

# **HOLISTIC TAI CHI QIGONG**

## **ACADEMY UK**

**CLASSES & PROFESSIONAL TRAINING & HEALTH**



## **ACUPRESSURE NURTURE MASSAGE**

### **PRE-COURSE INFORMATION PACK**

*This Pre-Course Information Pack aims to introduce you to the training with us and to orientate you to how the training and assessment will run*

**Continuing Professional Development for Qualified Therapists  
Accredited by the Federation of Holistic Therapists**



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## What is this therapeutic treatment?

This, 20 to 50 minute, **Acupressure Nurture Massage** therapeutic treatment is ideal for clients with anxiety, stress, exhaustion, chronic fatigue, long covid, M.E., Fibromyalgia, and those who may be recovering from illness and/or have stiff muscles and uncomfortable joints.

People without these types of conditions may enjoy this too!

## Who is this course for?

This course is continuing professional development for therapists who already hold a qualification in massage, reflexology, acupuncture or similar.

- There is no pre-course work.
- You should be reasonably fit
- You should have a good understanding of the English language, both written and spoken as this is the language the course will be taught in.
- If you have any special needs please contact us before booking on this course

## What will you learn?

### **Course aims:**

- ❖ To explore ways to support the client's body, using towels, pillows and props, to create comfort and good body alignment so the client can completely relax. We will consider clients who can lie down on the couch but also those who may need to sit in a chair
- ❖ To provide each learner both theoretical and practical knowledge and support to deliver a fully clothed, safe, calming, acupressure nurture massage to clients.
- ❖ To explore key acu-points.

### **Course outcomes:**

Learners will be able to demonstrate theoretical knowledge and practical competency:-

- ✓ To confidently understand how to use towels, pillows and props to fully support the clients body in the best body alignment possible for that client, both lying on a massage couch and when sitting in a chair.
- ✓ To confidently deliver fully clothed, safe, calming, acupressure nurture massage to clients
- ✓ To have an understanding of and reference to key acu-points.

**At the end of this course you will have an understanding of:**

- How to achieve the best positioning environment, lying down or sitting, to support your client to generate the most relaxed response to enjoy the massage and to aid a deeper healing experience
- What Acupressure is
- What Acupressure Nurture Massage is
- Where Acupressure sits within other Eastern therapies such as Acupuncture
- The different techniques of Acupressure
- How to choose the right acupressure technique to nurture your client
- Connecting to several key multi-purpose acupressure points
- Where to learn about more key acu-points, after the course

*We will not be teaching you the location of all 14 meridian channels, as this is not possible on a 1-day course*

*We will explore the location of 24 key multi-purpose acu-points but you will not be expected to remember the exact location as this is not necessary for your client to receive the benefit from this therapy. You will also have an understanding about acupressure points so you can add others into your Acupressure Nurture Massage should you wish to go on and learn more*

### **You will also learn**

- What good body alignment looks like
- How people who are inflexible or weak can be in discomfort on the couch
- How being in discomfort on the couch can reduce therapeutic benefits
- How to provide bespoke body-support for your client on the massage couch to aid a deeper relaxation experience
- How to deliver a fully clothed, gentle hands on therapeutic sequence to rebalance & restore your client
- How to look after yourself before, during and after the treatment

### **How you will be assessed**

Practical Assessment: 'continuous assessment and feedback' throughout the day  
There will be time available towards the end of the day to revisit areas which require additional practice or discussion to aid certification achievement  
The tutor will remain available after the finish time of 5pm for those who may require extra support to receive a 'pass' certification

## What Certificate will you receive?

The certification of this module is 'Acupressure Nurture Massage'

To successfully gain certification at the end of the 1-day training you will be able to demonstrate an understanding of:

- ✓ Delivering a safe Acupressure Nurture Massage using calming acupressure techniques
- ✓ An understanding of some of the key acupressure points

*You will not be expected to know all of the acu-points covered, at the end of the training day*

### **Academy Mission Statement**

The Holistic Tai Chi Qigong Training Academy UK aims to provide training and education in Tai Chi Qigong and Holistic Therapies that enables learners to develop knowledge and skills to improve their own health and the health of others by bringing the benefits of Tai Chi Qigong and Holistic Therapies to as many people as possible.

### Appeals Procedure

*All assessment candidates are assessed by qualified and suitably skilled assessors, and are assessed against our assessment criteria. In the event that a candidate wishes to appeal against their assessment decision, they may appeal in writing. Details of Grounds for Appeal and the procedure to apply are in our Trainers Policy and Procedures manual and can be made available to you contacting us either by telephone, email or in writing.*

## Course Practicalities

### **Venue**

The Holistic Tai Chi Qigong Training Academy UK, 3 The Horsefair, Hinckley, LE10 0AN

### **Start Time**

Please arrive ready to start at 10am. We shall be at the studio from 9.30am.

### **Finish Time**

5pm. The tutor will remain available until 6pm if you would like additional support

**Rail:** Hinckley train station is 15/20 minutes' walk from the venue

**Bus:** Hinckley bus station is 5 minutes' walk from the venue

**Parking:** There are 'pay and display' car parks within a short walking distance. You will need to park in a 'long stay' car park (cost approx. £2.50 for over 5 hours), the closest are listed below. If you have a high or long vehicle then there are other car parks that will accommodate you. For information about all of the car parks, their location and costs please visit: <https://www.hinckley-bosworth.gov.uk/parking>

- Trinity Lane West, LE10 0BH. There are 41 standard bays and one disabled bay
- Trinity Vicarage Road, LE10 0BU. There are 88 standard bays & four disabled bays

Parking charges apply from 8am until 6pm Monday to Saturday. Sundays and bank holidays are free. Access to car parks is available at all times.

### **Accommodation**

The nearest hotel is the Premier Inn, which is 1 mile from the venue. There are several other hotels & Air B&B'S within a 3-5 mile radius. Please ask if you would like our help with regards to their location in relation to the academy.

### **Food & Drink**

Lunch is not provided. We will have a limited selection of teas, coffee and snacks available. You are welcome to bring your own drinks, break time snacks and a packed lunch. There are sandwich shops and hot food outlets within 5 minutes walking distance of the Academy. We have a fridge at the Academy but we do not have a microwave or cooking facilities.

### **What is provided for you**

- A course notes
- A large bottle of filtered water
- Cups, plates & cutlery
- Your own hand towel
- A selection of teas and coffee
- Light snacks

### **What you need to bring**

- Please bring your own teas and snacks if you have allergies or special dietary requirements.
- Lunch is not provided. We do not have cooking/heating facilities at the studio. You are welcome to bring your own lunch or visit one of the many shops or cafes. There are several within a 5 minute walk.
- A drinks bottle
- The course notes provided offers ample room for you to add additional information but you may wish to bring a note book.
- Pen and pencil etc
- Wear comfortable clothing. If you are a cold person then please bring lots of layers as we will have the heating on in the cooler months but the windows will be slightly open for ventilation.
- We have a 'no outdoor shoes' policy in the studio so please bring non-slip socks or clean indoor shoes to change into or you can practice in bare feet.
- You may wish to wear a face covering, especially for close contact work.

## Our Accrediting Partner



This course is an accredited short course with the Federation of Holistic Therapists.

**Members of the FHT:** Once you have successfully completed this course you will be able to claim CPD points

**Non-Members of the FHT:** You may also be able to claim CPD points if you belong to a different professional body. Please contact them to find out more before you book your place

## Paying for your Course

**The 1 day CPD course is £120**

**The Deposit:** We ask for £40 non-refundable deposit to secure your place.

**The Remaining Balance:** The remaining £80 is to be paid in full, on or before, 30 days before the course start date. We will send you an invoice to remind you when to pay.

**You can pay by the following methods:**

1. Direct into bank account Deborah Gannon, 60 11 06, 16126645 (*this is a personal account*) Please add your name as the reference
2. Debit or Credit card via the Holistic Tai Chi Qigong Training Academy UK website course page
3. PayPal via the Holistic Tai Chi Qigong Training Academy UK website course page or directly to [healtharts@outlook.com](mailto:healtharts@outlook.com)

## CANCELLATION POLICY

Our cancellation policy is designed to accommodate the worst case scenario. We understand that we are all human, life happens, unexpected things occur and we will always do our best to accommodate changes in circumstances but if we are unable to do so we have to revert to this policy.

We reserve the right to change our Cancellation Policy without prior notice, however, the cancellation policy in place at the time your final balance is due will be set out on your invoice and will be the policy that covers your booking regardless of subsequent changes.

This policy is kept under review and subject to change in line with changes and amendments to law and any events that require the policy to be updated.

### **Cancellations by you**

**Cancellation by you up to the date the final balance of the event fee is due**  
The final balance of any event fee is due no later than 30 days before the start of the event.

If you cancel before the full balance is due you will forfeit your deposit.

### **Cancellation up to 15 days prior to the event**

If you cancel up to 15 days prior to the event we will refund 50% of the event fee.

### **Cancellation within 14 days or failure to attend**

No monies can be refunded following cancellation within 14 days of the start of the event or non-attendance no matter what the circumstances.

Once the event has started no fee refunds will be made.

### **Cancellations by Holistic Tai Chi Qigong Training Academy UK**

If we cancel an event you will be entitled to a full refund or your event fees to be transferred to an alternative date.

If we cancel any event giving less than 7 days' notice, reasonable expenses incurred by you will be reimbursed in full against receipts.

The reimbursement within this section will not apply if we have to cancel a course for reasons beyond our control, e.g. Government legislation.

## Tutor and Learner Agreement

*You will be asked to sign a copy of this at the start of the course*

Thank you for making the decision to train with us. Our main aim is to help all learners to get the best out of the training, and enable them to achieve a successful outcome. It is exciting to have the opportunity to work with like-minded people who will all want to get as much benefit from this one day course.

To make sure that you and your fellow learners get the most from the training, we expect tutors and learners to agree to a 'Teaching and Learning Agreement'. The agreements states what is expected of both tutor and the learners throughout the training. Please read and digest the 'working guidelines' below as you will be asked to sign a copy on the first day of your course.

### Tutors will:

- Work within our agreed timetable and start/finish times.
- Inform you of the purpose and process of each session.
- Use training resources that allow you to maximise your learning.
- Provide opportunities to contribute to the learning, via questions, comments and feedback.
- Inform you of any health and safety and operational rules in relation to the venue.
- Offer individual support and guidance in relation to any assessment criteria.
- Adhere to our Equal Opportunities Policy.

### We will expect learners to:

- Attend all sessions on time.
- Wear suitable clothing.
- Actively participate in the training sessions with colleagues and tutor.
- Take responsibility for their own learning by communicating their progress with the tutor.
- Ask for help and guidance as and when required
- Behave responsibly towards others and the venue, in respect of health and safety and operational rules.
- Adhere to the Equal Opportunities Policy
- Adhere to any relevant professional Code of Ethics

### Informed Consent:

**By signing this agreement you are also confirming the following statement:**  
"The training programme has been explained to me and I am willing to take part. I understand that I may withdraw my participation at any time. I also understand that if I withdraw from the course I will not receive any refund of course fees paid"

## **Equal Opportunities**

We, The Holistic Tai Chi Qigong Training Academy UK, are committed to promoting equality of opportunity in providing any and all training and assessments.

View our Equal Opportunities, Equity and Diversity Policy at [www.holisticqigongacademy.co.uk](http://www.holisticqigongacademy.co.uk)

**We are committed to ensuring that all staff, tutors and learners:**

- Promote equality of opportunity for all persons.
- Prevent unlawful occurrences of direct discrimination, indirect discrimination, harassment and victimisation.
- Fulfil the legal obligations under the equality legislation and associated Codes of Practice of our endorsement partners.
- Promote a harmonious working and training environment where all people are treated with respect and helped to achieve their full potential.
- Take positive action, where necessary, to adhere to our Equal Opportunities Policy.

## **Learner Support**

We are committed to providing access and individual learning support to learners whenever possible. Where possible, we can provide a range of support and guidance to learners who have declared a particular learning need that is supported by a statement of learning need. We also endeavour to offer advice and guidance, where possible, for learners with a declared learning need. Details of our additional support procedure for learners are available in our Trainers Policy and Procedures manual and can be made available to you contacting us either by telephone, email or in writing.

**Please let us know of any needs immediately, if you have not already done so. We want to ensure that this course is suitable for you before you attend.**

## **Customer Service and Complaints**

We aim to ensure that learners are given clear, accurate and timely information pertaining to our training and assessment. We expect tutors and staff to provide excellent quality training and assessment at all times. Any learner who believes that they have not been treated fairly or have not received appropriate customer care, may raise their concerns.

Details of our Complaint Procedure are available in our Trainers Policy and Procedures manual and can be made available to you contacting us either by telephone, email or in writing.

## **Quality Assurance**

We aim to ensure that learners receive a consistently high quality of training from each and every tutor and at different venues where they are trained and assessed.

To ensure a consistently high standard of training and assessment across the range of training offered, we will ensure that we will maintain a quality provision.

Our Quality Assurance Policy is available in our Trainers Policy and Procedures manual and can be made available to you contacting us either by telephone, email or in writing.