



On the Spot Training School
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ADVANCED MASSAGE WORKSHOP

INDIAN HEAD MASSAGE COURSE

Leading to a Certificate in Indian Head Massage (level 3)

DATES	See Website
TIME	9.30 am to 5.00 pm
COST	£320 inc. assessments (payment through website)
DURATION	4 day course over two separate weekends.
Contact Tuition:	30 hours
Guided learning:	40 hours
Total hours:	70 hours
FACILLITATOR	Sally Morris
VENUE	On The Spot Training School 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

OVERVIEW:

Indian Head Massage

Indian Head massage draws from principles within the Ayurvedic system of healing and from common practices in India that have been used for over 1,000 years. Indian Head Massage has continued to evolve in the West; typically this seated treatment lasts between 20 and 40 minutes and includes the therapeutic application of massage to the upper back, neck, arms, head, scalp and face. The range of specific techniques used aid deep relaxation and stress relief to benefit the client and aim to restore balance physically and psychologically.

This post graduate course is available to those who comply with the entry requirements and wish to use Indian Head Massage professionally.

A Certificate in Indian Head Massage is awarded to those who successfully complete all areas of the course, insurance to practice is available through Balens Ltd: 01684 580771 www.balens.co.uk



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COURSE CONTENT:

The course includes:

In the first weekend you will learn the basic techniques and sequences associated with IHM, as well as looking at the history and background of IHM and the relevant anatomy, physiology and pathology, creating solid foundations from which to build further.

In the second weekend we develop your learning with advanced practices, so that, by the end of the course you have the capability and confidence to work holistically with clients; adapting to circumstances, environments and each individual that you work with. This weekend includes an internally assessed theory and practical assessment

Other special features:

- An emphasis on body use that enables a full range of pressure without strain and allows a dynamic and rhythmic flow of massage
- Small group size, which allows time for plenty of 1:1 support in the classroom
- Worksheets given as home assignments that ensure you have the underpinning knowledge for your practice and prepare you for your theory exam
- Thorough course notes, which fully support classroom learning

Course Content:

- The history, background and development of Indian Head Massage
- Theory of the physiological and psychological effects of different massage techniques with particular reference to IHM
- Health & Safety
- Cautions, contra-indications and individualised treatments
- Preparation for treatment
- Self-care for practitioners
- Learning skills, techniques and sequences
- Relevant anatomy, physiology & pathology
- Ayurvedic practice in relation to Indian Head Massage
- Exploring chakras
- Managing client consultations
- Practise of full sequence with informal assessment
- Advanced techniques - demonstration and practice
- Oils and their use with scalp massage - theory and practical
- Case studies and written assignments - criteria for success
- Theory & Practical examinations



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Aims:

1. To develop a safe and professional approach to the application of Indian Head Massage
2. To develop the underpinning knowledge and practical skills necessary for the provision of Indian Head Massage treatments
3. To develop the ability to apply skills safely and effectively to a range of clientele

Outcomes:

By the end of the course students will know:

- ◆ The history and background of Indian Head Massage
- ◆ Anatomy, physiology and pathology relevant to Indian Head Massage
- ◆ Contra-indications and special care considerations for Indian Head Massage
- ◆ Ayurvedic principles relating to Indian Head Massage
- ◆ Basic knowledge of the chakra system and its relationship to health
- ◆ The consultation process
- ◆ The effects of massage techniques
- ◆ Massage skills, techniques and sequences that result in safe and competent Indian Head Massage treatments
- ◆ Safe choice and application of oils to the scalp
- ◆ Professional ethics in relation to massage
- ◆ Health & safety requirements
- ◆ Hygiene requirements
- ◆ How to manage client care & handling

By the end of this course students will be able to:

- ◆ Demonstrate techniques and sequences for seated, upper body massage
- ◆ Determine and select techniques and sequences and skilfully apply these as appropriate
- ◆ Demonstrate good posture and dynamic body use in the application of skills
- ◆ Demonstrate care, consideration and respect towards receiver(s)
- ◆ Present themselves in a professional and competent manner
- ◆ Take thorough and appropriate case study notes
- ◆ Demonstrate the ability to apply good communication / listening / reflecting skills to the consultation process
- ◆ Provide written evidence of good practice
- ◆ Recognise and list the benefits of Indian Head Massage
- ◆ Identify circumstances in which massage is contra-indicated
- ◆ Identify safe treatment options and techniques to suit a range of needs
- ◆ Identify which oils are most appropriate within specific treatment sessions



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COURSE FACILLITATOR

Sally Morris - Sally's fascination with health and healing began over 30 years ago during her training in General and Psychiatric Nursing and Counselling. She learnt to appreciate the importance of mind, body, spirit awareness in health which led to her interest in complementary therapy training. She has amassed a wealth of learning and experience which she integrates into her practice and teaching. Alongside Sally's Holistic Massage and Bodywork training, Reflexology, and an abundance of advanced massage qualifications, she is also a CTI Co-Active Coaching and Leadership Graduate, a Reiki Master and a 'Massage in Schools' Instructor with Special Needs experience.

Sally has maintained a busy practice for over 20 years; she has used her skills in every situation imaginable; from the Andes Mountains in Peru, to back stage at Glastonbury festival, at exhibitions, events, in executive boardrooms, in schools and in Mental Health settings.

EQUAL OPPORTUNITIES

Courses are open to all women and men, irrespective of age, religion/creed or size. We welcome applications from black and ethnic minorities, lesbians and gay men. People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

ENTRY REQUIREMENTS:

Students must:

- a. Be over 18 years of age
- b. Have an adequate level of written and spoken English
- c. Have adequate physical and mental health (no contra-indications to giving or receiving upper body massage)
- d. If physically challenged, have sufficient ability to perform the massage techniques listed in the syllabus
- e. Have previous qualification that includes examined study of Massage, Anatomy, Physiology & Pathology to level 3, for example; M.T.I. Diploma in Holistic Massage or I.T.E.C. Anatomy Physiology & Massage.

Other points

Adequate health/fitness for participants is required. If you have any concerns about your health please feel free to contact me and check these before booking.



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PRACTICALITIES:

What should I bring?

- Two large bath size towels and baby wipes.
- Please also bring writing materials and wear clothing that allows free body movement (i.e. T-shirt, sweat shirt and track suit trousers). Extra layers of clothing are useful to keep warm after massage.
- You will need to bring writing materials.

Other points:

Adequate health/fitness for participants is expected. If you have any concerns about your health please feel free to contact me and check these before booking.

Basic equipment will be provided for training, such as hand wipes, pillows for support and hand towels.

The course fees includes refreshments, however, lunch is not provided. Please bring a packed lunch, alternatively there are some shops and food outlets within a short distance.

DIRECTIONS:

By car - There is ample residential parking in the vicinity (please be considerate to neighbours).

By train - Hockley Station is on the London Liverpool Street line to Southend Victoria and takes approximately 46 minutes. www.nationalrail.co.uk. The venue is a 10-15 minute walk from the station.

By taxi - If you prefer a taxi the local firm can be found usually outside the station or on Hockley taxis 01702 531531

By walking - From the station exit onto Spa Road, cross the road at the zebra crossing and you will notice a walkway behind railings, this leads you to Hawkwell Road. Follow the road all the way to White Hart Lane and you will see my road almost directly opposite. It is less than a 10 minute walk.

Arrival - When you arrive at the house enter through the door in the garage and walk straight through to the back garden where you will find the Training Centre, a warm welcome and a nice hot or cold drink.



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ASSESSMENT:

Course completion: 18 months

Students must complete the course within 18 months from registering on a course. If students wish to complete the course after this time, the tutor and student will need to draw up a plan for further training and/or retaking exams. Students who have postponed taking the AP&P or practical exam, or who need to resit, must sit the exams within 1 year from the end of the course.

Teaching/Learning Methods

Within the course there is an element of structured delivery that ensures students receive the basic theoretical knowledge and practical skills they require. Students are expected to undertake some independent reading and complete home study assignments in order to achieve the learning outcomes. The case studies requirement assumes that students will have access to clients with ranging needs in order to demonstrate the application of theory and knowledge to practice.

Assessment and Examination:

Students will be required to complete internal written and practical assessments; they are also required to complete case studies and home study assignments.

Theory Examination - 1 hour written theory exam

On the 4th training day students will be required to complete a theory paper, consisting of diagrams to label, multiple choice and short answer questions relating to Indian Head Massage practice; including anatomy, physiology & pathology, professional conduct and business awareness. It will be marked and retained by the course Tutor.

Candidates must achieve a pass grade: 65% and above Or be required to resit

Case Study Requirements

Students are required to complete a written presentation of 25 treatments involving a minimum of 5 clients, to be completed and handed in two weeks before the external practical assessment. Students need to show evidence that, out of a range of clients, some have been given a series of treatments; we recommend that 3 of the clients chosen are treated over 4 sessions to demonstrate this. It is also recommended that students choose as wide a range of clients as possible in terms of age, gender, ethnicity, sexual orientation,



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physical conditions or emotional states, to demonstrate that they can work with a range of clientele.

Internal practical assessment

Students will be internally assessed on the 2nd training weekend and expected to give a 30 minute IHM treatment following a short consultation that meets the needs of the receiver at that time.

RECOMMENDED READING:

Recommended Textbooks & References

Handout information relating to the course content is provided for all participants.

Suggested titles for additional reading: (Those required for the course are marked with an asterix)

Anatomy, Physiology & Pathology

Su Fox & Darien Pritchard	<i>Anatomy Physiology & Pathology for the Massage Therapist</i> (Corpus Publishing - ISBN 1903333075)
Su Fox	<i>The Massage Therapists Pocketbook of Pathology</i> (Lotus Publishing - ISBN 978-1-905367-52-8)
Chris Jarmey	<i>The Concise Book of Muscles</i> (Lotus Publishing - ISBN 0954318811)

Indian Head Massage

*Helen McGuinness	<i>Indian Head Massage</i> (Hodder Education)
Narendra Mehta	<i>Indian Head Massage – Discover the power of touch</i> (Thorsons Press - ISBN 0722537913)

Auras / Chakras / Metaphysical

Dr Christine Page	<i>Frontiers of Health</i> (The C W Daniel Company LTD - ISBN 0852072562)
Paul Lambillion	<i>Auras and Colours</i> (Gateway - ISBN 0717132323)
Caroline Shola Arewa	<i>Way of Chakras</i> (Thorsons - ISBN 0722540396)



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TERMS AND CONDITIONS:

- Sally Morris reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course.
- Sally Morris reserves the right to ask a student to leave at any stage: if they prove in any way unsuitable for the course.
- Students are required to attend all classes punctually. If a student's attendance falls below 85% extra tuition will be necessary to complete the course at the students own expense over and above the course fee.
- No one else, unless invited by Sally Morris other than the students may attend the course.
- All fees must be paid by the dates agreed.
- Students are expected to act in a compassionate, ethical and responsible way whilst on the course or engaged in any related way.
- Students must complete the course within 18 months from registering on a course, students who have postponed taking the AP&P or practical exam, or who need to re-sit, must sit the exams within 1 year from the end of the course.
- Students are expected to have current insurance for their practice, if this is not the case they will need to take out "Student Insurance" for the duration of the training. Please ask for details at the start of the course.

Students are agreeing to these terms and conditions when they complete their booking information



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COURSE SYLLABUS:

1. Know the history and philosophy of Indian Head Massage and the traditional roots of Indian Head Massage application and beliefs

Students should be able to:

- ◆ Explain the historical background and development of Indian Head Massage
- ◆ Explain the Ayurvedic principles relating to Indian Head Massage
- ◆ Lists the Doshas (subtle life-giving forces: Vata / Pitta / Kapha)
- ◆ State the role of the Doshas in the body
- ◆ Identify the five primary elements
- ◆ Understand the principles and practice of marma (pressure) point application (of which 37 are in the treatment area (and their purpose)

2. Understand cautions, contra-indications and individualised treatments

Students should be able to:

- ◆ Identify safe treatment options and techniques that are appropriate to a range of needs
- ◆ Apply appropriate massage skills and sequences safely and effectively to a range of clients
- ◆ Produce case studies that show evidence of the safe use and effective choice of massage skills
- ◆ Work within own capabilities and areas of expertise
- ◆ Identify circumstances in which massage may be contraindicated
- ◆ List total and local contra-indications to Indian Head Massage and identify circumstances where a Doctor's advice should be sought before commencing treatment
- ◆ Design a letter to be used for medical, GP or specialist permission prior to treatment
- ◆ Identify and take action in circumstances where referral to G.P. or other therapists is appropriate
- ◆ Discuss rationales for treatment or referral options
- ◆ Explore the alternative approaches that are required to address special needs

Please note – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their GP or specialist.



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3. Anatomy, Physiology and Pathology

Students should be able to:

- ◆ Label skeletal and muscle diagrams of the upper body
- ◆ Identify specific bones of the upper body:
 - Bones of the skull:** Frontal / Parietal / Temporal / Occipital / Mastoid process
Temporomandibular joint (TMJ) / Sphenoid / / Lacrimal / Nasal / Zygomatic /
Maxilla / Mandible
 - Bones of the trunk:** Vertebrae / Ribs
 - Bones of the shoulder girdle:** Clavicle / Scapula
 - Bones of the arm & hand:** Humerus / radius / ulna / metacarpals/phalanges
- ◆ Name and locate all the listed muscles and recognize their origins and insertions:
 - Occipito-frontalis (Epicranius)** - raises forehead / eyebrows and tenses scalp
 - Temporalis** – mastication (chewing)
 - Masseter** - mastication
 - Orbicularis oculi** - closes eye
 - Orbicularis oris** - closes mouth / lips
 - Sternocleidomastoid** - flexes head when both sides contract - turns head when one side contracts
 - Pectoralis Major** - medially rotates humerus and draws arm across chest
 - Serratus anterior** - draws scapula forward and rotates it
 - Deltoid** - flexes, extends and abducts humerus
 - Biceps (brachii)** – flexion and supination of forearm
 - Triceps (brachii)** – extension of forearm
 - Brachioradialis** - flexes forearm
 - Wrist and finger flexors**
 - Trapezius** - raises shoulders, draws head back, adducts, rotates, lifts or depresses scapula upper part rotates neck
 - Levator scapula** - elevates scapula
 - Rhomboids** - adducts and elevates scapula
 - Supraspinatus** - abducts arm
 - Infraspinatus** - lateral rotation of arm
 - Teres Minor** - lateral rotation of arm
 - Subscapularis** - medial rotation of arm
 - Teres Major** - adducts and medially rotates arm
 - Erector spinae** - extend trunk when both sides contract (laterally flex trunk when one side contracts)
- ◆ Understand and recognise the different hair types and different hair conditions, to include:
 - Oily / Dry / Fine / chemically treated



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- ◆ Recognise and describe scalp conditions, to include:
Dandruff (Pityriasis Capitis) / Alopecia / Psoriasis / Eczema / Pediculosis capitis / Tinea capitis
- ◆ Describe conditions of the neck, shoulders and spine, to include:
Torticollis / Adhesive capsulitis / Spondylitis / Ankylosing spondylitis / Osteoarthritis / Fibromyalgia / Whiplash / kyphosis / scoliosis
- ◆ Name common skin disorders and state which are infectious
- ◆ List symptoms of short term stress
- ◆ List common physical complaints relating to long term stress
- ◆ Give examples of how stress is likely to affect thoughts, emotions and behaviour
- ◆ Explain in simple terms the effect of the hormones adrenaline and cortisone in the stress response

4. Understand and integrate the knowledge of the chakra system

Students should be able to:

- ◆ Define a chakra
- ◆ Name the seven main chakras and states their positions
- ◆ Associate chakras with their relevant glands
- ◆ Demonstrate chakra balancing

5. Preparation for treatment

Students should be able to:

- ◆ Explain the appropriate conditions for massage work, including temperature, decor, ventilation, privacy, hygiene and appropriate clothing

6. Massage Theory and Practice

Students should be able to:

- ◆ Demonstrate the following techniques and identify the physiological and psychological effects of each:
Effleurage / Petrissage / Percussion / Vibrations / Compression (friction) / Holds / Passive Movements / Stretches / Connection & Completion Strokes

Indian Head Massage techniques to include:

Champi(ssage) / Tabla / Hair pulling, tugging and ruffling / Finger combing / Plucking / Bracing / Marma points

- ◆ Understand and explain the effects of Indian Head Massage on the following systems:



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Circulatory – lymphatic – nervous – skin – musculoskeletal – endocrine – respiratory

- ◆ List the possible benefits of Indian Head Massage including:
Reduction of stress – improved circulation and lymphatic flow – reduced muscle tension – improved hair and scalp condition – improved sinus conditions – improved sleep pattern – relief of eye strain – improved joint mobility – increased levels of alertness and concentration
- ◆ Understand and explain the possible side effects of Indian Head Massage treatments, to include:
Emotional reactions – tiredness – increased energy – increased micturition – light headedness & fainting – nausea – aching muscles – increased nasal mucus – healing process (crisis) – headache – skin reactions
- ◆ Explain the ethical issues involved in massage work including confidentiality and sexual boundaries
- ◆ Understand and explain the importance of working within own capabilities and areas of expertise and using referral procedures when circumstances dictate this is required
- ◆ Show satisfactory standards of hygiene
- ◆ Use effective body use & posture in the execution of massage
- ◆ Show competence in an appropriate range of massage skills
- ◆ Demonstrate specific Indian Head Massage skills and sequences
- ◆ Demonstrate a clear, friendly professional manner when giving treatments
- ◆ Demonstrate client care by making effective use of supports and showing sensitivity to receiver's responses
- ◆ Demonstrate and explain the importance of giving appropriate after care advice, which may include the following:
Self-massage, posture, relaxation and breathing advice
Stretches and/or exercise advice
Lifestyle advice
Drinking water and herbal teas for hydration
Light diet after treatment
Avoiding alcohol for 24 hours before or after treatment
Hair care

7. Understand oils and their use in Indian Head Massage – Theory and Practical

Students should be able to:

- ◆ Categorise the use, effects and benefits of a selection of oils, to include:
Sesame / Mustard / Olive / Almond / Coconut / Evening Primrose / Apricot Kernel / Grapeseed / Jojoba / Hazelnut



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- ◆ Identify when oils would be used within a treatment session
- ◆ Determine the selection of oils appropriate to safety guidelines
- ◆ Explain how to store mediums in a safe and hygienic manner (e.g. in date and away from light and heat) and why this is important
- ◆ Demonstrate safety awareness in the use & application of oils to the scalp

8. Managing client consultations

Students should be able to:

- ◆ Design and use a consultation sheet for use with clients
- ◆ Demonstrate the ability to apply good communication/listening skills to consultation process
- ◆ Demonstrate the ability to consult with clients to identify their treatment requirements
- ◆ Provide written evidence of good practice within the case study assignment that includes the following elements:
 - Detailed consultation notes showing relevant medical history and general lifestyle information
 - Written consent of agreed treatment plan
 - Client profile including current issues
 - A summary of these notes and a treatment plan (including rationales for the choice of treatment)
 - Details of the treatment itself and findings
 - Details of client's experiences during and after the treatment
 - After care advice
 - An overall conclusion to each treatment that includes some reflective practice
 - A completion summary following the course of treatments that shows the outcomes achieved, the effectiveness of otherwise of the treatments given, any changes required to the original treatment plan and any future needs identified for the client

A parent or guardian must be present throughout the massage treatment of any minor under the age of 16 and is required to give written consent to the treatment of the minor under their care

Please note:

It is assumed that students have prior knowledge that has been previously examined and/or assessed in the following areas:

- ◆ Practice Management:
 - Setting up, managing, marketing and promoting a therapy practice including -
 - The responsibilities under local authority licensing regulations for the practitioner and his/her premises



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- Manufacturers and organisational requirements for waste disposal
- Business planning
- Record keeping and keeping accounts including -
- The importance of the correct storage of client records in relation to the Data Protection Act
- Legal issues including -
- Practitioner responsibilities under current health & safety legislation, standards and guidance, e.g. the Care Standards Act, the Health & Safety at Work Act (and any other relevant legislation)
- The importance of not discriminating against clients with illnesses and disabilities and why (e.g. Disability Discrimination Act)
- The age at which an individual is classified as a minor, how this differs nationally, why informed consent by a parent or guardian is essential for minors under 16 and the legal significance of gaining such consent
- ◆ Professional insurance and registration
- ◆ First Aid
- ◆ Anatomy, Physiology and Pathology:
 - Knowledge of basic chemistry and physics, cells, tissues, organs and systems of the body

Homework assignments for theoretical elements of the course are expected as part of the guided learning hours along with case studies. This work is internally assessed.