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North Hobart

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ISLAND

Health College



EXCELLENCE IN TRAINING

The Island Health College, Registered Training Organisation 60036, provides the means for students to learn and understand the many facets of natural therapies.

The College maintains a high standard of training with an emphasis on the individual needs of each student.



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Faculty

Managing Director

Diane Donovan

Sarah Blain	Dip. Rem Massage, Dip Reflexology, Cert Iv Bowen Therapy, B.Com, Member of CA, Cert IV TAA
Geoff Downes	Dip. Remedial Massage HLT50307, Bachelor of Nursing, Certificate IV in Training and Assessment TAE40110.
Felicity Kohut	Bachelor of Health Science (Homeopathy, Adv Diploma Homeopathic Medicine, Dip Rem Massage, Diploma of Nutrition, Certs I-V Myofascial Release/Somatic Craniosacral Therapy, Certificate IV in Training and Assessment TAE40110.
Richard Lim	Diploma of Remedial Massage HLT50307, Certificate IV in Training and Assessment TAE40110.
Helen Simmons	Diploma of Remedial Massage HLT50307, B.A. (Hons.) Dip. Ed., Certificate IV in Training and Assessment TAE40110, APMA Level 2.
Elise Tollard Darby	Diploma of Remedial Massage HLT50307, Certificate IV in Training and Assessment TAE40110

Welcome to Island Health College 60036

The **Island Health College** was established in 1997 to provide a centre for quality training in natural therapies. The College is a Registered Training Organisation (RTO) offering nationally recognised training which is recognised by professional associations.

The College provides professional practitioner training for people with an interest in natural therapies. The aim of the College is to promote awareness and understanding of natural therapies within the community. All courses are presented in a holistic manner, teaching therapeutic techniques that work in harmony with the body's own innate wisdom and self healing abilities. (Through understanding the connection between body, mind and spirit we can promote a return to this natural state.)

Whether you are wishing to invest in a career as a natural health practitioner or wanting to study for general interest and personal growth, the College provides a range of courses to suit differing needs.

Being a Registered Training Organisation, Island Health College is authorised to deliver Nationally Recognised Training, which means that

- courses offered meet the standards of the National VET Australian Quality Framework.
- The Island Health College informs prospective students of the steps to take for recognised Prior Learning (RPL).
- All other RTOs in Australia recognise the qualifications (or units of competency within these) issued.

The College is a wonderful place to study, our staff are warm, friendly and helpful. You are welcome to join us.

The education offered at the College is of a high standard with staff that are experienced practitioners with recognised training and assessment qualifications.

The College maintains small class sizes to allow for interaction between trainers and students. There is flexibility in the timetable of the course structure, enabling students to plan their study to suit their lifestyles.

As an RTO Registration 60036 we are approved to deliver the following qualifications

HLT42015

Certificate IV in Massage Therapy

HLT52015

Diploma of Remedial Massage

HLT52515

Diploma of Reflexology

Nationally recognised qualifications issued by the College contain the following logo:



Training at the Island Health College provides you with lots of hands-on practical sessions from trainers / assessors who have up-to-date skills and knowledge and who are practising practitioners in their field of knowledge.

On completion of a nationally recognised qualification, students are eligible to apply for membership of professional associations. Full membership of appropriate associations entitles you to a Health Fund provider number, which enables your clients to receive private health fund rebates.

Also at the successful completion of training students may elect to join our team of likeminded and dedicated practitioners at Island Health and Wellness Centre. The centre is co-located with the College and is a centre of excellence for holistic health care provision to the Tasmanian community.

Come and join us and enjoy your journey.

Island Health College graduates can be found at many leading complementary healthcare centres, day spas and holiday resorts.

Flexible blended training options that work to maximise the value gained from learning. Some modules are conducted by traditional distance methods, such as workbooks.

**FOR FURTHER DETAILS ON TRAINING,
ASSESSMENT, HOURS, COSTING, POLICIES
AND PROCEDURES PLEASE REFER TO THE
COLLEGE WEBSITE:**

www.islandhealthcollege.com.au

OR CONTACT US

P: 03 6236 9011

admin@islandhealthcollege.com.au

The Island Health College registration code is 60036.

HLT42015

Certificate IV in Massage Therapy

HLT52015

Diploma of Remedial Massage

HLT52515

Diploma of Reflexology



**THE ISLAND HEALTH COLLEGE STAFF ARE PASSIONATE IN THE QUEST TO IMPART
KNOWLEDGE OF COMPLEMENTARY THERAPIES FOR HEALTH AND WELLBEING.**

www.islandhealthcollege.com.au

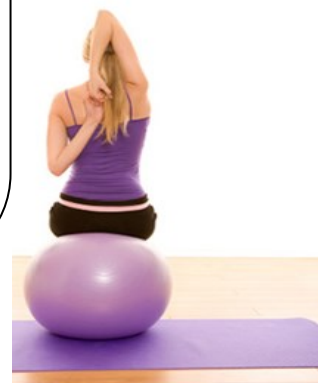
THE CERTIFICATE IV IN MASSAGE THERAPY - HLT42015

Students will receive the following Qualification and Units of Competency from the Health Training Package after successful completion of their trainings.
HLT42015 Certificate IV in Massage Therapy Practice.

Common Units

HLTAAP002	Confirm physical health status
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTAID003	Provide first aid
HLTINF004	Manage the control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatments
HLTWHS004	Manage work health and safety
College selected electives	
BSBSMB404	Undertake small business planning
CHCPRP003	Reflect and improve own professional practice
HLTREF002	Provide reflexology for relaxation

This is a highly practical course. It will provide the student with an understanding of the psychological and physical effects of massage for relaxation and well-being. Qualified students will be able to practice and gain insurance.



The units of competency in this qualification are packaged into the following training modules

Business Administration 1—BSBSMB404, HLTMSG001, CHCLEG003, CHCDIV001, CHCPRP003, CHCCOM006

This module gives you a good understanding to establish the foundations of massage practice and evaluate and reflect what makes a sustainable practice. Research information about compliance and ethical practice responsibilities and develop and monitor policies and procedures. Work respectfully with people from diverse social and cultural groups.

Massage 1—HLTMSG002, HLTMSG004

In this wonderful module you will be introduced to the fundamental techniques of massage for the whole body including contra-indications, draping posture and self care. How to gather client information and make a physical assessment of the body and determine massage treatment options. Receive a massage while you learn!

Musculoskeletal - HLTAAP002, HLTMSG002, HLTMSG004

Gain knowledge in basic surface anatomy, skeletal musculature, and functions of the major muscle groups, as presented in Musculoskeletal.

First Aid – to be complete off site with another provider of your own choice

Anatomy & Physiology 1—HLTAAP002

This is one of those modules you cannot do without! An essential component of all major modalities, this subject will teach you fundamental concepts of how the body is structured and functions. Gain the required knowledge to obtain and interpret information about client health status.

Workplace Health and Safety & Infection Control—HLTWHS004, HLTINF004

This module covers Workplace Health and Safety Legislation, workplace design, workplace hazards, legal compliance issues, safe work practice. Gain the knowledge and skills to establish, maintain, manage and evaluate work health and safety policies and programs in the work area.

Develop, implement and monitor infection prevention and control systems and procedures.

Reflexology 1—HLTREF002

This unit will introduce you to the feet! Reflexology is based on the principle that certain parts of the body reflect the whole. You will learn about pressure points on the feet and hands.

Massage Clinic

After completion of your theory and practical training, students participate in our low-cost publicly available clinic.

The College Clinic Rooms are used, with a Supervisor on site to support you to gain confidence in working with clients in a true clinic setting.

THE DIPLOMA OF REMEDIAL MASSAGE - HLT52015

Students will receive the following Qualification and Units of Competency from the Health Training Package.

Common Units

HLTAAP003	Analyse and respond to client health information
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect and improve own professional practice
CHCPRP005	Engage with health professionals and health system
HLTAID003	Provide first aid
HLTINF004	Manage the control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG003	Perform remedial massage musculoskeletal assessments
HLTMSG004	Provide massage treatments
HLTMSG005	Provide Remedial massage treatments
HLTMSG006	Adapt remedial massage practice to meet specific needs
HLTMSG008	Monitor and evaluate remedial massage treatments
HLTWHS004	Manage work health and safety

College selected

BSBSMB403	Market the small business
CHCPRP002	Collaborate in professional practice
BSBSMB421	Manage small business finance
HLTMSG007	Adapt remedial massage practice treatments to athletes
HLTREF002	Provide reflexology for relaxation

The Diploma of Remedial Massage is recommended for students looking to become professional remedial massage practitioners

Qualified students will be able to practise and gain insurance with professional associations and are able to obtain registration with Health Funds.

College modules contained in **DIPLOMA OF REMEDIAL MASSAGE HLT52015**

Refer to Certificate IV in Massage for details on:

Anatomy & physiology 1, Business Administration 1, Massage 1, Musculoskeletal, Infection Control, Reflexology 1, Aromatherapy 1, Workplace Health and Safety.

Remedial Techniques 1—HLTMSG003, HLTMSG005, HLTMSG008

Deep Tissue. Defines the application of deep pressure to muscles or therapy to the deeper lying muscle groups

Trigger Point. Knowledge of trigger points and skills in deactivating them are essential in the treatment of muscular pain caused by trauma, poor posture and repetitive injuries.

MET/PNF. Muscle Energy Technique is a collective name for a variety of techniques that stretch, strengthen or break down fibrous adhesions.

Proprioceptor Neuromuscular Facilitation relates to the 'proprioceptor nerves' found in all nerve endings of joints, muscles, and tendons and their role in remedial massage treatment

Anatomy & physiology 2—HLTAAP003

Gain knowledge of pharmacology, chemistry, pathology and Biomechanics. Biomechanics cover human movement, orthopaedic tests and exercise therapy.

Business Administration 2—BSBSMB403, CHCPRP005, CHCPRP002, BSBSMB421

This module gives the relevant skills and knowledge required in operating your own clinic as a remedial massage therapist, including financial management and marketing.

Remedial Techniques 2—HLTMSG005, HLTMSG006, HLTMSG007

Includes **Lymphatic Drainage.** Gives you an understanding of lymphatic drainage and skills to incorporate into your remedial massage work. Be able to recognise lymphatic problems as they present in your clients.

Sports massage where you will learn massage to 'enhance performance' of an athlete.

Treatment Management 1 & 2—HLTMSG003, HLTMSG005, HLTMSG008, HLTMSG006, HLTMSG007

Brings together techniques acquired in Remedial Techniques 1 and 2.

Clinical practice.

Enhance skills during client consultation. Managed remedial assessment and treatment sessions including males and females from different stages of life with varied presentations.

Monitor and evaluate these sessions.

THE DIPLOMA OF REFLEXOLOGY - HLT52515

Students will receive the following Qualification and Units of Competency from the Health Training Package.

HLT52515 Diploma of Reflexology

Common Units

HLTAAP003	Analyse and respond to client health information
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTREF001	Develop reflexology practice
HLTREF002	Provide reflexology for relation
HLTREF003	Perform reflexology health assessments
HLTREF004	Provide therapeutic reflexology treatments
HLTREF005	Adapt reflexology treatments to meet specific needs
HLTREF006	Monitor and evaluate reflexology treatments
HLTWS004	Manage work health and safety
College selected	



BSBSMB403	Market the small business
BSBSMB421	Manage small business finances
HLTHPS010	Interpret and use information about nutrition and diet
CHCCS001	Address the needs of people with chronic disease
CHCPRP002	Collaborate in professional practice
BSBSMB404	Undertake small business planning

College modules contained in *the* Diploma of Reflexology:

<p>Anatomy & Physiology 2—HLTAAP003</p> <p>Gain knowledge of pharmacology, chemistry, pathology and Biomechanics. Biomechanics cover human movement, orthopaedic tests and exercise therapy.</p>	<p>Reflexology 1—HLTREF002</p> <p>This unit will introduce you to the feet! Reflexology is based on the principle that certain parts of the body reflect the whole. You will learn about pressure points on the feet</p>
<p>Nutrition 1—HLTHPS010</p> <p>Learn how to assess clients' dietary intake and negotiate changes to their diet.</p>	<p>Reflexology 2—HLTREF001, HLTREF003, HLTREF004, HLTREF005, HLTREF006</p> <p>This module develops the skills needed to become a compe-</p>
<p>Workplace Health and Safety & Infection Control — HLTWS004, HLTINFO04</p> <p>This module covers Workplace Health and Safety Legislation, workplace design, workplace hazards, legal compliance issues, safe work practice. Gain the knowledge and skills to establish, maintain, manage and evaluate work health and safety policies and programs in the work area.</p> <p>Develop, implement and monitor infection prevention and</p>	<p>Business Administration 1—HLTSMB404, CHCLEG003, CHCDIV001, CHCPRP003, CHCCOM006, HLTREF001.</p> <p>This module gives you a good understanding to establish the foundations of massage practice and evaluate and reflect what makes a sustainable practice. Research information about compliance and ethical practice responsibilities and develop and monitor policies and procedures. Work respectfully with people from diverse social and cultural groups.</p>
<p>Clinical practice</p> <p>Participate in a team environment in our supervised clinical practice.</p>	<p>Business Administration 2—BSBSMB403, CHCPRP005, CHCPRP002, BSBSMB421</p> <p>This module gives the relevant skills and knowledge required in operating your own clinic as a remedial massage therapist, including financial management and marketing.</p>
	<p>First Aid – to be complete off site with another provider.</p>

Recognised Prior Learning:

Students are encouraged to apply for Recognised Prior Learning across all qualifications.

Recognised Prior Learning (RPL) is an assessment process that involves assessment of a Learners relevant prior learning (including formal, informal and non—formal learning) to determine the credit outcomes of an individual application. Credit reduces the amount of learning required to achieve a qualification.

The 'RPL information package and application form' may be accessed via our College website or by contacting administration.

RPL applications must be lodged at least 28 days prior to class commencement in your chosen qualification to allow for assessment. Once a qualification/unit/module has commenced an application for Recognised Prior Learning will not be accepted.

Further details on Recognised Prior Learning is available from our College website.



Entry requirements

Entry to courses is open to students 18 years and over. The College offers equal educational opportunities, ensuring the confidentiality of individuals at all times.

The College recognises the AQF qualifications and Statements of Attainment issued by any other Registered Training Organisation.

The College provides high standards in professional practitioner training whilst ensuring a friendly, nurturing environment where students may reach their highest potential in the journey of healing and self discovery.

CODE OF ETHICS

Maintain a high standard of training and assessment

Comply with the Australian Skills Quality Authority

Endeavour at all times to practise with the highest standard of professional competence.

Provide an appropriate service for clients, unrestricted by considerations of nationality, race, culture, creed, politics or social status.

Strive continually to revise and expand one's professional expertise.

Respect the rights and dignity of the individual.

Respect and honour the confidentiality of clients.

Identify the extent and boundaries of professional expertise and undertake only those actions that are within one's own competence.

Associations

AAMT Australian Association of Massage Therapists.

AMT Association of Massage Therapist

RAA Reflexology Association of Australia Ltd

