so special?

This course is like no other!!! Offered just once a year, it is a one-stop shop for anyone wanting to ‘get on with it’. It offers you all the necessary training leading to your professional qualification, all the equipment, books and learning material plus all exam fees are included. It also offers extra support and training beyond the required syllabus to enable you to excel and prepare for life as a professional reflexologist.

There are no hidden costs – everything is included in this course, right down to your uniform, your reflexology chair and even the pens and pencils! All you need to sort out is your student insurance (details will be provided) and a pair of black shoes! You will have none of the hassle other students have sourcing a chair and shopping around for equipment and uniforms. All of that is taken care for you. All you have to do is turn up!

Unlike many courses in complementary and alternative healthcare, such as Osteopathy, Homeopathy, Acupuncture and Chiropractic, the Ultimate Reflexology course is affordable and you can be qualified and working professionally in as little as a year.

What will you receive?

**Portable Reflexology Chair**

*Easy to use* portable chair – it takes less than 30 seconds to erect and fold up.

*Compact design* – it fits into the back of the smallest hatch back car.

*Easy to carry* – Extremely light in weight

**Carry Bag with shoulder strap:**
A slip on nylon carry bag for protection and easy transportation of your chair

**Chair Accessories**
All the items you need to dress your chair during a treatment

**Stretch Towelling Couch Cover**
*Towel* - for covering your client during treatment

*Pillows* – for support and comfort

*Waffle blanket* – for warmth

*Paper Couch Roll* – to cover the chair for hygiene
Treatment Accessories

**Antibacterial Wipes** – for hand cleansing before, during and after treatments

**Bottle of Carrier Oil** – the oil you will use during the treatment

Clinic Wear
All the basic items you need to wear for a Reflexology treatment. (You will need to purchase black shoes and black socks)

MSCM Polo Shirt
Navy Clinic Trousers
ITEC Student Badge

Learning Aids
Recommended Course Text books
On line Anatomy and Physiology Course
Memory stick with extra material, revision aids, exam tips
MSCM Reflexology Therapy manual
MSCM reflexology routine laminated crib card
On line Business Course

Course Stationery
Paper
Coloured Pens

COURSES
A winning combination of training programmes enables you not only to attain the necessary professional qualifications but providing you with the necessary skills and knowledge to successfully create a new career as a Reflexologist

Anatomy and Physiology ITEC Course
Reflexology ITEC Diploma Course
ITEC Business Modules Course
Plus
Consultations and Foot Analysis Course
Hand Reflexology Course
Marketing Course
Course Details:
During the course we will cover:

Anatomy, Physiology and Pathology
- Understanding your learning style
- Introduction to the human body:
- Medical terminology, cytology & histology
- Anatomy & physiology of the following systems:
  - **Integumental Systems and Body Cavities**: Cells, tissues, membranes, skin.
  - **Skeletal System**: The framework of the body.
  - **Muscular System**: Movement and strength
  - **Nervous System**: This is the computer; it is an electrical communication system receiving and giving out information. It is divided into two parts: the central nervous system (CNS), the brain and the spinal cord, and the peripheral nervous system which is made up of all the nerves in the body.
  - **Endocrine System**: The glandular system. It uses chemical messengers to carry instructions around the body. The health of the body depends on a correct hormonal balance.
  - **Circulatory System**: This is made up of the heart, blood vessels and the blood circulating around the body.
  - **Lymphatic and Immunity System**: This system consists of a fluid, lymph and vessels that convey lymph. Structures and organs all contain lymphatic tissue, but the central nervous system, bones, and cartilage do not.
  - **Urinary System**: This gets rid of the waste fluid from the blood and maintains the liquid balance of the body.
  - **Digestive System**: This is responsible for changing the food into substances that can be used by the cells of the body.
  - **Respiratory System**: All cells need oxygen for life. The respiratory system takes oxygen into the lungs and gives out carbon dioxide. It works in close conjunction with the heart.
  - **Reproduction System**: Responsible for the continuation of the species.
    - Basic pathology of each system
    - Learning & examination techniques
Reflexology

- Introduction to Reflexology & history
- Current theories & concepts techniques
- Philosophy of complementary medicine
- Holistic approach
- Zone therapy and Zones of the body
- Case history taking
- Contra-indications
- Reactions to treatments
- Chart interpretation
- Structure, disorders & conditions of the feet
- Reading the feet
- Preparation of work area
- Patient care
- Patient consultation
- Principles & order of treatments
- Interpretation of foot conditions & reflexes
- Treatment assessment & recording
- Listening skills
- Patient /therapist relationship
- Integral biology
- Disorders & reflexes
- Supervised clinical practice
- Other complementary therapies
- Professional associations

Business Module

- Points of professionalism & ethics
- Working relationships:
  - Working with other therapists – support networks working with the medical profession
  - Understanding contra-indications
- Advertising, sales and marketing
- Insurance
- Employment law
- Consultation & client confidentiality
- First aid
- Statutory regulations & work acts
- Data protection act
- Presentation skills
- Client record keeping
- Continuing professional development
- Code of ethics
- Clinic planning and design
- Accounts, VAT and pricing policy
You will also receive so much more on the Ultimate Course!.....
In addition to all the training outlined above and all the equipment and supplies you will also receive the following:-

Opportunity to experience reflexology in class from an MSCM tutor
As a student on the ULTIMATE Course you will enjoy the unique opportunity to experience application of reflexology techniques from one of the MSCM teaching team. This will allow you to experience first-hand how reflexology should feel and how it should be conducted.

Use of a wide selection of learning aids, including anatomical models, charts, instructional videos & laminated fact sheets
As a student on the Ultimate Course, you will also be able to benefit from our extensive selection of learning aids. We have a wide range of anatomical models, featuring all systems of the body and a huge choice of charts and laminated information sheets.

Full mentoring support from experienced MSCM tutors
Behind the scenes we have a number of dedicated tutors, who have a vast wealth of theoretical and practical experience. If you are struggling with your course, need to advice or are worried about a problem, you will be welcome to discuss your issue with one of our tutors between college sessions. This mentoring service will be available throughout the duration of your course.

Informal study sessions
Through many years of experience, we have observed the enormous benefits of study groups. These are set-up and encouraged from the start of the course and for many students are the most effective way of learning.

Marketing Masterclass
In addition you will receive a session dedicated to Marketing! It will be invaluable to you when you set up in practice as the marketing advice you receive from us during this course will be the key to your success. We will be covering this in great detail. This special focus on effective marketing is unique to the Ultimate course and to MSCM!

Hand Reflexology
We will spend an entire day devoted to Hand Reflexology. This useful skill will add to your toolbox as a Reflexologist.

Effective Consultations and Foot Analysis Course
Consultations play a far more significant role in reflexology than many people realise as they enable you to understand your client more fully and therefore lead you to offer a much better treatment. When you add Foot Analysis into the mix and tie it in with your consultation it opens up a new world of information.

If you're serious about getting your dream job, this MSCM Ultimate Reflexology course can help make it happen! Delivered by dedicated and
experienced teaching staff, this course prepares you to become a successful practicing bodyworker.

As you choose reflexology as your new career, or as an extra source of income, getting the best education is vital to your success.

At MSCM we are fully committed to helping you achieve your personal best through:
- Experiential learning
- Accelerated learning
- Personal development
- Professional development
- An excellent education.

With the right balance of the art, the science, and the business of reflexology, we can give you the tools you need to find the success you desire while you provide a quality treatment to your clients.

The course content exceeds standards set by national certification and teaches the art and science of reflexology, together with anatomy and physiology, while also teaching sound business practices which prepare you for success in the marketplace.

In addition, you will be provided with everything you need to complete the course, from the reflexology chair to all the books. (We even supply you with your pens and paper!)

**Who Can Attend?**
There is no special entry requirement for this course and it is assumed that you will have no prior knowledge of the subject. You must be 18 years of age to attend but there is no upper age limit! All you need is a desire to help others and a keenness to learn.

**Support**
If this course is your first experience of studying or exams, or if it is a long time since you were in a ‘classroom’, don't worry! Our teaching approach is flexible and supportive, designed to help each of you study and practise in the way that works best for you.

All practical classes are designed so that you receive a high level of personal attention. Practical training will be in the form of tutor demonstrations and individual tuition. There is ample time to practice whilst in class and at home between course dates.

Regular tests will build your examination confidence; handouts, visual material and tutorials back up all group exercises, quizzes and lectures.
Our exceptionally high rate of exam success reflects the fact that we teach up to and beyond ITEC requirements.

Our approach of using only practising therapists as tutors results in you benefiting from their vast wealth of theoretical and practical experience, which they are keen to share in a learning environment that is relaxed, fun and informative. We use modern learning techniques to enhance learning and increase retention.

Examinations:

During the course we will prepare you for your final examinations and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of this mock examination, you will be eligible to sit the ITEC Level 3 RQF Diploma in Reflexology practical examination (Unit 381). Your technical skills and treatment techniques will be assessed via a practical examination with an external ITEC examiner. Documentary evidence of case studies/treatments will also be required - 100 reflexology treatments to be performed on a minimum of 15 clients. These must include 40 case studies – 10 clients treated a minimum of 4 times each plus evidence of an additional 60 treatments.

Qualification:

To achieve an ITEC Level 3 RQF Diploma in Reflexology, you must pass (or hold) all of the following elements:
- Unit 381 - Provide Reflexology for Complementary Therapies
- Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists
- Unit 384 - Principles and Practice of Complementary Therapies
- Unit 385 - Business Practice for Complementary Therapies.

Once qualified, you will be awarded an ITEC Level 3 RQF Diploma in Reflexology – this is a fully accredited, Level 3 diploma linked to National Occupational Standards. ITEC qualifications are recognised nationally and internationally - UK, Ireland, Australia, Greece, South East Asia but to name a few.

The ITEC Level 3 RQF Diploma in Reflexology also enables you to apply for membership of the National Register for Complementary Therapists maintained by the CNHC.

Successful completion of this diploma course will also provide you with the title of "Reflexologist", and the knowledge and techniques needed to give a treatment. Practitioner professional liability insurance is also available upon successful completion of the course.
Qualification Recognition by Professional Associations:
The ITEC Level 3 RQF Diploma in Reflexology is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- AOR (Association of Reflexologists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council

In addition, you will receive the **MSCM ‘Certificate of Excellence’ in Reflexology**

This is a unique award for successful students on the Ultimate course who have demonstrated a high level of professionalism and commitment throughout the duration of the course and who have excelled in all areas of their studies.

Following qualification you will be able to:
- Use the title Reflexologist
- Obtain professional indemnity insurance enabling you to practice openly and legally anywhere in the UK
- Become a full member of several professional associations, such as IPTI (Independent Professional Therapist International), APNT or CThA
- Work at home
- Set up a mobile practice where you visit the client
- Work abroad
- Work in Clinics, Health Clubs, Hospices, Beauty Salons, Leisure Centres, Sports Clubs, Corporate Offices, Workplaces, Hotels, Cruise Liners, offer a mobile service, as well as open your own practice
- Use your ITEC and MSCM qualifications as a guarantee to employers and clients that you have had a very intense and all-encompassing training
- Supplement your full-time income by working part time while you build up your business
- Do a worthwhile job you love that also enhances the wellbeing of others
- Go on to study further therapies such as Massage, Maternity Reflexology, Oncology Reflexology, Indian Head Massage and many more
- Develop your Continual Professional Development (CPD) portfolio
Course Fees:
£1650.00 (+VAT)

Course fees include:
- All class tuition
- Anatomy and Physiology on-line course
- Business Module On-line course
- Anatomy and Physiology Training
- Reflexology Training
- Marketing Masterclass
- Hand Reflexology Day
- Effective Consultations and Foot Analysis
- A comprehensive course manual
- Required course text books
- Portable treatment chair & carry bag
- Chair accessories
- Reflexology accessories
- Clinic wear
- Course stationery
- Mock examination fees
- Marking of course assignments
- ITEC examination fees
- Exam registration
- Issue of ITEC Diploma certificate
- Issue of MSCM Certificate of Excellence in Reflexology
- Postage of certificates by Registered Post

Deposit - £165.00 (+VAT) – Payable on booking secures your place.

Spread the Balance over 12 months - £148.50 per month

Duration:
19 days in total (9.30am-5pm).

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Aromatherapy Diploma
Qualification
International Therapy Examination Council (ITEC) – RQF LEVEL 3

Aromatherapy is a healing art and science using plant derived essential oils to alleviate a wide range of physical and emotional disorders.

Supported by an ever-growing body of research into the incredible healing power and versatile therapeutic properties of essential oils, Aromatherapy is much more than ‘just a smell’. In fact, any physical or emotional problem might be helped in some way by cleverly selected and skilfully blended essential oils – from colds and flu, insomnia and muscular aches and pains to hormonal issues, digestive problems, pain management and skin conditions.

With its great success rate and versatility no wonder that Aromatherapy is well respected and widely practiced as one of the most popular complementary medicine therapies today.

How does an aromatherapist work?
After a detailed consultation and depending on the client’s needs, aromatherapy practitioner will carefully select and blend a number of essential oils and other materials in order to create an individual, safe and beneficial treatment. No pre-blended products are being used. Even though many clients may present with similar issues, aromatherapy treatment – in truly holistic way - will be different for each of them. It also allows to ensure the safety of the client.

The treatment usually takes form of a massage. But while it is a well-known fact that combined with massage, Aromatherapy treatment can create a haven of peace and tranquillity, it is also true (and confirmed by various studies) that it can stimulate, invigorate, help us focus, improve memory recall and even help in smoking cessation. And should massage be contraindicated or simply
not 'doable' for whatever reason, we can still employ various other methods to help our clients anyway. In fact, there is a lot we can do without massaging them! But the power and potential of essential oils must never be underestimated. They key to successful treatment is a good knowledge of the essential oils and safe application methods. At MSCM we are fortunate to have several tutors who are passionate and dedicated aromatherapists. Our MSCM Aromatherapy Diploma Course is detailed, comprehensive training that reflect this passion. Not only is it carefully designed to provide you with all the necessary skills and knowledge to practice Aromatherapy safely and effectively but also to develop the same love for the subject. This course is truly a voyage of delight and discovery from start to finish.

**Course Details:**
The MSCM Aromatherapy Diploma course comprises 60 hours in-house training together with tutorials, supervised Aromatherapy practice, student testing and supervised home study, which includes 60 aromatherapy treatments to be written up and submitted to ITEC. Home-based learning is a vital part of the Diploma Course. A student will need to devote at least 6 to 8 hours per week to completing written assignments and case study work. All lectures are supported with course notes, overheads, charts and teaching aids. We will also give you details of other learning resources such as useful websites and suggested books to help you with your studying.

The syllabus, as required by CThA, ITEC and AOC, includes the follow:

**The Basics of Aromatherapy**
- The practice of aromatherapy
- History of aromatherapy
- The definition & development of aromatherapy
- Modern natural medicine
- How & why it works
- Olfactory system
- Aromatherapy research
- Integral Biology

**Essential Oils**
- Physiological and psychological effects
- Main therapeutic effects
- Recommended uses

**Essential Oil Production & Quality**
- Methods of extraction
- Professional Sources - Growers, Manufacturers, Wholesalers
- Quality control
- Adulteration or degradation
- Storage
- Related botanical products
**Essential Oil Science & Safety**
- Key definitions
- Botany and biogenesis
- Plant identification
- Taxonomy
- Nomenclature and 31 plant families
- Structure and function of plants
- Chemical constituents & therapeutic properties
- Essential oil safety and contraindications
- Patch testing
- Contra-indications
- Toxic effects & overdose
- Possible reactions to aromatherapy treatment and aftercare advice

**Individual Oils**
- A study of 60 essential oils
- Fixed oils (also known as vegetable, base or carrier oils)
- Hydrosols : Floral waters : Hydrolats

**Methods of Application & Blending**
- Mechanisms of action
- Various methods of applying essences, fixed oils and blends safely
- Safe dosage and blending of essences and fixed oils
- Synergy and the way in which the therapeutic effects of essences are strengthened when working together
- Top, middle and base notes
- Methods of manufacture of aromatherapy products

**Aromatherapy in Clinical Practice**
- Client care/preparation
- Holistic approach
- Consultation skills
- Learning how to assess clients and design and manage clients’ treatments
- How to keep clients records, respect the data protection law and maintain confidentiality of clients’ details
- Home care advice after treatment
- Treatment approach
- Aromatherapy massage techniques
- Lymph Drainage techniques
- Client referral
- Reflective practice
- Case studies
- Therapeutic effects, recommended uses and safety precautions of fixed oils and other media
- Aromatherapy for specific conditions
- Aromatherapy and stress
- Clinical contraindications
- Psychological aromatherapy
- Understanding the therapeutic relationship between clients’ and therapists and maintaining appropriate professional boundaries
Professional Practice Management
- Professionalism and knowledge of ethics and conduct with clients and other professionals
- Liaison with health professionals
- Referral procedures
- Insurance & professional associations
- Legislation and working practices
- Treatment environment and working area
- Practice promotion

Exam Preparation
- Producing the perfect Case Study
- Case Study requirements
- Practical skills for forthcoming Examination
- Mock Practical Examination

Evidenced Based Practice
Scientific research into the efficacy of essential oils is essential for our industry to develop and it is important for us as aromatherapists to understand its value and its findings. During the course you will be introduced to the importance of research into aromatherapy, essential oils and massage. We will also share with you many examples of discoveries of recent research into aromatherapy and essential oils. This will add substance to your studies and ensure that your knowledge is based on proven facts and most importantly is current.
In addition to the required syllabus, the ‘MSCM Aromatherapy Diploma’ includes a field trip to the wonderful Royal Botanic Kew Gardens where you will have an opportunity to have a first-hand experience of the aromatic plants in a natural environment. The Royal Botanic Gardens, Kew is one of the world’s leading botanic gardens and during the field trip you will benefit from a number of carefully planned practical exercises (for essential oils and fixed oils) including:

- Plant anatomy and physiology – seeds, rhizomes, etc
- Why plants produce essential and fixed oils
- Plant classification – the past and the present - Carl Linneaus and binominal system
- - Do we really need the ‘fancy’ Latin names? Oh, yes, we do!
- Botanical families and oils of the various climatic zones and continents – ‘around the world trip’ through different parts of Kew – in search of common and uncommon
- The climatic zones, regions and geographical (country) origins of relevant essential oils
- Physical characteristics of relevant botanical families
- Recognising the botanical families, mono- and di-cotyledons
- Meeting plants up and close - Through the magnifying glass
- A chance to take your own photos of plants for your essential oils bible/file
- The endangered species of the aromatherapy world
- Lunch at the Orangery or picnic (bring/buy your own)
- Q &A with all-important tea and a ‘compulsory’ cake

Another wonderful module included in this diploma course, we’ve named ‘Aromatherapy Remedies and Non-Massage Applications’. This module will be filled up to its brim with both theoretical and practical information covering various methods of essential oils use in order to safely support clients with their physical, emotional, and mental needs.

The interactive demonstrations and hands on activities will allow you to experience the step-by-step processes of creating your own professional aromatherapy preparations suitable for a wide range of situations – from vapourisers and personal inhalers for emotional and respiratory issues, through gels, ointments and creams for different skin conditions, to First Aid as well as home & clinic use.

Get ready for demos and hands on fun! Make your own aromatherapeutic remedies and expand your practice beyond massage applications!
During this part of the course you will study the following:
- Skin types
- The essentials of aromatic formulations – ratios, types, what to use and when
- Materials other than essential oils
- Hydrosols – what they are and how to use them in aromatherapy treatments and products
- Oil and water-based products - methods of manufacturing of emulsions – lotions and creams
- The use of gels and methods of manufacture
- Clays – different types and their uses – i.e. face masks
- Butters (shea, coconut) – what to choose and how to use – i.e. balms
- Using commercial bases
- Inhalers – make your own
- Safe bathing – blends and products
- Compresses – different types, ‘how to’ and what can be used
- Diffusers – the good, the bad and the ugly
- Essential oils and First Aid
- The equipment, hygiene, and general ‘how to’.
- Shelf life of aromatherapeutic remedies and preparations, labelling, etc.

Once you have mastered the basics you will be able to apply your knowledge and imagination to add your own creative twist.

Course Requirements
The course is primarily practical in content and you will be required to have access to a Massage Couch and a selection of essential oils during the course. Student insurance is mandatory for this course and is available through the IPTI or CThA or APNT and other Industry Associations who recognise ITEC qualifications. Full details will be sent to you with your joining details. If you would like further information before booking, please contact the office on 0208-429-2895.

Who Can Attend?
The entry requirement for the Aromatherapy Professional Practitioner Diploma Course is the successful completion of the Level 3 ITEC Anatomy & Physiology and Massage Diplomas or equivalent or the MSCM 4-day massage foundation.

Examinations:
During the course we will prepare you for your final exam and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of this mock examination, you will be eligible to sit the ITEC Diploma in Aromatherapy RQF Level 3 examination which comprises coursework, case studies and a practical examination with an external ITEC examiner.
Qualification:
To achieve an ITEC Level 3 RQF Diploma in Aromatherapy, you must pass (or hold) all of the following elements:
Unit 382 - Unit 382 Provide Aromatherapy for Complementary Therapies
Unit 383 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapists
Unit 384 - Principles and Practice of Complementary Therapies
Unit 385 - Business Practice for Complementary Therapies.

For new therapists
If you are new to complementary therapies in addition to the anatomy, physiology and pathology (unit 383) and aromatherapy (unit 382), you will need to complete the ITEC Business Modules course – this is an on-line course and is assessed by two written assignments (Units 384/385). (Please note :You will also need to have completed some massage training prior to attending this course – you may either do the 4 day MSCM Massage Foundation Course or the ITEC Massage Diploma. )

For existing therapists
If you already hold a therapy qualification you may be exempt from some of these units if your previous qualification is accredited and on the OFQUAL register. If your qualification is more than 5 years old or has been issued by training providers, associations or manufacturer’s where there is no Government accreditation or external quality assurance involved although you will not be accepted for APL/RPL, we may be able to exempt you from attending additional training if the level and depth of any previous learning that has taken place is sufficient. In this case you would only have to complete the required elements such as assignments or multiple-choice question paper, as appropriate. If you are unsure and would like some guidance please contact us on 020-8429-2895

Once qualified, you will be awarded an ITEC Diploma in Aromatherapy – a fully accredited, level 3 diploma linked to National Occupational Standards. ITEC qualifications are recognised nationally and internationally - UK, Ireland, Australia, Greece, South East Asia but to name a few. Successful completion of this diploma course will also provide you with the title of "Aromatherapist", and the knowledge and techniques needed to give a treatment at a professional level. Practitioner professional liability insurance is also available upon successful completion of the course.

Qualification Recognition by Professional Associations:
The ITEC Level 3 Diploma in Aromatherapy is one of the best recognised complementary therapy qualifications in the UK and across a range of countries.

It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council)
Course Fees: - £795.00 (+VAT)

Includes:
- All class tuition
- A comprehensive course manual
- Entrance to Kew Gardens - on field trip
- Initial mock examination fees
- Initial marking of course assignments and case studies

Deposit - £100.00 (+VAT) – Payable on booking secures your place.

ITEC Exam Fees:
Aromatherapy Diploma - £95.00 (+VAT)
Payable prior to course commencement.
Includes:
- Exam registration
- Practical assessment by external examiner
- Marking of assignments
- Marking of case studies
- Issue of Diploma certificate
- Postage of certificate by Registered Post

Duration:
10 days in total (10.00am-5pm).
A Bonus On-line Course Free of Charge to all those attending the Aromatherapy Diploma

On-line Course
The Study of the Anatomy and Physiology of the Skin:
- The structure of the skin
- Functions of the skin
- Skin types and skin care regime elements; racial variations
- Ageing process, ageing factors, effects of ageing on skin, prevention
- Skin permeability and absorbency
- Skin sensitivity vs. allergy; cross-sensitisation
- Raw ingredient and product patch testing

If you would like to come and meet us for an informal chat to find out more about the course, attend an aromatherapy taster session or visit a class please call 0208-429-2895

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
PROFESSIONAL COMPLEMENTARY THERAPY COURSES

Diet and Nutrition for Complementary Therapists Certificate

Qualification
International Therapy Examination Council (ITEC) – QCA LEVEL 3

This is arguably one of the most valuable courses you could ever undertake!

With the confusing media coverage of the most recent changes to the dietary recommendations and with magazines and internet sources recommending various ‘fad’ diets and miracle supplements, it is difficult to find out what ‘healthy eating’ or ‘balance diet’ actually mean! As we finally realise that the nutritional value of the foods available to us is constantly diminishing it is no wonder that ‘what should I actually be eating?’ is one of the most often asked questions.

Undoubtedly, what we eat, how we eat and how much we eat plays a vital role in our lives. Research confirms that the root causes of the majority of the ailments that we come across in our daily lives – from arthritis and diabetes, through fertility issues, cardiovascular diseases to cancer - are primarily due to improper intake of food and lack of a balanced diet. Studies show that our stress levels and even our mental health depend on what we eat and can benefit from the right selection of foods! Therefore, the necessity of proper nutrition and, perhaps most importantly the secrets of how to make the best advantage of the food, is what is discussed in this course.

"The key to a healthy life is healthy living". This certificate course will help you get familiar with everything you need to know about the basics of a proper nutrition!

This unique intensive 6 day in-class course will offer an opportunity to study the subject not only in more depth but also in a more practical and interactive way. It will introduce you to basic concepts of nutrition and highlights ways that your clients (and you!) can integrate good nutrition into their lifestyles. In fascinating detail, you’ll explore the food pyramid, diet planning, the digestive system, and how nutrients affect energy, wellness, and disease. Principles of digestion and absorption, the function of nutrients, disease prevention, diet modifications, and weight controls are also covered. Practical application of these principles to the clients’ lives are emphasized and made easy enabling you to help others achieve better health with confidence! You will be able to give clients clear, concise and no-nonsense step-by-step
guidance, in an attempt to clarify the minefield of information being given at present.

The real bonus of this course is what you will be able to gain through in-class activities and discussions, which will help you learn how to analyse a food diary, carry out some simple calculations (body mass index, daily calorific needs, etc.), come up with a health benefiting strategy and create a realistic meal plan. In addition to the comprehensive course manual you will also get additional charts, such as an exhaustive list of gluten-free grains (includes over 140 grains, seeds and related foodstuffs from all over the world!) and a handy ‘best sources’ of minerals and vitamins guide. Throughout the course we will be sharing many exciting recipes utilising some truly useful superfoods – all ready to share with your future clients! We have even created various templates – from thorough consultation form, including mineral and vitamin deficiency ‘finder’, to the actual case study template - to make your progress fast and case studies easy and fun! All of this will also help you build a successful practice!

To help you get ready for the exam we have prepared an exclusive ‘Revision Pack’ with an answers checker!

Ah, and let’s not forget – as it is often the case with our courses at MSCM - we include some valuable extracurricular aspects of Diet and Nutrition, e.g. the alkaline diet or the dietary needs specific to the various cultural/ethnic groups.

**Course Details:**

The ITEC Diet & Nutrition course covers the following subject areas:

- **Understanding the digestive system** – structure of the digestive system, the alimentary canal, accessory organs, the ‘forgotten organ’ of the gut flora; the processes of digestion (enzymes) and absorption

- **Nutrition:** - functions and sources, body requirements – basal metabolic rate and daily calorific requirements and connection to age, body size, gender, etc.

- **Food components and their role in the diet:** carbohydrates, simple sugars, fibre, proteins and fats (saturated, monounsaturated, polyunsaturated, transfats), good and bad cholesterol, their nutritional values and medical conditions resulting from overconsumptions or not sufficient intake of each

- **Macro- and micro-nutrients** – minerals and vitamins, antioxidants, sources, functions and signs of deficiencies

- **Dehydration** – water, tap water, bottled water, water filters; dehydration, toxicity and the strain on other organs
• **Disorders of the digestive system and others** – constipation, coeliac disease, irritable bowel syndrome (ibs), various others, anorexia, bulimia, diabetes, hypoglycaemia, obesity

• **Nutritional value of foods** - red meat in the diet and its effects on cancer, eggs in the diet and the effect on cholesterol levels, dairy products and alternatives, daily intake of milk or use of other sources of calcium in order to prevent osteoporosis organic foods, superfoods, detoxifying, juices, soya products

• **Loss of nutrients** - through processing, cooking and storage; refined and unrefined foods

• **Food processing** – additives, preservatives, commercial antioxidants, sequestrants, flavour enhancers, thickeners, emulsifiers, colours, sweeteners, e numbers, and associated health issues

• **Common anti-nutrients** – tea and coffee, carbonated drinks, alcohol, smoking, contraceptive pill, antibiotics, etc.

• **Rda’s for special groups**: including adolescents and the elderly

• **Weight loss**

• **Vegetarians and vegans** – protein combining and non-animal sources of proteins

• **Food allergies** : food intolerance : food poisoning – dairy and gluten, nuts

• **Probiotics** – prebiotics, probiotics and probiotic diet

• **Common ailments related to nutritional imbalance** - common cold, influenza, cystitis, water retention, arthritis, pmt, sinusitis, migraine, asthma, stress, eczema, psoriasis, cellulite

• **Healthy eating & balanced diets** – practical approach

• **Consultations and note taking**: preparing case studies

Included in the course information will be:

• the required course information
• self test worksheets
• course assignment requirements
• ITEC Core Syllabus
Who Can Attend?
This ITEC Diet & Nutrition for Complementary Therapists course is open to all qualified therapists.

Therapists attending this course have two options:
**Option 1:** You are welcome to take ITEC examination (see below for details) and gain the professional qualification.
**Option 2:** For those who do not wish to attain the qualification in this subject you will receive an attendance certificate (30 CPD points) only.

Examinations:
Upon satisfactory completion of the course and 5 case studies, you will be eligible to sit the ITEC Certificate in Diet and Nutrition Level 3 examination which comprises a 30 minute Multiple Choice Theory Paper comprising 25 questions. Examination days run regularly throughout the year. Exams can be booked by arrangement.

Qualification:
Once qualified to this level, students will be awarded an ITEC Certificate in Diet and Nutrition for Complementary Therapists

Qualification Recognition by Professional Associations:
The ITEC Level 3 Certificate in Diet and Nutrition for Complementary Therapists is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council

Course Fees: £395.00 (+VAT) - Deposit £75.00 +VAT
Includes:
- All class tuition
- A comprehensive course manual
- Useful charts and guides
- Comprehensive consultation forms
- Various templates, such as a case study template, meal plan and food diary as well as recipes
- Case study ‘how to’ guidelines and revision pack
- Marking of case studies

Exam Fees: ITEC Diet & Nutrition Certificate - £85.00 (+VAT)
Includes:
- Exam registration
- ITEC theory paper
- Issue of Diploma certificate and postage of certificate by Registered Post

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Diet and Nutrition
Home Study Course
for Complementary Therapists

Qualification
International Therapy Examination Council (ITEC)– QCA LEVEL 3

“The key to a healthy life is healthy living”. This diploma course will help you get familiar with everything you need to know about the basics of a proper nutrition!

This home study course will introduce you to basic concepts of nutrition. You will explore the food pyramid, the digestive system, and how nutrients affect energy, wellness, and disease. Principles of digestion and absorption, the function of nutrients and disease prevention are also covered. You will be able to give clients clear, concise and no-nonsense guidance, in an attempt to clarify the minefield of information being given at present.

We have even created various templates – from thorough consultation form, including mineral and vitamin deficiency ‘finder’, to the actual case study template - to make your progress fast and case studies easy.

All of this will also help you build a successful practice!

Course Details:

• **Understanding the digestive system** – structure of the digestive system, the alimentary canal, accessory organs, the ‘forgotten organ’ of the gut flora; the processes of digestion (enzymes) and absorption

• **Nutrition:** - functions and sources, body requirements – basal metabolic rate and daily calorific requirements and connection to age, body size, gender, etc.

• **Food components and their role in the diet:** carbohydrates, simple sugars, fibre, proteins and fats (saturated, monounsaturated, polyunsaturated, transfats), good and bad cholesterol, their nutritional values and medical conditions resulting from overconsumptions or not sufficient intake of each

• **Macro- and micro-nutrients** – minerals and vitamins, antioxidants, sources, functions and signs of deficiencies

• **Dehydration** – water, tap water, bottled water, water filters; dehydration, toxicity and the strain on other organs
• **Disorders of the digestive system and others** – constipation, coeliac disease, irritable bowel syndrome (ibs), various others, anorexia, bulimia, diabetes, hypoglycaemia, obesity

• **Nutritional value of foods** - red meat in the diet and its effects on cancer, eggs in the diet and the effect on cholesterol levels, dairy products and alternatives, daily intake of milk or use of other sources of calcium in order to prevent osteoporosis organic foods, superfoods, detoxifying, juices, soya products

• **Loss of nutrients** - through processing, cooking and storage; refined and unrefined foods

• **Food processing** – additives, preservatives, commercial antioxidants, sequestrants, flavour enhancers, thickeners, emulsifiers, colours, sweeteners, e numbers, and associated health issues

• **Common anti-nutrients** – tea and coffee, carbonated drinks, alcohol, smoking, contraceptive pill, antibiotics, etc.

• **Rda’s for special groups**: including adolescents and the elderly

• **Weight loss**

• **Vegetarians and vegans** – protein combining and non-animal sources of proteins

• **Food allergies** : food intolerance : food poisoning – dairy and gluten, nuts

• **Probiotics** – prebiotics, probiotics and probiotic diet

• **Common ailments related to nutritional imbalance** - common cold, influenza, cystitis, water retention, arthritis, pmt, sinusitis, migraine, asthma, stress, eczema, psoriasis, cellulite

• **Healthy eating & balanced diets** – practical approach

• **Consultations and note taking**: preparing case studies

Included in the course information will be:
- the required course information
- self test worksheets
- course assignment requirements
- ITEC Core Syllabus

**Who Can Take this Course?**
This ITEC Diet & Nutrition for Complementary Therapists course is open to all qualified therapists. It will suit those who enjoy studying at home at their own pace.

**Examinations:**
Upon satisfactory completion of the course and 5 case studies, you will be eligible to sit the ITEC Certificate in Diet and Nutrition Level 3 examination which comprises a 30 minute Multiple Choice Theory Paper comprising 25 questions. Examination days run regularly throughout the year. Exams can be booked by arrangement.

**Qualification:**
Once qualified to this level, students will be awarded an ITEC Certificate in Diet and Nutrition for Complementary Therapists

**Qualification Recognition by Professional Associations:**
The ITEC Level 3 Certificate in Diet and Nutrition for Complementary Therapists is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council

**Course Fees:**
£195.00 (+VAT)

Includes:
- On-line course
- Useful charts and guides
- Comprehensive consultation forms
- Various templates, such as a case study template, meal plan and food diary as well as recipes
- Case study ‘how to’ guidelines
- Revision pack
- Marking of case studies

**Exam Fees:**  ITEC Diet & Nutrition Certificate - £85.00 (+VAT)
Includes:
- Exam registration
- ITEC theory paper
- Issue of certificate
- Postage of certificate by Registered Post

**Course Dates:**
This course is a home study course and can be started at any time.
Indian Head Massage Award

Qualification
International Therapy Examination Council (ITEC) – RQF LEVEL 3

Indian Head Massage is one of the most useful skills a massage therapist can have. Not only does it give you another string to your bow, but it is a highly portable, visually appealing and modesty preserving therapy which can be used very effectively to develop your holistic therapy practice. It can be used as a marketing tool for demonstration purposes, as a means of breaking into the lucrative corporate market or as an enticing taster treatment for would-be clients.

Many people are walking around `carrying the world on their shoulders` and this is where our stress, frustration and anger accumulates, manifesting as headaches, neck pain and some believe, even hair loss!

Indian Head Massage works in a firm, gentle rhythm to release emotional blockages, bringing calm, and relaxation to the client. The massage goes beyond the limits of healing by dealing with the balance and uniqueness of the individual.

Indian Head Massage, also known Champissage, is an ancient art based on a traditional system of medicine known as Ayurveda, which has been practiced in India for over three thousand years and is becoming increasingly popular in the West. The treatment incorporates shiatsu and acupressure techniques on the head, scalp, face, neck, upper back, shoulders, arms, ears and hands, helping to relax tense areas and rebalance the body energy by releasing any areas of negativity or stress. These areas incorporate important meridians’ beginning and end points, and other vital nerve endings within the body and so treating the head has beneficial effects all over. You work from behind performing a sequence of flowing stroking and kneading movements. Clients will feel very relaxed during an Indian Head Massage Treatment, and it is not uncommon for people to doze off during a session. It doesn`t seem sufficient to say that a good, long Indian head massage (involving proper neck and shoulder and back massage as well) will relax your clients. It`s more than this. Indian Head Massage may actually make them feel detached and serene, and leave them sighing and wordless.

Indian Head Massage is as pleasurable to give as it is to receive. This ancient art is calming, revitalizing, uplifting and incredibly rewarding. With a few basic strokes, you can relax and soothe or invigorate and stimulate. Much of the joy
lies in its simplicity, effectiveness and accessibility - no equipment is needed and it takes less than half-hour to complete. The beauty of this treatment is that it can be performed anywhere, anytime so is ideal for the stressed-out corporate employee. This highly effective therapy offer the maximum benefit with the minimum, of preparation, as the use of oil is not essential and the client remains clothed.

On this course you will learn to become proficient in Indian Head Massage and are equipped with the necessary skills and knowledge to set up in practice following qualification.

Course Details:
The course consists of 4 days (24 hours) in-house training & assessment together with tutorials, supervised Indian Head Massage practice, student testing and supervised home study, which includes 4 evidenced treatments to be submitted to ITEC. All lectures are supported with overheads, anatomical charts and teaching aids such as skeletal models.

The syllabus includes the following subjects:
- Introduction to the history of Indian Head Massage
- Benefits of Indian Head Massage
- Contra-indications
- Consultation and client care
- Preparation of a work station
- Treatment reaction and after care advice
- Professional ethics
- Revision of specific anatomy & physiology of shoulders: neck: scalp : face
- Massage techniques for shoulder: neck: scalp: face: back & arms
- Hygiene/sterilization
- Basic first aid
- Business skills

The course is divided between theoretical learning and practical application. You are required to wear appropriate workwear for this course.

The required course text book recommended by ITEC is: ‘Indian Head Massage’ – Helen McGuiness. Student insurance is mandatory for this course and is available through the IPTI or CThA or APNT and other Industry Associations who recognise ITEC qualifications. Full details will be sent to you with your joining details. If you would like further information before booking, please contact the office on 0208-429-2895.

Who Can Attend?
The entry requirement for this Indian Head Massage course is the successful completion of the Anatomy & Physiology Course or previous relevant qualification in Anatomy & Physiology. You are able to book your place and start this course before you have your Anatomy & Physiology results.

Examinations:
During the course we will prepare you for your final exam and will conclude the course with a mock examination from which we will be able to offer you guidance. Upon satisfactory completion of a mock examination, students will be
eligible to sit the ITEC Award in Indian Head Massage Level 3 examination which comprises of a 20 minute examination paper of 15 multiple choice questions, 4 evidenced treatments and a practical examination with an external ITEC examiner.

Qualification:
Once qualified, you will be awarded an ITEC Level 3 Award in Indian Head Massage and you will be entitled to practice Indian Head Massage professionally. This course will also provide you with the title of "Indian Head Massage Therapist", and the knowledge and techniques needed to give a treatment. Practitioner professional liability insurance is also available upon successful completion of the course.

Qualification Recognition by Professional Associations:
The ITEC Level 3 Award in Indian Head Massage is one of the best recognised complementary therapy qualifications in the UK and across a range of countries. It is widely accepted by most Professional Bodies including:
- IPTI (Independent Professional Therapists International)
- CThA (Complementary Therapists Association)
- APNT (Association of Physical and Natural Therapists)
- FHT (Federation of Holistic Therapists)
- BCMA (British Complementary Medicine Association)
- CNHC Complementary and Natural Healthcare Council

Course Fees:
£295.00 (+VAT)
Deposit - £75.00 (+VAT) – Payable on booking secures your place.

Course fees include:
- All class tuition
- A comprehensive course manual
- Consultation forms
- Case study ‘how to’ guidelines
- Marking of case studies
- Initial mock examination fees

ITEC Exam Fees: Indian Head Massage Award- £95.00 (+VAT)
Payable prior to course commencement.
Includes:
- Exam registration
- Practical assessment by external examiner
- Marking of case studies
- Issue of Certificate and postage of certificate by Registered Post

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
ITEC Business Modules

Qualification
International Therapy Examination Council (ITEC)
RQF compulsory units

This is a mandatory course required by all ITEC therapy students who need to complete and pass to enable them to fully qualify as practitioners. (Those students who are already qualified as therapists, please enquire before booking to see if you are exempt.) Once you have completed these units you will never have to do them again for subsequent therapies.

Course Details:
The course comprises an on-line home-study course which can be done at your own pace and in your own time. Each section includes student testing so that you can check your progress and understanding.

The course comprises 2 ITEC modules:

Unit 384 Principles and Practice of Complementary Therapies

Unit 385 Business Practice for Complementary Therapies

The course will cover the following subjects:
- Points of professionalism & ethics
- Working relationships:
  - Working with other therapists – support networks working with the medical profession
  - Understanding contra-indications
- Advertising, sales and marketing
- Insurance
- Employment law
- Consultation & client confidentiality
- First aid
- Statutory regulations & work acts
- Data protection act
- Presentation skills
- Client record keeping
- Continuing professional development
- Code of ethics
- Clinic planning and design
- Accounts, VAT and pricing policy
These required modules and coursework, which must be completed before your Therapy Practical examination date, is now available as a home study course enabling you to learn your business skills in your own time at your own pace.

This is an important aspect of developing yourself as a therapist and business person. You will develop the necessary skills and knowledge to prepare for the launch of your new venture as a therapist.

You will also be offered the support, via telephone, email or appointment, of one of our tutors to guide you through the process of producing your work for marking and final assessment.

Included in the course information will be
- The required course information
- Self test worksheets
- Course assignment requirements
- Core Syllabus, as set out by ITEC

**Who Can Attend?**
There is no special entry requirement for this course and it is assumed that students will have no prior knowledge of the subject, other than any pre-course reading, which may be suggested.

**Examinations:**
Upon satisfactory completion of the course and the associated assignments, you will be eligible to sit the ITEC therapy diploma examinations.

**Course Fees:**
**Course Fees - £95.00 (+VAT)**
Includes:
- All on-line tuition
- Telephone/e-mail support

**ITEC Assignment Assessment Fees: - £35.00 (+VAT)**
Includes:
- Exam registration
- Marking of assignments
- Submission to ITEC

**Course Dates:**
This course is a home study course and can be started at any time.
Why is the study of anatomy, physiology and pathology so important?

Complementary therapy professionals need a sound understanding of anatomy and physiology to be safe and effective practitioners. We do not need to know all the names of every structure, but when we understand some of the intricacies about how we have been put together and how structure serves function we can extend this into our treatments when appropriate. Appreciation of nutrition, lifestyle impacts, physiological processes, conventional approaches to conditions and so forth broadens our awareness. It is important to recognize the role anatomy and physiology play in providing a quality treatment and there are numerous reasons to keep our knowledge uptodate.

• **It helps us know when to treat or to refer to another health-care specialist or medical doctor.** In any profession, it is important to know when you can help and when you cannot. The more we understand about pathology the more we will know when it is appropriate to refer patients whose symptoms exceed our abilities and experience, and perhaps to know who to refer them to. We will also know when what we offer may be of assistance to a client.

• **It helps communication and confidence both with clients and other health professionals.** Being able to talk the same language, enables us to dialogue more eloquently and effectively with other health care professionals as well as our clients. Building professional relationships with industry peers, or with clients, is built on trust and your ability to demonstrate your sound knowledge of all areas that influence, and are influenced by your chosen therapy. This is important for referrals – especially as it is becoming increasingly common for complementary practitioners to work within surgeries and group practices and it is helpful for us to explain what we are doing and, if necessary, contrast our work with other approaches.
• **Precision:** In bodywork, the more detailed our understanding of the structures and processes occurring under our hands, the more precise we can be with what we are doing. We may get a greater understanding of the links to other parts and be more accurate in our ability to pinpoint the problem – and therefore a solution.

• **Accountability:** Complementary medicine is undergoing much greater scrutiny than ever before. Governments, the medical profession, bodies speaking for CAM and the majority of practitioners themselves are keen to validate the instances where patients can truly benefit from complementary approaches. There has been a call for more research and more regulation within many therapies and different bodies are working to respond to this.

• **Fascination:** Is it not just simply fascinating? The more we work with and learn about the body, the more we are amazed and humbled by the magical processes that continually go on, generally keeping us healthy but also adapting to illness or distress when needed.

**Why do a refresher course?**

- Did you train some time ago?
- Not practised treatments for a while?
- Do you need to retake your anatomy and physiology qualification to replace an out of date qualification?
- Are you returning to the industry after a long-term leave?
- Did you complete the course in the past but never complete?
- Are you qualified but need more confidence in your anatomical knowledge?
- Or are you just interested in refreshing and deepening your knowledge to make you a better practitioner?

Do you know that knowledge has half-life just like radioactive isotopes? It degrades with time, when it is not applied on regular basis. All that you need to do is to refresh it from time to time and brush up your skills, to remain current.

Refresher courses on anatomy and physiology are always available and a wise choice for any serious-minded therapist. Developing a fascination with how the body works should be a lifelong pursuit.
**Why choose a refresher course with classroom learning?**

Anatomy, physiology and pathology require serious study, and can be learned and revisited in various ways, including textbooks, videos, charts, models and online courses. In today’s working environment, we have access to more ways to train and develop people than ever before. Unlimited learning opportunities are available to us in the form of E-learning, mobile learning, social media and virtual training and we are led to believe from the marketing of e-learning course providers that traditional classroom style training sessions are just a time consuming, antiquated, and costly method of training?

We believe that every method of learning has its own merits and used for the right thing with the right people at the right time, any type of learning intervention is likely to produce results. However, in our ever-increasing virtual world there seems to be a need for real interaction. Classroom sessions provide this in the form of a real person who can deliver information in an interesting way. A trainer is also a subject expert who can answer concerns and questions right away and, as a specialist, can share the benefit of their years of experience.

The need for this human interaction is only set to increase with more people spending so much time isolated by working on their computers with little people contact. People not only generally learn better from other people, but they retain this information for longer. It has been proven that people retain information much better when they have an emotional reaction to it. That’s why great trainers are so highly valued because they are skilled at delivering information in a way that excites, inspires, motivates and engages their audiences.

As an independent school we have the option to offer lucrative distance only learning classes but we prefer traditional face to face teaching for the following reasons:

1) Subject matter experts are on hand to give you on the spot practical help and answer questions
2) There are opportunities to tackle subjects and questions outside the standard remit of the course
3) You will receive immediate help and support with correcting mistakes and getting it right
4) Networking with other learners, sharing experiences and social interaction are part of the process
5) Real, practical and hands-on use of the tools and techniques are a major benefit
6) Expert trainers will make the learning experience engaging, interesting and enjoyable
7) Learning can be instantly adapted to suit the needs of the delegates
8) Quiet, dedicated time out to really focus on your needs - once you’re in the classroom, you’re on the road to success. As in life, 80 percent of education is showing up, in person.
9) You’ll receive a multi sensory experience that appeals to more of your multiple intelligences
10) Benefit from valuable feedback from the trainer and others in the group
11) No problems with motivation, self-discipline or feelings of isolation common to distance learning.

We are passionate about what we do and love nothing more than to share this with our students.

This course encourages supplementary independent home learning, either online or via other mediums but its greatest strength is the work done in the classroom!

**Course Details:**

The course will cover the following subjects:

- Understanding your learning style
- Introduction to the human body
- Medical terminology
- Cytology & Histology
- Anatomy & physiology of the following systems
  - Integumentary
  - Skeletal
  - Articulations
  - Muscular
  - Digestive
  - Urinary
  - Neurological
  - Endocrine
  - Cardiovascular
  - Lymphatic & immunity
  - Respiratory
  - Reproductive
- Basic pathology of each system
- Learning & examination techniques

**Who Can Attend?**

Only open to those who have already completed Anatomy and Physiology course in the past.
Course Fees:
We are keen for all therapists to refresh their Anatomy and Physiology knowledge and to encourage you to do so we can offer you the opportunity to retrain on one of our Anatomy and Physiology courses at **HALF PRICE**.

5-day course – normally £295.00 +VAT – Refresher price - £147.50 +VAT
8-day course – normally £395.00 +VAT – Refresher price - £197.50 +VAT

**Deposit - £50.00 (+VAT)** – Payable on booking secures your place.

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**SPECIAL OFFER**
**MSCM STUDENTS ONLY**

For MSCM students (those who have previously studied Anatomy and Physiology with us or those embarking on a therapy course with us) we are pleased to offer you even greater discount - just **£75.00 (plus VAT)** for the entire course. please contact the office on 0208-429-2895 to benefit from this offer.

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Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
The body is always striving to maintain an internal equilibrium called homeostasis, which is regulated by three regions in the brain and maintained by a number of positive and negative feedback mechanisms. Disease or illness may develop when homeostasis is disrupted.

Any cellular change or damage can affect the whole body. Injury, malnutrition or invasion by pathogens can all disrupt homeostasis. Cells check for such imbalances during the cell cycle and replication and usually adapt successfully in response to such stresses. However, sometimes the cell cycle fails to detect unwanted changes and the resulting mutation may cause disease.

Humanity and disease share a long and eventful history. As we emerged and evolved, so did the diseases that blight our lives. Diseases exist in the fossil record, but our ancestors were actually less exposed to them. This changed around 10,000 years ago when they began living in more settled agriculturally based communities. Animals were a major part of this revolution. But settlement brought disease and epidemics. Close contact, often in overcrowded and unsanitary conditions, allowed some animal diseases to jump species and become deadly human infections.

Science and medicine have made dramatic advances across the several centuries in understanding, preventing, and treating disease.

Why is the study of disease so important?
Although a complementary practitioner is not legally allowed to diagnose disease, it is important to be familiar with the anatomy of the healthy human body in order to understand the subsequent changes which predispose to disease. Hopefully, by having studied Anatomy & Physiology therapists are well prepared to build on those foundations and to invest the holistic model of
healing with a deep understanding of disease. Having achieved this you should then be able to communicate effectively with the medical profession, if necessary, to provide your clients with complete health care.

**Course Details:**
This workshop examines the common pathological changes that take place in the body and their relationship to disease states as seen from the perspective of western medicine.

During this useful workshop we will cover:
- The disease process
- Acute and chronic conditions
- Recognition of abnormal structure & function at the chemical, cellular, tissue & whole body levels
- Causes of disease including
  - Degenerative
  - Inflammatory
  - Infectious
  - Genetic
- Investigations
- Homeostasis
- The stress response
- An understanding of how age, social and environmental factors can influence and affect the body

All therapists deal to some degree with the symptoms, causes and effects of disease and age-related conditions in the body. It is vitally important to have a basic understanding, not only of disease and its interpretation in medicine, but of the potential of a range of complementary therapies to assist in the healing process.

**Who Can Attend?**
This workshop is open to anyone

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees** - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
ANATOMY AND MUSCULOSKELETAL CPD COURSES AND WORKSHOPS

Skeletal Muscle Form and function

5 CPD POINTS

Recognising and understanding the significance of surface anatomy is the first step in reading the complex ‘map’ of the human body and being able to palpate and locate muscles is crucial for any massage or body therapist.

If you have been trying to learn from books and charts and are finding the names of muscles and their actions, origins and insertions somewhat daunting, then this training session is perfect for you. This one-day course focuses on reviewing muscles, movements and anatomical landmarks in an applied ‘hands on’ way with the sole aim to provide you with understanding and experience which you can use to enhance your massage practice.

At the end of the day you will leave being able to identify muscles by touch (palpation) and understand their actions in a practical way.

Course Details:
We will put away those text books and have some fun actively reviewing muscles in action. As we learn to locate muscles through palpation we will also be drawing the specific muscles on each other and exploring ways to learn/remember the muscles and their origins, insertions and locations.

Muscles covered on the day include:

Upper Trunk, Back, Shoulder and Upper Limb:
Deltoid : Rhomboids : Supraspinatus : Infraspinatus : Levator Scapulae :
Erector Spinae : Teres Major : Teres Minor : Corachobrachialis: Biceps Brachii :
Triceps Brachii : Latissimus Dorsi : Trapezius : Transverse Abdominus:
Sternocleidomastoid: Pectorals Major/Minor: Scalenes : Brachioradialis
Lower Trunk, Pelvis and Lower Limb:
Semi-Membranosis : Semi-Tendinosis : Biceps Femoris : Gastrocnemius :
Soleus : Tibialis Anterior : Peroneals : Quadriceps (Rectus Femoris, Vastus
Medialis, Vastus Lateralis, Vastus Intermedius) : Sartorius : Gracilis :
Adductors (Longus, Magnus And Brevis) : Gluteals : Piriformis : Iliopsoas :
Quadratus lumborum : Quadratus Femoris

These are the main muscles worked on by body workers and meet the
requirements of most exam boards.

Join us for an enjoyable interactive workshop that will put your mind at ease and
transform your understanding.

Who Can Attend?
This course is designed for practitioners, qualified in any form of Body Massage
Therapy. It is useful for qualified and student sports massage therapists,
massage therapists, physiotherapists and student osteopaths/chiropractors.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and
widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

Duration:
1 day (10am-5pm).

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Palpation and Assessment Skills

5 CPD POINTS

A vital skill for a quality bodyworker is the ability to perform an accurate postural and clinical assessment. The majority of physical aches and pains stem from distorted posture arising from dysfunctional body parts. This in turn forces the body to make ill-fated adjustments. With the increasingly repetitive movement patterns associated with modern living, the incidence of postural faults is on the rise.

Postural and clinical assessment plays a vital role in effective massage treatment allowing you, as a massage therapist, to identify the structural deformities and identify the root cause of your clients’ problems. Now, more than ever, it is essential that bodywork professionals have both a sound understanding of postural faults and the precise skills necessary for their assessment.

Palpation skills are of paramount importance to achieve effective assessment results. Subtle and sensitivity of touch and the accurate interpretation of palpatory tests are the foundation of all effective manual therapy assessments and treatments. These skills are difficult to learn from written descriptions or static illustrations alone. The training you will receive on our workshop will lead you through a carefully structured sequence of learning experiences which increase, expand and change your assessment.

Course Details:
During this highly interactive day, you will learn to examine the skeletal structure, soft tissues, skin and surface markings, both visually and by touch.

The workshop will cover the following:
- **Assessment Basics**
  - Observations - Mastering visual assessment
  - Completion of consultation form
- **Essential elements of postural assessment**
  - Increase your understanding of posture and factors affecting it
  - Identify positions and activities likely to cause postural stress
  - Carry out accurate postural assessments
  - Completing Postural Assessment Chart
- **Clinical Assessment Skills**
  - Anatomical movements revision
- Range of movement tests
- Active and passive tests
- Muscle length test
- Palpation Skills
  - Exercises to develop palpatory skill, depth of touch and sensitivity
  - Discover which areas of the hand are more sensitive to different types of stimuli
  - Surface & deep palpation
  - Skin texture: temperature: degrees of change
  - Observing surface anatomy of shoulder: knee: spine
  - Palpatung structures of the musculoskeletal system
  - Palpating key bony landmarks:
  - Palpating joint lines:
  - Palpate the origins, insertions and bellies of the muscles
    - Muscles of the Back and Neck
    - Muscles of the Hip and Leg
- Massage strategy
- Advice and guidance

Throughout the workshop, there will be ample opportunity to practice the necessary skills. Adding these skills to your repertoire will make all the difference in the effectiveness of your treatments. The course will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This course is open to practitioners, qualified in any form of Body Massage Therapy, such as: qualified and student sports massage therapists, massage therapists, physiotherapists and student osteopaths/chiropractors. It is ideally suited to anyone who is recently qualified in Massage Therapy or working towards the MSCM Therapeutic Massage Diploma. It is also of benefit to experienced therapists who may not have covered this during formal training.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm).

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Human skin is a very complex organ. Until around 40 years ago it had been thought of as an inactive body covering, an impermeable barrier, it now attracts much attention and scientific research. As scientists are unravelling the intricacies of skin physiology and identifying the chemical substances and their interaction within it the cosmetic industry is trying to follow those discoveries by introducing new components to their formulations.

The skin is a complex organ comprising numerous specialised cells that support skin function. Understanding skin anatomy, physiology and various skin types is crucial to product performance as it allows for more effective formulation. New preparations are constantly developed in hope of better skin maintenance or reduction of ageing and other skin related problems. In fact a large number of new ingredients have been incorporated into cosmetic products in the last 10 years and this is expected to continue at a fast pace. For example, discovery of the natural hyaluronic acid in the skin lead to its inclusion in the skin care products. As the modern day pressure to look good goes through the roof the global cosmetic industry continues to expand rapidly. The search for ‘miracles in a jar’ continues. As the dietary habits and nutritional value of the food deteriorate, the need for ‘skin food’ keeps growing. Both the public and the product makers continue to search for most beneficial, most active products and ingredients.

Interestingly, skin has the poorest nutritional supply – studies show that majority of ingested nutrients are used by vital organs such as the brain and heart or liver and very few nutrients actually reach the skin. Luckily, unlike many other organs, skin nutrition can be enhanced directly through topical applications. Topical application of natural micronutrients (from vegetable oils, essential oils, herbs, etc.) can complement dietary consumption of food, leading to a stronger, healthier skin for the body.

Numerous scientific references can be found indicating that our bodies absorb directly into the bloodstream close to 60% of the topical products or materials with which the skin comes into contact! As our understanding of skin function grows, so does the public’s demand to improve safety of the skin care products.
Healthy skin has the ability to respond to challenges that would otherwise undermine its structure and function. Understanding the skin makes it easier to formulate preparations that meet its needs – cosmetics that adversely affect the biological and physical functions of the skin often correspond to skin issues and less attractive appearance.

**Course Details:**

- Skin functions
- In depth anatomy and physiology of the skin:
  - Skin layers
  - Epidermis: keratynocytes, melanocytes, melanin, keratin, corneocytes, ceramides, etc
  - Skin hydration - natural moisturizing factor (NMF), transepidermal water loss (TEWL), natural glycerine and hyaluronic acid
  - Dermis – fibroblasts, collagen, elastin, mast cells, skin turgor, etc
  - Derivative skin structures – sweat glands (apocrine and eccrine), sebaceous glands, acid mantle, skin pH
- Skin flora
- Skin colour and tannin behaviour
- Facial skin types (dry, normal, oily, combination) and sensitive skin
- Skin ageing – intrinsic and extrinsic ageing, ageing factors, specific changes in skin layers, wrinkles, loss of volume and density, ageing prevention
- General skin care regimen elements
- Skin permeability and absorbency
- Allergy, irritation, sensitivity & cross-sensitisation inc. susceptibility to skin irritation; patch testing
- Racial skin differences

**Who Can Attend?**

This on-line course has been specially formulated for those who are interested in or are already formulating skin care products. It does not require any previous qualifications or knowledge of human anatomy and physiology. It will also be of great benefit to anyone working with the skin, such as Facial Massage.

**Assessment:**

To complete this course you will be required to complete a number of short tasks

**Course Fees - £50.00 (+VAT)**

Includes:

- All on-line tuition
- An MSCM Certificate of Completion
- 5 cpd points

**Course Dates:**

This course is a home study course and can be started at any time.
A James Earls Masterclass

Taking Your Massage Practice Deeper with Functional Movement and Active Fascial Release

5 CPD POINTS

This one-day workshop will change the way you see and understand the body. It will therefore change the way you work as a massage therapist - with more ease, more accuracy and improved results.

The fact that everything in the body is connected is not new to you but with a few simple movements you will build a clear picture of the direct interactions between one part and another ....

- Why does foot function relate to hip or low back pain?
- How does thoracic mobility affect shoulder mobility?
- What can the neck do to assist the hip?

All of these questions and more will be explored to give you a four-dimensional picture of how the body really moves - and none of it will require a textbook (in fact, they are actively discouraged!).

Simple palpation and movement exercises will let you explore functional movement patterns on yourself and others and, importantly, they will build to a set of powerful hands-on techniques that you can implement in your clinic immediately.

The ‘Active Fascial Release’ (AFR) techniques that you learn will give you tools to work with your clients fully clothed to help assess them prior to a treatment, help them integrate the benefits of your work after a treatment, or they can form the entire treatment themselves.
What is AFR?
Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains.

‘Active Fascial Release’ has been developed and pioneered by James Earls, a specialist structural integration practitioner and Anatomy Trains teacher. It blends his in-depth understanding of myofascial continuities and functional movement principles with hands-on manipulation of the soft tissue to create a variety of therapeutic effects.

What makes ‘Active Fascial Release’ (AFR) special?
- AFR is a new and exciting approach to bodywork
- AFR techniques are versatile and effective and based on a blended understanding of functional and myofascial anatomy.
- Active Fascial Release offers a functional and four-dimensional understanding of the body – an essential aspect of modern manual therapy.
- AFR breaks the ties to and removes the limitations of the treatment table, by bringing the client upright in gravity and into movement.

Sign up for this informative and inspiring day now to ensure your spot! This is an exciting and enjoyable workshop delivered with clarity and with your practice in mind – you will have useful and usable skills by the end of the day.

James Earls

We are so fortunate and excited to be hosting the brilliant James Earls here at MSCM. James is an acclaimed author, lecturer and bodyworker specialising in Myofascial Release and Structural Integration.

Increasing the understanding and practice of manual therapy has been a passion of James’ since he first started practicing bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field, including Thomas Myers, developer of the Anatomy Trains concept. James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together they authored ‘Fascial Release for Structural Balance,’ the definitive guide to the assessment and manipulation of fascial patterns.
James teaches a range of courses across the UK and Europe as the Director of Kinesis UK. He is a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humorous style, James is a popular presenter whose subject is applicable for a wide-ranging audience that includes osteopaths, physiotherapists, massage therapists and movement therapists, and is in demand from the Sports Medicine departments of Premiership Football and Premier League Rugby teams. He is also the founder and Director of Ultimate Massage Solutions, one of the UK’s most prestigious providers of professional literature and workshops in the bodywork field.

James has collaborated with some of the top researchers in bodywork and fascial theory including Art Riggs and Robert Schleip. He is currently studying for an MSc in Human Anatomy and Evolution and after three years of research, recently authored the well-received ‘Born to Walk’ book a blend of comparative and functional anatomy an introduction to the interconnected mechanics of the body for therapists who wish to understand gait more deeply.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £100.00 (+VAT)
Payable on booking secures your place.

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Advanced Bodywork Diploma with James Earls

Taking Your Massage to the next level

This exclusive course is designed for any qualified therapist who really wants to expand their understanding of the human body and the applications of manual therapy. Integrating 26 years of bodywork experience, working with many industry leaders, James Earls will take you step-by-step through a process that accelerates your ability to see form and function in your clients. It will change the way you see and understand the body and will completely transform the way you work as a massage therapist - with more ease, greater accuracy and improved results.

Blending a range of touch and assessment techniques you will journey through the body over a period of 10 months and attain a comprehensive grasp of anatomy, tissue types and how to treat structural and functional deficits in your clients.

Course Content:

- Module 1 - Introduction - touch & postural/movement analysis
- Module 2 - Lower Limb 1
- Module 3 - Lower Limb 2
- Module 4 - Trunk
- Module 5 - Spine
- Module 6 - Arms
- Module 7 - Neck and Review
- Module 8 - Review and Assessment
What makes this course so special?

- First and fore-most it is unique. There is nothing else like it available in the UK and it will be offered exclusively at MSCM in 2019.

- James usually works with very large groups. This course will be restricted to a maximum of 16 enabling James to work with each and every attendee.

- This is so much more than a course – it is a mentorship programme. Students will receive extensive support material on-line as well as access to James for the duration of the course.

- In addition to the in-class tuition each student will receive two private tutorials in person with James – either via Skype or 1-2-1 depending on your geography. This will greatly enhance the learning experience.

- A private Facebook group will be set up for on-going regular group contact and discussions.

- Each student will receive full support materials – all the required textbooks, on-line material and two private tutorials.

- There is no formal examination at the end of the course and therefore no extra exam fees. You will be assessed as part of a continual process. You will not be required to submit a portfolio of case studies. There will however be homework and research assignments. The training will require you to work, but it will be fun, it will be fully supported and it will be effective.

Who Can Attend:
This course is designed for practitioners, qualified in any form of Body Massage Therapy. This course/mentorship programme is designed for motivated, dedicated therapists who want to accelerate their career by receiving a distillation of 26 years of experience in just a few months.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies – 30 cpd points.

Course Fees: £1850.00 (+VAT) – see below for interest-free instalment plan

Course Deposit: £100.00 (+VAT)

Course fees include:

- 16 days classroom tuition
- 2 private one-to-one tutorials in person with James Earls
• A full set of course materials:
  o Text book – ‘Fascial Release for Structural Balance’ by James Earls and Thomas Myers
  o Text book – ‘Fascia: What it is and why it matters’ by David Lesondak
  o Wax
  o Notebook/Folder & Pen
• Dropbox facility with access to:
  o video content - showing demos of technique and assessments
  o research papers as appropriate to the class
  o guided homework/research questions resource
• Private group Facebook page for regular updates and discussion forum
• Upon the successful completion of the course you will receive an MSCM – James Earls Diploma in Advanced Bodywork

Duration: 16 days (10am-5pm) over 9 months

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Oncology Massage Practitioner Diploma

20 CPD POINTS

If you or a loved one is living with cancer you will know that it can be a powerful life changing experience. The diagnosis of cancer can bring a great deal of anxiety and fear to the cancer patient and their caregivers. Often the cancer patient's whole world is turned upside down. Adapting to cope with the diagnosis, the treatment plan and any symptoms & side effects can be a huge mountain to climb physically, emotionally & practically.

Skilled touch is beneficial at nearly every stage of the cancer experience, during the diagnosis and prognosis stages, hospitalisation, the pre- or post-operative period, in the out-patient clinic, during chemotherapy and radiation, recovery at home, remission or cure and in the end stages of life.

The use of Complementary Therapies for clients suffering from Cancer is becoming more and more the norm than the exception. With current epidemiology suggesting that 1 in 3 people will experience cancer during their lifetime and the number of newly diagnosed cases in adults over the age of 50 doubling every decade, more and more therapists will work with clients who have, or have recovered from cancer.

To be a truly effective therapist we must have a clear understanding of Cancer, its causes, its effect on the individual and their close relatives and friends, the various treatments and drug therapies in use today, the side effects resulting from these treatments and how we as the therapist need to adapt our treatments for the client, and their nearest and dearest, to gain the greatest benefit from the treatment.

One of the most relaxing and enjoyable experiences for a person with cancer (or for any other human being, for that matter) is to receive gentle, compassionate, accepting touch from another person. Touch is fundamental.

The goal of oncology massage is to enhance the patient’s natural healing abilities by providing a gentle, soothing supportive touch. Massage now plays a major role in palliative care (symptom relief) for cancer patients, and is used by many hospitals, hospices and self-help groups. Massage can also be used to help family, friends and carers.
Course Details
This unique post-graduate diploma training course, has been developed for massage therapists who have a special interest in working with people with cancer. It provides the information and experience to prepare you to work safely and confidently with clients who have a history of cancer or are currently in treatment for the disease.

The course is designed to give you a greater understanding of Cancer, its causes and common treatments used today. We then explore the use of Massage to treat the side-effects of the various treatments on offer and to improve the sufferer`s quality of life.

As a Complementary Practitioner, it is vital to be fully educated and trained before working on anyone who has cancer.

During the course you will cover the following topics:

Days One and Two
- Overview of cancer and the allopathic treatment
- Main causes of Cancer - Understanding how cancer spreads
- Cancer prevention - the role of complementary therapist
- Types of Cancer - Statistics and trends
- The basic physiology of cancer and metastasis
- Symptoms that may indicate potential cancer
- Conventional and alternative cancer tests
- Exploring the issues of massage and cancer
- Understanding the psychological aspects of living with a potentially fatal disease
- Conventional cancer treatments and their side-effects and controversies
Days Three and Four

- Benefits of massage for cancer and palliative care clients in the home, hospital and hospice
- Common Side effects of treatment and symptoms of disease and the use of massage:
  - Fatigue
  - Nausea
  - Insomnia
  - Exhaustion
  - Weakness in the limbs
  - Depression
  - Hair Loss
  - Radiation
  - Burns
  - Lymphoedema & Oedema
  - Scars and adhesions
  - GI Tract disorders
  - Constipation
- Adaptations necessary for people undergoing surgery, radiation or chemotherapy or who have a history of cancer
- How to adapt massage techniques for safe practice
- Client and practitioner positioning
- The role of touch and other complementary therapies in cancer care
- The dos and don’ts for therapists
- Helping care providers - family and friends
- What to use in massage - various carrier oils and other products
- Teaching family members to massage
- Seated exercise for cancer patients
- Cautions and contra-indications
- Guidelines for safe practice
- Consultation Procedure for people with a history of cancer

On this course you will learn to adapt massage therapy techniques to work safely and effectively with people diagnosed with cancer. This specialised practice requires you to pay close attention to the physical, emotional, and psychological needs of clients in all stages of cancer and cancer treatment and allows a consistent standard of skill to be applied in whatever environment the person with experience of cancer chooses to receive their therapy.

Please note - this is a practical course and students will be required to wear clinic wear for the duration.

Who Can Attend?
Open to qualified massage therapists
**Assessment:**
You will be required to sit a 75-minute exam usually on Day 3 of the course. In addition students will be required to submit a project on a particular aspect of Cancer. The project should be approx. 2000 words (minimum 1000) and be correctly referenced. Evidence of clinical experience is encouraged where possible for all attendees and distinction grades may only be awarded to those who have provided this. The deadline for completing all assessment requirements is 6 months from the completion of the course.

**Qualification**
This course is designed as an advanced diploma open to qualified Massage Therapists. A diploma certificate will be issued following completed course work and exams.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £295.00 (+VAT)**
Deposit - £50.00 (+VAT) – Payable on booking secures your place.

**PLEASE NOTE**
Therapists who have completed the Oncology Reflexology Diploma or Oncology Cancer Care Diploma will be exempt from the first weekend of this course and the course fees will be discounted accordingly - ie £147.50 (+VAT) plus half price exam fee

**Exam Fees: - £50.00 (+VAT)** - Payable prior to course commencement.
Includes:
- Exam registration
- Practical assessment
- Marking of theory exam
- Marking of assignments
- Marking of case studies
- Issue of Diploma
- Postage of diploma by Registered Post

**Duration:**
4 days

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Massage in pregnancy, as at any other time, is a wonderful tool to help relax and revive the mind, body and spirit.

Through the 40 weeks the baby is growing in the womb a woman’s body has a great deal to do and undergoes many changes, both hormonal and physical. These changes can cause a variety of problems, ranging from morning sickness to swollen ankles, feet and fingers.

It is also a time when an expectant mother can experience strong emotional feelings. Throughout pregnancy babies are very aware of the environment outside the womb and the emotional state of the mother. As well as helping to relieve many of the common minor ailments associated with pregnancy, massage can help the mother, and therefore the baby; remain in a balanced and healthy state physically, mentally and spiritually.

This course will give you the knowledge and confidence to work with this client group. You will develop a good understanding of the anatomy of pregnancy and the changes occurring. As a result of this knowledge you can then adapt your massage accordingly.

Course Details:
This course is a two day attendance course supported by an online module. The online section will be completed as a pre-read then reviewed in class.

Anatomy and Physiology Review:
This online module will guide you through the changes that occur to our clients’ body during pregnancy.
In the on-line module we will be reviewing
- The structure and function of the relevant anatomical systems.
  Skin – Endocrine – Digestive - Muscular
  Skeletal – Circulation - Reproductive
- How pregnancy brings about change to each system
- The stages of pregnancy
- Foetal development
- Common conditions during pregnancy

As soon as you have booked onto the course you will be given your log-in details for the on-line module. Once completed there is a self-assessment
section for you to complete at the end of the module. This will equip you to fully benefit from the practical weekend.

**Practical Days**
The attended course will be fully dedicated to the practical aspects of pregnancy massage. We will cover the following:

- Contraindications to complementary treatment during pregnancy
- Complications/problems during pregnancy
- Benefits and contraindications – general and specific to pregnancy
- Special considerations for massage throughout the three trimesters
- Positioning of client and adapting the massage to suit the client
- Massage techniques for partners during labour

Please note - this is a practical course and students will be required to wear clinic wear for the duration.

**Who can attend?**
Open to qualified massage therapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £185.00 (+VAT)**
Includes

- On-line course
- All in-class course tuition
- A comprehensive set of notes
- Light Refreshments throughout the day
- A MSCM Certificate of Attendance

**Deposit - £50.00 (+VAT)** – Payable on booking secures your place.

**Duration:**
2 days

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
The Massage Foundation Course will teach you to apply all the basic massage techniques safely and effectively to all the main areas of the body. It is an excellent introduction to the basic concepts of massage including posture, towel management, positioning, hygiene and hand techniques. By working in pairs, giving and receiving a treatment in each session, you will learn the correct techniques to use for each part of the body and at the end of four days you will be able to perform a full-body massage.

This is not a professional qualification but it is offers the foundation skills necessary for entry onto the Aromatherapy course and on its own it enables you to treat friends and family on a recreational level.

**Course Details:**
During this practical four-day massage therapy course you will learn the following:

- Palpatory techniques
- 6 classical massage movements
- Connecting and completing strokes
- A full body massage routine using oils
- Physiological & psychological effects of massage
- Contra-indications (restrictions and cautions) to massage
- Working with an awareness of pacing, fluidity, continuity and rhythm
- Sensitivity, adaptability and creativity in applying techniques
- Towel management and supports
Who Can Attend?
The entry requirement for this Massage Foundation course is the successful completion of the Anatomy & Physiology Course or previous relevant qualification in Anatomy & Physiology, Physiotherapy, Sports Science or Fitness and Personal Training. It does not give you a massage qualification but provides you with basic massage skills to progress to other diploma courses such as Aromatherapy, subject to necessary prior knowledge in your specialist field.

Course Fees:
£295.00 (+VAT)
Includes:
All class tuition
A comprehensive course manual

Deposit - £75.00 (+VAT) – Payable on booking secures your place.

Duration:
4 days

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES AND WORKSHOPS

Massage Refresher Course

10 CPD POINTS

Is it sometime since you qualified in Holistic Massage? Are you feeling that you have forgotten what to do? Have you lost your confidence in massage application? Would you like to refresh your skills? Would you like to start earning extra money using your massage skills?

If you have answered yes to these questions then we have the course for you.

Come and join us for a 2-day workshop that will get you back to massaging with confidence. Once you have attended this workshop you will feel that you can start treating clients again.

Why bother?
Once you have attended this workshop you will feel that you can start treating clients again. Enable yourself to put to use all those skills you worked hard to learn. Don't let them go to waste. There are so many people who could benefit from the treatments you could offer them and from a purely financial perspective think how you could enhance your earning potential: most massages will cost anything from £35 - £45 per hour. At this current time your massage is a good skill to be using. Furthermore, good massage skills enable you to progress to other therapies such as Aromatherapy.

Course Details:
Over the 2 days we will go back to basics and work with what the group need, typically:-

- A review of Classic Swedish Massage strokes
  - Effleurage
  - Petrissage
  - Frictions
  - Vibrations
- How to adapt application of massage to suit your client
- Simple facial massage techniques
- Sorting out your posture and correcting bad habits to help you work more comfortably and effectively
- How to set up working area and couch
- Consultation process
- Benefits of massage
- Contra-indications
- Client Care and Towel Management
- Hygiene

It doesn't matter where or when you did your original training - come and join us for this hands-on interactive course in a safe and friendly environment and remind yourself why you did massage in the first place.

**Who Can Attend?**
Open to qualified massage therapists.

This workshop is aimed at:

- Therapists who have not used their skills for a while
- Massage Therapists who may lack confidence with certain skills, techniques and procedures
- Professional therapists who want to brush up on their existing qualifications
- Therapists who have recently qualified

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £185.00 (+VAT)**
Course fees include:
- All course tuition
- A comprehensive set of notes
- An MSCM Certificate of attendance for your professional portfolio.
- 10 cpd points

**Deposit - £50.00 (+VAT)** – Payable on booking secures your place. Interest-free Easy Payment Plan available upon request

**Duration:**
2 days

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES AND WORKSHOPS

Indian Head Massage

10 CPD POINTS

Indian Head Massage is as pleasurable to give as it is to receive. This ancient art is calming, revitalizing, uplifting and incredibly rewarding. With a few basic strokes, you can relax and soothe or invigorate and stimulate. Much of the joy lies in its simplicity, effectiveness and accessibility - no equipment is needed and it takes less than half-hour to complete. The beauty of this treatment is that it can be performed anywhere, anytime so is ideal for the stressed-out corporate employee. This highly effective therapy offer the maximum benefit with the minimum, of preparation, as the use of oil is not essential and the client remains clothed.

Course Details:
The course consists of 2 days in-house which will enable you to become proficient in Indian Head Massage.

We will cover the following topics:-
- Introduction to the history of Indian Head Massage
- Benefits of Indian Head Massage
- Contra-indications
- Consultation and client care
- Treatment reaction and after care advice
- Professional ethics
- Revision of specific anatomy & physiology of shoulders: neck: scalp: face
- Massage techniques for shoulder: neck: scalp: face: back & arms
- Hygiene/sterilization
- Basic first aid

The course is divided between theoretical learning and practical application. You are required to wear appropriate workwear for this course.

Who Can Attend?
This course is only open to qualified massage therapists
Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees: **£185.00 (+VAT)**
Includes:
  - All class tuition
  - A comprehensive course manual
  - An MSCM Certificate of attendance for your professional portfolio
  - 10 cpd points

Deposit - **£50.00 (+VAT)** – Payable on booking secures your place

Duration:
2 days in total (10am-5pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
This course is focused on you as the therapist learning the hands free techniques combined with good posture to make your massage effortless. It also covers basic principles that will enable you to work safely without using hands—looking after your own body and working with sensitivity. It has been designed to help you to save your fingers, thumbs and wrists (the most common areas of strain for practitioners) while applying firm pressure. This course focuses on forearm and elbow techniques which can be blended into a ‘normal’ oil massage with the client on the usual height massage table, and with the client either seated in an ordinary chair or a portable massage chair. The techniques can be used as a standalone treatment or combined into your existing routine. From oil effleurage to working deeper into the clients trigger points the hands free techniques using forearms, upper arms and elbows taught are simple to learn but effective to use.

Hands-free massage can help relax or rejuvenate, release tense muscles, increase blood circulation and improve detoxification. Using the soft, inner part of the forearms enables you to spread the pressure over a much wider area than is possible with traditional massage techniques. Muscle fibres can be worked smoothly and easily, helping to ease away any tension, adhesions and knots. It delivers a treatment that will make your clients feel that their tensions have been ‘ironed’. Their muscles will feel less tense and muscular dysfunction to deliver a therapeutic, deep but relaxing massage.

The aim is to expand your repertoire and freshen your approach, to help you be more effective when applying pressure while saving your hands, thereby helping you to maintain your career.
Course Details:
The course is mainly practical and includes:
  o Conditions of the hands and arms such as Repetitive Strain Injury (RSI), causes and prevention
  o Hand, arm and wrist warm up exercises and self-protection exercises
  o Introduction to concept of hands free massage
  o Benefits and effects of the treatment
  o A range of forearm and elbow techniques that can substitute for and extend ‘classic’ massage techniques for varied pressures
  o How and where to best use them
  o How to feel with these massage ‘tools’
  o How to use them skilfully and sensitively, including ways of moderating the pressure that you are applying
  o How to adapt them to different client builds, tensions and responses
  o How to blend them effortlessly into your preferred massage routine
  o How to monitor and adapt to the client’s responses
  o How to support this with good body use, rather than working too hard with your arms and shoulders

You will learn to effectively and confidently use the forearms and elbow to work on clients at a deeper muscular level using:
  o the forearm – for powerful stretches and mobilisations.
  o the inner forearm - for applying widespread general pressure and for firm sweeping strokes, especially on the back and legs, ranging from medium to firm pressure.
  o the ulna forearm and the bony areas around the elbow for applying focused pressure
  o the precision elbow tools – for very specific work on ‘knots’/points of tension and pressure point techniques
  o the whole forearm for mobilising parts of the body and for applying stretches
  o the body weight and stretches to maintain or add pressure
  o the non-massaging hand for support, precision and palpation.
**Please Note:** These are strong, powerful tools, which can deliver harm and bruising pressure to clients if they are used without care. Therefore, using them skilfully and learning how to adapt each technique to a range of builds, tolerances and reactions is a core part of our training.

**Who Can Attend?**
You must be a qualified Massage therapist, Aromatherapist or Manual therapist (Level 3 or above) to attend this course.

This course is especially useful for those therapists whose hands are not as agile as they once were or who have developed strain from over-use and for busy therapists looking to prevent injury and offer a wider range of techniques.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees: -£95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm)

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
This technique is an ancient Chinese application, Gua – scraping sha – red. Using a ‘tool’ the practitioner scrapes over the skin causing redness to appear in the area. By stimulating the vascular system, it is believed that any stagnation or build up can be removed which can result in relieving any ailment being treated and promoting recovery by stimulating the healing process. It can also be applied to enhance one’s immunity and to maintain good all-round health.

Course Details:
During the workshop we will be introducing different tools including jade, buffalo horn and rose quartz to metal lid tops and spoons, these different items make it very easy to apply and we will look at the techniques needed for their application. It is a very good technique to give to your client for after care/home care.

We will also be looking at correct application for some common conditions e.g.
- Carpal Tunnel
- Tennis/Golfers elbow
- Back pain
- Neck pain
- Shoulder joint pain
- Knee Pain
- Headaches
- General wellbeing routine
**Please Note:** These are strong, powerful tools, which can deliver harm and bruising pressure to clients if they are used without care. Therefore, using them skilfully and learning how to adapt each technique to a range of builds, tolerances and reactions is a core part of our training.

**Who Can Attend?**
You must be a qualified Massage therapist or Manual therapist (Level 3 or above) to attend this course.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees: -£95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm)

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
MASSAGE CPD COURSES & WORKSHOPS

Gua Sha Facial Massage
5 cpd points

This technique is an ancient Chinese application, Gua – scraping sha – red. Using a ‘tool’ the practitioner scrapes over the skin causing redness to appear in the area. By stimulating the vascular system, it is believed that any stagnation or build up can be removed which can result in relieving any ailment being treated and promoting recovery by stimulating the healing process. It can also be applied to enhance one’s immunity and to maintain good all-round health.

Course Details:
During the workshop we will be introducing different tools including jade, buffalo horn and rose quartz to metal lid tops and spoons, these different items make it very easy to apply and we will look at the very gentle techniques needed for the application to the face and scalp

We will also be looking at correct application for some common conditions e.g.

- Sinus congestion
- Headaches
- Skin problems
- Migraine
- TMJ
- Facial tension
- Dull skin
- Can improve puffiness
- Relaxing
- Soothing
- Works from the inside out brings a general improvement to appearance
**Please Note:** These are strong, powerful tools, which can deliver harm and bruising pressure to clients if they are used without care. Therefore, using them skilfully and learning how to adapt each technique to a range of builds, tolerances and reactions is a core part of our training.

**Who Can Attend?**
You must be a qualified Massage therapist or Manual therapist (Level 3 or above) to attend this course.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees: -£95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm)

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
The art of cupping has been used for thousands of years and is a well-known application in Traditional Chinese Medicine. It has also been used by Egyptians, in Greece and the Middle East. Even the “Father of Modern Medicine” Hippocrates was using cups in the treatment of various illnesses. However, it has not been accepted in Europe and North America, this could be due to a lack of substantiated trials. The current craze by celebrities has enhanced the static dry cupping technique. This has been seen on the red carpet and on sports men and women who are regular users of cupping.

Gliding Cupping (also known as Moving Cupping) is an effective method to relieve muscle tension and improve blood flow to painful areas. This method feels more intense than static cupping. Gliding Cupping accomplishes the same end results as deep tissue massage with a very relaxing and non-painful motion. For individuals prone to soreness after a massage, with cupping massage the after-effects are very comfortable and seldom creating any tender after-effects.
Course Details:

During this workshop we will be learning Moving Cupping Massage, the use of silicone cups that are applied to the tissue then moved either longitudinally, transversely or in a circular application. By creating a vacuum within the cup, the tissue underneath will be lifted away from underlying structures resulting in improved circulation and fascia release and an ease of restriction within the soft tissue.

We will be looking at:

- General hygiene – cleansing of cups, benefits of silicone
- Contra-indications
- Benefits of Gliding Cupping massage
- Treatment protocol
- After care advice

This technique can also be less demanding on the therapist’s hands and have a more therapeutic effect on the tissue.

Who Can Attend?
You must be a qualified Massage therapist or Manual therapist (Level 3 or above) to attend this course.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees: £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

Duration:
1 day (10am-5pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Therapeutic Massage Diploma

This is a new award from MSCM which is designed to reflect your dedication to your training and skill development. Many of you continue with your massage education by attending CPD massage workshops and by doing so you will have become skilled therapists with a greater depth of knowledge and application. Specific skills can make your work more exciting and more beneficial to your clients. This encourages clients to stay with you as you tailor each treatment to them and their needs.

Course Details:
There is no additional fee for the MSCM Therapeutic Massage Diploma. It will be awarded to those who have attained sufficient knowledge in key areas and is our way of acknowledging and recognising your commitment to your continued education. Many of you may have completed a number of the required modules in the past and you will not be required to repeat them.

The joy of this diploma is the flexibility – you choose which topics you wish to undertake and the order that you take them. There is only one category that is compulsory comprising of two foundation workshops. These are essential for you to have a comprehensive working knowledge of the fundamentals. To complete the requirements, you can make the choice of the techniques and deep tissue workshops that you are most interested in.

Diploma modules:

**COMPULSORY MODULES - Underpinning knowledge**
1. Skeletal Muscle – Form and Function
2. Assessment and Palpation

**TECHNIQUES - Choose a minimum of 2 from those listed below**
1. Trigger Points and Neuromuscular technique
2. Effective Stretching and Muscle Energy Techniques
3. Hands Free Massage
4. Myofascia Release Foundation
DEEP TISSUE TECHNIQUES - Choose a minimum of 2 from those listed above
1. Deep Tissue for Shoulder and Arm
2. Deep Tissue for Back and Neck
3. Deep Tissue for Hip and Lower Limb
4. Frozen Shoulder

You will not be required to do any exams or case studies allowing you to use your new skills immediately after the courses.

Once you have completed the required 6 modules you will be awarded the **MSCM Therapeutic Massage Diploma** which you can display in your clinic or treatment room for clients to see. We believe that those who have developed their skills to the next level should have something to show for it.

**Who Can Attend?**
This award is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**HOW TO BOOK ON:**
If you are interested in receiving this diploma please follow the steps below...

1. Book on-line or call or email us to register your interest
2. Inform us of any workshops from the list you have already completed with us
3. Choose your options
4. In your own time book onto your modules (you will also receive a certificate of attendance for each one)
5. When you have completed all 6 modules let us know and we will issue your MSCM Diploma in Therapeutic Massage
Trigger Point Therapy
including European Neuromuscular Technique

5 CPD POINTS

Ever wonder what can be done to help headaches, neck stiffness, carpal tunnel type symptoms, tennis elbow, bursitis, frozen shoulder, back pain, low back stiffness, sciatica, shin splints?

Learn the skills to find and treat trigger points and you will be able to offer your clients immediate relief.

Trigger points are accumulations of waste products around a nerve receptor and they can occur in any muscle or within any aspect of connective tissue. Often they feel like nodules or taut bands of fibres within the soft tissues.

Trigger points can present themselves as referred patterns of sensation such as sharp pain, dull ache, tingling, pins and needles, hot or cold, as well as symptoms such as nausea, ear ache, equilibrium disturbance, or blurred vision. They can be latent or active. An active trigger point is a very painful and tender area with a referred pain pattern. A latent trigger point is only tender when palpated.

A technique that goes hand in hand with trigger point work is original European Neuromuscular Technique. This is gentle massage technique that targets soft tissue changes without causing patient discomfort. Learn about a different approach to massage treatment that utilises the neuro-muscular response (especially origins and insertions) to bring about desired changes. The aim of NMT is to restore structural and functional integrity to the musculo-skeletal component of the body. This technique will extend your ‘repertoire’ and make your treatments more effective. A useful diagnostic and treatment tool, which is simple in its application, yet has enormous potential. NMT is time-saving, energy-saving. It is very effective in locating trigger points and changes in soft tissue.

Trigger point therapy is not a miracle cure for chronic pain....but it is close! Trigger point therapy is usually used in combination with Therapeutic Massage, Deep Tissue Massage and other forms of bodywork. Many massage therapists have a wealth of hands-on experience of muscle tissue, but know surprisingly little about myofascial pain syndrome. Don’t be one of them!!
Those massage therapists who have become skilled at assessing and managing myofascial trigger points frequently see clients who have been referred to them by other practitioners. This is a wonderful addition to your toolbox as a massage therapist.

**Course Details:**
The workshop will cover the following:

- Trigger points and tender points defined
  - What are trigger points?
  - Why do they occur?
  - What are their effects?
  - How are they identified?
  - What do they feel like to palpate?
- Patterns of myofascial pain
- Common sites of trigger points
- How to locate them
- How to de-activate them
  - How are they treated?
  - Treatment tools for manual therapy
  - Variations in technique
- Contra-indications

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
Practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition and a comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Effective Stretching
including Muscle Energy Techniques (MET)

5 CPD POINTS

Most massage therapists are totally unaware of the incredible benefits of effective stretching. Armed with the knowledge of a variety of stretching techniques and an understanding of the difference between effective and ineffective stretching, you will be able to incorporate stretching methods into your treatment as well as devise safe and appropriate stretching programmes for your clients to do between massage treatments.

Muscle Energy Techniques are a gentle, non-invasive form of Neuromuscular Therapy designed to restore optimal function to joints whose normal range of motion has been compromised by shortening and/or spasm of the musculature surrounding those joints. Assessment consists of the winning combination of precise application of active isometric and isotonic contractions and muscle balancing. They are effective manipulative treatments in which a patient, on request, actively uses his or her muscles from a controlled position in a specific direction against a distinct counterforce.
The MET isometric and isotonic techniques are used to:
- Strengthen weak muscles
- Release hyper-tonicity
- Stretch tight muscles and fascia
- Improve musculoskeletal function
- Mobilise joints in which movement is restricted
- Improve local circulation

Muscle Energy Technique is also used as a diagnostic tool to identify restrictions in the articular range of motion and correct these restrictions. When a joint has restricted movement or joint stiffness, no amount of massage will correct this problem until these restrictions are first addressed and removed. Muscle Energy Technique helps to restore the full range of movement to frozen joints and aids in the strengthening of the associated muscles.

Muscle Energy Technique can be used to treat most joints in the body, including the inter-vertebral joints, in a safe and effective manner. Many athletes use MET as a preventative measure to guard against future muscle and joint injury. However, its mainly used by individuals who have a limited range of motion due to back, neck and shoulder pain, scoliosis, sciatica, unsymmetrical legs, hips or arms (for example when one is longer or higher than the other), or to treat chronic muscle pain, stiffness or injury.

**Why learn Stretching and Muscle Energy Technique?**

**Increase Your Effectiveness**
These techniques will extend your ‘repertoire’ and make your treatments more effective! They are adaptable and can be incorporated into any basic massage routine PLUS they can be used through clothing and are therefore ideally suited to complement on-site work, such as Indian Head Massage. Your goals may be to relieve pain or simply help your client relax. You may want to improve your client’s sports performance. Whatever your focus or current preferred treatment, Muscle Energy Technique can greatly improve your effectiveness.

**Stay Current within the Field of Bodywork**
The concept of having the "right tool for the job" applies here. If your practice already includes working with structural problems, MET will be an indispensable addition to your current skills. If you want to add concrete structural work to your practice, this is a great place to start!

**Reduce Your Physical Effort**
Furthermore, often the bodies of experienced therapists start to "feel it?" Muscle Energy Technique can greatly reduce the physical effort you require to bring about changes in your client. This is because clients use their own muscle power to make changes - not just yours!
Course details:

Join us for this action-packed day where by the end of the day you will be able to:

- Understand the difference between active and passive stretching
- Demonstrate active stretches for all major muscle groups of the body
- Carry out passive stretches on all major muscle groups of the body
- Explain the procedure for developmental stretching
- Muscle energy techniques (M.E.T.) –
  - What are they
  - How they work
  - When to use them
- Types of muscle contractions
- Stretch reflexes
- Joint mobility
- Range of movement assessment and ‘bind’ sensitivity
- Review major pairs of reciprocally antagonistic muscles to help identify restrictions in range of movement
- Incorporate a variety of stretching methods into your treatments
- Devise safe and appropriate stretching programmes for your clients

Join us for this really rewarding and hands on workshop. You will find out how easy it is to use these techniques, integrating them into your practice immediately, with observable results. You will also find your treatments to be more effective and longer lasting with the combination of MET and massage. **Why settle for being an ‘average’ massage therapist?** With skills such as these, the clients will be better served and your reputation as an advanced practitioner will go before you!

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?** - This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:** 1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES & WORKSHOPS

Myofascial Release
Foundation Course

5 CPD POINTS

Myofascial Release is a practical hands-on therapy that is effective in the treatment of soft tissue, fascial tension and restrictions.

Definition: - ‘Myo’ means muscle and ‘fascia’ means band.

Fascia is the internal connective tissue that gives support and holds parts together. It looks like a very thin spider’s web, connecting layers of muscle and surrounding all of the internal body tissues. In a healthy body the fascia is nice and relaxed, this allows it to cushion and support our structures allowing us to move pain free and without restriction.

Recent research has shown that fascia can contract and relax and has an important role in joint stability and mobility. Any trauma either physical or emotional can have an effect on the fascia; it can be pulled out of line which can cause problems on the surrounding structures, nerves and blood vessels as well as interfering with the lymphatic flow.

Course Details:
This highly practical one-day workshop is designed to introduce you to the principles of myofascial release technique so you can integrate it easily into your existing massage treatments. This in turn will allow you to offer a different approach to your clients and their presenting conditions. Clients will feel the benefit of this new application, recover quicker, have improved movement and become pain free.
During the workshop you will be guided as to how to slowly stretch and release any restrictions you identify. This is a very different approach to massage. We identify the restriction apply pressure and hold for anything between 5 – 10 minutes, this gives the fascia time to respond to our gentle pressure and release. Fascia release cannot be rushed and is performed without the use of a massage medium.

Topics covered will include the following:

- An introduction to fascia – physiology and functions
- Principles of Myofascial Release
- Benefits of Myofascial release
- Light touch palpatory skills
- Contraindications and contra-actions
- Demonstration and practice of the treatment

This is a largely practical day allowing sufficient time to practice and perform the techniques under the guidance of the tutor. Those attending will partner up with another therapist and will get the chance to perform the techniques taught as well as being the recipient. Understanding what the technique is supposed to feel like is an invaluable tool.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
One day – 10am-5pm

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Soft Tissue Release (STR) - the combination of movement and manipulation - is a wonderful technique that produces safe and effective results very quickly in a wide variety of treatment situations.

This technique will extend your ‘repertoire’ and make your treatments more effective! The technique is administered simply by applying and maintaining a pressure, or `locking` into the relevant tissues whilst simultaneously stretching away aligning fibres.

Soft Tissue Release is a method of lengthening muscles and as such may help to overcome overall muscle imbalances. It is adaptable and can be incorporated into any basic massage routine PLUS it can be used through clothing and are therefore ideally suited to complement on-site work, such as Indian Head Massage.

Course Details:
Those students who have attended the Effective Stretching workshop will have been introduced to this technique as one of many ways to stretch muscles. Today however, we focus on how to incorporate soft tissue release into a routine. You will learn how to apply STR through clothing and through towels, improving your palpation skills and will enjoy combining deep STR with oil massage.
The workshop will cover the following:

- Soft tissue release (STR)
- What it is: how it works: when to use it
- Benefits and application of:
  - Passive: active: weight-bearing techniques
  - Some specific releases for upper and lower body
  - Some quick ‘fixes’ through clothing and self-treatments
  - Safety notes & contra-indications

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Deep Tissue Massage
Foundation Course

5 CPD POINTS

Deep Tissue Massage does what it says "on the tin" –

- It involves massage technique that works on the deeper layers of muscle tissue.
- It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibres of the muscles, tendons and fascia.
- Using deep muscle compression and friction along the grain of the muscle, the purpose of Deep Tissue Massage is to unstick the fibres of the muscles and release both toxins and deeply held tension points.
- Specific hand positions and strokes are used to respond to various tissues while breath and movement techniques are employed to release muscular congestion.
- It helps to loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.
- It is both corrective and therapeutic.
- Deep Tissue Massage teaches the muscular and connective structures to let go, move on, and recalculate its position within the body.
- Deep Tissue work can relieve pain, promote healing, and realign the body. It is beneficial for many physical problems, including sports injuries and chronic pain.
- Because it works very deeply, emotional issues can also be addressed, when these have been stored in the body.

One of the defining differences between deep tissue and regular massage is the use of other parts of the body. A standard massage usually only involves the hands and lower arms of the therapist. During a deep tissue massage, however, the therapist will use forearms, elbows, hand joints and fingers for deep, penetrating work in the muscle, using intense movements to weaken the adhesions in inner tissues.
It is estimated that one in four people suffers from some form of musculoskeletal dysfunction. The areas most commonly affected are the upper and lower back, neck, and upper and lower extremities. Contributing factors include work injury, personal injury, accidents, sports and aging.

Deep tissue massage techniques can greatly benefit sufferers of chronic pain and injury. However, there is a general misunderstanding of the concept of deep tissue massage. Deep tissue does not mean working harder or stronger, the therapist simply works deeper and slower by sinking through superficial layers into the deeper structures using compression and lengthening techniques.

**Deep tissue massage can harm both the client and the therapist if not performed appropriately.**

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**COURSE DETAILS:**
Join us for this practical one-day workshop, and we will introduce you to the safe and appropriate use of a number of deep tissue techniques. A simple, down-to-earth introduction to a world beyond basic massage!

During the workshop we will cover:

- Deep tissue techniques – the truth!
- How deep is deep?
- We will explore such techniques as:
  - Pre-treatment palpation
  - Simple assessment skills
  - Broad contact compression
  - Forearm use/Finger and thumb frictions/Heel of hand work
- Petrissage application and technique
- Caresse du poing (closed hand effleurage)
- Alternative positioning of clients for deeper work
  o How these techniques can enhance your treatments
  o Contra-indications to deep tissue techniques
  o Safety considerations - for client & therapist

This will be a fun packed day with lots of sharing and learning taking place. The day will be very interactive. As a result of this workshop you will leave feeling confident in the application of all the moves and techniques shown and raring to get going with your clients. It will also give you the opportunity to discover if Deep Tissue work is for you, prior to studying it in more depth. The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear.

**Who Can Attend?**
This workshop is designed qualified Massage Therapists.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
  o All class tuition and a comprehensive course manual
  o An MSCM Certificate of Attendance for your professional portfolio (5cpd)

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Deep Tissue Massage Techniques for the Shoulder and Arm

5 CPD POINTS

Shoulder pain is a common condition that can affect people in all walks of life and during anytime in their lifetime. It is also very common in older people and is of course due to the aging process that affects the joints, making them more susceptible to the stresses and weight bearing that is constantly being placed on the shoulder joints. This is compounded by the highly mobile, and complex movements that are involved in the upper limbs.

Because of the complex makeup of the shoulder joint, these complex movements make the shoulder extremely vulnerable to sprains, strains, tears and inflammation of the capsules, muscles, ligaments and bursa that are involved in the make-up of the joint itself. Such conditions can be treated well with deep tissue massage.

Course Details:
This one-day workshop is designed for qualified massage therapists who wish to gain greater skills and knowledge about deep tissue massage techniques.

This workshop is designed to give you more tools and techniques for identifying and upper limb conditions and expanding your massage repertoire, possibly giving you the confidence to expand your client base.

Join us for this interactive workshop during which we will cover:
- Review of the structures and muscles of the shoulder and upper limbs
- Surface anatomy
- The physical examination
- Range of motion observation skills palpatory skills
- Palpatory techniques to define problem areas
- Deep tissue massage techniques for the shoulder and upper limbs
- Frictions petrissage trigger points
- Common conditions affecting the shoulder and upper limbs
- Home exercise programmes

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees**
£95.00 (+VAT)

Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**

*Please see the MSCM course calendar or visit www.mscm.co.uk.*
Neck pain is one of the most common reasons patients seek medical treatment. In fact, the lifetime prevalence of a significant neck pain episode ranges from 40 to 70 percent. But neck pain doesn’t have to become a constant problem: regular massage treatments can help your clients manage pain, especially if they have been suffering from neck pain long after a neck injury has occurred.

Neck pain often occurs with back pain, and the symptoms are similar. Symptoms may include spasm, stiffness, muscle discomfort, limitation of movement and headaches. The pain can occur suddenly (acute) or be constant (chronic); an acute injury can lead to chronic pain and loss of range of motion, if left untreated. Massage is a non-invasive alternative to prescription medication commonly used for treating neck and back pain. Although massage affects the whole body, it is especially therapeutic for the musculoskeletal, circulatory, lymphatic and nervous systems.

A combination of techniques, performed by an experienced massage therapist, will provide pain relief and help recovery. Deep tissue massage when carried out with Swedish massage releases tension from the deeper muscles and connective tissues in the neck and back. With deep tissue massage, the applied pressure is harder, more intense, and focused on releasing adhesions (“knots”) or scar tissue that may be causing neck and back pain.
Course Details:
This one-day workshop is designed for qualified massage therapists who wish to gain greater skills and knowledge about deep tissue massage techniques.

This workshop is designed to give you more tools and techniques for identifying and treating back and neck conditions and expanding your massage repertoire, possibly giving you the confidence to expand your client base.

Join us for this interactive workshop during which we will cover:
- Review of the structures and muscles of the back and neck
- Surface anatomy
- The physical examination
- Range of motion observation skills palpatory skills
- Palpatory techniques to define problem areas
- Deep tissue massage techniques for the back and neck
- Frictions petrissage trigger points
- Common conditions affecting the back and neck
- Home exercise programmes

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)

Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Deep Tissue Massage Techniques for the Hip and Leg

The hip joint is one of the most vital joints of our body. It is a large weight bearing joint that attaches femur to the pelvis. The top end of the femur is round like a ball and it is fitted into the socket of the pelvis joint. It is an extremely important joint, as it bears the entire body weight and allows the body to walk, run, and sit. The hip is a very strong structure, but still can be damaged. When it suffers injury or degeneration, then it gives rise to hip and leg pain.

A combination of techniques, performed by an experienced massage therapist, can provide pain relief and help recovery. Deep tissue massage when carried out with Swedish massage releases tension from the deeper muscles and connective tissues in the hip and leg.

Course Details:
This one-day workshop is designed for qualified massage therapists who wish to gain greater skills and knowledge about deep tissue massage techniques.

This workshop is designed to give you more tools and techniques for identifying and treating lower limb conditions and expanding your massage repertoire, possibly giving you the confidence to expand your client base.
Join us for this interactive workshop during which we will cover:

- Review of the structures and muscles of the hip and lower limbs
- Surface anatomy
- The physical examination
- Range of motion observation skills palpation skills
- Palpation techniques to define problem areas
- Deep tissue massage techniques for the hip and lower limbs
- Frictions petrissage trigger points
- Common conditions affecting the hip and lower limbs
- Home exercise programmes

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
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**Course Fees - £95.00 (+VAT)**

Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
MASSAGE CPD COURSES & WORKSHOPS

Massage Therapy for Anxiety and Depression

Relief Within Reach

3 CPD POINTS

A person who is considered ‘mentally healthy’ is someone who can cope with the normal stresses of life and carry out the usual activities they need to in order to look after themselves, can realise their potential, and make a contribution to their community. However, mental health or sense of ‘wellbeing’ doesn't always stay the same and can change in response to circumstances and stages of life.

Everyone will go through periods when they feel emotions such as stress and grief, but symptoms of mental illnesses last longer than normal and are often not a reaction to daily events. When these symptoms become severe enough to interfere with a person’s ability to function, they may be considered to have a significant psychological or mental illness.

Mental health disorders are a growing public health concern. They are prevalent not just in the UK, but around the world. Experts say we all have the potential for suffering from mental health problems, no matter how old we are, whether we are male or female, rich or poor, or ethnic group we belong to.

- Around 25% of people in the UK will experience some form of mental health disorder in any given year with depression affecting a massive 20% of our population.
- It is estimated that 1 in 6 people in the past week experienced a common mental health problem
- In 2013, there were 8.2 million cases of anxiety in the UK
- Mixed anxiety and depression has been estimated to cause one fifth of days lost from work in Britain

www.mscm.co.uk
MIDDLESEX SCHOOL OF COMPLEMENTARY MEDICINE
0208-429-2895
• In the UK over one quarter of a million people are admitted into psychiatric hospitals each year
• UK statistics show than more than 4,000 people a year commit suicide.
• The World Health Organization (WHO) predicts that within 20 years more people will be affected by depression than any other health problem, and depression will be the single biggest health burden on society both economically and sociologically.
• Mental health problems are one of the main causes of the overall disease burden worldwide.

Massage therapy can help manage the overwhelming symptoms of anxiety and depression. Without doubt, as a massage therapist you will come across many clients presenting with mental health issues, but you need to be equipped to deal with it. If you are, the help and support you will be able to offer these clients will be invaluable. You can truly make a difference.

Course Details:
Join us on this useful mental health workshop where we will explore the nature of depression and anxiety and the way they complicate your massage clients’ lives and health, as well as how massage therapy can help manage the symptoms.

Topics covered will include:
• Understand the difference between anxiety and depression
• Reasons a massage therapist should understand anxiety and depression
• Symptoms that, if lasting for more than two weeks, represent a major depressive disorder
• The spectrum of anxiety and depression ranging from mild to very severe.
• Learn about the role massage therapy can play
• The power of touch
• Understand the effects of massage on physical and psychological levels
• Understand the profound effect of physical contact
• The importance of providing a safe nurturing place for individuals to relax, refocus and find clarity
• Improving listening skills
• Respecting client confidentiality
• Identifying clients’ needs
• Creating a treatment plan with the client
• The importance of creating a sense of hope
• Recognise the limitations of massage therapy
• Types of massage therapy techniques that offer relief to clients
• Scientific research on the benefits of massage for depression and anxiety

Living with anxiety and depression is a painful and distressing experience where sufferers can withdraw from day to day social contact. Proper treatment is important and massage therapy can be of great benefit. Gentle massage offers help with no detrimental side effects. Mild benefit is often felt
immediately and even greater benefit can come from a series of sessions to help them return to a successful and productive life.

**Note:**
Depression and anxiety can be very serious and massage therapy should not be a replacement for proper medical attention when it is needed. Clients and therapists alike should recognise its limitations. This course discriminates between what massage therapists may and may not be able to do for clients with mental health disorders.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**

- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
MASSAGE CPD COURSES & WORKSHOPS

Massage Therapy for Headaches, Migraines and Sinusitis

3 CPD POINTS

Treating headaches and neck pain is the ‘bread and butter’ for many massage therapists. Almost everyone has suffered the pain of a headache.

The term “Headache” might sound simple; but it is like any other chronic ailment, which has to be controlled. There are 147 recognised types of headache and each headache is not the same for everyone. The pain varies from mild to severe. It has several characteristics like mild, intermittent, throbbing, sharp and constant which can last from a few seconds or minutes to long hours and some headaches involve symptoms such as sensitivity to light and nausea. They can seriously impact daily life when they occur frequently or for an extended period of time.

Massage is one natural and highly effective alternative to allopathic medicine that can help relieve headaches while avoiding the side effects that often accompany prescription and over-the-counter headache medications.

Since the majority of headaches can be traced to muscle tension and muscular trigger points in the head, neck, and shoulders, massage and neuromuscular therapy are often able to provide complete relief. As many tension headaches and migraine headaches are accompanied by neck pain, headache sufferers find that manual therapies such as massage offer relief from headache pain and related symptoms. Because massage therapy relaxes tense muscles, relieves muscle spasms, improves blood flow and aids relaxation, it can be helpful for relieving the pain of both tension and vascular headaches. Myofascial tension and trigger points in the neck, scalp, face and/or jaw contribute to many of our clients’ headaches. However, there are times when a headache is secondary to a serious condition that requires medical attention and management.

While massage therapy treatment of headaches often concentrates on upper body musculature, it is important to know as a client that postural issues affecting your legs, hips, pelvis, and back can create the muscular tension at the root of your headaches. Therefore, a full-body approach to treating your headaches and migraines is usually best.
**Course Details:**
This medical massage masterclass will help you have a better understanding of headaches, their symptoms, causes and how to treat them as well as techniques for use with sinusitis. It will enable you to offer effective treatments with confidence resulting great results for your clients.

During the course we will cover the following:

- Review of the anatomy of the head and neck
- The difference between primary and secondary headaches
- Symptoms and causes for different types of primary headaches:
  - Tension Headaches
  - Cluster Headaches
  - Migraines
  - Facial Headaches
- Basic guidelines for treating headaches
- Palpation and visual evaluation
- Correct application of pressure
- Contra-indications to massage for headaches
- Review of Sinusitis – symptoms and causes
- Massage therapy techniques to treat sinusitis

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
MASSAGE CPD COURSES & WORKSHOPS

Massage Therapy for Sciatic Pain and Piriformis Syndrome

3 CPD POINTS

Most massage therapists have many clients who suffer with low back pain that continues down the leg but very few know how to treat it.

Sciatica refers to pain that begins in the hip and buttocks and continues all the way down the leg. This condition is often accompanied by low back pain, which can be more or less severe than the leg pain. In addition to pain, other sensations include spasms, tingling or numbness along the sciatic nerve that can travel down the hamstrings, legs and feet. These symptoms can be bilateral or can occur on one side.

Additionally, people with Piriformis Syndrome often have trouble sitting for long periods and the pain may worsen when walking or squatting. This can be a very painful condition and for some people is very disabling. Fortunately, for the majority, massage treatment is very effective.

There may be many reasons for sciatic pain - it could be caused by some irritation in the five nerve points leading to the sciatic nerve, irritation or compression in the sciatic nerve itself or because of some tightening in the vicinity of the Piriformis muscle. Irrespective of the cause, it has been found that massage therapy helps all these conditions. Massage therapy helps in relaxing muscles and improving posture. This also relieves the pressure on the various nerve points as well as the sciatic nerve. Depending on how acute the pain is as also what stage of treatment one is, there are different massage techniques that one can try.

The sciatic nerve passes through a mass of the hip’s external rotator muscles. The sciatic nerve exits the greater sciatic foramen and can run superficial to, deep to or even through the piriformis muscle. Spasm in the piriformis muscle can cause compression on the sciatic nerve sending pain, tingling and numbness down the posterior leg. This description falls into the category of false sciatica and is referred to as piriformis muscle syndrome.
Treating sciatic pains is a true sport for massage therapists. Knowing the few most common causes, it is usually quite simple to treat. Simplicity and knowledge often go hand in hand. Even though it can be straightforward to treat sciatic pain, it requires a good knowledge about the common causes and connections involved. As a massage practitioner you will need to be thorough when performing an evaluation to identify the tissues at fault. Soft-tissue techniques will be far more effective with a comprehensive assessment.

A solid understanding of piriformis syndrome starts by investigating the anatomical relationships in this area. You need to know how to accurately identify piriformis muscle syndrome, how to locate this external rotator and which massage techniques can release the piriformis.

Massage therapy is a popular treatment for sciatic pain and should not be underestimated. In some hospitals there are departments, which specialize in massage therapy.

**Course Details:**
This medical massage masterclass will help you have a better understanding of different forms of sciatic pain, the common symptoms, causes and how to treat them. It will enable you to offer effective treatments with confidence resulting in great results for your clients.

During the masterclass we will cover the following:

- Review of the relevant anatomy
- Understanding Sciatic Pain
- Review of symptoms and causes for Sciatic Pain and Piriformis Syndrome
- Assessment skills
- Palpation and visual evaluation
- Correct application of pressure
- Massage therapy guidelines for treating
- Massage techniques:
  - NMT/Trigger Point Therapy to eliminate myofascial trigger points in the piriformis muscle
  - Deep tissue Massage to release adhesions between the piriformis muscle and surrounding tissues
  - MET to gently lengthen the piriformis muscle
  - Provide therapy for other muscles near piriformis and even to muscles opposing piriformis to improve muscular balance.
- Home programme of stretching and exercise
- Contra-indications to massage

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.
Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES & WORKSHOPS

Massage Therapy for RSI, Carpal Tunnel Syndrome, Tennis Elbow & Golfers Elbow

3 CPD POINTS

Repetitive Strain Injury (RSI) is the name for a collection of symptoms which are due to overuse and repetitive strain on muscles and fascia and the connective tissues around muscles and joints. Common conditions which fall into the category of RSI include carpal tunnel syndrome, golfers’ elbow and tennis elbow. RSI conditions are typified by symptoms including chronic pain, especially at night, sharp and shooting nerve pains, inflammation, burning pain, tingling, numbness, pins and needles and a general loss of function, eg: inability to pick up a cup or pen.

Repetitive strain injury can be quite painful and cause crippling disability. Prevention and early treatment are the best ways to relieve the pain caused by RSI. Massage can reduce the discomfort and inflammation caused by repetitive strain injury, and can help prevent future injuries. Massage will allow for greater flexibility of the joints and muscles and can provide much needed relief from RSI. Repetitive strain injuries are a common affliction among millions of people. The use of massage therapy for treatment of RSI is quite effective.

The demand for massage therapy to reduce the risk of RSI continues to grow. To treat RSI you need to understand the synergism between muscle groups and how overusing one muscle, or group of muscles, for prolonged periods of time puts tremendous stress on all the muscles of a particular joint.

You will learn to use various techniques to release muscle tension and remove trigger points. When applied professionally, massage can interrupt perpetuating factors such as poor posture by relaxing and lengthening the muscles that support the spine and the head. This reduces inflammation while assisting the body in repairing damaged tissues and in the return of muscle strength.

It can also be useful to end the session by using ice and/or heat to decrease pain, increase blood flow, and calm irritated nerves. Stretching and resistance exersisers can also help strengthen and relax sore muscles while reducing the chances of reactivating the pain pattern.
Course details:
This medical massage masterclass will help you have a better understanding of different forms of RSI, the common symptoms, causes and how to treat them.

It will enable you to offer effective treatments with confidence resulting in great results for your clients.

During the masterclass we will cover the following:
- Review of the relevant anatomy
- Understanding RSI
- Review of symptoms and causes for
  - RSI ~ Carpal Tunnel Syndrome ~ Wrist Tendonitis ~ Medial Epicondylitis
  - Golfer’s Elbow ~ Lateral Epicondylitis
  - Tennis Elbow
- When is Carpal Tunnel Syndrome not Carpal Tunnel Syndrome?....when it’s Wrist Tendonitis. Learn to avoid the common mistake!
- Basic massage therapy guidelines for treating
- Palpation and visual evaluation
- Correct application of pressure
- Contra-indications to massage

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES & WORKSHOPS

Massage Therapy for Frozen Shoulder and Related Conditions

5 CPD POINTS

A common condition that we are presented with as therapists is Frozen Shoulder (also known as Adhesive capsulitis). It is a painful and disabling condition that often causes great frustration for patients and caregivers due to slow recovery. This chronic painful condition, that causes loss of motion in the shoulder joint, can have a huge impact on the lifestyle of the client, lasting for as long as 2 years. Sufferers are often told to ‘grin and bear it’ until it goes away but few are told that massage can help!

Treatment for a frozen shoulder varies depending on the stage of the condition and the severity of the pain and stiffness. It is important for the massage therapist to have a good understanding of this in order to provide effective treatment.
Course details:
During this workshop we will cover the following:

- 22 muscles that can potentially cause pain and restriction in movement of the shoulder capsule
- Anatomical landmarks and structures – skeletal
- Assessment techniques - Range of Movement (ROM)
- Treatment techniques to improve mobility and alleviate pain
- Safety considerations

A staggering one million people in the UK suffer from frozen shoulder each year and yet most massage therapists have no idea how to treat it. Be one of the few who can!

This one-day workshop will give you the knowledge and confidence to address the presenting problem and to be effective in your treatment for your client and assist in their recovery. This will then enable them to return to full function without surgical intervention and painful injections.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
ABDOMINAL MASSAGE

Deep abdominal massage, also known as colon massage or internal organ massage is a fantastic treatment that focuses on the metabolic and energetic functions of the abdomen to release trapped gases, blockages and waste products. It has a great number of benefits. The abdomen is the softest, least-protected area of the body, therefore, an area of great vulnerability and is a very important part of the body. For adults as well as for infants and young children, massaging the abdominal promotes digestion, alleviates gastric upsets, soothes the nerves related to the area of massage, and benefits the organs that are interconnected with the stomach as well as the intestinal tract. Abdominal massage helps to detoxify and strengthen the lower abdomen and is particularly useful for relaxing tension in the abdomen and promoting blood flow.

The abdomen houses vital organs and is a very important part of the body. The abdominal cavity comprises of the stomach, diaphragm, colon, small intestine, liver, pancreas, and gall bladder. The health of the abdomen lies with the stomach, the digestion process and reproductive organs.

When the digestion process is inhibited due to illness, malabsorption or inactivity due to a stagnant lifestyle the abdomen undergoes immense stress from the muscles and the well-connected fascia network that hold the organs within the abdominal cavity. Such stress in the abdominal area may lead to pain in the sides, lower back pain, inguinal and joint pain at the pelvis. Sometimes, even the ribs may get affected.

Other problems related to the abdomen include: abdominal disorders like IBS (Crohn’s or Ulcerative Colitis), spastic colon, chronic constipation, dislocation of female reproductive organs and problems caused by dislocation such as miscarriages, infections, premature birth, weak new-borns, backache, difficult menopause etc.

Hence, the abdominal massage is highly effective remedy in removing obstructions, correcting dislocations and restoring the harmonious flow.

Abdomen massage helps open the abdominal cavity and release the fascia so the organs can lay unrestricted in their natural positions in the abdominal cavity. General improvement in blood circulation from the massage benefits the blood vessels in the abdominal cavity. The veins transport the blood depleted of oxygen
to the heart more quickly and the arteries respond by supplying the body cells with freshly oxygenated blood. The liver, the gall-bladder, and the pancreas receive a larger share of oxygen and nutrients and release their metabolic waste products such as carbonic acid into the bloodstream.

In addition to the physical benefits there are significant emotional benefits from abdominal massage. The stomach is considered the “core” of the body. Exercise based in control of the muscles such as yoga, abdominal flattening exercise, and meditative exercises are all focused around the core. The reason for this is that so much energy within the body transfers through the core. Emotions as well as physical exertion all can be stimulated or related to the core of the human body. An appropriate abdominal massage can increase the effectiveness of all surrounding organs, ease the tension associated with those organs, and release the inner emotions carried in the core.
Course details:

During the masterclass we will cover the following:
- Review of the abdominal cavity and digestive system
- The four layers of muscles in your abdomen, (rectus abdominis, external obliques, internal obliques, and transverse abdominis)
- Review and Massage Therapy for common abdominal disorders
- IBS (Crohn’s Disease or Ulcerative Colitis) Spastic Colon Chronic Constipation Bad Period Pains Fibroids
- Benefits of abdominal massage
- Palpation and visual evaluation
- Basic guidelines for abdominal massage
- Abdominal Massage Techniques
- Correct application of pressure
- Contra-indications to abdominal massage
- Massage mediums for abdominal massage

This massage masterclass will help you feel more confident massaging the abdomen and as well as learning how to massage the intestines to aid optimal health you will acquire the skills to offer your clients a drug-free, natural way of treating digestive disorders. You will be able to offer it as a stand-alone treatment or include it in your regular massage treatment.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course. During the session you will practise on each under supervision of the tutor who will offer guidance and feedback.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
One thing is certain about life and that is that as we grow physically older we develop certain conditions that may affect our mind and body. These ailments, in turn, can also affect the ways in which we view our futures and sense of well-being. Massage therapy is particularly valuable for the problems associated with growing older.

The benefits of massage encompass conditions that may arise with age, such as muscular stiffness, arthritis, tendonitis, bursitis, and respiratory problems such as asthma and emphysema.

Massage encourages circulation, decreases muscular stiffness, and helps to decrease inflammation that may rest in the joints. Careful massage can help provide the elderly with symptomatic relief and enable seniors to extend the vitality in their lives.

Working with the elderly can be a wonderful experience for both client and therapist alike. For many elderly people it may be the only human touch they experience.
Course details:
The objectives behind this course are to:
- Explore and understand the ageing process and its implications:
  - Mentally
  - Physically
- Common ailments affecting the elderly
- Special handling of the elderly
- Improving well-being
- Practical massage techniques for the elderly & infirmed
- Adapting techniques for clients with restricted movement
- Safety considerations

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Who Can Attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Massage for Arthritis and Degenerative Diseases

3 CPD Points

- Have you been qualified for some time or have you recently qualified and want to take your massage further?
- Are you being contacted by clients that have some form of arthritis, one of the many, many different types, or other degenerative diseases? The list could include neurological or musculoskeletal conditions.
- Do you feel you may not have the confidence, knowledge or skills to work with this client group?

If you answer yes to any of the above then this could be the course for you. Your confidence will improve, your knowledge will grow and your clients will be delighted.

People suffering from arthritis are all too familiar with the aches, discomforts, and pains that the disease can cause. There are over one hundred different
types of arthritis and each type is accompanied by the pain and inflammation that can be a major disruption to someone’s life.

Recent studies on the effects of massage for arthritis symptoms have shown regular massage led to improvements in pain, stiffness, range of motion, hand grip strength and overall function of the joints.

Traditional massage methods may treat many types of pain well, but these massage methods may do nothing for an arthritic patient. At its worst, misusing traditional massage methods while attempting to treat arthritis pain can lead to more complications and pain. With the right training and knowledge you will be able to offer comfort through massage to many clients suffering with arthritis.

**COURSE DETAILS:**
During the course the following subject areas will be covered:
- Definition and categories of degenerative disease
- Types of Arthritis
- When not to massage!
- Adaptations to massage application
- Positioning of clients

Please note - this is a practical course and you will be required to wear clinic wear.

**Who Can Attend?**
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition and a comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Lymphatic Massage

5 CPD POINTS

The lymphatic system plays a crucial role in the body's ability to heal from injury and ward off disease. It is essential to the body's drainage system for cleansing and filtering out toxins and bacteria.

As massage therapists we are working constantly on the lymphatic system but how many therapists truly understand the effects of our actions? By adapting our techniques and understanding the lymphatic system and lymphatic massage we are able to transform our treatments.

Lymphatic massage is a light delicate form of massage that stimulates the body’s lymphatic system, thus improving the metabolism, assisting the body to eliminate waste and toxins and providing a boost to the immune system.

**Course Details:**
During this workshop we will develop an understanding of the

- history and development of lymphatic massage
- review the anatomy and functions of the lymphatic system
- massage techniques to boost the lymphatic system
- benefits and effects
- contra-indications

A useful and highly effective additional skill for any professional massage therapist who is serious about his/her work. Never underestimate the benefits of lymphatic massage.

**Who Can Attend?**
This workshop is designed for massage practitioners.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition and a comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
Hot Stone Massage has been practiced in other parts of the world for over 2000 years and is now taking the UK by storm. It is a wonderful deep massage technique which is becoming increasingly popular due to its amazing beneficial effects. More and more therapists are adding it to their menu of individual services. The idea of `melting your cares away` captures the imagination of therapists and clients alike.

Using special iron-rich basalt volcanic stones, which are pre-heated in water to a safe but effective temperature, this therapy works on three levels. During the treatment, the client is engulfed in warmth and comfort, allowing you to work deeper with no extra effort and no danger of unnecessary injury to your own hands, wrists, fingers or thumbs. The energies from the stones promote a meditative and calm state, helping to relax to the deepest state possible and clients feel the warm nurturing and healing effects long after the treatment is over.

This incredible therapy can turn your massage business around. You can charge up to 50-100% more than for your regular treatments and you will find it adds an exciting new dimension to your practice. Adding the element of stones will enable you to create exciting new strokes, which feel totally different to anything the client may have experienced before. It is so popular with clients that many who have tried it never go back to traditional massage!
Course Details:
The workshop will cover the following:
- History of hot stone massage
- Benefits to client and therapist
- Effects
- Care and cleansing of the stones and heater
- Techniques to avoid
- Preparation of the client
- Preparing the heater unit
- Health and safety
- Contra-indications
- Treatment procedure
- Treatment routine
- Additional treatments
- After-care advice
- Home care advice

The course will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course. Hot Stone Sets & Heaters will be provided for your use during the practical sessions.

Who Can Attend?
Open to qualified massage therapists

Qualification Recognition by Professional Associations:
Validated by IPI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Course fees include:
- All course tuition
- A comprehensive set of notes
- An MSCM Certificate of attendance for your professional portfolio.
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Baby massage is a loving, nurturing touch. Some of the most intimate and deeply communicative moments between a parent and their baby are often spent in utter silence as they stroke a back, smooth a belly or run a finger under the arch of a tender baby foot. There is no substitute for a parent’s loving touch. Through touch, babies first learn the comfort and security of loving and of being loved.

Baby massage has a wide range of both psychological and physiological benefits. Numerous studies have found that baby massage not only helps develop the natural parent-child bond but it also plays a significant role in promoting the healthy growth and development of infants. It is also a useful tool for everyday situations - it can relieve a host of childhood complaints from colic to constipation – and essential for enhancement of the infant’s wellbeing.

An ancient tradition and still a ‘must’ in many cultures baby massage had not been practiced widely in the West until the 1980’s. Even today European parents often lack confidence to carry out even the simplest of massages.

As a Certified Baby Massage Instructor you will be able to introduce parents and carers to the joy of baby massage and lead them step by step through the suitable ‘routine’. You will be equipped with the skills and knowledge to run both groups and one-to-one sessions enabling parents or carers to massage their baby confidently and safely.
By introducing this practice into your portfolio you will rapidly open up new areas of business, this will result in a new group of clients, many of whom will come to you for other treatments. Your business will soon grow.

This course involves both practical and theoretical work in the following areas.

- **ASSESSING THE NEEDS OF THE PARENT/CARER AND INFANT**
  - Effective communication and consultation skills
  - Full assessment of relevant physical and emotional background
  - Clients’ expectation and goals
  - Accommodating clients with special needs e.g. partially sighted/blind
  - Parents’ right to choose

- **MASSAGE TECHNIQUES FOR INFANTS**
  - Origins of baby massage
  - Baby communication – cues and reflexes
  - Benefits of baby massage – for the parents and the baby
  - Contraindications
  - Conditions requiring adaptation of the massage routine or timing
  - Setting up for baby massage – safe environment
  - Baby positioning
  - Baby massage techniques
  - Physical and psychological effects of baby massage movements
  - Baby massage mediums

- **TEACHING SKILLS**
  - Presentation vs. teaching
  - Communication and teaching skills
  - Lesson planning
  - One-to-one and group facilitation

- **BUSINESS SKILLS**
  - Marketing – identifying client base
  - Selecting a suitable venue
  - Pricing
  - Insurance

**Who Can Attend?**
Open to qualified massage therapists.

**Assessment**
In order to qualify in the above certificate you will be required to:
- Demonstrate the ability to run a Baby Massage Workshop during day 2
- Deliver a 10-15-minutes Microteach session during day 2
- Complete and write up a Baby Massage Workshop following the course
**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £185.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of competence for your professional portfolio
- 10 cpd points

**Deposit - £50.00 (+VAT)** – Payable on booking secures your place. Interest-free Easy Payment Plan available upon request

**Exam Fees: - £50.00 (+VAT)**
Payable prior to course commencement.
Includes:
- Practical assessment
- Marking of workshop write-up
- Issue of certificate

**Duration:**
2 days

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
Looking young and beautiful seems to have been and still is a constant on everyone’s agenda. Since the ancient times women (and some men too, e.g. Japanese kabuki actors) were always on the lookout for ‘magic wand’ skincare products and ingredients. History tells us that various materials have been used (and still are) in skin treatments over the centuries – in fact, 17th century Japanese ‘Uguisu no fun’ (bird’s excrement facial) is actually experiencing a great popularity at the moment!

A good facial can do a lot for our skin. A clever combination of massage techniques and natural ingredients can stimulate skin’s renewal process, slow down aging, rehydrate, plump up and reduce the depth of fine lines and wrinkles, improve skin elasticity, and repair damaged skin cells without any injections... A good facial (in combination with healthy lifestyle and skin care regimen) can even slowly change the biological structure of the skin!

Unfortunately, a quick look around the high street reveals that a truly good facial is not available. Admittedly, there is a plethora of miracle promising new equipment being used (e.g. micro-current electric stimulation, etc.) but what about the actual products? Unless you are able to spend an equivalent of your weekly wages for a one-off treatment the choices are rather unimpressive, nothing but the ‘main stream’ or pseudo-natural chemical-laden offerings... So much more can be used and done!

As everyone’s skin type and preferences are different the best approach to facial treatment would be to customise it to the client’s needs! There are some time tested unique massage techniques as well as truly natural and organic ingredients out there that you can combine and use with amazing outcomes.
Course Details

If you are passionate about skincare and are not afraid to crush, smash, blend, mix (and wash up the dishes!) this course is for you.

During this 6-day Diploma course we will concentrate on:

- Learning about smart ‘hot’ and anti-aging ingredients – their benefits and how to incorporate them into your Ultimate Organic facial treatments. (from clays and raw fruits to peptides, hyaluronic acid and more) – from unique masks to secret massage oil ingredients.

- Understanding the types of facial products – their functions and uses – as well as their ingredients (from the fashionable and beneficial to the disagreeable and even dangerous and not to mention...ageing)

- Selection of unique facial massage techniques such as Ayurvedic marma points massage and ‘face-lift massage’. These are not taught as stand-alone treatments – only selected techniques will be shown. Further training is recommended in these areas for those wishing to offer them as stand alone treatments.

- Creating products for the bespoke facial treatments:
  - Alcohol-free toners and cleansers
  - Clever buffs and safe & effective peels
  - Unique mask blends – super clever ingredients - from edible to high tech!
  - Effective massage oils – selecting fixed oils for their superior skin repairing qualities
  - Bespoke finishing moisturizer


Other topics covered include:

- Anatomy and Physiology relating to the face and neck
- The study of the skin – on-line study module
- Study of the common skin pathologies – causes, symptoms
- Consultation and skin analysis skills
- Facial exercises and self-lymphatic drainage – techniques for you and for the client
- Matching various ingredients with skin types as well as common skin issues
- LOTS of recipes
Who Can Attend?
Open to massage therapists/aromatherapists who enjoy facial work are passionate about natural and organic skin care regimens.

Please note – as this course is open to massage therapists who may not be qualified in aromatherapy it will not cover the use of essential oils. However, a well-trained aromatherapist should be able to incorporate suitable essential oils for that extra ‘twist’!

Assessment
There is no formal examination but to complete the course you will be required to successfully complete a number of assignments, mini tests and case studies.

Course Duration:
6 days (10.00am-5.00pm)

Course Fees - £495.00 (+VAT)
£75.00 +VAT deposit secures your place
Interest free instalment plan by standing order available upon request (see below).

Includes:
- In-class tuition
- A comprehensive course manual
- An MSCM Organic Facial Diploma
- 30 cpd points

Sample Payment Plan

**COURSE FEE** = £495 +VAT  
Deposit = £75 +VAT  
Balance owed = £420 +VAT

5 instalments of £84.00 +VAT = £100.80 per month

Course Dates:
Please see www.mscm.co.uk or MSCM course calendar
We all feel the pressure to stay looking better and younger. We now have the tool – the surprisingly effective and non-invasive holistic technique – which like a magic wand will not only help you look younger but will also work on both physical and emotional levels. This unique facial massage offers a myriad of benefits and may also help reduce and delay the visible signs of ageing and prevent further damage. It combines ancient knowledge from Ayurvedic and Chinese healing systems with modern approach. No products or equipment are used during the treatment making it acceptable to those suffering from allergies to commercial products.

Natural Face Lift Massage (often called 'rejuvenating facial massage') is rapidly growing in popularity so make sure you add it to your portfolio!

Although ageing is a natural process, this amazing treatment incorporates a unique blend of highly effective massage techniques designed to delay the visible signs of ageing and prevent further damage in the future by means of simple, natural and effective massage techniques and energy balancing.
Course Details:
On this course you will cover:

- Full face massage technique training (includes acupressure points and unique massage movements)
- Consultation process including contra-indications
- Benefits and effects on the body systems
- Aftercare advice
- Key selling points
- Home study (home revision, practice and written homework)

Be one of the few therapists to offer this hugely beneficial treatment, which will keep your clients coming back for more. Once you have experienced and mastered the wonder of this incredible treatment you will be able to offer this as a stand alone therapy or added onto other therapies such as Facials, Body Massage, Hopi Ear Candling, etc. The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Who Can Attend?
Open to qualified massage therapists and aromatherapists

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £185.00 (+VAT)
Deposit - £50.00 (+VAT) – Payable on booking secures your place.
Interest-free Easy Payment Plan available upon request

Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 10 cpd points

Duration:
2 days

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Warm Bamboo Massage

5 CPD POINTS

Warm Bamboo Massage Therapy is the latest treatment to take the West by storm. Its surge in popularity is down to the effectiveness and appeal of the treatment. Unique, highly beneficial and fun to give as well as receive – no wonder it is so appealing to both the therapists and the clients!

Warm bamboo massage can be carried out on the whole body including the face. It involves the use of warmed bamboo tools of varying lengths and diameter to roll, knead and relax muscles with numerous deep tissue and acupressure techniques. While increasing the circulation and improving lymphatic drainage it eases the sore muscles and promotes relaxation. Furthermore, the skin is left silky, nourished and restored.

It can be carried out on a massage table or seated making it a flexible as well as portable treatment suitable even for mobile therapists. The equipment is light and easy to carry and the bamboo tools are easy to heat up.

Course details:
Our Bamboo Massage Therapy course has been developed specifically by us and has an edge. It goes beyond a standard Bamboo Massage offering you the opportunity to learn a unique, all-inclusive treatment which promotes circulation, sensory nerve perception, and lymphatic drainage and provides a deep sense of relaxation and well-being.

During the course we will cover:
- Properties and uses of Bamboo
- History and development of Bamboo Massage
- Different types of Bamboo Massage
- Piezoelectric and Pyroelectric effects of using Bamboo during massage
- Benefits of Bamboo Massage
- Understanding the different bamboo massage sticks and when and how to use them
- Correct pressure and application
- Learning how to warm the bamboo sticks
- Creating an essential blend to enhance the balancing effect
- Learning to combine the power of touch with the sense of smell, the sound of bamboo tapping and thermo therapy
- Introducing cryo-therapy into the treatment to re-energise the Lymphatic System
Combining percussion and deep sport massage moves with gliding, gentle effleurage strokes to provide an intensive cardio-vascular work out for the circulatory system.
Learning a complete full body and face routine for immediate use with clients

Safety considerations

Bamboo Massage Therapy can be used to treat a variety of chronic pain conditions, including back pain and headaches. An added benefit for you as the practitioner is that using the bamboo sticks helps to reduce stress and strain on your hands and fingers while still allowing for deeply penetrating techniques to underlying layers of tissue using only a minimal amount of physical exertion. This therapy is perfectly suited to both clinic based and mobile therapists alike. The equipment is light and portable and the bamboo tools are flexible and easy to heat up.

As therapists and clients search for new approaches to massage therapy, bamboo massage may be at the forefront, offering a unique solution: a combination of techniques that not only makes use of a renewable and sustainable resource, but also reconnects us to ancient approaches.

**Be one of the few therapists in the UK to offer this hugely beneficial treatment.**
The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course. Bamboo sticks and heating equipment will be available for use in class. During the session you will practise on each other under the supervision of the tutor who will offer guidance and feedback.

**Who can attend?**
Open to qualified massage therapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees**
£95.00 (+VAT) - Includes:
- All class tuition and a comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
On-Site Chair Massage

5 CPD POINTS

On-site chair massage is a fast, effective and versatile form of stress release which can ease a number of back, neck and shoulder problems and increase the mobility of the tired aching upper limbs. No wonder it has been so popular in the Western world!

The practice as we know it today is based on a form of massage known as ‘Amma’ massage meaning “press and rub”, which was introduced to Japan 1500 years ago! The intention of this acupressure massage is to promote a sense of well-being. The massage sequence that includes the neck, shoulders, back, arms, hands and scalp is designed to specifically enhance circulation, making clients feel vibrant and refreshed.

On-site seated massage is probably the fastest growing segment of bodywork in Britain and Europe. Developed in the USA in the 1980’s, by the 1990’s it had gained popularity and some therapists have been building their practices around chair massage ever since.

Unlike more traditional massage techniques, this treatment is performed on a special chair in a forward reclining position. The massage can be anything from 5 minutes onwards and, as it is performed with the client remaining fully clothed and no oil is used, it can be performed almost anywhere, making it a quick and effective treatment in the workplace.

As pressures faced in the working environment increase, this can leave employees feeling tired and stressed. A neck, back and shoulder massage releases muscle tension. For the employer, a happy workforce is a productive workforce – on-site massage encourages staff efficiency, productivity and morale, reduces absenteeism and helps retain staff. Several well-known companies, and many smaller ones, are beginning to appreciate the benefits that it can bring.
Course details:

During the course we will cover:

- History and development of on-site chair massage
- Benefits of the on-site chair massage
  - for the clients
  - for the therapist
  - for employers and their staff
- Types of massage chairs
- Contraindications to on-site chair massage
  - Localised
  - Medical
  - total
- Spinal anatomy and back pain
- On-site chair massage routine
- Possible side-effects and after care advice
- On-site chair massage and hygiene

Successful completion of the workshop will provide you with a new set of techniques that can either remain as a stand-alone therapy or be incorporated into other therapies that you may practice. On-Site Chair Massage is a useful adjunct for any Massage Therapists. The financial possibilities through corporate work are significant.

The course will be largely practical in content and you will be required to wear appropriate clinic work wear for the duration of the course.

Who can attend?
Open to qualified massage therapists

Qualification Recognition by Professional Associations:
- Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees
£95.00 (+VAT)

Includes:
- Use of an on-site chair in the classroom
- All class tuition and a comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
MASSAGE CPD COURSES & WORKSHOPS

Thai Foot Massage

5 CPD POINTS

Thai Foot Massage is the ultimate therapeutic treat for the legs and feet. Who has not indulged in a foot massage while on holiday in Thailand..?! ;)

This traditional & effective massage is excellent for relieving stress and also promotes relaxation. With many benefits it is also great for general well being. A gentle & highly effective treatment, this relaxing massage has been practised in Thailand for over 3000 years!

It is an integral part of traditional Thai massage and incorporates some elements of Shiatsu as well as Reflexology and traditional Chinese massage. It is said to stimulate the activity of internal organs and thus is hugely beneficial for optimum internal health. It is still taught by Buddhist monks in the temples of Thailand.

This one-day course is designed to equip you with new, exciting skills and enable you to offer the Thai Foot Massage treatment as a stand-alone therapy or in conjunction with any other massage treatments such as reflexology, massage, hot stone massage or aromatherapy.
Course details:

The massage is based upon the traditional Thai Foot Massage techniques and incorporates:
- History and development of Thai Foot Massage
- Benefits of Thai Foot Massage
- Contraindications to Thai Foot Massage
- Specific Massage Techniques
- Thai Foot Massage routine
- Possible side effects and home care advice
- Thai Foot Massage and Hygiene

The course will be largely practical in content and you will be required to wear appropriate clinic work wear for the duration of the course.

Who can attend?
Open to qualified massage therapists

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees
£95.00 (+VAT)

Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Kinesiology Taping

5 CPD POINTS

Kinesiology tape is used for treating athletic injuries and a variety of physical disorders. It gives support and stability to joints and muscles without affecting circulation and range of motion. It is also used for preventive maintenance, oedema, and to treat pain.

Kinesiology tape is a thin, stretchy, elastic cotton strip with an acrylic adhesive. Therapeutic kinesiology tape can benefit a wide variety of musculoskeletal and sports injuries, plus inflammatory conditions. It is almost identical to human skin in both thickness and elasticity, so allows it to be worn without binding, constricting or restriction of movement.

For the first decade after its introduction, practitioners in Japan were the main users of the therapeutic kinesiology tape. By 1988 the tape had been adopted by Japanese Olympic and professional athletes before spreading across the world. You may have noticed that more and more professional athletes use kinesiology taping improve their sporting performance, prevent injury and allow them to return to sport quicker.

Course Details:
This one day workshop includes all the key areas in the use of Kinesiology tape in the effective management of patients suffering from musculoskeletal conditions.

The workshop will cover:
- Indications and Contraindications to taping and strapping
- Key terminology used in strapping & taping
- Injury terminology
- Tape and strap types and properties of each
- Common injuries affecting major joints
- How to apply tape and strapping
- Use of taping and strapping in prevention of injury
- Common Joint/Injuries covered including:
  - Upper and lower back, shoulder, elbow, wrist, hip, knee, calf and ankle

The main objective for the course is to ensure you are confident and gain a thorough understanding in how to use kinesiology taping techniques to improve your clients’ well-being and get the results you want. On completion of the course
you will be able to use and adapt the techniques taught immediately and to apply techniques to a variety of musculoskeletal pathologies with both sporting and non-sporting patients

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course. It is advisable to wear loose clothing with modest under-garments (e.g. shorts and jogging bottoms etc.) as many of the taping techniques will be shown in a practical way. Avoid using any moisturisers 24 hours prior to the course as these can reduce tape adherence.

**Who can attend?**
This workshop is designed for sports massage therapists, physiotherapists, osteopaths, chiropractors and doctors wishing to gain knowledge and a skill base in the application of key kinesiology taping methods.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- All course materials will be provided on the day. There will be ample taping and strapping products to use on the course.
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
Crystal Massage

5 CPD POINTS

Crystals have been used as massage tools for centuries. Alongside the physical benefit of massage, using crystals brings an added dimension – bringing the vibrational energy of the body into balance and working on an emotional level. Crystal massage can be a really beautiful and uplifting experience.

Crystals can be used directly on the body in massage and a variety of shapes used – flat palm stones, rounded spheres, gently pointed wand shapes. In addition to this, crystals can be laid on the client’s body, on the couch, around the couch or simply held by the client.

Crystals are chosen to suit the client’s need – both physically and emotionally and each massage will be different.

Gives your hands a rest! Crystals are an extension of our hands and we do not want to replace the use of hands entirely. Using a crystal allows for a deeper yet gentle pressure.

Course Details:

During the course we will cover the following:

- Brief introduction to crystals – what are they?
- Introduction to vibrational energy
- Selection of shapes to use in massage
- A selection of crystals – how was where to use them
The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course. During the session you will practise on each other under the supervision of the tutor who will offer guidance and feedback.

Who can attend?
This workshop is designed for practitioners, qualified in any form of Body Massage Therapy.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- All crystal massage wands will be provided on the day.
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Oncology Reflexology
Practitioner Diploma

20 CPD POINTS

The use of Complementary Therapies for clients suffering from Cancer is becoming more and more the norm than the exception. With current epidemiology suggesting that 1 in 3 people will experience cancer during their lifetime and the number of newly diagnosed cases in adults over the age of 50 doubling every decade, more and more therapists will work with clients who have, or have recovered from cancer.

To be a truly effective therapist we must have a clear understanding of Cancer, its causes, its effect on the individual and their close relatives and friends, the various treatments and drug therapies in use today, the side effects resulting from these treatments and how we as the therapist need to adapt our treatments for the client, and their nearest and dearest, to gain the greatest benefit from the treatment.

There is growing evidence to support the use of reflexology in cancer and palliative care especially for relaxation, wellbeing and stress relief. However, the language of reflexology is not easily understood by people with conventional western medical training and this can lead to confusion for all concerned. It is important to understand how reflexology can be adapted and integrated with orthodox medical care to meet the needs of people living with cancer and other life-threatening illnesses, especially those receiving palliative care. This course will give you the opportunity to learn and experience adapted reflexology techniques and sets out to provide you with the relevant and appropriate background to providing a safe and effective treatment. It will also dispel the myths that surround the use of Complementary Therapies and Cancer Care.

Course Details
This unique, post graduate diploma training course, has been developed for Reflexologists who have a special interest in working with people with cancer, and wish to gain knowledge and experience in the field.

The course is designed to give you a greater understanding of Cancer, its causes and common treatments used today. We then explore the use of Reflexology to treat the side-effects of the various treatments on offer and to improve the sufferer`s quality of life.

As a Complementary Practitioner, it is vital to be fully educated and trained before working on anyone who has cancer,
During the course you will cover the following:

**Days One and Two**
- Overview of cancer and the allopathic treatment
- Main causes of Cancer
- Cancer prevention - the role of complementary therapist
- Types of Cancer - Statistics and trends
- The basic physiology of cancer and metastasis
- Symptoms that may indicate potential cancer
- Conventional and alternative cancer tests
- Understanding how cancer spreads
- Exploring the issues of massage and cancer
- Understanding psychological aspects of living with a potentially fatal disease
- Conventional cancer treatments, their side-effects and controversies

**Days Three and Four**
- The Efficacy of Touch – role of Complementary Therapies in Cancer Care
- The Physiological and Psychological Benefits of touch in Cancer Care.
- Basic rules for therapists
- Ways reflexology may help people come to terms with cancer
- Adapted reflexology techniques
- The effects of cancer on family, friends and relatives

**WHO CAN ATTEND?**
Open to qualified Reflexologists

**ASSESSMENT:**
You will be required to sit a 75-minute exam usually on Day 3 of the course. In addition, students will be required to submit a project on a particular aspect of Cancer. The project should be approximately 2000 words (minimum 1000) and be correctly referenced. Evidence of clinical experience is encouraged where possible for all attendees and distinction grades may only be awarded to those who have provided this. The deadline for completing all assessment requirements is 6 months from the completion of the course.

**QUALIFICATION**
This course is designed as an advanced diploma open to qualified Reflexologists. A diploma certificate will be issued following completed course work and exams.

**QUALIFICATION RECOGNITION BY PROFESSIONAL ASSOCIATIONS:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**COURSE FEES - £295.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual

Deposit - £50.00 (+VAT) – Payable on booking secures your place.
Interest-free Easy Payment Plan available upon request

Therapists who have completed the Oncology Massage Diploma will be exempt from the two days of this course and the course fees will be discounted accordingly - i.e £147.50 (+VAT) plus half exam fee

**EXAM FEES: - £50.00 (+VAT)**
Payable prior to course commencement.
Includes:
- Exam registration
- Preparation and marking of theory exam
- Marking of assignments
- Marking of case studies
- Issue of Diploma
- Postage of diploma by Registered Post

**COURSE DATES**

**Duration:**
4 days

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Reflexology for Pregnancy

10 CPD POINTS

Pregnancy is a wonderful time for most women, but during the 40 weeks there are many changes occurring, both externally and internally. Although it is a joyful experience it can also be a challenging and stressful time. The mother’s body is changing quickly to meet the needs of the growing child. This is a time when she starts to think more about her health and getting fit and well. This is the time when the Complementary Health Practitioner comes into action!

This course will give you the knowledge and confidence to work with this client group. You will develop a good understanding of the anatomy of pregnancy and the changes occurring. As a result of this knowledge you can then adapt your reflexology accordingly.

Course Details:
This course is a two-day attendance course supported by an online module. The on-line section will be completed as a pre-read then reviewed in class.

Anatomy and Physiology Review:
This on-line module will guide you through the changes that occur to our clients’ body during pregnancy.

In the on-line module we will be reviewing:

- The structure and function of the relevant anatomical systems.
  - Skin
  - Endocrine
  - Digestive
  - Muscular
  - Skeletal
  - Circulation
  - Reproductive

- How pregnancy brings about change to each system
- The stages of pregnancy
- Foetal development
- Common conditions during pregnancy
As soon as you have booked onto the course you will be given your log-in details for the on-line module. Once completed there is a self-assessment section for you to complete at the end of the module. It is a requirement to study and on-line anatomy and physiology section and pass the test prior to attending the practical weekend. This will equip you to fully benefit from the practical weekend.

**Practical Days**
The attended course will be fully dedicated to the practical aspects of pregnancy reflexology. We will cover the following:

- Benefits of reflexology in pregnancy
- Safety considerations
- Pre-labour techniques to show mother and partner
- Review stages of pregnancy
- Reflexology to suit stages of pregnancy
- Understanding process of labour
- Labour assisting techniques for woman and partner
- Application of reflexology techniques
- Understanding of the post-natal period (6 weeks or community midwife discharge)

Please note - this is a practical course and students will be required to wear clinic wear for the duration.

**Who can attend?**
Open to qualified reflexologists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £185.00 (+VAT)**
Includes
- On-line course
- All in-class course tuition
- A comprehensive set of notes
- Light Refreshments throughout the day
- A MSCM Certificate of Attendance

**Deposit - £50.00 (+VAT) –** Payable on booking secures your place. Interest-free Easy Payment Plan available upon request

**Duration:**
2 days

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
Reflexology Refresher

Has it been a while since you trained?

Forgotten what to do?

Lost your confidence?

This one day workshop will have you back working the feet with renewed confidence and enthusiasm. Our aim is that you will leave the workshop ready to receive your first client.

By renewing your skills and regaining your confidence you can begin to enhance the earning potential by offering Reflexology to regular clients, or you could work with voluntary organisations in many different fields.

Don’t waste your skills; they just need some encouragement to re-appear. Remember how excited you were when you started training, well those feeling can be found and enjoyed once more.

Course Details:

On the day we will cover
  o Workstation set up
  o Client care
  o Consultation
  o Hygiene
  o Contra-indications
  o Application of reflexology techniques
  o How to provide a treatment tailored to the client’s needs.

At the end of the course all participants will be able to carry out safe and effective foot treatments.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.
Who Can Attend?
Open to Reflexologists (however rusty!)

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
REFLEXOLOGY CPD COURSES & WORKSHOPS

Facial Reflexology Techniques

5 CPD POINTS

Facial Reflexology originated from a Vietnamese system of Facial acupressure developed in the 1980’s by doctors in Vietnam to replace more invasive facial acupuncture.

This style of Facial Reflexology known as Dien ‘Cham’ was first introduced to France by Nhuan Le Quang. Sharing the same principles as Foot Reflexology that areas on the face correspond to specific areas of the body, it is a gentle method of stimulation of 57 Facial acupressure points and associated reflexology zones.

Facial Reflexology is a wonderful energy rebalancing therapy that engages with the natural healing processes within the body. Clients will experience profound states of relaxation from this gentle and soothing treatment. Careful palpation and stimulation of the plentiful supply of nerves and blood vessels within the facial muscles and soft tissue not only re-energises and increases circulation but also has the added bonus of leaving the face looking smoother, more toned and radiant.

Facial Reflexology is versatile as it can be given anywhere. Clients remain fully clothed throughout the treatment, which can be carried out using a couch or a chair.

Course Details:
During the course we will cover:

- History of Vietnamese techniques
- Concept and Micro-system theory - the face is a micro-map of the body - by working on a particular point of the micro-map on the face, you can affect the corresponding part of the body. In the same way as hand or foot reflexology
Introduction to reflex zones and points on the face – the body, internal organs, the spine, the joints, the face reflexology system™
Meridians and tsubo points
Introduction to Marma points
Using the fingers and thumbs to stimulate points
Stimulation techniques
Massage techniques
Point location, association and stimulation
How to choose which points to use
Sequences for specific conditions
Review of the nervous system and cranial nerves
Contraindications and considerations

Upon completion you will enhance your practice by being able to offer clients an alternative to foot reflexology or a mixed treatment. It will help you attract new clients and offer another effective therapy. This treatment can be used as a stand-alone therapy, or as an additional set of tools and techniques.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Please be advised this workshop is not based on the teachings of Face Reflexology Sorensensistem™ or 'The Bergman Method' Facial Reflexology.

Who Can Attend?
This one-day workshop is designed as an advanced workshop open to qualified Reflexologists, Indian Head Massage Therapists and Massage Therapists.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
All class tuition
A comprehensive course manual
An MSCM Certificate of Attendance for your professional portfolio
5 cpd points

Duration:
1 day (10am-5pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
Advanced Facial Reflexology Techniques

5 CPD POINTS

This one-day additional training is specifically for those who wish to build upon their exiting Facial Reflexology knowledge and experience and take their learning further.

This workshop came about at the request of an earlier group and proved to be so successful and well-received that we have kept it in the programme and available to all who have attended the initial Facial Reflexology Techniques workshop.

Course Details:
Topics covered during the workshop will include:

- Working on the organ zones of the face
- Common conditions – what we can do?
- Using tools alongside using our fingers and hands
- Organic vegetable oil selection
- The 7 main chakra points of the face
• Enhancing your senses to locate facial points and finding the direction to work them
• Creating tailor-made / personalised treatments for your clients

We will also learn about linking areas of imbalance on the face and seeing their connection to symptoms experienced:

• Why does the colon area feel out of balance when someone has a headache?
• How does the face feel when someone is stressed?
• Why does the cervical vertebrae area feel uncomfortable if the person is suffering with low back pain?

Upon completion you will be able to offer enhanced client-specific bespoke treatments for presenting conditions employing a greater variety of techniques.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Please be advised this workshop is not based on the teachings of Face Reflexology Sorensensistem™ or 'The Bergman Method' Facial Reflexology.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This one-day workshop is designed as an advanced workshop only open to those who have attended the MSCM Facial Reflexology workshop.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm)

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk).
REFLEXOLOGY CPD COURSES & WORKSHOPS

Reflexology for Fertility

5 CPD POINTS

With around 1 in 6 couples having problems conceiving reflexology is regarded as a popular complementary therapy for fertility support.

The term sub-fertility or infertility is used if conception hasn't occurred naturally after 12 months of trying for a baby. Often there is no medical reason for this, however commonly it is as a result of an imbalance in the body. This can be hormonal or circumstantial due to modern day lifestyle, i.e. long working hours, poor diet, stress or anxiety, which all impact on our health and affect our body's natural equilibrium. Of course this is not just a female problem, approximately one third of infertility is a female concern, another third a male issue and the rest either a combination of male, female or an unknown reason.

Fertility Reflexology promotes balance and encourages the body's system to function efficiently. Due to the overall health benefits of reflexology and the balancing effect that it has to bring about homeostasis it is an excellent treatment for both partners whilst they are dealing with their concerns with regard to getting pregnant.

Reflexology can assist with hormonal imbalances which can be a cause of infertility, and are probably the major cause, it encourages relaxation, can assist with structural problems in cases of unexplained infertility.

Specialists in the field of infertility are encouraging couples to receive reflexology before the start of the drug treatment. They are able to see how the support of reflexology and the therapist have beneficial effects at this difficult time. Reflexology can also be used to support medical fertility procedures, preparing your clients physically and emotionally and ensuring that their body is in the best possible condition to optimise the chance of a successful outcome.
The emotional and psychological strain that can be placed on couples can lead to other conditions such as depression, sexual dysfunction, financial concerns, stress, relationship breakdown etc.

It is important to note that Reflexology is not a magic cure-all therapy, and does not guarantee a pregnancy, but it is the best possible chance you can give your client’s body to naturally create a healthier environment for pregnancy to occur.

**Course Details:**
During this intensive day we will explore how reflexology can be used to enhance the chances of conception. We will provide you with the knowledge for an informed approach to accept clients with fertility issues and those that have embarked on a programme of Clinically Assisted Reproduction and where couples have experienced miscarriage.

**During the course we will cover:**
- Common causes of Infertility
- Developing treatment plans
- Specific male/female causes of infertility
- Psychological impact of infertility
- Reflex points and their location

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This one-day workshop is designed as an advanced workshop open to qualified Reflexologists.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**

- Includes:
  - All class tuition
  - A comprehensive course manual
  - An MSCM Certificate of Attendance for your professional portfolio
  - 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk)
Reflexology for Digestive Health

Malfunctions of the digestive system have a direct effect on our entire general health, which if left untreated can lead to more chronic problems. Digestive problems are increasing in the modern world, particularly in the West.

In UK we spend billions of pounds on over-the-counter and prescription medication hoping to relieve digestive problems. Symptoms can come in the form of constipation, diarrhoea, gas, bloating, irritable bowel syndrome, and other common complaints of a digestive nature. Untreated, digestive disorders may affect one’s quality of life, immune system, social well-being, and job productivity. On the other hand, the side-effects of steroid medications and other drugs used to treat digestive problems are very hard on the body.

There are ways to address the underlying factors that contribute to the problem without the use of drugs. Research offers evidence that Reflexology, for example, can be very effective in treating digestive conditions.
Course Details:

During the workshop the following subject areas will be covered:

- **Anatomy & physiology of the abdominal cavity:**
  digestive and accessory organs

- **Common pathology of the digestive system,**
  e.g. IBS, indigestion, constipation, flatulence, diverticulitis, Crohn’s disease, etc.

- **Contraindications and contra-actions to treatment**

- **Reflexology treatments for digestive health:**
  how to adapt your treatment to suit your client’s needs

This course is for therapists who wish to add a new dimension to their therapy and who may wish to specialise in this particular area of Reflexology.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
Open to Reflexologists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**

Please see the MSCM course calendar or visit www.mscm.co.uk
Reflexology for Spinal Health

5 CPD POINTS

Back pain affects almost everyone at one point or another in their lifetime. The modern world brings computers and inactivity, which in itself brings problems for the back. As a Reflexologist, you will regularly encounter a wide range of disorders and diseases of the spine. In this workshop, you will gain an in depth knowledge of back related conditions, how to assess Range of Movement (ROM) and how reflexology can be used to aid your client.

Course Details:
In this workshop, you will gain in depth knowledge of back related conditions and how reflexology can used to aid clients.

During the course the following subject areas will be covered:
- Anatomy & physiology of the structures of the spine: muscular, nervous and skeletal
- Common pathologies that affect the spine: whiplash, lumbago, sciatica, upper cross syndrome etc.
- Contraindications and contra-actions to treatment
- Client assessment and rom observation
- Reflexology treatments for spinal health: how to adapt your treatment to suit your client’s needs

This course is for therapists who wish to add a new dimension to their therapy and who may wish to specialise in this particular area of Reflexology.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition / 5 cpd points
- A comprehensive course manual
- An MSCM Certificate of Attendance

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Reflexology for Female Conditions

3 CPD POINTS

Reflexology continues to grow in popularity in these current times of stress and worry. Often upto 90% of clients are female and therefore reflexologists find themselves presented with a number of issues with regard to the natural cycles of a woman’s life.

Some clients will progress from one stage to the next without any concerns; however there are those that suffer at all the stages or some of them.

As qualified reflexologists we have the knowledge of how beneficial the treatment is with regard to restoring balance on a physical and psychological level.
Course Details
During this workshop we will be addressing each stage of the menstrual cycle and how reflexology can help:

- Pre menstrual tension – can affect up to 90% of menstruating women
- Dysmenorrhea/Amenorrhea
- Poly-cystic ovarian syndrome – PCOS
- Endometriosis
- Fibroids
- Menopause
- Physical and psychological symptoms
- Impact on your client’s lifestyle
- Review of the endocrine system – hormonal imbalances
- Review of the reproductive system – structures and function

Who Can Attend?
This workshop is designed as an advanced workshop open to qualified Reflexologists.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Reflexology Techniques for Babies

5 CPD POINTS

Welcome to the enchanting world of baby reflexology! There is nothing quite like it!

Babies love to have their hands and feet played with and it often makes them giggle and wriggle. It is a natural action to take hold of a baby’s feet and play with toes, run fingers down the arch of the foot and to take hold of irresistible tiny fingers and hands! How about taking this playtime beyond fun and learn how to help with some of the common issues that both baby and parent have to contend with.

Through touch, babies learn the comfort and security of being loved. Research has shown that stimulation through touch will assist in promoting growth and development and the physical act of reflexology increases blood flow, energy flow and strengthens the immune system.

There are endless benefits for babies receiving reflexology and it is suitable for newborn, right through childhood and into adulthood.

With knowledge of direct reflex points, associated reflex points and craniosacral balancing through the feet we can be more precise with our application to help with conditions such as colic and disturbed sleep patterns. By working on the digestive reflexes, we can help to relieve constipation and diarrhoea; on the solar plexus reflex can promote sleep and relaxation; on the chest, diaphragm, lymph, sinus and associated reflex points we can help relieve colds and respiratory ailments.

Of course, a baby does not need to be out of sorts to receive reflexology, it can be a very beneficial therapy to receive on a regular basis to stimulate growth and development, help maintain good health and strengthen the immune system.

- How can Reflexology help?
- calming and relaxing
- improve sleep pattern
- help baby to recover from the traumas of the birth process
- help to improve the immune system
- help with snuffy noses and congestion, coughs and colds
- help to alleviate colic
- Improve digestive function and issues such as constipation.
- It will also soothe discomfort associated with these conditions
- help with teething pain and distress
- help with general wellbeing

**Course Details:**
During the workshop you will learn:
- Basic Anatomy and Physiology for babies
- Baby development
- Adapting your reflexology skills for babies
- Reflexology techniques for common conditions affecting babies
- Sensing and balancing the craniosacral flow
- Communication and considerations
- Tips and techniques for parents
- Contraindications and cautions

Learning the special gentle techniques created especially for babies, infants and toddlers will open up your practice to a unique and ever expanding group of clients - parents and babies. Watch your client list grow as word of mouth recommendations start to happen. You may be the only reflexologist in your area specialising in Reflexology for Babies offering you amazing opportunities to expand your business

Please note- this is a practical workshop and students will be required to wear clinical wear.

**Who Can Attend?**
This one-day workshop is designed as an advanced workshop open to qualified Reflexologists.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Baby reflexology is a gentle form of reflexology adapted especially for babies, from one-month old to walking age. Babies love to have their hands and feet played with and it often makes them giggle and wriggle. It is a natural action to take hold of a baby’s feet and play with toes, run fingers down the arch of the foot and to take hold of irresistible tiny fingers and hands!

Through touch, babies learn the comfort and security of being loved. Research has shown that stimulation through touch will assist in promoting growth and development and the physical act of reflexology increases blood flow, energy flow and strengthens the immune system.

There are endless benefits for babies receiving reflexology and it is suitable for newborn, right through childhood and into adulthood. With knowledge of direct reflex points, associated reflex points and craniosacral balancing through the feet we can be more precise with our application to help with conditions such as colic and disturbed sleep patterns. By working on the digestive reflexes, we can help to relieve constipation and diarrhoea; on the solar plexus reflex can promote sleep and relaxation; on the chest, diaphragm, lymph, sinus and associated reflex points we can help relieve colds and respiratory ailments.

Of course, a baby does not need to be out of sorts to receive reflexology, it can be a very beneficial therapy to receive on a regular basis to stimulate growth and development, help maintain good health and strengthen the immune system.
As a Certified Baby Reflexology Instructor, you will be able to introduce parents and carers to the joy of light touch baby reflexology and lead them step by step through the suitable ‘routine’. You will be equipped with the skills and knowledge to run both groups and one-to-one sessions enabling parents or carers to give reflexology to their baby confidently and safely.

By introducing this practice into your portfolio, you will rapidly open up new areas of business, this will result in a new group of clients, many of whom will come to you for other treatments. Your business will soon grow.

**Course Details:**
This course involves both practical and theoretical work in the following areas.

- **Reflexology Techniques For Babies**
  - Basic Anatomy and Physiology for babies
  - Baby development
  - Benefits of baby reflexology – for the parents and the baby
  - Setting up for baby reflexology – safe environment
  - Baby positioning
  - Adapting your reflexology skills for babies
  - Reflexology techniques for common conditions affecting babies
  - Sensing and balancing the craniosacral flow
  - Communication and considerations
  - Contraindications and cautions

- **Assessing The Needs Of The Parent/Carer And Baby**
  - Effective communication and consultation skills
  - Full assessment of relevant physical and emotional background
  - Clients’ expectation and goals
  - Accommodating clients with special needs e.g. partially sighted/blind
  - Parents’ right to choose

- **Teaching Skills**
  - Presentation vs. teaching
  - Communication and teaching skills
  - Lesson planning
  - One-to-one and group facilitation

- **Business Skills**
  - Marketing – identifying client base
  - Selecting a suitable venue
  - Pricing
  - Insurance

**Who Can Attend?**
This course is designed as an advanced workshop reflexology course open to qualified Reflexologists.
**Assessment**
There is no exam or case studies for this qualification.

In order to qualify in the above certificate you will be required to:

- Demonstrate the ability to run a Baby Reflexology Workshop during day 2 of the course.
- Deliver a 5-10 minute Microteach session during day 2
- Complete and write up a Baby Reflexology Workshop following the course

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £185.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- 10 cpd points

**Deposit - £50.00 (+VAT) –** Payable on booking secures your place.
Interest-free Easy Payment Plan available upon request

(Special Offer - Reflexologists who have already attended our one-day Reflexology Techniques for Babies workshop are welcome to join the course for 50% of the course fee)

**Exam Fees: - £50.00 (+VAT)**
Payable prior to course commencement.
Includes:
- Practical assessment
- Marking of workshop write-up
- Issue of certificate

**Duration:**
2 days

Please see the MSCM course calendar or visit www.mscm.co.uk
Reflexology for the Elderly and Infirmed

5 CPD POINTS

Working with the elderly can be a wonderful experience for both client and therapist alike. For many elderly people it may be the only human touch they experience and can have a huge impact on their quality of life. It can also be one of the most profound and rewarding experiences for a reflexologist! As therapists we are blessed to have skills which can make such a difference to people's lives.

One thing is certain about life and that is that as we grow physically older we develop certain conditions that may affect our mind and body. These ailments, in turn, can also affect the ways in which we view our futures and sense of well-being.

Reflexology is particularly valuable for the problems associated with growing older. The benefits of reflexology encompass conditions that may arise with age, such as:

- muscular stiffness
- arthritis
- tendonitis
- bursitis
- respiratory problems such as asthma and emphysema.

Reflexology encourages circulation, whole body balancing, and helps to decrease inflammation or oedema. The digestive system can be gently stimulated and brings a sense of peace and relaxation and it can also help with anxiety and loneliness.

Careful reflexology can help provide the elderly with symptomatic relief and enable seniors to extend the vitality in their lives.
Course details:
The objectives behind this course are to:

- Explore and understand the ageing process and its implications:
  - Mentally
  - Physically
- Common ailments affecting the elderly
- Special handling of the elderly
- Improving well-being
- Practical techniques for the elderly & infirmed
- Use of hand reflexology techniques
- Adapting techniques for clients with restricted movement
- Safety considerations

Who Can Attend?
This workshop is designed for qualified reflexologists. Beneficial to those wishing to specialise in working with the elderly or in care homes.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Course Duration:
1 Day

Course Dates:
Please see www.mscm.co.uk or MSCM course calendar
Hand reflexology is an art! It is a fantastic adaptation to foot reflexology and can be used with a variety of clients in a multitude of settings. By palpating and applying pressure to specific points, the entire body can benefit. The aim is to stimulate reflexes points with precision causing the body to respond by increasing localized circulation and nerve impulses. This rapidly spreads the electrical activity within the membrane from one reflex to another leading to the transmission of information to the central nervous system. This then responds by sending out a response impulse to organs, glands and muscles. It is a fact that the reflexes are situated deeper in the hands and as a result more pressure is required in order to produce the same results as foot reflexology. However, if a gentler treatment is desirable for a client, then hand reflexology may be preferable to foot reflexology as it is generally considered less powerful. Some clients including elderly, bereaved, terminally ill clients and bed-bound find hand reflexology more beneficial than foot reflexology. Stress and emotional disorders also respond particularly well to hand reflexology.

This course is a must for all qualified reflexologists. You will be able to tailor your treatments to client’s requirements, work in different venues and with different clients, those who may have been deprived of your treatment in the past.

The enhanced knowledge will enable you to improve homecare advice for clients enabling them to work towards their own wellbeing by showing them reflex points to work themselves.
Course Details:

This course is a must for all qualified reflexologists. You will be able to tailor your treatments to client’s requirements, work in different venues and with different clients, those who may have been deprived of your treatment in the past. The enhanced knowledge will also enable you to improve homecare advice for clients enabling them to work towards their own wellbeing by showing them reflex points to work themselves.

During the course the following subject areas will be covered:

- Anatomy & Physiology of the structures of the hand
- Benefits of Hand Reflexology
- Contraindications and contra-actions to treatment
- Working position and adaptations
- New client base
- Application and techniques for hand reflexology: how to adapt your treatment to suit your client’s needs
- Using hand reflexology for self help (either own use or as aftercare for clients for between treatments)

Often seen as the poor relation to foot reflexology hand reflexology is a simple treatment to offer and very effective. Clients who are unable to receive foot reflexology will appreciate the treatment, the touch and the time you can give them.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

Qualification Recognition by Professional Associations:
Validated by IPI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Who Can Attend?
This workshop is designed for qualified reflexologists

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Effective Consultations and Foot Analysis

5 CPD POINTS

Good analysis skills together with sensitivity and an empathic understanding of the physical, emotional and cultural needs of your clients will enable you to achieve better results for them.

Therapists who develop a sophisticated level of oral communication skills in practical work with clients are better able to interpret client needs and relate and respond to in the most appropriate and effective way.

Communicating appropriate complex information to clients, explaining and reassuring during treatment sessions and advising on post treatment needs is a sign of excellence in a therapist.

Course Details:

During this workshop we will be taking into consideration the consultation process, with a purpose of building an appropriate rapport with our client, enabling us to easily collect the information we require to complete a full and safe treatment for that client.
To do this we will be looking at the following stages:

- Exploring the therapeutic relationship
- Listening skills
- Client therapist interaction
- Four stages used to build a reflexology treatment
- Respecting the client’s choice
- Consultation form and foot maps
- Treatment records – SOAP Notes

We will also be looking at how to assess the feet and associate what our client is telling us and what we are observing on the feet. This process enables us to continue to build a picture of our client and develop our treatment appropriately.

By developing these skills we will enhance the service we are providing for our clients. We will make them feel safe and secure, developing a therapeutic environment where the benefits of reflexology can be fully embraced by them. This in turn will encourage them to rebook and recommend you to their friends and colleagues.

The workshop will be largely practical in content and you will be required to wear appropriate clinic workwear for the duration of the course.

**Who Can Attend?**
This workshop is designed for qualified reflexologists

**Qualification Recognition by Professional Associations:**
Validated by IPI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Crystal reflexology combines the advantages of reflexology with the powerful healing energies of crystals, resulting in a subtle re-balancing and harmonising on all levels, physical, emotional, mental and spiritual.

Using a crystal to perform the reflexology, as well as placing the crystals on, around and underneath the body, can bring about a completely different reflexology experience for the recipient. They may feel a wave of peace, or knowing. They may experience a release of something they’ve been holding onto for a while. The effects for each person, from each crystal, are always different.

This unique course is designed for qualified reflexologists who wish to use the vibrational energy of crystals within their practical application of reflexology.

It will show you how to use the healing energy of crystals and how to integrate them into your reflexology routine.

**Course Details:**

Topics covered during the workshop will include:

- Crystals – a history and introduction
- Chemistry and formation, shapes and forms
- How to identify crystals
- Crystal properties
- Colour and vibration
- Cleansing, maintaining, activating
- Chakras, colour and crystals
- Selecting specific crystals for their properties
- Crystals to balance and cleanse your working space
- Use of crystals in reflexology and practical application
Working with chakras on the feet
Elevating your vibrations to work with more energy
Expanding your energetic healing abilities to work as a Reflexologist with crystals
Crystal and gemstone layouts
Crystal ‘wands’ or points
Polished ‘tumble’ stones
Chakra points on the hands, feet
Safety considerations
Contra-indications and contra-actions
Homecare and aftercare advice

Crystal Reflexology works in the same way as standard reflexology but with the integration of crystals to enhance the treatment and give greater results. It is a gentler treatment that uses a crystal as opposed to the therapist’s thumb or finger. Minimal pressure is applied as the crystal’s energy works the reflexes and therefore this treatment would suit anyone, including those that find standard reflexology too painful or uncomfortable.

Reflexologists who are looking to protect or rest their thumbs can also benefit from this treatment. You will be handling the crystals and working with them on the day. The workshop will be largely practical in content and students will be required to wear appropriate workwear for the duration of the course. Crystals will be provided for your use during the practical sessions and you will practise on each under supervision of the tutor who will offer guidance and feedback.

**Who can attend:**
You must be a qualified reflexologist to attend this workshop.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees:**  **£95.00 (+VAT)**
Includes:
- All class tuition
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day (10am-5pm)

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk)
Intuitive Reflexology is a gentle, hands-on energy technique. It enables us to adapt our reflexology technique to help release emotional blockages and support the client through the process through sensitivity of therapeutic touch.

Reflexologists often encounter out of balance, congested, crunchy reflex points that do not link to physical issues but are a result of an emotional issue influencing the reflex points. The more you work the more you discover a compelling link between the soles of the feet and the energy flow in the body.

Centuries of wisdom from Eastern philosophers have taught us that just as our bodies have a physical anatomy, we also have an “energy anatomy.” Disturbances within the energy fields in our body can have a negative effect on our overall health and trigger any number of adverse physical and emotional symptoms. An energy blockage can manifest itself in many forms, ranging from chronic or acute pain to emotional disruptions.

Intuitive Reflexology really is the most beautiful form of reflexology and connection. It respects the intelligence of your analytical mind but also calls on a deeper wisdom to guide you. Your conventional reflexology training and skills and your intuition are allies; they work together well.
Course Details:

During the workshop we will explore:

- Understanding energy and energy blockages
- Using your instinct and trusting what you feel
- Thinking, feeling and working beyond your basic routine
- Connecting reflex points for emotional balance and clearing
- Working with the solar plexus reflex point in conjunction with other reflex points
- Using the breath – yours and your clients
- Recognising emotional holding in the body through reflexology
- Encouraging and supporting the body to start to clear emotional blockages
- Creating the optimal healing space for your session
- Working on each other in class: experiencing techniques as a therapist and client

Learning to work intuitively allows you to use this gentle therapy to bring about subtle yet powerful healing and balance on deep levels safely and effectively. Hard to describe and yet incredible to experience. Your reflexology treatments will never be the same as before!

Please note: The workshop will be largely practical in content and students will be required to wear appropriate workwear for the duration of the course. You will practise on each other under supervision of the tutor who will offer guidance and feedback.

Who can attend:
You must be a qualified reflexologist to attend this workshop.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees: - £95.00 (+VAT)

Includes:
- All class tuition
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day (10am-5pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk.
The meridian system of the human body is a delicate, yet intricate network of invisible interconnecting energy pathways. The energy circulating through the meridians, known as Qi, is our vital life force energy and considered the foundation of health. It traverses the body in exact and orderly patterns. When the energy flow is compromised, the body shows many signs of energy congestion.

**Why is this important in reflexology?**
During treatments there will be times when you will feel an area of imbalance or a sensation that you cannot attribute to a reflexology point or zone. By looking at these areas in more detail, we find that they are often on a meridian pathway or a specific tsubo point. Each time we carry out a reflexology treatment we are, albeit unknowingly, working over the meridians as 12 of the 14 meridians either start or end in the hand or foot.

By enhancing our reflexology treatments with a greater knowledge and understanding of meridians and by learning to work the meridian lines and tsubo points found in the feet and hands you have the opportunity to correct imbalances with specific techniques and help to restore health.

Linking Meridians into Reflexology helps you to understand the inconsistencies that arise and offers even greater results to your clients by adding another layer of healing support to your sessions.

**Course Details:**
This workshop takes a deeper look at the meridians of the feet and hands. Each meridian is associated with an organ. Imbalance in the meridian will lead to imbalance in the organ and potentially ill health or dis-ease.

During the workshop we will learn to feel the energy of the meridian and learn which points are affective to access in specific common conditions and which ones to avoid in situations such as high blood pressure and pregnancy.
Topics will include:

- Eastern medicine - the concept:
  - Meridians
  - Qi
  - Tsubo points
  - The body clock (Meridian Cycle)
  - Yin and yang
  - Law of the 5 elements
- Eastern and Western approaches to Reflexology
- The mind-body connection
- The difference between reflex points and tsubo points
- Stress and health
- The 14 meridians of the body
- Draw meridian pathways through internal organs, understanding effects
- Meridian Pathways and tsubo points on the hands and feet
- Contraindications
- Research
- Integrating meridians into your reflexology session
- Self-treatment: increasing your energy levels with an energising meridian massage exercise
- Demo- techniques to unblock energy congestion, increasing meridian flow
- Practical session working the Meridians

Meridian reflexology extends the scope of reflexology enormously. It leads to the discovery of exciting additional treatment areas that can be added to your standard reflexology session. It can also lead to faster results and a more physically and emotionally balanced client.

Please note: The workshop will be largely practical in content and students will be required to wear appropriate workwear for the duration of the course. In addition to drawing and locating the meridians you will practise on each under supervision of the tutor who will offer guidance and feedback.

Who can attend:
You must be a qualified reflexologist to attend this workshop.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees: - £95.00 (+VAT)
Includes:
- All class tuition
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration: 1 day (10am-5pm)

Course Dates:

Please see the MSCM course calendar or visit www.mscm.co.uk.
REFLEXOLOGY CPD COURSES & WORKSHOPS

Hot Stone Reflexology

5 CPD POINTS

This wonderful indulgent therapy is becoming increasingly popular due to its extraordinary beneficial effects. More and more therapists are adding it to their menu of individual services. The idea of `melting your cares away` captures the imagination of therapists and clients alike.

Hot stone reflexology combines the benefits of a conventional reflexology treatment with the use of pre-warmed iron-rich volcanic basalt stones to enable deep stimulation of the reflex points. Using large stones to warm and massage the legs and feet, and smaller stones to work reflex points and deeper reflex areas results in a relaxing, restorative and deeply rejuvenating treatment. As with conventional reflexology, attention is paid to specific problem areas, while working on the body as a whole to create harmony and balance.

During the treatment, the client is engulfed in warmth and comfort, allowing you to work deeper with no extra effort and no danger of unnecessary injury to your own hands, wrists, fingers or thumbs. The energies from the stones promote a meditative and calm state, helping to relax to the deepest state possible and clients feel the warm nurturing and healing effects long after the treatment is over.

Traditionally stones were heated in large water heaters making it more suitable as a clinic-based therapy. The introduction of mobile stone heating bags has allowed this to become a popular therapy option for mobile therapists too.

Course Details:

During this course we will cover the following subjects

- Introduction of the theory and practice of hot stone reflexology
- Benefits to the client and reflexologist
- Physiological and psychological effects of using stones
Suitable stones for hot stone reflexology
Methods for heating stones - electric heated bags vs hot water heaters
Care and cleansing of the stones and heater
Preparation of the client
Preparing the heater unit
Health and safety considerations
Contra-indications
Treatment procedure
Treatment routine
Additional treatments
After-care and home care advice

This incredible therapy can turn your reflexology business around. It is financially more rewarding than regular treatments and you will find it adds such an exciting new dimension to your practice that it will improve client retention. Adding the element of stones will enable you to offer a treatment, which feels totally different to anything the client may have experienced before.

The workshop will be largely practical in content and students will be required to wear appropriate workwear for the duration of the course. During the session you will practise on each under supervision of the tutor who will offer guidance and feedback. Hot stone sets and heaters will be provided for your use during the practical sessions.

Who Can Attend?
This workshop is designed for qualified reflexologists

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Auricular reflexology is a fast-growing therapy, based on a combination of traditional Chinese Acupuncture and Auriculotherapy, a therapy developed in France by Dr Paul Nogier in the 1950’s. Treatments on the ears were recorded in the earliest Chinese medical books dating back to ancient times.

Auricular Reflexology works through the stimulation of the external part of the ear with the same way as traditional foot and hand reflexology: that the whole body is mirrored on the ear. Stimulation to a specific point on the ear that corresponds to a specific point in the body, will bring balance to that area either through an increase or decrease of energy. The ear is supplied by numerous nerves and it is believed that Auricular Reflexology also works by directly stimulating the central nervous system.

There are over 200 acu-points on the ear which are used in Chinese Acupuncture. In Auricular Reflexology we use a selection of these and instead of using needles, seeds or magnets, we stimulate the points using finger and thumb pressure.

Auricular reflexology is not as well-known as foot or hand reflexology, but can be particularly helpful for the relief and management of pain. Application of auricular reflexology is fast and easy. You massage pressure points on the ear to treat aches and pains throughout the body.

Auricular Reflexology is a standalone therapy or can be offered in conjunction with a regular foot/hand reflexology session. It is a simple and extremely efficient therapy, primarily because the ears are easily accessible, and people do not have to remove any clothing to receive treatment. It can be used in all age groups (children to the elderly). Treatment is most beneficial when it is administered regularly, i.e. once or twice a week. Most clients find that having their ears worked is deeply relaxing and stimulating at the same time.

Furthermore, it is a rewarding and effective therapy that enables you to empower your clients to help themselves. You can learn a lot about a person and their state of health from assessing the ears.
Course Details:
The MSCM Auricular Reflexology workshop covers everything you need to know to be able to give an effective ear reflexology session including.

Topics covered will include:

- History and Development of Auricular Reflexology
- Eastern vs Western Approaches to Healing
- The basics of Traditional Chinese Medicine – Meridians, Yin & Yang
- Relevant Anatomy and Physiology of the external ear
- Introduction to the auricular reflexology chart – the body on the ear
- Key Points by Health Problems
- Visual Assessment and Analysis
- Introduction to techniques used to stimulate reflexes of the ears
- Technique - Application and Precautions – using fingers, thumbs and crystal points
- Auricular Relaxation Techniques
- Self-Treatment with Auricular Reflexology
- Full Treatment
- Common conditions and how we can help
- Combining Ear Reflexology with Hand or Foot Reflexology
- Contraindications & Cautions
- Code of Practice & Insurance

By attending this workshop, you will be adding this valuable tool to your toolkit!

Please note: The workshop will be largely practical in content and students will practice on each other under supervision of the tutor who will offer guidance and feedback. Attendees will be required to wear appropriate workwear/clinic wear for the duration of the course. Short nails on the thumb and index finger will also be required for effectiveness.

Who Can Attend?
This workshop is designed for qualified reflexologists

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

Duration: 1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
AROMATHERAPY CPD COURSES & WORKSHOPS

Aromatherapy in Cancer Care

5 CPD POINTS

The use of Complementary Therapies for clients suffering from Cancer is becoming more and more the norm than the exception. With current epidemiology suggesting that 1 in 3 people will experience cancer during their lifetime and the number of newly diagnosed cases in adults over the age of 50 doubling every decade, more and more therapists will work with clients who have, or have recovered from cancer.

Course Details
This workshop is a must for all aromatherapists working with cancer patients! It will demonstrate - based on a variety of research - the most up to date findings relating to the role of aromatherapy and essential oils in both - cancer prevention and cancer care.

We do know that aromatherapy can improve the quality of life of a cancer sufferer –and helping reduce the side effects of cancer treatments as well as offering emotional support. However, did you know that research shows that some patients treated with essential oils alongside allopathic treatment have a dramatically improved prognosis?

Some essential oils also show very promising selective cancer cells elimination properties – something that no chemotherapy can do as yet!

We will discuss all possible aspects of aromatherapy for cancer care - from the simplest and seemingly obvious to completely new and revolutionary solutions!
As a Complementary Practitioner, it is vital to be fully educated and trained before working on anyone who has cancer. During this workshop we will cover:

- Common and unusual essential oils specifically useful for cancer care – what and why - what is a must for our aromatic onco-tool box...?
- Essential oils and chemotherapy – what, when and how to use
- Essential oils and radiation – what, when and how to use
- Cancer care and infectious diseases
- Design methods and recipes for cancer care related problems
  - hand-foot syndrome
  - oedema
  - neurotoxicity
  - hematologic toxicity
  - loss of appetite
  - skin problems
  - alopecia
  - wounds and burns
  - sores and ulcers (inc. mouth cavity), nausea, fatigue, etc. just to name a few

- Essential oils and Interferon
- Essential oils and pain and comfort care

**Who Can Attend?**
Open to qualified aromatherapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**

**PLEASE NOTE:** If you are an aromatherapist who uses massage as the primary application, we strongly advise that you consider completing the Oncology Massage Practitioner Diploma as the Aromatherapy in Cancer Care workshop focuses purely on essential oils and not on massage adaptation.

**Duration:** 1 day

**Course Dates:**
Please see [www.mscm.co.uk](http://www.mscm.co.uk) or MSCM course calendar
The Ultimate Aromatherapy Refresher Course

30 CPD POINTS

This special course is the ultimate refresher course for those already qualified in Aromatherapy who haven’t been in practice for a while and who want to bring their knowledge up to date.

You may be wondering why the fees for this 8 day refresher course are such good value? The reason is simple – we recognise and appreciate that qualified aromatherapists have already invested heavily in both time and money in previous studies. We are delighted that you are keen to bring your knowledge up to date and it is our wish to help you realise your full potential in the amazing field of aromatherapy.

We all realise that recent years have brought an amazing progress to the field of aromatherapy making it more of an ‘aroma-medicine’ rather than ‘relaxing’ or ‘pampering’ therapy of the past. Gone are the days of blending with ‘top’, ‘middle’ and ‘base’ notes. Essential oils are no longer seen as having dozens of therapeutic properties, each of which we are meant to memorize. The medicinal qualities and uses of individual oils are better understood nowadays as a result of scientific research.
Those who trained some time ago may be unfamiliar with the new perspectives. It is however daunting and not always easy to ‘catch up’ on our own... There are not that many books or aromatherapy conferences presenting the subject at the current level, research is difficult to find and either expensive to access or worded in a too scientific language... Often what we need to keep us on track is some structured interaction with the tutor and fellow therapists to make the process easier and most importantly enjoyable.

Feedback from our aromatherapy workshops confirm that many aromatherapists feel that they have got somehow stuck ‘back in time’ and would have loved to train in this subject now, in the days of clinical science based aromatherapy.

Well, now you have the opportunity to do so......we have developed a refresher course like no other, which enables you to revisit the core elements of the training with current facts. No exams! No case studies! Just wall to wall information! It offers you both the chance to refresh and update your knowledge and also to rekindle your passion for subject, fill in the gaps and to grow further. It will also strengthen the foundations for fuller understanding of the many advanced workshops we have available and offers an easier path for those who wish to take their aromatherapy studies further.

**Course Details**

This comprehensive 8-day essential oil therapy refresher course offers you a unique opportunity to take a leap into the 21st century aromatherapy – **clinical aroma-medicine**!

During the course we will re-examine the basics and build on them to bring ourselves up to speed with the current knowledge and understanding of aromatherapy. To achieve this we will revisit the core aspects of aromatherapy training:- from methods of application, in depth profiles of 60 essential and a wide range of vegetable oils, basic science and modern therapeutic blending approach to research based information.

There has never been a better time to be an aromatherapist. Aromatherapy of the 21st century is more credible than ever! During the last two decades many fantastic scientific discoveries have been brought to the field of aromatherapy.

These developments coupled with scientific research allow us to work more specifically and in many different ways – here are some examples:

- A better understanding of the therapeutic properties of oils and their chemical constituents enables us to have an accurate understanding of which conditions each of the oils is best for? We can now focus on the **principal therapeutic properties** and fewer conditions, making practice simpler yet potentially more beneficial
- A greater understanding of the chemical make-up of essential and fixed oils leads to more **specific selection** and application of essential oils
for particular conditions - choose the best oil for the job at hand!
(Did you know we can combat MRSA?!!)

• **Validation (or not!!)** of so called ‘traditional uses’ of many essential oils
  (Did you know that modern science has actually measured free radical scavenging ability of many essential oils? This means that we can now choose best antioxidants for our skin care formulations! And no, frankincense does not seem to be the best one!)

• **Interaction of essential oils with medication** – stay safe! (Did you know that some chemical compounds very commonly occurring in essential oils speed up the absorption of drugs over 50 times?!!)

• **Scientific Synergy** – within the oil and within the blend! Blending of essential oil for therapeutic application based on their composition rather than restrictive perfumery ‘notes’ system

• **Non-massage applications** are gaining popularity and changing aromatherapy practice - use them in your practice too!

• Understanding of how aromatherapy works on emotional level is now based on science!

This is a flexible course – you are welcome to attend it all or pick and choose sections that interest you most!

**No exam and no case studies! No pressure** – just information in simple-to-understand language, new skills and professional development!☺

**Course Content:**

To give you an idea of some of the material that will be covered:

• The basics of modern aromatherapy – the myths, the media, the high street versus the real thing!
• Connect to the sources of oils - Why and how do plants produce essential and fixed oils?
• In search of the oils - seeds, rhizomes, flowers, etc. – where are the oils stored?
• Classification of plants – how to use this knowledge and why is it ‘a must’ for a professional aromatherapist?
• General therapeutic properties of the essential oils of each botanical family
• Whole day - **AROMATHERAPY FIELD TRIP – KEW GARDENS!!**
• Various methods of application including to burn or not to burn...? Plus how to stay safe
• Dosage- ITEC guidelines and outside ITEC – recommendations of leading bodies – stay safe (not all books are!)
• Safety– up to date approach – oils that should never be used, oils that should be used with caution, contraindications – conditions and oils
• How to smell the oils like a pro
- How to get the most of your oils - buying oils, storing oils, etc – crucial to the successful practice!
- The historical background of aromatherapy – the myths and the reality
- Sources of modern aroma-information
- Focussing on the oils (fixed & essential) – a close in-depth look
- Chemistry of essential oils – the basic science – open the door to modern aroma-medicine
- Methods of extraction (including Cohobation, fractional distillation, solvent extraction and others) and what it means in terms of aromatherapy practice - the difference between essential oils, absolutes and extracts – what they are and how to use them (or not)
- Types/groups of chemical constituents common in essential oils – terpenes, alcohols, phenols, aldehydes, etc – learning what is what?
- Why is chemistry important? – contraindications, precautions and therapeutic effects for each group of chemical constituents and how it affects the practice of aromatherapy
- Adulteration and the quality of fixed and essential oils – methods of quality control and how to take advantage of them
- Therapeutic properties – science based approach – how does it work and why?
- How to use science to maximise the effects of your treatments
- Stay safe – friendly and not so friendly components of essential oils – make informed choices
- Essential oils and chemotypes – a key to success! You simply must know them!
- Blending essential oils – how to do it well and benefit your clients
- Modern synergistic blending based on components of essential oils (therapeutic rather than blending based on perfumery notes of the past)
- Learning to use your nose
- The all-important ratios – how to work them out – and staying safe.
- How does it work? – the theories of synergy and adaptogen
- Guidelines for creating synergistic blends
- The ‘connection’ between the chemical composition of essential oils and therapeutic blending – how to get it right?!
- Different approaches to blending
- the historical/traditional ‘notes’ system
- the aroma-groups system
- the scientific approach (based on chemical composition of essential oils)
- Selecting and blending oils (essential and vegetable) for the particular common problems
- Designing blends – guidelines for good blending
- Equalisers/modifiers and enhancers
- Odour Intensity
- ‘Best oil for...’ the job at hand
- Blending for the ‘first time Client’ and for an ‘emergency’ treatment
- The ‘gentlemen’ and the ‘rascals’
- How to ‘save’ a blend that ‘went wrong’
- And many other secrets of a Pro.
Who can attend?
This special course is the ultimate refresher course for those already qualified in Aromatherapy. It will be beneficial to those who trained some time ago, those who haven't been in practice for a while and who want to bring their knowledge up to date or those who's previous training was at a more basic level.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £295.00 (+VAT)
Payable in full or deposit: £50.00 +VAT = £60.00 plus 3 monthly payments of £81.67 +VAT = £98.00

Course fees include:
- All class tuition
- A comprehensive course manual
- Entrance fee to Kew gardens
- An MSCM Certificate of Attendance for your professional portfolio
- 30 cpd points

Duration:
8 days

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
AROMATHERAPY CPD COURSES & WORKSHOPS

Aromatherapy Botany Field Trip to Kew Gardens

5 CPD POINTS

Botany is defined as the scientific study of plants; that is, in basic terms, understanding how a plant is structured and its ecological relationship to both the environment and its interactions with other plants and organisms. Botany is a broad, and complicated, area of study, yet having a basic knowledge of botany can help greatly with understanding the study of aromatherapy.

We will spend the day at the wonderful Kew Gardens where you will have an opportunity to see and touch the real herbs, allowing you to have a first-hand experience of the aromatic plants in a natural environment.

The Royal Botanic Gardens, Kew is one of the world’s leading botanic gardens and during the day you will benefit from a number of carefully planned practical exercises (for essential oils and fixed oils) which will include:

- Botanical families and oils of the various climatic zones and continents – ‘around the world trip’ through different parts of Kew – in search of common and uncommon
- The climatic zones, regions and geographical (country) origins of relevant essential oils
- Physical characteristics of relevant botanical families
- Recognising the botanical families, mono- and di-cotyledons
- Meeting plants up and close - Through the magnifying glass
- A chance to take your own photos of plants for your essential oils bible/file
- The endangered species of the aromatherapy world
- Lunch at the Orangery or picnic (bring/buy your own)
- Q &A and stretching legs with all-important tea and a ‘compulsory’ cake ;))
This unique and fascinating course is a ‘must’ for any serious aromatherapist. This is the course where often the penny drops! There is nothing as powerful as seeing the oils in their natural state - this transition from textbook aromatherapy to the ‘real thing’ is when it all starts to make sense.

**Who Can Attend?**
Open to qualified and student aromatherapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**

- Includes:
  - All class tuition
  - A comprehensive course manual
  - An MSCM Certificate of Attendance for your professional portfolio
  - 5 cpd points
  - Entrance to Royal Botanical Gardens, Kew

**Deposit - £50.00 (+VAT)** – Payable on booking secures your place. Interest-free Easy Payment Plan available upon request

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk)
Aromatherapy for Headaches, Migraines and Sinusitis

3 CPD POINTS

Everyone experiences a headache at some time or another, but for many people, headaches are an unending and incapacitating problem. Headache, one of the most common complaints, is a symptom rather than a disorder in itself; it accompanies many diseases and conditions, including emotional distress. Most headaches are caused by vasodilation of blood vessels in tissues surrounding the brain, or from tension in the neck and scalp muscles. But not only! Headaches can be associated with allergy, digestive problems and other issues.

There are many different types of headaches – tension headaches, migraine headaches, sinus headaches, cluster headaches, organic headaches... and differentiating them is also a bit of a, well, headache. Many are accompanied by nausea and other symptoms.

Essential Oils are not the remedies that first spring to mind for most headache sufferers but aromatherapy really comes into its own when treating headaches. A good understanding of different types of headaches is essential and diagnosis is often difficult. For many sufferers painkillers are a necessity but luckily we can help - with the right approach and a good selection of essential oils, of course!
Course Details
This workshop is designed to help you gain a better understanding of headaches and how to deal with them effectively in order for you to be able to offer this service to your clients.

During this beneficial workshop we will:
- Examine different types of headaches, their causes and presenting conditions
- Discuss the suitability of different methods of application
- Understand which essential oils to choose and why
- Consider safety considerations
- We will also mention what other avenues of complementary treatment should be explored.

Aromatherapy is the ideal natural therapy for those who would prefer to avoid commonly prescribed headache medications and yet surprisingly it is an area very few aromatherapists specialise in.

Who Can Attend?
This course is open to anyone with an interest in aromatherapy. Would be ideal for aromatherapists wishing to expand their knowledge and develop their skills and expertise.

Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition and a course handout
- An MSCM Certificate of Attendance
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Arthritis, rheumatic diseases, and related conditions include over 100 disorders that typically affect the joints, tendons, ligaments, bones, and muscles. Some rheumatic diseases also can involve internal organs. Many of them are not curable. Living with arthritic/rheumatic conditions usually means every day management of the disease.

But what is what and what can we do?
When to warm up, when to cool down, when to detoxify...?

**Course Details:**
These and many other questions will be answered during this unique workshop, which is designed to help you understand the differences between rheumatic/arthritis conditions and make right choices of essential oils and methods of treatment.
We will cover:

- Most common arthritic / rheumatic problems – what’s the difference?
  - Arthritis
  - Osteoarthritis
  - Rheumatoid arthritis
  - Rheumatism
  - Sciatica
  - Spondyloarthritis
  - Gout
  - Bursitis
  - Tendinitis
  - And others

- Research based information
- Best methods of application
- Best essential oils for the job

Meet some new oils great for the job and get ready to treat your clients like never before!

**Who Can Attend?**
This course is open to anyone with an interest in aromatherapy. Would be ideal for aromatherapists wishing to expand their knowledge or anyone studying aromatherapy.

**Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Includes:
  - All class tuition
  - A course manual
  - An MSCM Certificate of Attendance
  - 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Dealing with any pain, chronic or acute, can really make life a misery. And it makes us feel down too... Often we simply cannot afford to put our lives on hold and so we reach for medication. This is usually not the healthiest or long term option. Essential oils offer a fantastic alternative to such drugs – and they work on many different levels, not just physical pain!! Oh, yes, and they smell great too ;)

The modern aromatherapy toolbox should contain some of the best anaesthetics, analgesics, anti-inflammatory and mood enhancers that nature has to offer! So, what do you have in your box of essential oils....? Do you have aromatic answers for all situations....?

Course Details:
Come and join us for an amazing update – including some research – on the use of essential oils in pain management as we profile specific essential oils with good evidence for their pain-relieving effects.

We will examine what to use when and how and meet some essential oils – old and new – best for the job!

You will increase your knowledge, skills and confidence in using essential oils safely and effectively with individuals in pain.
Who Can Attend?
This course is open to anyone with an interest in aromatherapy. Would be ideal for aromatherapists wishing to expand their knowledge or anyone studying aromatherapy.

Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A course manual
- An MSCM Certificate of Attendance
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
AROMATHERAPY CPD COURSES & WORKSHOPS

Aromatherapy for Respiratory and Infectious Diseases

3 CPD POINTS

In the words of a world renowned medical aromatherapy expert and the founder of Medical Aromatherapy, Dr Daniel Pénoël: ‘All illnesses which end in the suffix ‘itis’, such as bronchitis, are emergency reactions of the body to eliminate excess toxins.’

Some essential oils, with their antibacterial, antiviral, mucolytic and expectorant components are particularly suitable for such situations. But it appears that we can do more than just deal with the bugs and sniffles... Did you know that based on some promising developments certain conclusions can be drawn about the relationship between essential oils and their effect on the immune system...? Some say that ‘aroma-immunology’ is just behind the corner!

Course Details:

During this workshop will look at:

- The general principles and the regimen for infectious diseases including often ignored convalescence!

- Essential oils and immune system – what do we know and how to help your clients to boost their immune system

- Specific essential oils – know and less known essential oils

- Specific conditions:
- **Methods of application** - Inhalations, gargling (useful hydrolates)

**PLUS:**

- Aromatherapy and **asthma**
- Aromatherapy and **SAD** (Seasonal Affective Disorder)

**Who Can Attend?**
This course is open to anyone with an interest in aromatherapy. It would be ideal for aromatherapists wishing to expand their knowledge.

**Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £50.00 (+VAT)**
Paid in full on booking
Includes:
- All class tuition
- A course manual
- An MSCM Certificate of Attendance
- 3 cpd points

**Duration:**
3 hours

**Course Dates:**
Please see [www.mscm.co.uk](http://www.mscm.co.uk) or MSCM course calendar
Diploma in the Development of Organic Phyto-Skincare Cosmetics

30 CPD POINTS

The cosmetics industry continues to expand globally but the consumers are now taking a more holistic approach to their health and beauty. As a result of the growing public awareness and concern about the possible unwanted side effects of the chemical substances commonly used in cosmetics, the market for natural and especially organic toiletries is now the fastest growing section of the beauty industry. Many of us are hugely concerned about what we put in and on our bodies – and rightly so! We do not want anything harsh or containing infamous parabens, SLS or other toxic but still commonly used chemicals. And we do not want our products to be tested on animals either! What we really want are REAL natural products - simple and pure - for our everyday skin care regime. The good news is there are plenty of wonderful options AND not only they do not have to be expensive but can even be organic!

As a result, many take it a step further and prepare their own home made natural preparations. It may seem easy to make one’s own ‘cream’ but how effective is it going to be? And most importantly could this be sold as a part of a successful new brand of products? Unfortunately, without appropriate training and in-depth knowledge, the answer is no. So, if you ever dreamt about having your own brand of products ‘out there’, it will require a lot more than some emulsifying wax, sweet almond oil and spring water.

This is what this Diploma Course is all about - it is designed to inspire, empower and equip you with current knowledge and understanding of the field of skincare products, its language, high-performance speciality ingredients, formulation and safety. You will also learn the importance of the responsible sourcing of ingredients – the ever-growing issue of sustainability and ecological concerns, which you cannot afford to ignore. Oh, and yes, rest assured, we will not be teaching you how to use any controversial ingredients, like fragrance oils or parabens!
Course Details
During the 10 day course we will be studying the following:

1. Underpinning knowledge:
   - Understanding the language of the cosmetic field
   - Types of products and their function – toners, cleansers, etc
   - Types of ingredients and their role in cosmetics – humectants, emulsifiers, etc
   - Commonly used and controversial ingredients in ‘high street’ products
   - The importance of the responsible sourcing of ingredients
   - Sustainability and Ecological issues
   - Antioxidants – the roles and types
   - Preservatives for different types of natural and organic products, what to choose and how to use.

2. Equipment for small scale product making
   - Basic equipment - what to choose and why
   - Other equipment.
   - Safety and sterilisation in a nutshell.

3. Study of the raw ingredients:
   - Water and hydrophilic ingredients
   - Lipid ingredients - understanding Vegetable Oils, Butter and Waxes
   - Composition and other characteristics, their application and use in products, suitability for different phases of formulations, product types and skin types, activity in skin care, etc.

4. Essential oils and herbal extracts in natural products
   - Blending skills, essential oils for fragrance and therapeutic properties
   - Allergens/sensitisers, IFRA and EU guidelines in essential oils and legislation
   - Top 25 essential oils relevant to skin care
   - Herbal extracts for the use in cosmetic preparations

5. Formulation of natural skincare products
   - Formulation skills – developing your own skincare formulas for the following:

   ➢ Lipid based formulations:
     - Speciality ingredient
     - Formulation
     - Serums
     - Balms & Butters
     - Other preparations
➢ **Water based formulations:**
  - Gums and thickening agents
  - Speciality ingredients
  - Formulation and preservation
  - Toners
  - Various gels and other preparations

➢ **Emulsions:**
  - The science of emulsification
  - Emulsifying agents
  - Formulation and preservation
  - Creams and lotions
  - Other preparations

➢ **Detergent based (foaming) products**
  - Foaming ingredients and speciality ingredients
  - Formulation and preservation
  - Bath and shower products
  - Shampoo
  - Other foaming products

**This training will give you the skills and knowledge to enable you to create a unique brand of phyto-skincare cosmetics, free from synthetic substances and unnecessary fillers they will only contain time tested ingredients with proven efficacy.**

A clever and often surprising combination of plant oils and other natural ingredients can not only produce cosmetic effect but also bring forth amazing results and offer natural solutions to some common problems.

**Who Can Attend?**

This course is designed for those who are truly serious about developing their own range of products and prepared to go through with what it involves.

You MUST demonstrate a good understanding and command of spoken and written English and have basic numeracy skills (calculating %, understanding the idea of ‘ratio’) and some knowledge of common raw ingredients and some experience of product making (home / hobby use) together with moderate IT literacy would be very useful.
Assessment
There is no formal examination but to complete the course you will be required to successfully complete a number of both theoretical and practical projects and assignments.

Course Duration:
10 days (10.00am-5.00pm)

Course Dates:
Please see www.mscm.co.uk or MSCM course calendar

Course Fees - £975.00 (+VAT)
£100 +VAT deposit secures your place
Interest free instalment plan by standing order available upon request (see below).

Includes:
- In-class tuition
- A comprehensive course manual
- An MSCM Diploma in the Development of Phyto-Skincare Cosmetics
- 30 cpd points

Sample Payment Plan

<table>
<thead>
<tr>
<th>COURSE FEE</th>
<th>£975 +VAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deposit</td>
<td>£100 +VAT</td>
</tr>
<tr>
<td>Balance owed</td>
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</tr>
</tbody>
</table>

OPTIONS

- 5 instalments of £170 +VAT = £210 per month
- 12 instalments of £72.92 +VAT = £87.50 per month
A LITTLE EXTRA

2 BONUS ON-LINE COURSES
FREE OF CHARGE

to all those attending the Diploma in the
Development of Phyto-skincare Cosmetics

On-line Course
The Study of the Anatomy and Physiology of the Skin:
- The structure of the skin
- Functions of the skin
- Skin types and skin care regime elements; racial variations
- Ageing process, ageing factors, effects of ageing on skin, prevention
- Skin permeability and absorbency
- Skin sensitivity vs. allergy; cross-sensitisation
- Raw ingredient and product patch testing

On-line Course
Good Manufacturing Procedures for Small Cosmetic Making Companies:
- Good Manufacturing Practice (GMP) - ISO 22716:2007
- Key elements
- How to 'do it' – your Good Manufacturing Practice File
- Personnel
- Premises
- Equipment
- Raw materials and packaging materials
- Production
- Quality control
- Product release
Essential Oils Study for Non-Aromatherapists

The aim of this 4-day in-class course is to study 40 carefully selected essential oils with the particular emphasis on their safe use and methods of application. The course is designed to enable the members of the general public as well as those who use essential oils in their products (cosmetics, perfumes, soaps, candles, etc.) to make educated and responsible choices and to blend them in synergistic ways suitable for their planned uses.

Whether you are a mum trying to help your family or a supplier selling essential oils to the general public or a cosmetic/perfume/candle maker, we all have one responsibility towards ourselves and others – to use essential oils safely so their benefits and beautiful aromas can be enjoyed without any worries.

The trend to approach one’s health issues and lifestyle in more of a holistic way is growing rapidly. As members of the general public are looking for ‘greener’ solutions to their everyday needs the industries producing natural and organic cosmetics, foods and accessories are expanding, providing more products and possibilities.

The popularity of essential oils is also on the rise. It has never been easier to obtain them and the selection on offer can be as exciting as it can be mind-boggling. As for the advice on safe dosage and methods of application it is a bit of a... Russian roulette! With various internet sources providing inconsistent and often poorly researched information (including promoting some truly irresponsible ways of use) we also hear about adverse reactions and ‘accidents’ following essential oils application.

More and more scientific studies on essential oils are conducted around the world (including clinical studies) – especially in Europe, Japan, the US and few other countries. Unfortunately, much of this research is not generally available to consumers having been published in specialist plant, food, oncology or cosmetic products journals, however, it is exciting to hear that many of those studies describe the remarkable healing properties of various essential oils.
and show positive effects for a variety of health concerns such as infections, pain, nausea, premenstrual syndrome, tumours, anxiety, depression and many others.

Some studies and trials also assess the safety of essential oils (e.g. possibility of skin irritations, carcinogenic, mutagenic or teratogenic effects, etc.). The results of those tests are taken into account by bodies such as well-respected IFRA (International Fragrance Association) to create ‘guidelines for safe usage of fragrant chemicals and essential oils in perfumes and skincare’. The new EU Regulations EC No 1223/2009 (Previously ‘EU Cosmetics Directive’) for cosmetic production also addresses the issue of safe inclusion of essential oils and follows majority of IFRA’s recommendations.

In this short course we will endeavour to present you with up to date information including safety recommendations as well as some research into fascinating world of essential oils. We will also provide you with a list of useful reference books as well as reliable essential oils suppliers.

**Course Details:**

During the course we will cover:

- Essential oils – what are they?
- How do essential oils work?
- Benefits (therapeutic properties) of essential oils
- Contraindications to the use of essential oils
- Safe dosage (inc. children, elderly, pregnant women, etc.)
- Safe methods of application
- How to smell essential oils
- The notes system
- Essential oils and the sense of smell – essential oils and emotions
- Blending essential oils for therapeutic applications and for aroma
- Profiles of 40 essential oils including the good (particularly useful), the bad (the tricky ones) and the ugly (oils that may be best avoided for various reasons): therapeutic properties, cautions and contraindications, individual safety guidelines, allergens, interaction with medicines, etc. and best ways of application
- Production of essential oils and absolutes
Basic chemistry of essential oils - contraindications, precautions and therapeutic effects for each group of chemical constituents and how it affects the use of essential oils

Essential oils and allergens

Sourcing essential oils – quality, environmental issues, etc.

Who Can Attend?
This course is open to anyone interested in safe and effective use of essential oils, especially cosmetic makers, soap makers, candle makers, essential oils suppliers, as well as other members of the general public who would like to use essential oils for themselves or their family members.

Course Fees - £295.00 (+VAT)
Include:
All course tuition
A comprehensive set of notes
Certificate of attendance
20 CPD points

Course Duration:
4 days (10am-5pm)

Course Dates:
Please see www.mscm.co.uk or MSCM course calendar
Creating an Effective Brand for your Natural Products

5 cpd points

If you are serious about launching your own range of natural products the key to success is branding!! It is as important as the product itself and in fact it is what sells the product.

**What is branding?**
Branding is the process involved in creating a unique name and image with a consistent theme for a product in the consumers' mind. In short, “your brand is a promise of the value the customer will receive.”

Branding is a fascinating subject - there is a lot more to it than we think. It is a lot more than a box or a bottle in our favourite colour.

Did you know? Visual information is more important than the written word!

Did you know? 80% of the communication we ‘take in’ about the product comes from the packaging! The colours, the logos, the fonts - they all talk and send a very clear message. Will they attract your dream client?

You may have created the most amazing range of products, perfected your formulation skills, completed all your research, adopted all the necessary legal requirements and even sorted out your pricing strategy but without a strong brand you may struggle to sell your range.

Many small organizations and start-ups neglect spending necessary time thinking about their brand and the impact it has on their business. Don’t be one of them! It is critical to be aware of the importance of branding and have a plan to create the brand experience that you want to have... a good brand doesn’t just happen... it is a well thought out and strategic plan. It can be overwhelming when starting out but it is essential!
**Why is branding so important for your business?**

- Branding promotes recognition. – it needs to be consistent and easy to recognize
- Your brand helps set you apart from the competition.
- Your brand tells people about the kind of company that you are
- A strong brand generates referrals.
- A strong brand helps customers know what to expect.
- Your brand represents you and your promise to your customer.
- Your brand helps you create clarity and stay focused.
- Your brand helps you connect with your customers emotionally.
- A strong brand provides your business value.

**Course details:**
The MSCM Branding workshop will give you the necessary skills to create a brand that is uniquely yours:

During the course we will cover the following key elements:

- Identifying your dream client
- Trend Spotting
  - Packaging
  - Ingredients
  - Fragrance
- Semiotics
  - colour
  - shape
  - symbols
  - words
- It’s all in a name! – Naming your company/naming your range
- Protecting Intellectual Property:
  - Trade Mark
  - Patent
  - Copyright
- Three distinctive areas that MUST match the dream client:
  a. Visual identity
     - Logo
     - Brand colours
     - House fonts
     - Brand Imagery
  b. Strategy:
     - Brand personality
     - Brand market positioning
     - The brand beliefs
  c. Brand Tone:
     - Copyrighting tone
     - Social media tone
Packed with practical tips and links to useful resources, this workshop will take you through the process step by step, will identify possible pitfalls, and will give you the skills and confidence to create a brand perfect for you and your skin care range.

**Who Can Attend?**
Open to anyone – no previous experience necessary. This specially designed workshop is a ‘must’ for all product makers (Skincare, soaps, candles, perfumes, etc). It will help you to create a strong brand essential for success as you launch your new business.

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

**Course Duration:**
1 day (10.00am-5.00pm)

**Course Dates:**
Please see [www.mscm.co.uk](http://www.mscm.co.uk) or MSCM course calendar
Understanding the legalities of selling Natural Products to the General Public
EU Cosmetics Legislation Made Simple

This one day workshop is for anyone already making, or planning to make, products of any type that are used on the skin, e.g. soaps, perfumes, creams, ointments, balms, etc. Whatever the scale of your intended or current business in the UK – whether you are a hobbyist, a ‘crafter’ or an industrial scale producer – you are legally bound to comply with European Union (EU) cosmetics legislation.

As you may be aware, on the 11th of July 2013 new legal requirements - EU Regulations EC No 1223/2009 (Previously EU Cosmetics Directive) – came into force.

Reading and trying to understand technical jargon of the legislative documents may be a daunting prospect. This is why we have designed this workshop to help you understand the current legal requirements and lead you step-by-step through the compulsory procedures. The last thing we wish is for you to give up your dream just because of the new regulations.

Trust us - it is not a rocket science!
It is perfectly doable and not as difficult as you think!
Course details:

We will cover:

- Step-by-step guide to understanding the regulations
- Sections of the new regulations: Articles and annexes
- The definition of the term ‘cosmetic’ – which products does the law apply to?
- Responsible person and/or distributor and their obligations
- Product testing and safety assessment
- Material Data Safety Sheets (MSDS)
- Batching
- Product information file (PIF) – records keeping
- On-line Product Notification Process (CPNP) – formulations, restricted and prohibited substances, allowed colorants, preservatives, UV-filters, substances classified as carcinogenic, mutagenic or toxic for reproduction, etc)
- International Fragrance Association’s (IFRA) standards for the use of fragrances and/or essential oils
- Animal testing
- Labelling requirements including list of ingredients and allergens, warnings, ‘best before’ dates, etc
- Claims of efficacy
- Other aspects
- Helpful templates

This specially designed workshop is a ‘must’ for all product makers. It will help you to overcome legal obstacles and enable you to move forward with confidence, knowledge and understanding of your obligations within the law.

Who Can Attend?
Open to anyone – no previous experience necessary

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance
- 5 cpd points

Course Duration:
1 day (10.00am-5.00pm)

Course Dates:
Please see www.mscm.co.uk or MSCM course calendar
Good Manufacturing Practices (GMP) for Small Cosmetic Making Business Made Simple

It’s important to adhere to Good Manufacturing Practices (GMP) during the manufacture of cosmetic products. This ensures that your products are manufactured in a clean, hygienic environment and no contamination of your products occurs. Much of it is common sense but reading through the legislation and the requirements can be daunting to many. This on-line course not only makes the GMP guidelines for small cosmetic makers simple but it also provides some examples of the various documents that will need to be created as a manufacturer in order to satisfy these legal requirements. It also explains in simple language the necessary steps that must be undertaken to ensure compliance with the new regulations.

What is Good Manufacturing Practice?
Cosmetic GMP is a set of hands-on advice referring to all activities that can affect the quality - and therefore safety - of the final product. It includes operational rules and organisational guidelines for the production, control, storage and shipment of cosmetic products. It states general requirements for manufacturers of cosmetic end products according to the equipment, production facilities, inputs, control of hygiene, production, hygiene requirements for personnel, laboratory control, labelling, monitoring of complaints and product recalls.

Guidelines covered by the GMP ISO 22716 are intended as a general guideline for the manufacturers to develop their own internal quality management system and procedures.

Key elements of ISO 22716 include:
- Personnel and training
- Premises
- Equipment
- Raw materials and packaging
- Production / Manufacturing
- Finished product
- Quality control and sample retention
- Waste
- Subcontract operations
- Deviations
- Complaints and recall
- Change control
- Internal audit (continuous improvement)
- Documentation
On 11 July 2013 the new EU Regulation 1223/2009 - ‘EU Cosmetics Regulation’ came into force replacing Directive 76/768/EC (that was adopted in 1976.) Article 8.1 of the EU Cosmetics Regulation requires that 'Manufacturing of cosmetic products shall comply with good manufacturing practice'. Furthermore, article 8.2 states: ‘Compliance with good manufacturing practice shall be presumed where the manufacture is in accordance with the relevant harmonised standards...’ From July 11, 2013, the new ISO 22716 standard for Cosmetics Good Manufacturing Practices (GMP) takes full effect and becomes mandatory for cosmetic companies across the EU. To ensure consumers’ safety all cosmetics products coming onto the European market will have to be produced according to the Cosmetics Good Manufacturing Practices described by the ISO 22716 standard.

At the moment there is no need to get approval/certification from any external bodies/organisations to say you comply with this standard. As stated in the EU regulations it is assumed that you are, and you will be in breach of the regulations if you are not. Established cosmetic makers may be compliant with ISO 9000. There are many similarities between this ISO and the ISO 22716 but ISO 9000 compliance is not a guarantee that you will meet the requirements of ISO 22716.

As mentioned above the certification is not compulsory and ISO 22716 despite being mandatory is only a set of guidelines – thus leaving us ‘space’ for subjective application. While working from home will not be the same as having a dedicated production plant you are legally obligated to do your best under the circumstances e.g. apply stringent measures to ensure hygiene, precise weights and measures, pH control, correct documentation and waste disposal – only the highest standard of any aspect of your operation is expected and must be implemented. (Reminder: Trading Standards can check on your hygiene and scales, waste disposal, etc.)

Course Details:
This on-line course makes the GMP guidelines for small cosmetic makers simple and also provides some examples of the various documents that will need to be created by manufacturers in order to satisfy these legal requirements. It explains in simple language the necessary steps that must be undertaken to ensure compliance with the new regulations.

Who Can Attend? - There is no special entry requirement for this course.

Course Fees: £50.00 (+VAT) - Payable prior to course commencement.

Course Dates: This is a home study course and can be started at any time.
Handmade soap is truly unique and beautiful. Rich in natural glycerine, it is much better for the skin and if made properly, should not be too drying on the skin. As people become more and more conscious of what they use on their body and are looking to protect themselves from harsh chemicals and artificial fragrances, the natural skin care and natural soap making industry has grown. Handmade soap as a product and soap making as a craft has increased in the last few years. For the soapaholics, it is very addictive to make.

Handmade soaps come in so many different types and recipes that the possibilities are endless. For most people though, soap making is still something of a mystery. With our step-by-step practical and hands on course you will learn the secrets of the natural skin care industry and discover how to make beautiful moisturising soaps using all-natural ingredients.
Course details:
This special soap making course is the first step to enable you to consider starting your own profitable soap making business, make natural soaps tailored to yourself, your family, and your friends, create your own unique and beautiful handmade gifts or maybe just learn a new, enjoyable and rewarding hobby.

During this special 1- day course you will learn about
- The many types of soaps
- History of soap making
- The process of soap making - saponification - what’s it all about?
- Necessary materials, ingredients and equipment
- 'Cold' method, hand milled soaps, glycerine soap - what they are and pros and cons
- Raw ingredients - choosing oils for hardiness, lather and conditioning
- Emollients
- Exfoliants
- Colourants
- Botanicals
- Useful essential oils and all-important ratios - how much to add?
- Health and Safety Aspects
- Trouble shooting during the soap making process
- The moulds - the good, the bad and those 'on a shoestring' - what to look for and what to avoid
- Soap making ideas and recipes
- Choosing commercial melt and pour soap bases avoiding unwanted, harsh chemicals
- Correct storage for different types of soap
- Information about what to study next in order to turn your soap making into a business.
- Melt and pour soaps
- Rarely taught so called 'cold' process – traditional methods of making soap from raw ingredients

Our Soap Making Course is suitable for complete beginners and for those wishing to expand their skills. There is no prior experience required just a willingness to experience the joy of creating your own soaps from scratch.

Please note that this is a practical course and you will be making a selection of soaps yourself. You will learn hands on under supervision in small friendly groups.

A full workshop handout, including recipe sheets, main ingredients and moulds will be provided, along with a wealth of information as well as the lovely products you have made for you to enjoy and take home.

Please note: You will be required to bring some items of equipment to class, details of which will be sent with the joining details upon booking. Please closely follow the guidelines and start gathering the equipment straight away allowing enough time to collect the necessary items.
Who can attend?
Open to anyone – ideal for aromatherapists

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- Ingredients and moulds for use during the course
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
The Art of Candle Making
‘The Natural Way’

There is something about candles – they set the scene for relaxation or meditation, add a romantic touch to a meal or lend a cosy atmosphere to an evening in. And who does not enjoy candle lit relaxing bathing……?

In the past candle making was a task almost every family would undertake on a regular basis. The candle business has gone through quite some changes in the recent years. Machine made candles are being bought in through the Far East and have cornered the market. Nowadays they are readily available from many shops and we are spoilt for choice! But is it all as ‘nice’ and ‘relaxing’ as it seems....?

Did you know?:
- Paraffin based candles emit a mixture of chemicals that are carcinogenic - including benzene, carbon tetrachloride, toluene, and naphthalene. "Candles are fast becoming one of the most common unrecognized causes of poor indoor air quality," says Diane Walsh Astry of the American Lung Association of Minnesota.
- Some candles have metal wicks. Lead emitted by this type of candle is a serious health hazard. It has been associated with Attention Deficit Disorder in Children and many health problems!
- Aromatic candles may be scented with synthetic oils that are petroleum based, rather than with the natural essential oils that most people expect. This provides an additional source of exposure to petroleum based fumes. Those most at risk from the fumes released by scented candles are pregnant women, children, and pets.

The good news is that all those problems can be avoided!
Course Details:
Come and join us for a fun day of truly natural and safe candle making! Save yourself a fortune and learn how to make your own candles for pleasure or to sell on our 1 day workshop. Making handmade candles is a rewarding and fun skill for all abilities.

Learn how to make your own poured soy candles! Once you have discovered the many benefits of soy candles you will never look back. You will be able to produce high quality soy candles that are non-toxic, biodegradable and environmentally safe. These soy candles are clean burning candles that produce little to no soot. You will use high quality soy wax that is not derived from oil refining, but instead comes from a natural grown renewable resource, the soybean. In addition, with such a huge variety of fragrance options using essential oils you can make candles to suit your needs.

Learn all about:
- Health & Safety Issues
- Equipment required to make candles
- Understanding wicks and waxes
- Colouring and fragrancing candles correctly
- Packaging and decoration techniques

By the end of this hands-on candle making course, you will be able to design your own handcrafted candles to treasure and enjoy as well as gaining the confidence to create many more on your own at home. We will explore the ins and outs of candle making and make some poured candles to take home with you.

Please note: Some materials will be provided by the school. You will also be required to bring some items of equipment to class, details of which will be sent with the joining details upon booking. Please closely follow the guidelines and start gathering the equipment straight away allowing enough time to collect the necessary items.
Who can attend?
Open to anyone

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
NATURAL PRODUCTS COURSES & WORKSHOPS

The Art of Incense Making

3 CPD POINTS

Learn the basic methods of making incense so you can create your own blends and aromas!! Rediscover how to make incense the way it's been made by virtually every civilization since before the Stone Age; with natural earth's aromatic treasures - resins, woods and herbs.

Incense making is a simple, inexpensive and enjoyable way of reconnecting with nature and a much more natural way to fragrance your home too! Incense has been used for spiritual and healing purposes for several thousand years. Today, many people continue to use it just to fill their homes with the pleasant aromas. We also understand the aromatherapeutic benefits of incense. Scents are powerful evocative of memory, mood and emotions. We can actually alter how we feel or set the atmosphere just by burning the right scents.

Why make your own incense?

There are many benefits of making your own incense:

- If you enjoy using incense regularly, you'll get your money's worth.
- Many cheaper types of incense are scented with synthetic chemicals, which can sometimes be overpowering for indoor use or even toxic – we never know which ingredients have been used!
- Other herbal and natural scents can be so subtle you'll need to use several sticks or cones to scent a room, and it won't last for long.
- Most commercial incense is stored for a while and loses much of its potency.
• When we buy incense there is no way to really know what a blend will smell like until we take it home and burn it. If you like a particular blend and can’t find it again, you’ll most likely never be able to duplicate it unless you have made it yourself and have the recipe!

• By making your own you know that the ingredients used were to your satisfaction – pure and natural!

• There is the satisfaction that comes with using something, or giving a gift of something, that you made entirely on your own!

**Course Details:**
This 3-hour practical workshop will be dedicated to incense making.

We will cover:
- Historical background (reading section)
- Most common ingredients – try and smell
- How to make different types of incense – loose incense and incense sticks/cones
- Incense making – make your own incense cones to take home.

Come and join us for a fun day of incense making! All you need to bring is a small lunch box to take your creations home.

**Who Can Attend?**
All welcome. No previous experience needed.

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition
- All ingredients used in class
- Plus you will take home with you
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points
- Your own natural incense

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Carrier oils (also known as carrier oils or fixed oils) play a far more significant role in massage than many people realise, and in some therapists still feel they are of little importance. To believe this would be a mistake though, because they offer a wealth of health-giving benefits of their own.

They contain vitamins, minerals and essential fatty acids, and many of them soften and improve the condition of the skin. Some of them are also highly effective in treating irritated, sensitive conditions such as eczema and psoriasis as well as helping to reduce wrinkles and scar tissue.

There are a wide range of vegetable oils to choose from, as well as infused or macerated oils such as Calendula or Carrot. The variety of vegetable oils available to a newcomer can seem a little bewildering at first, since there is very little written on this important subject but choosing which ones are for you is not really complicated at all!

Selecting vegetable oils for treatment is simple - you choose the ones with the properties that match your client’s particular requirements. All you need to know are some basic facts about the therapeutic properties, composition and viscosity of vegetable oils, and then choosing becomes so much easier.
Course Details:
This will be a practical, hands-on 1-day workshop where we shall discover the therapeutic benefits of fixed oils and how they can enhance and broaden your existing practice.

We will cover:
- Introduction – what is an oil
- Extraction methods /Organic oils
- Components of fixed/herbal oils
- Quality, safety and storage
- The growth of carrier oils in skin care and body therapies
- Benefits in skin care and therapeutic uses
- Creating blends
- Profile and overview of 12 oils, including infused oils:
  - Safflower;
  - Fractionated Coconut;
  - Sweet Almond
  - Macadamia
  - Jojoba
  - Hazelnut
  - Walnut
  - Grapeseed
  - Arnica
  - Calendula
  - St Johns Wort
  - Carrot

Join us for an interactive, fun day with demonstration, sampling, blending and group work.

Who Can Attend?
Anyone can attend this unique and interesting day. It is particularly suitable for massage therapists and aromatherapists who wish to refresh or further their existing knowledge of this therapeutic medium, to benefit their clients.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Perfumes touch our deepest emotions and must reflect our true spirit. A perfume should be as individual as the person who wears it and now, you have the opportunity to enjoy the luxury of creating your very own unique fragrance just like the famous fragrance houses!

Go back to nature and create unique blends far superior to the common synthetic products of our high streets.

This intensive weekend course is a perfect opportunity to explore the fundamentals of professional perfume making. From the art of smelling and aroma assessment, through the language and techniques of the professionals - it is jam packed with various exercises and practical steps to lead you through a selection of the individual aromas and the process of structuring and building original perfumes – from concept to practice.

During the course we will explore and work with 20 different aromatic materials. You will also have a unique opportunity to smell some real attars and some rare perfumery ingredients to help you identify your favourites and build your ‘library’ of aromas.

Course Details:
Join us for an intensive ‘hands-on’ and ‘nose-on’ experience where we will cover:
- A drop of history of perfume and some historical recipes
- An inspirational glimpse into the world of rare traditional attars
- The art of smelling
The language of pro-aroma descriptors and the classification of fragrances

Train your nose and your aroma-memory through the ancient Japanese ‘Genji Game’

A journey through the perfumer’s cupboard – equipment and materials: Essential oils, absolutes and other extracts, natural isolates, choyas

Evaluation worksheets and creative journal

The principles of blending: notes aroma groups fixatives, equalizers, modifiers (personifiers), enhancers and extenders ratios Vertical and horizontal trials and development of accords

Basic and advanced composition techniques

Diluents – what to choose and how to use, including basic calculations

Extrait, eau de parfum, eau de toilette, eau de Cologne or eau Fraiche?

Safety and allergens

Where to begin – aroma brief and the aroma requirements for different personalities – test yourself - are you a ‘woody’ or an ‘oriental floral’?

Making liquid perfumes

How to wear perfumes

During the course not only will you formulate and produce a bottle of your own aromatic creation but by the end of the course you will leave with a new skill set as well as a multitude of ideas to help you develop further.

Who Can Attend?
This two day hands-on botanical perfumery foundation course has been formulated for those with a genuine interest in perfumery – cosmetic or candle makers, aromatherapists or hobbyists. No previous experience is required but some knowledge of essential oils will be useful.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £195.00 (+VAT)
Includes:
- All perfumery equipment and ingredients for use in class
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 10 cpd points

Duration:
2 days (10.00am-5.00pm)

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
100% Natural Facial (all from your kitchen cupboards)

3 CPD POINTS

Start your weekend with a relaxing, delicious DIY 100% natural facial treatment using fridge and kitchen cupboard staples - they can make a perfect skin treat! Think how much money you could save

Who does not enjoy a nice pampering facial?!

In the days when the phrase ‘skin food’ is commonly used to promote ‘natural’ skincare products we might question why a good facial is difficult to find – they are usually full of synthetic ingredients and come with a hefty price tag. Have you ever panicked when your favourite face mask ran out and you forgot to buy a new jar? Have you ever thought about using kitchen staples instead but were not sure what to use and how? Are you always looking for the 100% natural or organic skin care products? If so, this workshop is for you!

Course Details:
Let’s have some fun and learn how to support our skin using real foods:

- Meet the real ‘skin food’ heroes and learn what to use and when
- Whip up some DIY super masks to calm, cool, nourish, and hydrate, with simple ingredients! Slap it on! BTW, no finger licking allowed! See if you can resist!
Exfoliate safely and gently with exotic fruits!

Cool these puffy eyes and learn a simple self-massage facial lymphatic drainage routine to go with it!

Sooth inflammations and irritations – beneficial, no matter what your skin type!

Simple self-facial massage to ease the stress and relax

Let’s have some fun!

All you need to bring is a table top mirror and a towel (it will probably end up messy!) – we will provide all the other materials and ingredients. And there will be a cheat sheet or two with the massage routines and some recipes and ideas to take home with you!

Who Can Attend?
Open to all.

Duration:
3 hours

Course Fees: - £50.00 (+VAT)
Includes:
- All class tuition
- All ingredients used in class

Plus you will take home with you
- A handy pack of ‘cheat’ sheets and recipes
- Self- Facial Massage Routine
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points
- A fresh younger looking face!

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Make Your Own
Vegetarian Anti-ageing
Hyaluronic Acid Serum

3 CPD POINTS

Studies show that the key molecule involved in skin moisture is Hyaluronic Acid (HA).

Hyaluronic Acid, known as “The Fountain of Youth”, is a popular ingredient in high end skin care products, added for its skin rejuvenation properties. It has the unique ability to bind water and intensely hydrate the skin, which in turn also reduces the appearance of fine lines and wrinkles. However, much of it is sourced from poultry (rooster combs!), plus it is usually rather expensive.

As we age, body collagen production declines and wrinkles start to appear. Hyaluronic acid keeps collagen synthesis up, as well as retaining skin moisture, contributing to the anti-aging benefits to the skin. But there is another ingredient needed to boost and support the collagen production. DO you know what it is?

Course Details:
Learn more about hyaluronic acid and what to combine it with to make an effective rejuvenating skin serum. Make your own - it is much easier, and cheaper, than you think!

This information is like gold dust for natural skincare makers. Be one of the few 'in the know'! The recipe, ingredient sources and the method – all will be revealed in this workshop. And, you will make your own VEGETARIAN hyaluronic acid serum to take home with you!
Who Can Attend?
Open to all.

Duration:
3 hours

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- All ingredients used in class

Plus you will take home with you
- The recipe
- Details of ingredient sources
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points
- Your own VEGETARIAN hyaluronic acid serum

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Sodium Lauryl Sulfate (commonly known as SLS) is a widely used and inexpensive chemical found in many mainstream personal hygiene products such as shampoos, bodywash and soaps, along with Sodium Laureth Sulfate (SLES). They function as surfactants—water- and oil-soluble compounds that, when combined with water, foam and emulsify greasy substances. While SLS and SLES are not sensitizers (molecules that cause allergic reactions), they are irritants. If you have an itchy or flaky scalp, one of the simplest things you can try is washing your hair with an SLS-free shampoo. An SLS-free shampoo does not contain the harsh and irritating ingredient sodium lauryl sulphate, which is a foaming agent (detergent) used by many of the big brands in hair care.

The search for SLS and SLeS free foaming products, such as face or body wash or a simple toxin-free shower gel or shampoo is still a daunting prospect.

There are also conflicting opinions about ingredients such as Cocamidopropyl betaine and various others.

Even scent-free bases often sold by aromatherapy suppliers might contain some unwelcomed ingredients such as methylisothiazolinone and others.
There are however products which you could easily combine to make a gentle foaming hand or body wash suitable for your whole family. It can act as a shower gel or even a shampoo. And you could fragrance it yourself too!

**Course Details:**

Join us for an informative and fun, hands-on workshop and find out how!

We will cover:
- Ingredients to avoid and why
- What to use to make your own product
- How to fragrance it – essential oils safe for everyone, what to use and why. (If you wish to fragrance your product in class please bring along your own essential oils – a list of suggested oils will be provided)
- Clever, safe, packaging solution
- You will make a bottle of a product to take home!

**Who Can Attend?**
All welcome, no previous qualifications required.

**Duration:**
3 hours

**Course Fees - £50.00 (+VAT)**
Includes:
- All class tuition
- All ingredients used in class (except essential oils)

Plus you will take home with you
- Recipes
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points
- Your own product made in class

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk)
Air fresheners have never been so popular! Sprays, plug-ins and reed diffusers – the market is swamped with them! Many even claim to contain some essential oils! But is it all as it seems?

Did you know that air fresheners, even ones called green and organic, can emit potentially hazardous chemicals? In fact, due to the ‘clever’ labelling regulations, fewer than 10% of air freshener ingredients are typically disclosed to the public! Majority (over 500!) chemical compounds are coyly described as "perfume"! On top of it all 86% of plug-in and other air fresheners tested contained phthalates, which are well known to interfere with production of the male hormone testosterone and have been associated with reproductive abnormalities.

In this workshop we will discuss how to take the control into our hands and create our own natural and safe room fresheners.
Course Details:

During the course we will cover:

- Potential safety issues of the commercial products explained
- Ingredients and how to make own room freshener spray – and no bottle shaking needed!
- Essential oils SAFE for you to play with
- Make your own spray!
- Demo – how to make your own reed diffuser

Join us for an informative and hands-on fun workshop and learn how to scent your home safely and naturally!

Who Can Attend?
All welcome. No previous experience needed.

Duration:
3 hours

Course Fees - £50.00 (+VAT)
Includes:

- All class tuition
- All ingredients used in class (except essential oils)

Plus you will take home with you

- Recipes
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points
- Your own natural room spray

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Gentle Healing Techniques
for therapists

5 cpd points

Most therapists have a great deal of skill in the clinical and technical aspects of their chosen therapy however many have less confidence in understanding and working with subtle energies and have a fear of going beyond the physical.

Centuries of wisdom from Eastern philosophers have taught us that just as our bodies have a physical anatomy, we also have an “energy anatomy.” Disturbances within the energy fields in our body can have a negative effect on our overall health and trigger any number of adverse physical and emotional symptoms. An energy blockage can manifest itself in many forms, ranging from chronic or acute pain to emotional disruptions.

Practitioners learn different techniques within their specific therapy but common to all is the power of touch. Touch is the core ingredient of many therapies. It works on so many levels, physical and emotional. It conveys a sense of caring, an important component in the healing relationship. By developing your skills on this workshop you will also learn to use the gift of touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centres that control the flow from the energy field to the physical body.

Such is the power of touch that emotional release during bodywork is not unusual and is actually a natural and beneficial part of the cleansing, rejuvenating process of bodywork therapies. For many therapists dealing with a client’s emotional upset can be daunting – this workshop will give you techniques to use to help your client through the process.
Our goal as therapists is to ensure the client feels safe, supported, and honoured, and where emotional expression is viewed as normal and acceptable. We must know how to create a safe space and environment – wherever we are – whether it be a quiet dedicated treatment room, a client’s house, a busy exhibition, a busy workplace, a charity event or an outdoor event. We need to understand the effect that built up emotion can have on the body and learn to recognise and work with feelings and sensations that occur during treatments.

Experienced therapists also understand the importance of preparation before they work with clients, the need for self-protection at critical moments during a treatment, and how and when to detoxify after a particularly stressful session. It is vital to utilise techniques to help keep clients’ energies from entering our own energy systems as we work.

Developing all these skills allows us to grow as therapists, offer richer and more effective treatments and work with greater integrity.

**Course details:**

- The importance of touch
  - Therapeutic touch
  - Non-verbal communication
  - Making contact with client before the first physical touch

- Grounding and protection techniques
  - How to help yourself to not absorb or hold on to your clients emotional and mental state, whilst remaining attentive and empathic

- Breathing techniques
  - the importance of our own balanced state when working with clients
  - learning to breathe and achieve relaxation
  - how to encourage your client to use their breath throughout their day and particularly at time of need

- Focus and intention
  - Working with our client, staying in the moment
  - Focusing on specific areas in the body whilst holding the feet or shoulders
  - Intention of touch

- Listening and sensing
  - Listening with your hands and fingers – sensing
  - Listening to and interpreting what you feel
  - listening to your inner voice
  - listen to what the client isn’t saying
  - sensing the rhythms of the body
  - sensing balance and harmony in the body
  - sensing disharmony and blocked pathways
• Understanding energy pathways and centres of the body
  o Explaining the unseen
  o Sensing the main chakras of the body and their importance

• Understanding your own feelings and sensations when you are working – such as tiredness, emotions, tingling, heat, vibrations, seeing colour and even pain and discomfort during a treatment sessions

• Intuition
  o Trusting your intuition
  o Recognising your senses and developing intuition
  o Why we feel the need to place our hands in a particular area

• The importance of your working environment
  o creating a safe space – wherever you are
  o techniques for creating stillness - environment / focus / breath / letting go / visualisation / centring / using your voice
  o ambience
  o harmony within the environment

• Understanding an emotional release in clients
  o what an emotional release is
  o how may it present
  o understanding the benefit to the client
  o techniques to use to help your client through the process and staying centred as a therapist and how to deal with it for yourself

Join us for this day of practical interactive exercises and techniques and take your therapies to another level.

Who can attend?
Open to therapists.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
• All class tuition
• A comprehensive course manual
• An MSCM Certificate of Attendance for your professional portfolio
• 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Reiki is a powerful system of natural energy healing. Reiki works on a physical, emotional and spiritual level so is a truly holistic therapy. It can help change negative thought patterns, increase clarity and concentration, balance emotions and quieten the mind.

Reiki is one of the safest treatments and can be implemented even on children and pregnant women. This gentle therapy is becoming ever more popular. It is versatile and non-invasive - the client remains fully clothed and the practitioner uses different hand positions around the head, shoulders, stomach and feet.

This ancient form of healing was rediscovered in the mid 1800’s by a Japanese born Buddhist monk, Dr. Mikao Usui. The word Reiki is made of two Japanese words – Rei which means “subtle spiritual wisdom” and Ki which is “life force energy”. (Known as ‘chi’ in China and ‘prana’ in India) Eastern medicine has always recognised and worked with this energy, which flows through all living things and is vital to well-being.

Course details:
This thorough practical one-day course will be the perfect grounding for your first attunement to Reiki. There will be four attunements as well as guided meditation to relax the mind and body. This will open up the chakras to enable the flow of the Reiki energy.

- What is healing?
- What is energy? - the human energy field explained
- Science behind Reiki
- History of Reiki
- Benefits of Reiki
- Contra-indications and contra-actions
- The 5 Reiki Principles
• What is a Reiki attunement
• Preparing for a Reiki attunement
• Level 1 attunements
• Simple guided healing meditation
• Testing Reiki Energy
• Setting up a healing space
• How to give a Reiki treatment and hand positions
• Self-healing & healing emotions
• Professionalism and Practice

The Usui system of Reiki healing is a very simple yet powerful healing technique that is easily learnt, easily given and received by anyone. At the end of the course, you will feel the flow of Reiki and be able to give treatments to family and friends. The more you practice the stronger the flow of energy.

There will be a maximum of 6 people on each course allowing time for individual attention. It will be taught in a relaxed and personal style with plenty of time for questions, working with the new skills and on your specific healing strengths.

The course is a mixture of theory and practical and students will be required to wear comfortable clothing and bring a small blanket and pillow.

**Preparation for Reiki 1 attunements**

*In the week leading up to the course try and de-stress by taking more time for yourself. Avoid alcohol at least a week before the class and caffeine and nicotine at least a day or so before beginning the course.*

**Who can attend?**

No prior qualifications are needed. It is suitable for complete beginners to practice energy work, as well as anyone wishing to re-do their Reiki training. There are no special requirements. You just need to be open-minded and be prepared to spend a day with like-minded people, exploring an exciting energy method.

**Qualification Recognition by Professional Associations:**

Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**

Includes:

• All class tuition
• A comprehensive course manual
• An MSCM Certificate of Attendance for your professional portfolio
• 5 cpd points

**Duration:**

1 day

**Course Dates:**

Please see the MSCM course calendar or visit www.mscm.co.uk
This is the Practitioner Level so attendees will be able to set up their own practice and give professional treatments. You will learn three of the four Reiki symbols and how to apply them in sessions, as well as how to send Reiki healing distantly across time and space.

Level 2 is concentrated on the symbols and their meanings as these allow the practitioner to connect more deeply and draw on the qualities that these symbols represent. The symbols can be used to cleanse, energise, protect and connect. They can be placed over doors and in corners to protect a living space and used to send healing to loved ones and ancestors, even Mother Earth. In view of this, practitioners may discover changes in their personal growth and mindset as emotional and spiritual vibrations are raised.

**Course details:**
During the course you will learn:
- How to deepen your connection to Reiki
- The body’s energy centres/Chakras
• Reiki Level 2 Attunement
• The Power, Harmony and Distant symbols
• How to apply the symbols
• How to send Distant Healing
• How to Reiki your home
• How to set up your own practice
• Further energy cleansing techniques

There will be a maximum of 6 people on each course allowing time for individual attention. It will be taught in a relaxed and personal style with plenty of time for questions, working with the new skills and on your specific healing strengths.

The course is a mixture of theory and practical and students will be required to wear comfortable clothing and bring a small blanket and pillow.

**Preparation for the Reiki II attunement:**
In the week leading up to the course try and de-stress by taking more time for yourself. Avoid alcohol at least a week before the class and caffeine and nicotine at least a day or so before beginning the course.

**Who can attend?**
This course is suitable for those who have completed Reiki Level 1 and wish to enhance their energy work.

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
• All class tuition
• A comprehensive course manual
• An MSCM Certificate of Attendance for your professional portfolio
• 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Cranio-Sacral Therapy is a gentle, non-invasive form of treatment using extremely light touch with calm quiet presence. The Craniosacral system and its motion is subtle and the therapy involves light holding of the skull and sacrum and barely detectable movements resulting in powerful and profound effects.

During the workshop we will be looking at how we can integrate basic techniques into our treatments and see the body as an integrated whole. Fascia connects us from head to toe and loss of mobility in one area or a torque in a part of the body will affect the whole. By holding the head and sensing and balancing the craniosacral rhythm of the body, we can reach any part of the body, feeling for tension and imbalance in the process.

We will start by examining what is cerebrospinal fluid and how does it flow through the body? What is its function and why is it a vital part of our existence? What happens when the flow is out of rhythm or is interrupted?

You will learn how to palpate and sense from the head and from the feet and feel the flow from head-to-tail.

The techniques you will learn will enable you to achieve a balance at the end of a massage or reflexology session through therapeutic touch. Because it is so gentle and non-invasive, Craniosacral techniques are suitable for everyone from newborns to the elderly. Popular with osteopaths and chiropractors these gentle techniques are a wonderful addition to your therapeutic tool box.
Course details:
We will cover the following topics:
• The history and development of craniosacral therapy and the founding people
• The physical components of the craniosacral system.
• How the craniosacral system influences the body.
• How imbalances in other body systems structure and function can influence the craniosacral system
• How the craniosacral system affects the growth and development of the brain and spinal cord
• How we detect the craniosacral rhythm in the body – the flexion phase and the extension phase
• What happens to the body when craniosacral flow is sluggish / interrupted
• Anatomy of the skull – it moves! - and spine
• Practical Techniques:
  o Palpation and sensing techniques
  o Basic balancing techniques
  o Sensing the craniosacral flow – feel it on yourself and others
  o Sensing technique exercises
  o Working on each other – how does it feel as therapists and as client
  o Hands on session – experience feeling the craniosacral rhythm with an occipital hold, a foot hold and an occiput-sacrum hold
  o Simple techniques to use at the end of your session to achieve a sense of balance for client and you
  o Feeling for emotional/energy blockages in the body
  o Feeling the craniosacral flow on the feet using the spinal reflexology points

Join us for this day of practical interactive exercises and techniques and take your therapies to another level.

Who can attend?
Open to bodywork therapists.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
• All class tuition
• A comprehensive course manual
• An MSCM Certificate of Attendance for your professional portfolio
• 5 cpd points

Duration: 1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Everything in our universe is emitting energy, from the tallest mountain to the smallest crystal, to each individual cell in our body. Within the body all of our cells radiate energy in one form or another. Different cells will emit different kinds of energy depending on their location and their function.

There are several different channels located on key points of the body through which energy can flow in and out in a constant stream. These are known as chakras and they regulate all parts of our body systems, influencing everything from emotional processing to resistance to disease. The concept of chakras has been studied and demonstrated time and again in the Ayurvedic and yogic traditions, as well as through the Chinese concepts of qi and meridians. Chakras are the focal points of our life force and their individual states are vital to our holistic well-being. When the chakras are balanced the positive flow of energy encourages peace of mind, clear thinking, over all vitality and physical wellness. As we open and heal our chakras, energy is able to flow freely once again and things return to normal.
Laying crystals on the body for healing purposes has been practiced across numerous cultures for thousands of years. Each type of crystal has its own wonderful unique natural energy of its own that can be used in order to heal and bring balance and peace to people, animals and the environment we live in. Our crystal helpers can assist in balancing and harmonizing the human energy body.

**Course details:**
This course will bring healing techniques and awareness that can be used in every day life as well as alongside massage, reflexology, indian head massage and aromatherapy.

- Vibrational energy – understanding what it means and sensing/feeling it
- The chakras and their meanings – emotionally, physically and mentally
- The major and minor chakras of the body
- How do we feel the chakra energy centres?
- What does a chakra imbalance mean? / how does it feel to the client and to the therapist? / why should chakras be in balance?
- Techniques for ‘opening’ and ‘closing’ chakras
- Balancing chakras with hands-off and hands-on the body techniques.
  - Take a journey through the chakras
- Balancing chakras using a crystal pendulum
- Looking at colour – in relation to chakras / crystals and emotions
- Crystal layouts to support your treatment session
- Grounding, protecting and centring both yourself and the client
- Gaining first-hand experience – sensing & feeling both as therapist and as a client

Join us and experience a relaxing and blissful day in a lovely and supportive atmosphere learning how to work with the wonderful energy of a selection of beautiful crystals. This interactive healing workshop will be hands-on and tactile involving couch work, exercises and working on each other.

**Who can attend?**
No prior qualifications are needed. Open to all. This wonderful insightful workshop is designed for anyone with an interest in healing with crystals and will be a great benefit to therapists working with clients.

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:** 1 day

**Course Dates:**
Please see the MSCM course calendar or visit [www.mscm.co.uk](http://www.mscm.co.uk)
Diet and Nutrition non-certificate course

Qualification
International Therapy Examination Council (ITEC) – QCA LEVEL 3

With the confusing media coverage of the most recent changes to the dietary recommendations and magazines and internet sources recommending various ‘fad’ diets and miracle supplements, it is difficult to find out what ‘healthy eating’ or ‘balance diet’ actually mean! As we finally realise that the nutritional value of the foods available to us is constantly diminishing it is no wonder that ‘what should I be actually eating?’ is one of the most often asked questions.

Undoubtedly, what we eat, how we eat and how much we eat plays a vital role in our lives. Research confirms that the root causes of the majority of the ailments that we come across in our daily lives – from arthritis and diabetes, through fertility issues, cardiovascular diseases to cancer - are primarily due to improper intake of food and lack of a balanced diet. Studies show that our stress levels and even our mental health depend on what we eat and can benefit from the right selection of foods! Therefore, the necessity of proper nutrition and, perhaps most importantly the secrets of how to make the best advantage of the food, is what is discussed in this course.

"The key to a healthy life is healthy living". This diet and nutrition course will help you get familiar with everything you need to know about the basics of a proper nutrition!

This unique 6 day in-class course will offer an opportunity to study the subject not only in more depth but also in a more practical and interactive way. It will introduce you to basic concepts of nutrition and highlights ways that your clients (and you!) can integrate good nutrition into their lifestyles. In fascinating detail, you’ll explore the food pyramid, diet planning, the digestive system, and how nutrients affect energy, wellness, and disease. Principles of digestion and absorption, the function of nutrients, disease prevention, diet modifications, and weight controls are also covered.
The real bonus of this course is what you will be able to gain through in-class activities and discussions, which will help you learn how to analyse a food diary, carry out some simple calculations (body mass index, daily calorific needs, etc.), come up with a health benefiting strategy and create a realistic meal plan. In addition to the comprehensive course manual you will also get additional charts, such as an exhaustive list of gluten-free grains (includes over 140 grains, seeds and related foodstuffs from all over the world!) and a handy ‘best sources’ of minerals and vitamins guide. Throughout the course we will be sharing many exciting recipes utilising some truly useful superfoods.

Ah, and let’s not forget – as it is often the case with our courses at MSCM - we include some valuable extracurricular aspects of Diet and Nutrition, e.g. the alkaline diet or the dietary needs specific to the various cultural/ethnic groups.

Course Details:

- **UNDERSTANDING THE DIGESTIVE SYSTEM** – structure of the digestive system, the alimentary canal, accessory organs, the ‘forgotten organ’ of the gut flora; the processes of digestion (enzymes) and absorption

- **NUTRITION: - FUNCTIONS AND SOURCES, BODY REQUIREMENTS** – Basal Metabolic rate and daily calorific requirements and connection to age, body size, gender, etc.

- **FOOD COMPONENTS AND THEIR ROLE IN THE DIET**: carbohydrates, simple sugars, fibre, proteins and fats (saturated, monounsaturated, polyunsaturated, trans fats), good and bad cholesterol, their nutritional values and medical conditions resulting from overconsumptions or not sufficient intake of each

- **MACRO- AND MICRO-NUTRIENTS** – minerals and vitamins, antioxidants, sources, functions and signs of deficiencies

- **DEHYDRATION** – water, tap water, bottled water, water filters; dehydration, toxicity and the strain on other organs

- **DISORDERS OF THE DIGESTIVE SYSTEM AND OTHERS** – constipation, Coeliac disease, Irritable bowel syndrome (IBS), various others, anorexia, bulimia, diabetes, hypoglycaemia, obesity

- **NUTRITIONAL VALUE OF FOODS** - Red meat in the diet and its effects on cancer, eggs in the diet and the effect on cholesterol levels, dairy products and alternatives, daily intake of milk or use of other sources of calcium in order to prevent osteoporosis organic foods, superfoods, detoxifying, juices, soya products

- **LOSS OF NUTRIENTS** - through processing, cooking and storage; refined and unrefined foods
• FOOD PROCESSING – additives, preservatives, commercial antioxidants, sequestrants, flavour enhancers, thickeners, emulsifiers, colours, sweeteners, E numbers, and associated health issues

• COMMON ANTI-NUTRIENTS – tea and coffee, carbonated drinks, alcohol, smoking, contraceptive pill, antibiotics, etc.

• RDA’S FOR SPECIAL GROUPS: INCLUDING ADOLESCENTS AND THE ELDERLY

• WEIGHT LOSS

• VEGETARIANS AND VEGANS – protein combining and non-animal sources of proteins

• FOOD ALLERGIES : FOOD INTOLERANCE : FOOD POISONING – dairy and gluten, nuts

• PROBIOTICS – prebiotics, probiotics and probiotic diet

• COMMON AILMENTS RELATED TO NUTRITIONAL IMBALANCE - common cold, influenza, cystitis, water retention, arthritis, PMT, sinusitis, migraine, asthma, stress, eczema, psoriasis, cellulite

• HEALTHY EATING & BALANCED DIETS – practical approach

**Who Can Take this Course?**
This Diet & Nutrition course is open to all and particularly suitable for anyone interested in healthy eating for themselves or their family.

**Course Fees:**
**£395.00 (+VAT)**
Deposit £75.00 +VAT

Includes:
- All class tuition
- A comprehensive course manual
- Useful charts and guides
- Various templates, such as meal plan and food diary as well as recipes

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk.
GENERAL CPD COURSES AND WORKSHOPS

Diet and Nutrition Masterclass
Fighting Sugar Addiction

3 CPD POINTS

Despite many decades of being brainwashed into thinking that fat is bad, it turns out that sugar is the real enemy! Even more worryingly – did you know that sugar is eight times more addictive than cocaine?! No wonder that our ‘sugar habit’ is such a hard one to drop!

To make matters worse sugar is often ‘cleverly’ hidden or replaced with ‘0 calories’ sweeteners resulting in rather ‘healthy’ looking labels.

Take control and don’t be conned!

Course Details:

Join us for this mind-blowing 3-hour workshop where we will explore the following topics:

- Understanding the dangers of sugar overload
- Don’t be fooled by the labels – healthy vs. ‘healthy’
- The shocking truth about hidden sugars – learn to recognise them instantly on the labels
- Sweeteners – what do they REALLY do to our bodies and are they all the same? Do they help as lose weight and stay healthy?
- Commonly used products that are not sweets, look ‘healthy’ but are in fact sugar loaded traps!
- Learn how to control sugar cravings and break your sugar addiction – tips and ideas
• Boost energy without sugary snacks
• Make healthy changes that will improve your family’s diet and help them lose excess weight (without them even noticing)
• Healthy alternatives which can satisfy your sweet tooth
• Recipes
• And more!

This workshop will be informative and practical – you will learn how to apply your knowledge straight away. Some handy ‘cheat sheets’ will also be provided to help you with your quest of ditching this sugar addiction! Help yourself, your family, your friends and your clients to beat sugar addiction.

Who Can Attend?
Open to all. Also suitable for those who have completed our Diet and Nutrition for Complementary Therapies.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
• All class tuition
• A handy pack of ‘cheat’ sheets
• Recipes
• An MSCM Certificate of Attendance for your professional portfolio
• 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Diet and Nutrition Masterclass
Good fats and bad fats – the truth!

Following recent ‘revelations’ making sugar our biggest enemy, many people mistakenly concluded that now ‘it’s OK to consume fats freely’ and they no longer need to worry about fat content of their meals and snacks. But is it really the case?

Concerns are growing rapidly about the devastating consequences of this approach to healthy diet and weight loss.

**Did you know:** Some types of fats can prevent MANY common health issues and even HELP WITH WEIGHT LOSS! Interestingly, Western society is dramatically deficient in such healthy fats and still consuming high quantities of unhealthy ones! Even the fashionable Ketogenic diet, often used as a weight loss tool, can lead to serious cardiovascular health issues!

For those who are still selecting low-fat or fat-free foods to support their weight loss regimens - according to a recent UK study, low-fat/fat-free foods can contain up to 10% more calories and 40% more sugar! And the vicious circle of low fat but high sugar and vice versa continuous.

Learn how to get it right and use this knowledge straight away to take control and create healthy eating habits for life!

**Course Details:**
Join us for this enlightening 3-hour masterclass where we will explore the following topics:
- Fats that heal and fats that harm - good fats and bad fats
- Fats and the labels – decipher the labels!
- Hidden ‘trans-fats’ – what are they and why are some countries banning them?
- Fats you must consume to stay healthy but are likely to be deficient in – solve this problem once and for all!
- Are you missing on fats that can improve your mood, reduce blood pressure and cholesterol levels and combat inflammations such as achy arthritic joints? Sort it out ASAP!
- What to watch out for while on Ketogenic diet to still lose weight AND make it safer for the heart
- Coconut oil – is it the only oil the body needs? Which one should we go for?
- Which oil to cook with and why?
- Types of cholesterol and where does it really come from?
- The truth about eggs – one a week or one a day - where do we stand and why?
- How to cook eggs to get maximum benefit from this perfect protein source
- Tips and recipes to help you get your cholesterol levels down naturally and keep it that way

This workshop will be informative and practical – you will learn how to apply your knowledge straight away. Some handy ‘cheat sheets’ will also be provided to help you with your quest of getting your fat intake right!

**Who Can Attend?**
Open to all. Also suitable for those who have completed our Diet and Nutrition for Complementary Therapies.

**qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Duration:**
3 hours

**Course Fees – £50.00 (+VAT)**
Includes:
- All class tuition
- A handy pack of ‘cheat’ sheets
- An MSCM Certificate of Attendance for your professional portfolio
- 3 cpd points

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Emergency First Aid Certificate

5 CPD POINTS

Although open to all, it is of particular relevance to practitioners or students with little or no previous First Aid knowledge. It should be a crucial part of all our training and yet is sadly overlooked by most examination boards and awarding bodies.

It is likely that First Aid will soon become compulsory for therapists in order to obtain valid insurance. This has already been implemented by some insurance companies and professional associations and is likely to be mandatory with all in the near future.
Course details:
This one-day Emergency First Aid course may be taken at any stage in your training.

Designed and led by a practising therapist and first aid tutor, the course will include:
- Managing incidents
- Priorities of first aid
- Resuscitation
- Control of bleeding
- Treatment of unconscious casualty
- First aid equipment
- Communication & delegation in an emergency
- Aspects of first aid particularly relevant to the group

The content of the day has been tailored to suit complementary practitioners and will cover scenarios likely to be encountered within your practise, making it a unique yet recognised First Aid Qualification.

Upon successful completion of the day’s training, students will receive a First Aid Certificate entitled ‘Emergency First Aid at Work’. This will be valid for 3 years.

Who Can Attend?
This workshop is open to anyone

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- A recognized First Aid Certificate
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Ear Candling Practitioner Certificate

5 CPD POINTS

Ear Candling is a very pleasant, non invasive treatment of the ears, used to treat a variety of conditions and designed to be a natural alternative to syringing. Many people suffer from excessive earwax, clogged ears, ‘glue ear’, ear ache, snoring, sinusitis, headaches, migraines, sore throats, irritation in the ear, rhinitis, catarrh and all the associated side effects that these may bring. Few people, however, are aware that there is a wonderful, painless, soothing, cleansing treatment available, the effects of which are deep and long lasting.

Using natural candles made according to the traditional Hopi Indian recipe, the ingredients include pure beeswax, precious honey extracts and organic linen. These are combined with powdered Indian medicinal herbs, such as Sage, St. John’s Wort and Chamomile, well known for their healing properties. These ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes.

This wonderful, gentle and natural therapy will enhance your existing practice, enabling you to offer clients additional treatments, which have immediate beneficial effects. This is a particularly useful therapy to use alongside Indian Head Massage.

Course Details:
This course is only open to qualified therapists. It covers everything you need to know in order for you to safely and professionally conduct a therapy session in Ear Candling. You will also learn a special face and neck massage, which enhances the effects of the Candles.
The course content will include:-
- History of Hopi ear candles
- Structure and functions of the ear
- Common diseases of the ear
- Ingredients of Biosun Hopi ear candles
- How ear candles work
- Benefits of ear candling
- Results of the burning of the Hopi ear candles
- The appearance and meaning of the debris in the opened candle after it has been burned
- Ear candling technique
- Safety instructions
- Storage instructions
- Suggested items needed for a treatment session
- Contraindications to treatment
- Massage routine
- Face and neck sequence
- Treatment record sheet
- After care instructions
- Professional conduct

This post-graduate course (CPD 5 credits) will be largely practical in content and you will be required to wear appropriate workwear for the duration of the course.

The intention is to train you, a practitioner already experienced in other complementary therapies, in the techniques and science of Ear Candling. You will learn which conditions are suitable for treatment and any contraindications.

**Who Can Attend?**
This workshop is open to qualified therapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points
- Candles will be provided for your use during the practical sessions

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
For more than 2000 years, practitioners of traditional Chinese medicine have relied on face reading for insight into the physical, psychological, and emotional state of a patient. Oriental Facial Diagnosis has its roots deep in Buddhism and Chinese cultural and scientific life. Ancient scholars and thinkers have written extensively on the subject. The first texts such as the Bamboo Chronicles were written in the 3rd century BC and Chinese physiognomy is documented in the Tang manuscripts from Dunhuang which are dated 500-600 AD, as well as material from the 10th - 15th century AD.

Based on an understanding of the shapes, markings and features of a face, a therapist can discover important facts about the health and life of a patient, related to the principles of Chinese medicine. The face has zones which relate to the internal organs. When the body energy is in perfect flow, facial features are in perfect condition. When illness begins, the energy will not flow smoothly, all features on the face, shapes, colours and functions will change. Every day conditions such as a congested liver, deficient thyroid, poor digestion, stress on the adrenal glands are all visible on the face if you know what to look for.
Join us on this fascinating workshop and learn for yourself how to read the face and pick up signals about your Client’s lifestyle and health. These simple yet effective skills – woven into your consultation procedure - will help you gain better understanding of your Client’s needs. What could be better to enrich your practice - regardless of your discipline?

**Warning: Faces will never seem quite the same again!**

**Course details:**
On this course you will cover
- Historical and background knowledge
- Oriental facial reading/diagnostic techniques

Additional topics
- Body types and what they say about you and your health
- The secrets of feet reading

**Who can attend?**
Open to anyone

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Introduction to Mindfulness
a well-being workshop

Mindfulness has been the subject of great interest and popularity in recent years, thanks to a rapidly expanding scientific research evidence base confirming that it can be helpful for many mental and physical health problems, as well as for improving well-being more generally in life.

Mindfulness practices are not new and have origins 2500 years ago in the contemplative traditions of Asia, especially Buddhism. In the last 40 years they have been formulised into the therapies of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). Leading universities are now researching and teaching mindfulness, and there is a large all-party parliamentary group promoting its use in health, education, criminal justice and the workplace. Increasingly, research is showing the profoundly beneficial effects that mindfulness can have on the mind and body, on our sense of wellbeing and on our relationships with ourselves and others. This workshop is a chance for you to find out what it’s all about and to try it out for yourself.

In basic terms, mindfulness is a simple yet profound state of mind and body which is focused and self-aware. It is a life-enhancement skill and approach to living which can deepen our sense of well-being and fulfilment. It involves learning to notice what is occurring in our present moment experience, with an attitude of openness and non-judgmental acceptance so we can feel more connected, real and alive. When we practise mindfulness we are more aware of the things that help us to be calm and happy. We are also more aware of our thought patterns that take us in the opposite direction. With this awareness, we can take positive choices in everyday life.
Mindfulness is both a skill and a way of living. It is about living in the here and now rather than being caught in the past or worrying all the time about the future. It's knowing what’s going on inside your mind and body, and what’s going on in the outside world as well. Mindfulness is easy to learn and accessible to every one of us. It is a quality or skill we all have inherently, but like any skill it can be improved through exercises and practice. It is just like training a muscle – instead we are training our attention to be where we want it to be.

Evidence is growing as to the many varied health benefits of mindfulness practice, such as:

- Increased ability to manage difficult situations, build emotional resilience and make wise choices.
- Enhanced physical and emotional wellbeing
- Deeper sleep, with reduced disturbances
- Increased capacity for memory
- Increased concentration
- Enhanced creativity
- Increased tolerance and relief from physical/mental/emotional pain
- Improved listening skills
- Reduced anger
- Improved mental clarity and focus
- Reduced emotional reactivity

Mindfulness is an invaluable tool when facing high stress situations and relations in your daily life and in your workplace.

**Course details:**
This workshop is designed to give you an introduction to mindfulness theory and practice and a thorough understanding of what contemporary mindfulness practice is, allowing you to progress at your own pace. It will help you understand how the practice leads to real and sustainable change, how these changes come about and how you can incorporate a mindfulness practice in your own life.
**Topics covered include:**
- Origins of mindfulness
- Understand what is meant by mindfulness
- Scientific research and evidence
- Understanding of benefits
- Experience of mindfulness practice
- Introduction to the skills of mindfulness, concentration and relaxation
- Learn how to use mindful breathing as a tool for relaxation and being in the present moment.
- Range of techniques for relaxing the body, calming the mind and living more fully in the present moment
- Putting into practice
- Learn the key elements of practicing mindfulness on a daily basis
- Practical tips for practising mindfulness
- Develop mindfulness triggers
- Dealing with difficulties that arise in practising
- You will learn new ways to handle challenging emotions, physical sensations and moods.

By the end of workshop, you will know, through your own experience as well as exposure to the research evidence the benefits that mindfulness could offer you personally. Most importantly, you will have the practical tools to incorporate mindfulness into your everyday life.

**Who can attend?**
No prior experience is necessary. This is the perfect workshop for those who are interested in exploring what mindfulness is and how to start practicing it. It is especially useful for anyone who is looking for ways to address stress and daily anxiety or who wants to be more present, less reactive, and more open in their life.

**Course Fees - £50.00 (+VAT)**
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of Attendance for your professional portfolio
- A complimentary pack of worksheets, exercises and tips

**Duration:**
3 hours

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Mindfulness practice has powerful implications for our complementary therapy treatments enabling us to slow down and be present, calm busy minds and relax tense bodies, be non-judgemental and compassionate with clear professional boundaries and intentions.

Beyond the obvious health benefits, mindfulness practice creates conditions for treatments that go way beyond the ordinary. Those conditions pave the way for creating a cooperative and highly effective healing relationship with your clients.

Through an intention and desire to pay attention, mindfulness practice trains you to be aware of what’s happening in the present moment, you will be more connected with how your client is feeling and how they are reacting to the treatment. The simple act of drawing your attention to what is really going on can produce far more results than technique administered with no awareness. This is further enhanced by encouraging your clients to be mindful during the session.

The body/mind connection is a powerful doorway to well-being. By offering a safe, sacred, and confidential space for your clients your mindful approach to treatments will project warmth, caring and openness and will enable you to work deeper with intention and focus. This in turn will offer your clients the opportunity to touch the restorative power within as they unwind their busy minds, escape the pace of everyday life and emerge feeling focussed, with a sense of renewed positivity.
Course details:
This hands-on workshop explores how we can use mindfulness techniques to create intention, focus and improved connection for more powerful and truly special treatments as well as empowering clients with effective everyday relaxation tools and techniques.

During the workshop we will cover the following topics:

- A mindful treatment room – setting the scene
- A mindful consultation
- Mindful observation and listening
- Grounding/protection and clearing - creative techniques helping to centre and balance yourself and your clients
- Creative visualisation techniques
- Breathing exercises and how to use in your treatment room
- Mindfully introduce your touch
- A mindful treatment
- How to introduce mindfulness to clients
- Mindfulness tips and guidelines as self-help for clients after the session
- Resources to help you take your understanding and practice further
- Mindful self-care techniques for yourself as a therapist
Who can attend
This workshop is for therapists of any discipline who wish to make their treatments more special by working mindfully. To attend you must have completed the MSCM Introduction to Mindfulness course or similar Mindfulness training elsewhere as a good understanding of mindfulness is a pre-requisite.

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM certificate of attendance for your professional portfolio
- 3 cpd points
- A complimentary pack of worksheets, exercises and tips to use with clients

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk

If you touch one thing with deep awareness, you touch everything.

Thich Nhat Hanh
BUSINESS DEVELOPMENT WORKSHOPS

Marketing Masterclass for Therapists

How to get more clients & make more money doing what you love

5 CPD POINTS

There are many massage therapists and reflexologists who are brilliant at what they do but are just petrified when it comes to marketing themselves. Are you one of them?

Imagine what it would be like to overcome your fears and negative attitudes about marketing and self-promotion. How would it feel to proudly promote your knowledge and services? How would it feel to get the clients you want to work with who are both willing and able to pay you what you are worth?

The great news is that marketing your therapy practice is not that difficult. In fact, it can be a lot of fun. You just need to do it and do it on a regular basis.
**Course Details:**
What will this masterclass do for you?

- Guide you through the mysteries of marketing & promotion
- Help you to look at what you can do to help yourself
- Build your self-confidence
- Give you lots of new ideas
- Inspire you to try out some ideas and enjoy the success
- Dispel your fears
- Encourage you to be clear about your needs
- Help you to formulate a vision for yourself and your business, including establishing goals for your future.
- Ensure your career plans match your life plan
- Enable you to get more clients
- Show you how to present yourself, stand out of the crowd and create lasting impressions
- Help you to send messages that hit the right chord with clients
- Suggest how to generate more business from existing clients
- Enable you to keep yourself motivated
- Show you how to network effectively and create successful strategic alliances
- An essential ingredient of running any successful business is marketing. Marketing helps communicate to potential customers that you and your service exists. Without effective marketing you will not survive in business very long.
- A thriving, growing, happy business is much more helpful in a healing environment, than a struggling, unhappy one!

**Who Can Attend?**
Anyone who wants to succeed as a self-employed practitioner
- Student therapists
- Newly qualified therapists
- Experienced therapists

**Qualification Recognition by Professional Associations:**
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

**Course Fees - £95.00 (+VAT)**
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

**Duration:**
1 day

**Course Dates:**
Please see the MSCM course calendar or visit www.mscm.co.uk
Succeeding as a Corporate Therapist

3 CPD POINTS

Complementary Therapies are becoming ever more popular in the office/work environment especially in London and the South East. More and more, organisations are recognising that there are times when it can be of benefit to allow members of staff time away from their desk for a relatively brief period, and for them to be allowed treatments in the workplace that will help to alleviate the effects and symptoms of stress. The treatment time allows the employee to leave their usual place of work and to receive a therapeutic treatment. When they return to their workstation, although they will have received a relaxing treatment, they will be able to focus on their tasks and should feel re-energised.

Many companies are seeking inexpensive ways of taking the effects of stress and providing an on-site therapy programme is a simple cost effective way of showing employees they care, whilst benefiting from focussed happy staff. Other companies, which are on limited budgets, will often allow in therapists into the workplace and the employees pay for themselves. The earning potential for the therapists far exceed a normal `clinic` day. Sometimes the only hard part is getting into the companies in the first place.
Course Details:
The course aims to help you with this and will cover the following:
- Identify your companies & where to find them
- Cold calling versus Direct marketing
- Initial contact
- Follow up taster sessions
- Targeting your contact point
- Presentation skills
- Pricing structures
- Closing the deal
- Avoiding the pitfalls
- Tailoring bespoke routines for use in the workplace
- Relaxing, energising, de-stressing options
- Exploring most suitable therapies for corporate work

If this is an area of revenue that appeals to you then this workshop is just for you. Discover some tips for breaking into this lucrative field and learn how to avoid the pitfalls.

Who Can Attend?
This course is open to qualified Therapists who have an interest in working in the corporate field.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Course Fees - £50.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 3 cpd points

Duration:
3 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
BUSINESS DEVELOPMENT WORKSHOPS

Running Successful Workshops

5 CPD POINTS

Would you like to add another string to your bow and run workshops to supplement your therapy income? Running workshops can be a great way to earn extra money, raise your profile and meet new clients. You can teach Partners Massage, Introduction to Reflexology or using Essential Oils around the home, to name but three. These and many more are very popular with non-therapists. They are also a lot of fun and creating your own successful event is extremely fulfilling.

As a therapist, chances are you have already realised how much extra income you can generate and have been thinking about teaching a workshop. After all your training in your chosen therapies you already have what it takes to successfully run workshops.

Is something holding you back?

• Do you get butterflies in your stomach just at the thought of preparing for a workshop?
• Is this your first workshop or would you like to make your workshop presentation more dynamic?
• Are you undecided about a workshop topic or title?
• Are you planning a workshop but not sure how to pull it together?
• Are you unsure you can stay within the time frame allotted?
• Or maybe nervous about losing your place or forgetting your material?
Once you’ve decided to run a workshop, what you need now is a foolproof way of making it both memorable and enjoyable to run – and to know that what you are doing will achieve the desired outcome and have lasting positive effects on those attending. Anyone who has ever endured ‘death by powerpoint’ or a dry ‘chalk and talk’ session knows how not to do it, but how do you make sure that you get it right?

**Running dynamic workshops that are exciting and fun doesn’t have to be a daunting prospect....**

**Course Details:**
This interactive masterclass is designed especially for practitioners - people whose main role is as a therapist, such as massage or reflexology, not training – and will take you through a simple step-by-step process that results in stimulating, fun and effective workshops and presentations.

Just some of the many scenarios the day will help you tackle include:

- The key steps to take to create, run and profit from your first workshop
- How to put together training session from scratch
- You’re dreading the experience of being ‘up the front’ – here’s how to shift the onus from you to your participants
- How to be remembered for the right reasons!
- The principles and ground rules which underpin effective workshops
  - Who, what, why and where?
  - Your natural style Session subject and outcomes
  - What type of session?
  - Managing energy and pace
  - Your participants
  - Location, location, location
  - Information v. learning
  - Using appropriate music
  - Building a great session: -
    - Introduction and welcome
    - Warm-up activities/ice-breakers
    - Strong framework
    - Structure and flow
    - the title
    - activities
    - Tricks of the trade
    - Strong finish
    - Evaluation
    - Setting the scene on the day
    - Follow through
    - Teaching Materials
- Make sure that your target market needs and wants your workshop.
- Be able to reach your target market
- The biggest lessons we’ve learned (the hard way) that will help smooth your ride
At MSCM we have over 23 years experience of successfully running workshops and this is a masterclass that ‘walks the talk’- it presents what you need to know in an engaging, interesting, effective and quick way – exactly how you will be presenting in your own workshops when you have done this one.

Put it into practice and the sky’s the limit. How much you earn is up to you. Successful workshops are a golden opportunity to boost your business. Surprisingly, very few therapists try their hand at this lucrative income generating opportunity. Those who do, never look back! Why not join them? ....go on I dare you!

Who can attend?
Open to any therapists interested in earning more money through workshops.

Qualification Recognition by Professional Associations:
Validated by IPTI - (Independent Professional Therapists International) and widely accepted by most Professional Bodies

Testimonials:
What others had to say

"Wow! Can’t wait to get started!"
"I was in a rut with my reflexology and have been wanting to branch out for ages – this has been so inspirational. Anita was brilliant. Thank you"
"Have got so many ideas my head is bursting! What a great day– worth every penny"

Course Fees - £95.00 (+VAT)
Includes:
- All class tuition
- A comprehensive course manual
- An MSCM Certificate of attendance for your professional portfolio
- 5 cpd points

Duration:
1 day

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
In recent years there has been a huge growth in Mobile Massage Platforms, particularly in London and other big cities. In simple terms they act as an agency providing therapists directly to customers. Whilst it is not for everyone - the rewards for some therapists are substantial and it is certainly an appealing prospect for many.

**Why would you work for a Mobile Platform?**

Perhaps you haven’t been qualified very long and haven’t had the opportunity to build up your practice. Maybe you are struggling with marketing and haven’t had much success finding regular repeat booking clients. Or maybe you are a therapist who is looking to increase your revenue. Whatever your situation, working for one of the Mobile Platforms may be a great solution.

If you are considering applying then you would truly benefit from this seminar. Esther has worked in this field for many years and has been contracted to several platforms. She understands how to make it work for you – she also understands the pitfalls and can advise how to avoid them. She will share with you all you need to know to survive in the NEW and faster paced mobile massage industry.
Seminar Details:

The Seminar aims to help you with this and will cover the following:

- Understand how mobile massage has changed drastically and how you can capitalise on it.
- Learn the benefits of working for yourself in the mobile app world and how to keep up to make a good income.
- Learn the best way to contact the Mobile Massage companies /get recruited
- Discussion of available platforms
- Average pay of each app platform and how to earn £1000 per week profit with clever platform hacking.
- Discover all the necessary kit needed to get started in the app massage arena
- Learn how to maximise your time whilst waiting for bookings to come through.
- Every app and supplier you’ll ever need to make mobile massage work for you.
- Understanding the pitfalls and how to avoid them
- Learn how to adapt and make your certification work for you.

If this is an area of revenue that appeals to you then this seminar just for you. Discover some tips for breaking into this lucrative field and learn how to avoid the pitfalls.

Who can attend?
This 2-hour seminar is open to qualified therapists who have an interest in working in the Mobile Platform world.

Course Fees - £25.00 (+VAT)

Duration:
2 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
Instagram for Therapists

Do you know your hash tags from your friend tags?
What’s the story with stories?
Are you following us so far?

Ok... so we’re using language which is used daily with the main Instagram app right now to get your business noticed.

Instagram has launched a million careers for people plucked from obscurity and made millionaires out of people who perhaps do obscure things (no judgement here) Instagram is a wonderfully positive and supportive community brimming with anyone from Yoga Teachers to Instagram Influencers or perhaps even both.

Instagram is ideal for anyone wanting to market and promote their Wellness practice or business. Unlike other social networking platforms Instagram is very mindful of overwhelm and your stories or posts disappear over a short period of time.

They have cleverly capitalised on our scroll up habits and have created such success even Facebook now owns it!

Even if Social Media isn’t ‘your thing’ it may not be wise to ignore it – after all it isn’t all about you....if your potential clients are using it you should have a presence. It doesn’t need to take over your life but it may bring you into other people’s lives – people you can help with your therapies! At least think about it and give it a go. It’s simple to do and it’s free!
Seminar Details:

Join us as we go right down to basics. Instagram is simple to use and sometimes all we need is someone to hold our hand as we get started.

- What is Instagram
- How does it work?
- How can it benefit you as a therapist?
- How to get started
- How to grow your following
- How to get referrals

Who can attend?
This 2-hour seminar is open to qualified therapists who have an interest in knowing more about using Instagram to promote themselves.

Course Fees - £25.00 (+VAT)

Duration:
2 hours

Course Dates:
Please see the MSCM course calendar or visit www.mscm.co.uk
FREE EVENTS

Throughout the year we offer several opportunities for those interested in our courses to come along and sample the therapies.

Massage and Reflexology Taster Days
This is a unique opportunity for you to come and participate in one of our complimentary ‘taster’ days. Learn about what is involved in becoming a qualified therapist. Enjoy our demonstrations of Massage and Reflexology and have a go! Find out if it is for you!

Places are limited - to avoid disappointment, please check our website www.mscm.co.uk or contact us on 0208-429-2895 to book your FREE place.

Discover the Joy of Aromatherapy – Taster Day
Join us for a special Aromatherapy taster workshop with a difference! If you think aromatherapy is about relaxing massages and recipes for oil burners - think again! Aromatherapy is so much more than just lovely smells! This science has been recognized and acknowledged for its potent effects and is used widely in medicine the world over.

Why not enjoy a fragrant day, like no other, discovering the mind-blowing range of benefits and effects of essential oils? A high level of knowledge, intuition and personal care must be developed when practicing Aromatherapy. Essential oils are potent - each drop can contain the medicinal value of over an ounce of the dry herb. The art of Aromatherapy involves a commitment to continual education and the responsible application of this beautiful gift of nature.

If you are considering adding this amazing therapy to your skills, join us on this special aromatherapy taster day and be informed, uplifted, inspired and amazed.

For dates of these events please see the MSCM course calendar or visit www.mscm.co.uk
Many of us lead such busy lives that we do not give ourselves the chance, either to rest or to review what might need changing to reduce stress in our lives. We have often lost touch with our ability to relax and with our internal intuitive resources. From time to time we all need a place to retreat to in order to rest and reflect, free from pressure.

Refresh body, mind and soul by escaping to the countryside for a rejuvenating retreat. Take a well-deserved break and join us on our 3-day Wellbeing Retreat in a beautiful old country house hidden in the heart of the Oxfordshire countryside. Here you will find sanctuary, a safe haven, to find peace, clarity and inspiration. mindfulness and experience a greater sense of inner space, freedom and joy.

We will introduce you to a variety of tools and techniques to take away with you to help you **Release – Relax – Recharge.**

These residential weekends are both fun and dynamic, and yet the teachings and practices introduced over these three days are both deeply rewarding and healing.

You’ll be supported in a truly relaxing environment where you can learn effective techniques to deal with situations in your life; gain knowledge about how to recharge your body; to clarify what’s next and leave with a new sense of happiness. You will learn how to manage stress and release tension. Combined with tranquil surroundings, group exercises, cleansing energy work
and time for relaxing treatments, you’ll be calm, inspired and empowered; ready to return to daily life full of energy and enthusiasm.

**Some highlights of the retreat:**

- **Learning to Let Go – Slow Down – Take Stock – Move Forward**
  You will learn techniques to settle and still your mind and body, by clearing out any accumulated mental, emotional and physical energy that might be creating dysfunction and disharmony in your life.

- **Introduction to Mindfulness**
  Mindfulness can be such a rewarding and empowering experience, with studies revealing it to have countless health benefits, including the alleviation of stress, anxiety, depression and many other emotional issues, not to mention physical benefits such as lowering blood pressure. You will have the chance to learn how you can use it as an everyday tool to enhance your life.

- **Mindful morning stroll**
  The silent walk in the morning giving you a chance to wake up slowly in nature is a beautiful way to energize for the day ahead.

- **Working with the senses**
  Placing our awareness on the senses, the body, breath and mind in stillness and in movements is very beneficial for our mental and physical wellbeing. By learning to breathe more efficiently, you will find you have more energy and vitality. This thread of mindfulness can then be woven into daily activities.

- **Introduction to a variety of meditation techniques**
  - Guided Meditations
  - Creative Visualisation
  - Kundalini Shaking Meditation. ... It’s a great way to literally shake off the tensions of the day, leaving you refreshed

- **Therapeutic Treatments**
  Indulge in a complimentary reflexology or healing session with one of our highly experienced tutors

- **Introduction to Subtle Energies**
  A condensed, beginners guide to the concept of working with colour, vibrational tools and subtle energy **introduction** including choosing, caring for and **working** with a small healing **crystal** collection

- **Chakra balancing**
  A therapeutic journey of movement through each of the main seven chakras, to clear, balance and strengthen the energy centres restoring the vitality, flow and life force to your body, mind and spirit.

This restorative retreat offers you the opportunity for deep relaxation, self-healing and a chance to reflect on your lifestyle away from the hustle and
bustle of normal life. Perhaps walk in calm and beautiful countryside, be fed and nurtured.

Allow yourself to switch off, unwind, and let go. Take these few days as an opportunity to nourish yourself inside and out as you reset your inner battery. It’s all it takes.

For more information about forthcoming retreats keep an eye on the website www.mscm.co.uk

Or send us an email at info@mscm.co.uk and we can add you to our Retreat Mailing List so you will be the first to know when we are running a new one.

QUALIFICATIONS EXPLAINED

Qualification Terminology

There are many acronyms used in the field of education such as such as NQF, RQF, QCA, Ofqual, AO and APL.

Similarly qualifications come in many guises – such as Award, Certificate and Diploma

This often leads to confusion and misunderstanding. Hopefully we can help with some simple explanations:

Firstly, here are the meanings of those acronyms:
- NQF - National Qualifications Framework (Replaced by RQF)
- RQF - Qualifications and Credit Framework
- QCA - Qualifications and Curriculum Authority (Replaced by Ofqual)
- Ofqual - Office of Qualifications and Examinations Regulation
- AO - Awarding Organisation
- APL - Accredited Prior Learning

The Office of Qualifications and Examinations Regulation (Ofqual) are now responsible for the regulation of qualifications, examinations and assessments. All accredited qualifications are listed on the Ofqual Register of Regulated Qualifications.
Qualification Frameworks
The frameworks are systems that were developed to define and differentiate varying levels of qualifications. Within the frameworks you can compare and contrast levels against one another, and illustrate how one level can lead to the next, which sets out how all vocational qualifications will be structured, regulated, titled and quality assured.

In the past
The Qualifications and Curriculum Authority (QCA) accredited qualifications, and approved and regulated Awarding Organisations (AO), such as ITEC. Qualifications run by these approved awarding bodies were on the National Qualifications Framework (NQF).

Today
Although all NQF qualifications are still valid, the Qualifications and Credit Framework (RQF) is the new UK Government’s education framework, developed to replace the NQF for vocational-related qualifications within England, Wales and Northern Ireland. The NQF (National Qualification Framework) is still in existence – both NQF and RQF qualifications sit on The Register.

Qualifications Explained – Units, Credits, Categories and Levels
In recent years there has been a move to a Credit-Based System resulting in the following system:-

- Qualifications on the RQF are made up of one or a number of units.
- Each unit is awarded a number of credits.
- The number of credits given to a unit is determined by the number of notional hours of study - 1 credit equals 10 hours of notional learning.

- The total number of credits from all the units within a qualification determines whether the qualification is categorised as an Award, Certificate or Diploma.
  - Award = 1-12 credits
  - Certificate = 13-36 credits
  - Diploma = 37+ credits

Within each of these 3 categories the difficulty of the qualification is indicated by the level. There are 8 levels, Level 1 - Level 8, where Level 1 is the easiest and Level 8 is the most difficult. You could therefore feasibly have a Level 3 Award, Certificate and Diploma in the same subject. It means that the content was of the same difficulty to learn but fewer hours were required to learn it - indicating less content.

Advantage of accredited RQF qualifications:
**Transferable**
Many units held on the RQF are used by different awarding organisations (AOs). The "sharing" of these units means that the credit awarded is accepted as **accredited prior learning (APL)** by other awarding organisations. Some units appear in more than one qualification and the credit can be transferred. This makes for more flexible career pathways with reduced repetition. The "sharing" also allows learners to gain credit towards qualifications from more than one AO. This also means you don’t have to repeat learning the same things unnecessarily.

**Easier to understand**
You can now look at a title and see how long and how difficult a qualification is. Employers will also be able to do the same.

**Universally Recognised**
Above all, a RQF qualification means you’ll have the skills and qualifications recognized throughout the industry. The most obvious advantage of accredited over non-accredited qualifications is that the accredited ones provide a guarantee of quality of both the qualification programme and the awarding body that offers accredited qualifications. Non-accredited qualifications, on the other hand, are not regulated and there is no guarantee that they meet appropriate standards. There is no way to tell whether they are fit for their purpose, if they include relevant content or if appropriate methodology for assessment is used.
EXAMINATION BOARD

The International Therapy Examination Council (ITEC) is the largest international examination board offering a variety of vocational qualifications worldwide in Complementary Therapy and Bodywork. ITEC has been awarding high quality and respected industry qualifications since 1947. It is now one of the world’s leading and most successful awarding bodies in Complementary Therapy and Sport sectors. In 2011 ITEC awarded over 38,000 Certifications in over 38 countries.

ITEC provides over 35 qualifications that are UK government accredited by the Office of the Qualifications and Examination Regulator (Ofqual), on behalf of the Department for Innovation, Universities and Skills (DIUS), and are registered on the National Qualifications Framework in the UK. ITEC is an independent examining body that offers impartiality and objectivity in its examinations. ITEC is recognised by insurance companies for professional liability insurance and ITEC qualifications are supported by industry both at home and abroad.

ITEC fosters a close working relationship with its College partners who total over 655 across the world, and has offices in London, South Africa and Asia Pacific and representation in Ireland and the United States of America.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

To maintain your professional status and registration with some insurance companies and membership organisations it is a requirement that you attend a certain number of training hours throughout the year. Each organisation has its own requirements however most accept attendance at lectures, exhibitions, conferences and of course workshops and training courses.

It is important for any therapist to develop their skills and knowledge throughout their career within this field. It enables you to enhance the services you are able to offer to your clients and to continue to improve your techniques/applications and knowledge.
PROFESSIONAL ASSOCIATIONS

Independent Professional Therapists International
PO BOX 106
RETFORD
DN22 1WN
ENGLAND

TELEPHONE: 01777 700383 / 703177
FAX: 01777 869429
E-MAIL: enquiries@iptiuk.com

Federation of Holistic Therapists
18 Shakespeare Business Centre,
Hathaway Close, Eastleigh, Hampshire, SO50 4SR
Tel - 0844 875 20 22 Fax - 023 8062 4399
Email: info@fht.org.uk

Sports Massage Association
PO Box 70412
London
NW1 8XF
Tel: 0845 459 6031
Association of Physical and Natural Therapists
info@apnt.org
General Enquiries: +44 (0)845 345 2345
Membership Enquiries: +44 (0)7966 181588
Postal address: 27 Old Gloucester Street London WC1N 3XX

CPD Info;
Ron Mercer (Membership Secretary)
Chesnut Cottage, 48 Chelworth Upper Green,
Cricklade, Wiltshire SN6 6HD

Complementary Therapists Association
2nd floor, Chiswick Gate
598-608 Chiswick High Road
London
W4 5RT

T: 0845 202 2941
F: 0844 779 8698
E: info@CThA.com
W: www.CThA.com

BCMA (British Complementary Medicine Association)
BCMA, P.O. Box 5122,
Bournemouth, BH8 0WG
0845 345 5977
Email - office@bcma.co.uk
CNHC is the UK voluntary regulator for complementary healthcare practitioners. It was set up in 2008 with government funding and support.

The key purpose of CNHC is to act in the public interest and enable proper public accountability of the complementary therapists that it registers. CNHC acts in the public interest by:

- keeping a register of practitioners who meet national standards of practice in their work
- setting the standards that practitioners need to meet to get onto and then stay on the register
- requiring CNHC registered practitioners to keep to our strict Code of Conduct, Performance and Ethics
- investigating complaints about alleged breaches of the Code
- imposing disciplinary sanctions that mirror those of the statutory healthcare regulators

CNHC provides a register of complementary therapists from fifteen different complementary therapies. The public can find a local complementary therapist by using the online search facility.

CNHC is accredited by the Professional Standards Authority for Health and Social Care as the holder of an Accredited Register. CNHC is listed on Directory of Accredited Registers. Accreditation means that CNHC as an organisation has met the Professional Standards Authority’s rigorous standards.
SAVE MONEY WITH OUR SPECIAL OFFERS

Be the first to hear about our special offers and find out about our new courses and workshops at MSCM by liking us on Facebook and by visiting our website www.mscm.co.uk and signing up for our newsletter. Alternatively, send us an e-mail and we will add you to the mailing list.

EASY PAYMENT PLAN

The MSCM Easy Payment Plan is the perfect solution as you prepare for your training. It's an easy way to pay for your courses making it possible for you to make bite size payments over a period of time. It's flexible, allowing you to decide how much you want to pay and how long you want to pay for. Instead of making one single payment for the entire amount, you can enroll in The Easy Payment Plan and make a series of separate installments each month interest free.

What’s more it's interest-free!
Fed up with travelling to London for courses? We can bring our training and expertise to you! In addition to delivering training at our London venues, we are also able to provide training throughout the UK and Ireland at your own venue, on request.

**All You Need**

- A group of people wanting to do the same course (minimum 6)
  and
- A suitable venue

We can be flexible and will work with you to meet your individual needs.

This approach to learning is ideal for groups of colleagues and therapists who prefer to study closer to home. It also means that you are able to reduce the costs and time involved in travelling as well as schedule courses to optimise convenience to you. The cost of the courses is the same – all we ask is that the groups cover the costs of the travel and accommodation for the tutor. For groups of six or more we offer a free place to the organizer or a nominated participant.

Call us on 0208-429-2895 if you are interested to discuss it further or contact us at info@mscm.co.uk