



ACADEMY OF  
**INTEGRATED THERAPIES**

***PROSPECTUS***

***2017***

**COURSES**

The Academy of Integrated Therapies  
Presents:

**Diploma of Musculoskeletal  
Therapy**

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# INTRODUCTION

Welcome to the Academy of Integrated Therapies the Academy that gives you an integrated system of body therapy. What does this mean?

Body therapy involves an intricate understanding of the bio-mechanical aspects of humans. This involves the ability to assess the performance of the tissues that make up our mechanical parts. Despite, this we find a society that has created fragmented body therapists. Soft tissue therapists such as Massage, Bowen, Myofascial and Shiatsu therapists only examine and treat the soft tissue. They have little understanding of the bone and joint positions. On the other hand, there are bone centred therapists such as Chiropractors and Osteopaths who have an incorrect view of soft tissues and its place in bio-mechanics. This current fragmented view of body structure has created deficiencies in the treatment being offered resulting in unsatisfying results. The practitioner of the future will integrate all of the relevant tissues of the body together to achieve more optimal results. These series of Musculoskeletal workshops is designed to go a long way to achieve this goal.

We are now in a position to offer you a full diploma course designed to equip you with all of the skills of a professional therapist.

The advantages of our new integrated course: -

- **Greater knowledge and success** - As a graduate you will possess the knowledge and skills from an accumulation of many successful body therapy systems all rolled into one. Success always favours those with higher skills.
- **Shorter training time** - Because of the ingenious design of this integrated course, it creates a significant overlapping of skills. This greatly shortens the time of training compared to that which would occur doing single courses one by one. In addition, because this is not a government based course we have removed all of the irrelevant subjects that would normally crowd out the time spent on the practical techniques.
- **Decreased costs** - As a logical outworking of decreased training hours when compared to single courses you will save a significant amount of money. In fact, our integrated diploma is only half the cost of government based courses. Despite that you will enjoy the development of more skills than you ever imagined.

# OUR HISTORY

Musculoskeletal Therapy (MST) or Myopractic is a modality originated in Australia by Neil Skilbeck. Neil who had over 40 years of experience within the Chiropractic/Osteopathic profession, integrated the soft tissue and skeletal aspects of bodywork together to form a new unique modality. Neil, together with the Academy of Integrated Therapies (AOIT), have a strong emphasis on the integration of other useful techniques in order to achieve their mission of making our courses the most complete form of bodywork available in our modern era.

Academy began in 1998, originally as the Bowen Approach, as the technique taught had a strong Bowen style cross fibre element, and then later as the Australian College of Myopractic. Soon after, the Academy prepared and submitted a Certificate IV course in bodywork to the education department for accreditation. The course was subsequently accredited in March 1999, marking a new era for MST and Bowen based training in Australia.

Further milestones continued to be achieved. The re-accreditation of our Certificate IV course gave the opportunity to upgrade to the Diploma level in 2004, and in 2009 the Advanced Diploma was designed. During this time the College changed its name to the Academy of Integrated Therapies to give more emphasis to its work in integrating knowledge.

While training students in government based courses over the years, we realised the extreme disadvantages of the unnecessary and boring units that we believe stifles learning and crowds out the development of the most important practical skills. While many people begin with the government based courses for recognition of health fund rebates they do that at the expense of practical learning. From the start of 2016 it was decided therefore to offer a more effective course by abolishing the government subjects and providing learning for the real practical work at half the cost.

Yes we still have some theoretical subjects but we have only retained the real essentials. Some practical administration, safety issues, the learning of Medical Terms, Anatomy, Physiology, Pathology, and knowledge of essential laws are all dealt with in an interesting way via webinars.

# OUR PHILOSOPHY

The following philosophy we believe is vital in ensuring that your foundation in healing is successful.

You **can** make a difference, if you work in partnership with everything else. You are a part of the web of life on this planet and an even smaller part in the total universe. After doing what you can, the secret is forgetting **you** and focussing on **the whole**. The whole is the sum total of everything that makes up the universe and through its principles or laws it brings about the desired changes.

The whole leads to the three H's — health, harmony and happiness. Though, if you try to take over completely to do everything, you separate yourself from the very source of all that is, and then the change will not only be hindered but made worse. Thinking of self then, creates separation, which creates the four D's — disappointment, disaster, disease & death.

Our philosophy is holistic. Nature is our teacher, whether it is animals, people, circumstances or a hundred and one other things. Nature does the healing and reconstruction — we are instruments in a whole scheme of things that brings about change. As practitioners, we do enough to trigger a process, Nature does the rest. We do not want to take over, managing the whole thing, tampering in nature's appointed work.

We focus on **building health** (the whole) not in treating disease (the separation). We focus on **self help** and **client empowerment** rather than client dependence and our power (separation). We focus on **causes** (the whole) rather than effects (separation), recognising that most of our disorders come from separating ourselves from that which supplies us with the true nourishment, the whole.

**COURSE RECOGNITION**

Our course, the Diploma of Musculoskeletal Therapy at this stage is not recognised by the health funds as it is a new emerging concept. However, our practitioners are registered with us as a Myopractor and this entitles them to professional insurance and the freedom to practice their skills anywhere in Australia.

**COURSE ENTRY REQUIREMENTS**

A satisfactory pass in year 11 at an Australian school or mature age entry is suitable.

**COST OF COURSE**

For prices see the payment plan leaflet.

**LENGTH OF QUALIFICATIONS**

Course	Full Time	Part Time
Basic	6 months	1 year
Full diploma	1 year	2 years

A minimum of 20 hours weekly will need to be set aside in order to complete all of the study required in the full time course.

**PRACTICAL SUBJECT WORKSHOP**

You will be notified in advance of the dates of workshops. Two weeks prior to the workshop you will need to let us know if you are attending.

Two practical workshops (3 days) are designed to be held at 6 week intervals (spanning certain weekends).

## COMMON SUBJECTS

After your enrolment process, you will be supplied with a welcome letter, student handbook, a training plan, and your first manual. Most often, you will be given a couple of months to complete each subject. Please refer to your training plan for guidance.

**Student Support:** We encourage you to list down anything you don't understand at any time and talk to your trainer.

Another valuable support link is developing a study group in your area. If requested, we will supply you with contact numbers of other students who are studying the same course in your area. The combined effort usually results in an enhancement of study.

## PRACTICAL SUBJECTS

In addition to this training, assignments are given to develop your practical skills and these must be completed in full and received by us before you can move on to the next level.

## ASSESSMENT PROCEDURES

The assessment for practical subjects will consist of a student demonstrating their diagnostic and treatment skills on a partner who poses as a client. Common subject assessments are conducted after you have had a chance to familiarise yourself with your manual these are open book assessments. They are performed in the class during a webinar.



# CREDIT APPLICATIONS

## **PRIOR LEARNING CREDITS**

If you have successfully completed course module through another training organisation and would like your previous grade/s to be considered for **cross credits** towards your current program of study, then it is necessary to send to us a statement of attainment. If you are applying for **Recognition of Prior Learning (RPL)** from previous qualifications, work or life experiences, then let us know and we will send you an RPL kit on that particular subject.

In general, in applying for an RPL you will need to include the following:

- The name of subjects/units for which credit is claimed.
- Description of the content of the previous subjects/units (in which you obtained a pass). This description must include all of the learning outcomes of the subject, which can be supplied to you by the Academy or College you attended. Alternatively, you will need to give us details of life experiences (see RPL kit). This is an important part, as you must be able to substantiate that you have the competencies required to comply with our subject.
- The duration in hours and authenticated results of your previous subject/s.
- A copy of all documents supplied e.g.. Statement of Attainment.

If the application is unsuccessful, an additional examination may be offered as an alternative or face to face interview will be conducted.

## **FEES**

Processing fees per unit:

Cross Credit transfer fee—no fee

RPL fee—half of the unit fee

## COURSES

<b>DIPLOMA OF MUSCULOSKELETAL THERAPY (MST)</b>				
<i>Module</i>	<i>Codes</i>	<i>Class hours</i>	<i>Assig hours</i>	<i>Total hours</i>
<b><i>Basic level</i></b>				
<b>MODULE 1</b>				
Introduction to MST	INT	4	-	4
Medical terminology	MT	4	8	12
Anatomy, physiology and pathology	APP	24	24	48
<b>MODULE 2</b>				
Muscular corrections of upper limbs	M1	16	16	32
Muscular corrections of lower limbs	M2	14	14	28
Health and safety	HS	4	8	12
<b>MODULE 3</b>				
Extensor muscle corr. of the spine	M3	14	14	28
Flexor muscle corr. of the spine	M4	14	14	28
<i>Total hours of basic level</i>		92	96	108
<b><i>Intermediate level</i></b>				
<b>MODULE 4</b>				
Postural biomechanics	M5	16	16	32
Anatomy & Physiology 2	AP2	24	24	48
Axial & Pelvic corrections	M6	16	16	32
<b>MODULE 5</b>				
Clinical administration	CA	9	9	18
Appendicular corrections	M7	14	14	28
<b>MODULE 6</b>				
Foot corrections	M8	14	14	28
Radiology for tactile therapists	M9	12	12	24
Nutrition I	NI	5	25	30
Skill refining (clinical practice)		20		20
<i>Total hours of intermediate level</i>		130	130	260
<i>Total course hours</i>		222	226	448

# COURSE MODULES

## WORKSHOP MODULES AT THE BASIC LEVEL

The following 2 modules lay the foundation for our integrated system, and they are designed to arm the student with all of the main techniques required to treat a wide range of spinal and extremity conditions using the diagnostic skills of Musculoskeletal Therapy (MST). The units consist of assessments such as ROM tests, selected orthopaedic tests, skeletal palpation, lymph pooling observations, the palpation of muscle lesions and some postural evaluations. The treatment skills centre mainly on the Bowen cross fibre method reinforced with neural enhancement. However other treatment methods are used where appropriate.

### MODULE I

#### INT—INTRODUCTION TO MST

**DESCRIPTOR:** This is designed to introduce participants into Musculoskeletal Therapy principles. It trains students in the cross fibre method of releasing muscle tension and demonstrates its methods using hands on real client problems.

#### SKILLS LEARNED

General knowledge	Assessment	Treatment	Application
Uses much of the general knowledge of basic anatomy and physiology	Assessment of the whole body using lymph pooling, palpation, and a wide range of tests.	Treatment of various spinal conditions using primarily cross fibre techniques	A wide range of various upper limb disorders are used to demonstrate the various techniques learned

**Duration:** 4 hours

**COURSE MODULES**

**MT— MEDICAL TERMINOLGY**

**DESCRIPTOR:** This is designed to give people the knowledge of the medical terms used in the health profession of today

**SKILLS LEARNED**

General knowledge	Skills developed	Training	Assessment
The ability to recognise the various medical terms and abbreviations	The ability to recognise the meanings of prefixes and suffixes used in medical terms	This is provided via webinar using a manual, and an electronic questionnaire	Using an electronic assessment document verbal with the class and written answers are required

**Duration:** (4 hours – 2 weekly sessions of 2hours)

**APP— ANATOMY, PHYSIOLOGY & PATHOLOGY**

**DESCRIPTOR:** This is designed to give people a basic grounding in the anatomy and physiology of the 12 systems of the body. In addition it provides training in the basic medical diseases, and how to gather relevant information to work out a client’s health status

**SKILLS LEARNED**

General knowledge	Skills	Training	Assessment
The 12 systems of the body along with the medical diseases that humans are subjected to.	The knowledge and skills required to gather relevant health data & understand medical & other tests	This is provided via webinar using a manual, and an electronic questionnaire	Using an electronic assessment document verbal with the class and written answers are required

**Duration:** (24 hours – 8 weekly sessions of 3hours)

**COURSE MODULES**

**MODULE 2**

**M1—MUSCLE CORRECTIONS OF THE UPPER LIMB**

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various mechanical abnormalities caused by lesions, spasms and hypertonia of various muscles in the upper limbs.

**SKILLS LEARNED**

General knowledge	Assessment	Treatment	Application
The anatomical musculature of the upper appendicular sections of the body	Assessment of the upper appendicular muscles using lymph pooling, palpation, resistive and ROM tests.	Treatment of various spinal conditions using primarily cross fibre techniques	A wide range of various upper limb disorders are used to demonstrate the various techniques learned

**Duration:** 2 days (14 hours)

**M2— MUSCLE CORRECTIONS OF THE LOWER LIMB**

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various mechanical abnormalities caused by lesions, spasms and hypertonia of various muscles in the lower limbs.

**SKILLS LEARNED**

General knowledge	Assessments	Treatment	Application
The anatomical musculature of the lower appendicular sections of the body	Assessment techniques including lymph pooling, palpation, manual resistive and ROM tests.	Treatment methods such as cross fibre or other methods appropriate to the problem.	A wide range of lower limb disorders are used to demonstrate the various techniques learned

**Duration:** 2 days (14 hours)

COURSE MODULES

**HS—HEALTH AND SAFETY**

**DESCRIPTOR:** This is designed to give people the knowledge of work health and safety, infection control and the laws and ethics that pertain to our clinical work

**SKILLS LEARNED**

General knowledge	Skills developed	Training	Assessment
Working in a safe environment and in harmony with the laws that relate to clinical practice	The knowledge of how to maintain a safe premises to work in compliance with best practice guidelines	This is provided via webinar using a manual, and an electronic questionnaire	Using an electronic assessment document verbal & written answers are required

**Duration:** (4 hours )

**MODULE 3**

**M3— EXTENSOR MUSCLE CORRECTIONS OF THE SPINE**

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various mechanical abnormalities caused by lesions, spasms and hypertonia of various muscles (chiefly extensors) within the spine and thorax.

**SKILLS LEARNED**

General knowledge	Assessments	Treatment	Application
The anatomical musculature of the spine concentrating mainly on the extensors	Assessment techniques including lymph pooling, palpation, manual resistive and ROM tests.	Treatment methods such as cross fibre or other methods appropriate to the problem.	A wide range of spinal and thorax disorders are used to demonstrate the various techniques learned with the client in a prone position

**Duration:** 2 days (14 hours)

COURSE MODULES

**M4—AXIAL FLEXOR MUSCLE CORRECTIONS**

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various mechanical abnormalities caused by lesions, spasms and hypertonia of various muscles (chiefly flexors) within the spine and thorax.

**SKILLS LEARNED**

General knowledge	Assessments	Treatment	Application
The anatomical musculature of the spine & thorax, concentrating mainly on flexors	Assessment techniques including lymph pooling, palpation, manual resistive and ROM tests.	Treatment methods such as cross fibre or other methods appropriate to the problem.	A wide range of lower limb disorders are used to demonstrate the various techniques learned. Client in supine position

**Duration:** 2 days (14 hours)

**COURSE MODULES**

**INTERMEDIATE LEVEL**

These workshops train the student in special skills designed to create a broader and deeper level of assessment with added specialisation of many sections of the body.

**MODULE 4**

**M5— POSTURAL BIO-MECHANICS**

**DESCRIPTOR:** This approaches posture as a key element in unlocking the causes of many mechanical disorders and shows corrections from manual techniques, prescribed exercises and lifestyle changes

**SKILLS LEARNED**

<b>Practical anatomy</b>	<b>Assessment</b>	<b>Techniques</b>	<b>Application</b>
The development of bio-mechanical knowledge of various joints and muscles.	The standing assessment showing various postural types including hyper and hypo lordosis, Kyphosis, dowagers hump, pelvic rotations and limb abnormalities.	The neural cross fibre, myofascial and other techniques required to correct the above disorders as well as therapeutic movements and lifestyle changes	Working on various examples of postural abnormalities.

**Duration: 2 days 16 hours**



**COURSE MODULES**

**AP2—ANATOMY AND PHYSIOLOGY 2**

**DESCRIPTOR:** This covers a study of the tissues involved in body mechanics such as the skeleton, muscles and nerves

**SKILLS LEARNED**

General knowledge	Skills developed	Training	Assessment
Develop in depth knowledge of the neural and musculoskeletal systems	From the available health information to be able to interpret a client’s health status.	This is provided via webinar using a manual, and an electronic questionnaire	Using an electronic assessment document verbal with the class and written answers are required

**Duration: 24 hours (8 weekly sessions of 3 hours)**

**M6—AXIAL AND PELVIC CORRECTIONS**

**DESCRIPTOR:** The assessment and treatment of the jaw, pelvic and shoulder girdle abnormalities. This includes the sacrum/ diaphragm/ cervical/psoas, the innominate, Quadratus lumborum , hip flexors, trapezius and pectoralis.

**SKILLS LEARNED**

Practical anatomy	Assessment	Treatment	Application
The development of bio-mechanical knowledge of various bones, & joints in the jaw, pelvis & shoulder areas.	The assessment of the jaw, pelvic and shoulder girdle disorders	The neural cross fibre techniques required to correct jaw, pelvic and shoulder girdle problems, including lifestyle changes	Working on various people with all types of jaw, pelvic and shoulder girdle disorders.

**Duration: 2 days (16 hours)**

**COURSE MODULES**

**MODULE 5**

**CA—CLINICAL ADMINISTRATION**

**DESCRIPTOR:** Basic bookkeeping skills using a modern software program and how to construct a business plan

**SKILLS LEARNED**

General knowledge	Skills developed	Training	Assessment
Knowledge of basic financial structures and basic bookkeeping skills	How to use software bookkeeping program & how to create business reports.	This is provided via webinar using a manual, and an electronic questionnaire	Using an electronic assessment document verbal & written answers

**Duration: 9 hours (3 sessions of 3 hours)**

**M7— APPENDICULAR CORRECTIONS**

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various mechanical abnormalities and sporting injuries caused by muscle lesions and deficient enervation to the upper and lower limbs.

**SKILLS LEARNED**

Practical anatomy	Assessment	Treatment	Application
The anatomy of the bones, joints and muscles of the upper and lower appendicular sections of the body	Assessment techniques including special tests, lymph pooling, palpation, MR & ROM tests.	The neural cross fibre techniques required to correct the complete range of limb and sporting disorders	Working on various people with all types of limb disorders.

**Duration: 2 days (14 hours)**

**MODULE 6**

**M8— FOOT CORRECTIONS**

**DESCRIPTOR:** The assessment and treatment of foot abnormalities. Based on Harvey Lampbell’s work an American podiatrist.

**SKILLS LEARNED**

Practical anatomy	Assessment	Treatment	Application
The development of bio-mechanical knowledge of various joints & associated foot structures.	The assessment of over pronation and other foot abnormalities	Joint mobilisation some neural cross fibre, therapeutic movements and lifestyle changes	Working on various people with over pronation and other foot problems.

**Workshop:** 2 days (14 hours)

**M9— RADIOLOGY FOR TACTILE THERAPISTS**

**DESCRIPTOR:** An introduction to being able to understand the uses of modern imaging techniques, anatomical representations, radiologist’s report and the meaning of various radiologist signs representing human disorders

**SKILLS LEARNED**

Practical anatomy	Assessment	Techniques	Application
Learn the various tissues that are represented in imaging techniques	Interpret basic radiological signs, the radiologist’s report, & selected health problems detected in imaging methods	Plain film is the major imaging technique explored, others are included where their role is relevant	Attendees are provided with a cross section of various human disorders using digital images via webinar

**Webinar:** 12 hours (4X3 hour sessions)

## COURSE MODULES

**NI— NUTRITION I**

**DESCRIPTOR:** Brief history and principles of nutrition, a brief look at the PH and a study of the macronutrients

**SKILLS LEARNED**

<b>Practical anatomy</b>	<b>Assessment</b>	<b>Treatment</b>	<b>Application</b>
The digestive system, blood and the general body tissue	Using questionnaires, observation and hair analysis	What nutrients to use and doses	Various case histories covering a wide range of deficiencies are presented

**Webinar:** 5 hours (2X2.5 hour sessions)