



SCHOOL OF INTEGRATED
BODY THERAPY
LAKE SPA
WELLNESS CENTRES
ABN 93 051 869 839
ABN 88 100 903 437

Your Massage Career Starts Here



**SCHOOL OF INTEGRATED BODY THERAPY
LAKE SPA WELLNESS CENTRES**

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WELCOME

We welcome your interest in the School of Integrated Body Therapy and look forward to an opportunity to support your growth and learning from your participation in our wide range of interesting and professional massage courses. The School's philosophy embraces an holistic approach to healing and recovery through massage and bodywork.

The School is a boutique college and one of the largest speciality massage schools in Australia and was established in 1985. We provide cutting edge bodywork and massage training courses with a focus on the latest hands-on therapy, techniques and skills. The School has been a major contributor to national training standards for massage in Australia. The School is a Registered Training Organisation and courses are accredited with four major professional associations.

The School's co-founders, Maggie Sands and David Griffiths, had humble beginnings with a small group of enthusiastic students in 1985. During the School's growth we have aided and witnessed the evolution of Massage as a highly respected profession in Australia. These years of experience have allowed the School to develop and offer a reliable and sound skills-based professional training to a practitioner level.

Maggie Sands, Managing Director/School Principal, is a Life Member of the Australian Traditional Medicine Society (A.T.M.S.) and has been an Executive Director of the Society for over 20 years. She is currently ATMS Vice President (2007 to present) and previously held the Vice President position from 1990-1999.

Maggie has been structurally and politically involved in the development of the Massage profession and presently sits on a variety of ATMS committees that help steer natural medicine in Australia. Maggie is responsible for the successful development of SIBT into the Asian massage training area.

The school founded the Sands Integration Therapy Method, Myofascial Release and Counselling accreditations within the Australian Traditional Medicine Society. The School has also created other speciality modalities which include Neurolymphatic Massage, Detox Massage and is the only school currently offering courses in Canine Myofunctional Therapy on the Central Coast of NSW.

Due to growth and demand the School relocated into it's current home at Charmhaven in early 2000 and the LakeSpa Wellness Centres were born. The purposefully designed building houses the School's training rooms, student clinics, administration offices and the Lake Spa team of professional natural medicine practitioners. Students love to learn in the wonderful ambience of our Centres. A second training and therapy centre is now located at Warners Bay in Newcastle.



WHY YOU SHOULD TRAIN WITH SIBT

PROFESSION LEADERS SIBT has trained practitioners in Australia for over three decades. SIBT leads by example, other schools copy what we do. SIBT has trained many other school owners and teachers.

PROFESSIONAL ACCREDITATION Government Accreditation The School is a Registered Training Organisation (RTO) and is registered by NSW Vocational Education & Training Accreditation Board (VETAB) to deliver qualifications. VETAB is overseen by Australian National Training Authority (ANTA). SIBT has been fully accredited with the Australian Traditional Medicine Society, the largest natural medicine association in Australia, since 1989. This means both the School and courses are accredited.

PROFESSIONAL ASSOCIATIONS Australian Traditional Medicine Society (ATMS), Association of Remedial Masseurs (ARM), Association of Massage Therapists (AMT), Australian Association of Massage Therapists (AAMT), Australasian Spa Association Ltd (ASPA). Automatic acceptance into associations, allowing practitioners the benefits of affordable insurance, health fund rebates on many client services, journals, continuing education opportunities and professional support.

AUSTUDY/CENTRELINK Training package courses are approved.

ALL INCLUSIVE COURSE FEES Course fees are competitive, SIBT gives the "whole price" and has no hidden costs as with other schools. SIBT gives a one-off cost that covers all your training including student clinic. Texts may be suggested but these are optional extras to assist with your education. Different payment options are available and we are happy to work out a payment plan to suit you.

HIGH REPUTATION Recommended by more therapists and employers in Newcastle, Hunter and Central Coast of New South Wales, Australia and a variety of countries internationally.

INTERNATIONAL EXPERIENCE The School has been supported by the Australian Trade Commission to export massage education. SIBT is the only natural medicine School in Australia, because of it's vast experience, to export massage training internationally on a professional level. Currently the School has successfully completed trainings in Hong Kong, Singapore, Vietnam and Indonesia. Because of it's acclaimed reputation the School is approached by numerous countries throughout the world. Teachers are trained and experienced to work with international interpreters as in many countries English is not the first language. The School has introduced new concepts overseas, ie. Remedial Massage as a viable treatment option.

QUALITY TRAINING Our training is second to none. We continually upgrade and fine-tune our curriculums to provide the latest skills-based programs.

DISTANCE EDUCATION/FLEXIBLE LEARNING Students may complete various modules by external study and then attend Intensive courses. You may begin the external study component at any time of the year.

ACCOMMODATION Lakeside accommodation is available at Charmhaven offering special student rates. Have a holiday and study at the same time!

JOB PLACEMENT OPPORTUNITIES Because of our quality reputation numerous organisations approach SIBT when they have Massage Therapy positions available. Positions Vacant are also listed on our website. We provide support and direction for students if required.

EXPERIENCED TEACHERS Professional, caring, experienced trainers dedicated to teaching and sharing what they know. Our teachers understand the profession. They have personally completed numerous courses and our extensive teacher training pathway. Trainers also work in the profession many having their own successful massage therapy practices. Teachers are personally trained by SIBT to ensure the School philosophy of "healing intent" is practiced and taught.

STUDENT SUPERVISED CLINIC We believe we run one of the most successful and professional student clinics in Australia. The clinic allows students to get on-the-job training in preparation for being a professional practitioner. Student clinic supervisors have "real" massage practice experience and are dedicated to sharing their knowledge with students developing their practice skills under supervision. Clinics are run on most Thursday, Friday, Saturdays and some Sundays. All clinic fees are included in course fees.

FACILITIES Students are provided with informative, professional manuals and study guides. Library facilities are available. Text books, models, charts and other modern teaching tools are used to assist your learning.

CERTIFICATE IV IN MASSAGE THERAPY PRACTICE (HLT40307)



PART I will be your introduction to the world of Massage and your first step towards achieving professional massage recognition. You will learn the base requirements involved with massage as a therapy. You will gain understanding of Anatomy and Physiology ie. studies of the muscular and skeletal systems of the body. You will learn to associate and appreciate the body's biomechanical actions as a system, often closely related to muscular dysfunction and pain. You will also learn and develop hands on massage skills. During your classes you will be guided through the process of perfecting a variety of effective massage techniques. Students work together in pairs and you are sure to enjoy and benefit from receiving regular massages.

PART II will provide you with the skills necessary to work remedially with massage. After developing your massage techniques in Part I you will be ready to learn more about the art of massage therapy. You will learn how to correctly assess the body's muscular structure and the appropriate massage techniques to assist and relieve discomfort. You will learn how to assess, treat and rehabilitate a wide range of injuries.

After you have successfully completed the Certificate IV in Massage you will be able to join affiliated associations, ie. A.T.M.S., A.M.T., A.A.M.T., or the A.R.M., enabling your clients to receive health fund rebates with participating health funds. You will also be able to apply for professional indemnity insurance and gain professional support. The Practitioner Development, Business Studies and Client Care components includes how and where to establish a practice, advertising, referrals, and much more to assist you explore your choices as a massage practitioner.

As with many of our students you will be surprised at your achievements during your training with us. The course will provide you with practitioner skills and also give you a great understanding of yourself and of others. You will find our classes professional and supported by a team of people interested and willing to help you learn.

This is a popular course so fill your enrolment application in as soon as possible. We encourage your interest in the world of Massage and look forward to your enrolment with the School.



**VIEW 2010 VENUES/DATES SHEET
for course venues, dates, times, fees**

Flexible Study Options

**Full Time, Part Time
or Intensive**

**A Great Career in a
booming industry**

Career options may include starting a small business from home, or a mobile massage service, working in clinics, spas, medical centres, gyms, on cruise ships, at resorts, with chiropractors, physiotherapists, sporting clubs or in hospitals.

WHAT OUR GRADUATES SAY: "I began my massage training at SIBT in 2005 after I had received a scholarship through my high school. After completion I had been bitten by the "massage bug" and continued to study with SIBT. I was very priveledged to work in the LakeSpa Centre as well as be a teacher's aid. I have learnt so much from the people at SIBT that I went on to work as a Remedial Therapist for a prestigious sporting massage clinic in Brisbane that allowed me to treat some of Australia's and International sporting elite. Since then I have also worked alongside physiotherapists specialising in sporting event coverage. I am now the Senior Therapist and Manager of the Sheraton Mirage day spa in Port Douglas, Far North Qld, and am loving every moment of my dream career in paradise. I believe if i hadn't completed my training with SIBT, that I would not have been able to accomplish all of the things that I have in this short time. I cannot recommend them highly enough and will continue to give my upmost praise and support for all of the practitioners, teachers and staff at LakeSpa and SIBT." Tara, Port Douglas, QLD



CERTIFICATE IV IN MASSAGE THERAPY PRACTICE (HLT40307), continued...



PRE-REQUISITE School Certificate or Mature Age Student

AWARD Certificate IV in Massage Therapy Practice (HLT40307)

Statement of Attainments issued on successful completion of individual units.

FIRST AID CERTIFICATE A First Aid Certificate is a requirement for qualification. First Aid training is held at the School or you may attend an external recognised course and provide a copy of your qualifications.

CAREER OUTCOMES Completion of Cert IV in Massage Therapy Practice will enable professional membership to an association as a Massage Practitioner.

Career options may include starting a small business from home, or mobile massage service, working in clinics, spas, medical centres, gyms, on cruise ships, at resorts, with chiropractors, physiotherapists, sporting clubs or in hospitals.

Those considering a career in Massage are best to have an interest in health and wellness.

PHYSICAL ABILITY A moderate level of fitness is required as the course encompasses practical massage components. Discuss any concerns regarding your physical ability with staff.

STUDY OPTIONS Full Time, Part Time, Fast Track or Intensive—For venues/dates/times please refer to website or current Venues/Dates Sheet.

COURSE STRUCTURE AND HOURS REQUIRED FOR CLASSES AND STUDY

Total Hours: 400

<u>Module Component</u>	<u>Hours</u>
Anatomy & Physiology 1/Massage Principles & Practices	310
Communication/Practitioner Development	60
Safe Practices	30

First Aid (external unit - see above)

The above hours include 136 hours of Clinical Practicum.

Face to face hours total 249 (including Clinic) and it is estimated 151 hours of external study will be required to complete course requirements.

External study encompasses revision, study for quizzes/exams, completion of assignments, treatment plans, completion of Business Studies Report, Client Care and Report Writing Reports.

To complete this external study you will need to have good writing skills and best to have knowledge of computer software such as MS Word or similar. It would also be of advantage (but not essential) to have internet access for researching information. It is preferable that all assignments are typed.

EXIT POINTS On completion of Part 1 Modules or Part 2 Modules

WHAT TO BRING TO CLASS Massage table (if you have one) or thick blanket or yoga mat to lay on table, 3 towels, 1 sheet, 1 pillow, massage balm (provided at first class), soap, disinfectant wipes, writing equipment and water proof bandaids. Student discounts on tables are available.

WHAT TO WEAR Loose, comfortable clothing (shoulders covered, no midrifts) and practical, supportive, covered footwear. School T-shirt is to wear to your clinics. Dress code applies.

CAREER OPPORTUNITIES SIBT may assist with job placements once qualified, however are unable to guarantee you a job. Various organisations contact the School when they have positions available for graduates. Positions vacant are also listed on the SIBT website.

RECOGNITION OF PRIOR LEARNING (RPL) is the acknowledgement of a person's skills and knowledge acquired through previous training, work or life experience. If you would like further information or would like to apply for RPL please contact the School for further information and complete the RPL Application Form.

SIBT POLICIES, RULES AND PROCEDURES For information on various policies and procedures such as access and equity, student support, assessments, appeals and grievance, etc. visit the SIBT website or view the Student Handbook or talk to the School directly.

HOW TO ENROL Complete enrolment form and send to the School with appropriate fees. We recommend you call the School prior to course commencement to confirm your placement.

FURTHER INFORMATION OR ENQUIRIES ~ Contact the School on (02) 4393 1200. Staff welcome your enquiries. ~ Visit www.massageschool.com.au ~ Make an appointment to visit the School, view facilities and talk to staff. ~ Attend an Info Talk. Info Talks are held at various locations throughout the year. Contact the School or visit website for dates and locations. Why not make an appointment to have a personalised tour of the School premises.



WHAT OUR GRADUATES SAY: "About 18 months ago my life had hit a dark place. The business my husband and I had owned for 18 years was falling apart, my children had left home and I felt lost. Then for some reason greater than all of us I sat in front of my computer and typed in the words "Massage Class" and up came SIBT and my life changed. I enrolled in the course and started in February 2008. My first teacher was Lynne Davidson and she saved me, she showed me the beauty and peace you can achieve through massage. It gave me a purpose. Since then I have gone on to finish my Cert IV and my Diploma in Sports and Trigger and I am planning to do more study through SIBT. My journey has become a journey of self discovery and an opportunity to learn a skill that I can make a living from and I love doing every day. To the management, staff and life long friends I have met through my classes and clinics at SIBT I thank you for saving me and helping me to grow. I am now in a far better place where life is spectacular." Helen, Singleton, NSW

DIPLOMA OF REMEDIAL MASSAGE (HLT50307)



Complete all six modalities below (plus pre- and co-requisites) to be eligible for Diploma qualification.
Individual modalities can be completed to receive SIBT Certificate or Letter of Attendance
All modalities accrue professional C.P.E. points.

SPORTS MASSAGE

To enhance your understanding of injuries and their treatment we highly recommend the Sports Massage elective. Learn effective pre- and post-event massage techniques to promote speed, endurance and prevention of injury, and maintenance / conditioning massage for use between sports events to help bring about full recovery. Develop your skills to assess and recognise signs and symptoms of common sports injuries and develop effective treatment options. Understand principals of training and how they effect the muscular and skeletal systems of the body.

LYMPHATIC MASSAGE

The lymphatic system is the major drainage system of the body. It plays a key role in the surveillance and defense of the body, it functions in immune response, it assists in the maintenance of fluid balance by draining fluid from the tissues, and returning vital substances back to the blood stream. In this hands-on course you will learn skills to assist the functioning of this vital system, and skills to enhance your clients treatments. You will gain knowledge of the functions of the Lymphatic System, diseases and effects of poor Lymphatic performance and contraindications. By integrating the nervous system you will learn to locate Neurolymphatic reflex points and become skilled in Neurolymphatics palpation.

PREGNANCY MASSAGE

'This module is designed for massage therapists who would like to feel confident massaging a pregnant client. It aims to provide a solid theoretical background as well as useful and safe hands-on skills to support pregnant women. The course includes contraindications, physiological changes during pregnancy, pregnancy conditions and benefits of pregnancy massage. You will master appropriate massage and positioning for each trimester using a variety of techniques, learn stretches and exercises. Your will learn techniques in preparation for labour, massage during labour and post-natal work.

ONCOLOGY MASSAGE

Research has dispelled old beliefs that massage can spread cancer cells throughout the body via the lymphatic system. Research shows that comfort-oriented massage does not contribute to the spread of cancer rather that cancer is a result of genetic mutations (changes to a cell's DNA) and other processes in the body. Fortunately, that now allows for caring, comforting and support for cancer patients, people at the end of life and cancer survivors. In this modality you will learn about: - Common cancers, qualities of cancer cells - The cancer disease process - Genetics - Radiotherapy and chemotherapy and adjusting massage techniques - Consulting with health professionals - How treating clients with a life threatening illness can impact on you.

TRIGGER POINT THERAPY

Trigger Point Therapy is designed for you to enhance and refine your palpation skills. Learn to locate and treat trigger points in the skeletal muscles and in the muscle's fascia. Trigger Point Therapy can be easily incorporated into your treatment programs, especially your neck, shoulder and lower back routines. Trigger points are located through palpation (ie. by touch). Understand predictable pain patterns of active trigger points and the role of latent trigger points in muscle dysfunction as well as detect the perpetuating factors which activate trigger points.

PRE-REQUISITE Certificate IV in Massage Therapy Practice (HLT40307) or equivalent.

AWARD Diploma of Remedial Massage (HLT50307)

Statement of Attainments issued on successful completion of individual units.

CAREER OUTCOMES Completion of the Diploma of Remedial Massage (HLT50307) will give you a high standing in the profession. Career options may include starting a small business from home, or mobile massage service, working in clinics, spas, medical centres, gyms, on cruise ships, at resorts, with chiropractors, physiotherapists, sporting clubs or in hospitals.

Those considering a career in Massage are best to have an interest in health and wellness.

PHYSICAL ABILITY A moderate level of fitness is required as the course encompasses practical massage components. Discuss any concerns regarding your physical ability with staff.

STUDY OPTIONS Full Time, Part Time, Fast Track or Intensive—For venues/dates/times please refer to website or current Venues/Dates Sheet.

COURSE STRUCTURE AND HOURS REQUIRED FOR CLASSES AND STUDY

Total Hours: 652

Module Component	Hours
Anatomy & Physiology 2/Remedial Massage Principles & Practices	441
Sports Massage	79
Oncology Massage	37
Pregnancy Massage	37
Professional Practice	58

The above hours include 204 hours of Clinical Practicum.

Face to face hours total 386 (including Clinic) and it is estimated 266 hours of external study will be required to complete course requirements.

External study encompasses revision, study for quizzes/exams, completion of assignments, treatment plans, completion of Client Care 2 and Professional Expertise Assignments

To complete this external study you will need to have good writing skills and best to have knowledge of computer software such as MS Word or similar. It would also be of advantage (but not essential) to have internet access for researching information. It is preferable that all assignment are typed.

EXIT POINTS On completion of any modality

WHAT TO BRING TO CLASS Massage table (if you have one) or thick blanket or yoga mat to lay on table, 3 towels, 1 sheet, 1 pillow, massage balm (provided at first class), soap, disinfectant wipes, writing equipment, cup and water proof bandaids.

WHAT TO WEAR Loose, comfortable clothing (shoulders covered, no midrifts) and practical, covered footwear. School T-shirt is to wear to your clinics. Dress code applies.

CAREER OPPORTUNITIES SIBT can assist with job placements once qualified, however are unable to guarantee you a job. Various organisations contact the School when they have positions available for graduates. Positions vacant are also listed on the SIBT website.

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for course venues, dates, times, fees

When you become an S.I.B.T. student You Will Receive

- ✓ FREE 1 x 250gm Massage Balm
- ✓ FREE 1 x S.I.B.T. T-Shirt
- ✓ FREE 1 x S.I.B.T. course folder
- ✓ FREE 1 x Student Clinic Massage Voucher
- ✓ Detailed massage manuals
- ✓ Discounts on massage tables
- ✓ Discounts on massage equipment
- ✓ Discount for Student House Accommodation
- ✓ Discounts at LakeSpa Wellness Centre
- ✓ No add on or extra fees for student clinic as with other schools
- ✓ On-going massage at Student Massage Clinic (student price \$15)
- ✓ Professional certificates and diplomas
- ✓ Academic transcripts
- ✓ ATMS student membership eligibility
- ✓ Positions Vacant section on SIBT website
- ✓ Training and support from an experienced, well established school with lengthy history in the profession locally, nationally & internationally



We will make you a massage expert

