



ACADEMY OF
INTEGRATED THERAPIES

PROSPECTUS

2018

COURSES

The Academy of Integrated Therapies
Presents:

**Certificate IV in
Musculoskeletal Therapy**

**Diploma of Musculoskeletal
Therapy**

**Diploma of Remedial
Massage HLT52015**

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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. Our 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.
- **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 priced at the lower end of the market. 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 that many of the common units did not always have relevance in the work place and often crowded out the development of the more important practical skills. So by integrating the courses we have minimised this problem.

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.

The Diploma of Remedial massage of course contains all of the essentials so that you may receive the national recognised Diploma HLT52015.

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. Our Diploma of Remedial Massage will provide you with the recognition required by the Private health funds.

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	Part Time
Basic	1 year
Full diploma	18 months

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.

Eight practical workshops (consisting of 3 days) are designed to be held at 4 weekly intervals (spanning certain weekends). Our intensive course cuts this down to 4 groups of workshops of the period of the course

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.

PRIOR LEARNING CREDITS

If you have successfully completed a course unit 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

DIPLOMA OF MUSCULOSKELETAL THERAPY (MST)				
<i>Module</i>	<i>Codes</i>	<i>Class hours</i>	<i>Assig hours</i>	<i>Total hours</i>
<i>Certificate IV level</i>				
MODULE 1				
Introduction to MST	INT	4	-	4
Communication	MT	4	8	12
Anatomy, physiology and pathology	APP	24	24	48
MODULE 2				
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
MODULE 3				
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
<i>Diploma level</i>				
MODULE 4				
Postural biomechanics	M5	16	16	32
Anatomy & Physiology 2	AP2	24	24	48
Axial & Pelvic corrections	M6	16	16	32
MODULE 5				
Clinical administration	CA	9	9	18
Appendicular corrections	M7	14	14	28
MODULE 6				
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

COURSES

Diploma of Remedial massage HLT52015				
<i>Units and subjects</i>	Codes	Class hours	Assig hours	Total hours
LEVEL I				
Common				
Establish and manage client relationships	CHCCOM006	9	20	28
Work with diverse people	CHCDIV001	6	20	26
Manage legal and ethical compliance	CHCLEG003	6	30	36
Anatomy, physiology and pathology	API	20	80	100
Provide first aid	HLTAID003	18	-	18
Manage work health and safety	HLTWHS004	6	20	26
Manage prevention & control of infection	HLTINF004	6	20	26
Specialisation				
Develop massage practice	HLTMSG001	8	20	28
Assess client massage needs	HLTMSG002	44	30	74
Provide massage treatments	HLTMSG004	44	30	74
Electives				
Market the small business	BSBSMB403	6	20	26
Manage small business finances	BSBSMB406	6	20	26
Reflect on & improve own prof. practice	CHCPRP003	6	30	36
Extras				
Clinical practice	CPI	60	20	80
Total hours		228	360	588

COURSES

Diploma of Remedial Massage HLT52015				
<i>Units and subjects</i>	Codes	Class hours	Assig hours	Total hours
LEVEL 2				
Common				
Engage with health professionals & health system	CHCPRP005	6	20	26
Analyse and respond to client health information	HLTAAP003	6	20	26
Anatomy & Physiology 2	AP2	25	95	120
Specialisation				
Perform RM musculoskeletal assessments	HLTMSG003	40	30	70
Provide RM treatments	HLTMSG005	40	30	70
Adapt RM practice to meet specific needs	HLTMSG006	8	10	18
Monitor and evaluate RM treatments	HLTMSG008	8	10	18
Electives				
Undertake small business planning	BSBSMB404	6	20	26
Address the needs of people with chronic disease	CHCCCS001	4	20	24
Interpret & use information about nutrition & diet	HLTHPS010	8	30	38
Extras				
Clinical practice	CP2	90	30	120
Diploma level 1 Total hours				
		228	360	588
Diploma level 2 total hours				
		241	315	556
Diploma of Remedial massage total hours				
		469	675	1144

WORKSHOP MODULES AT THE CERTIFICATE IV LEVEL**MASI - Introduction to Massage & Musculoskeletal Therapy (MST)**

This is designed to introduce participants into Massage Therapy principles. It trains students in the basic techniques of massage such as effleurage, petrissage, friction, tapotement, vibration and touch without movement. We also introduce the basic methods of MST such as the cross fibre method of releasing muscle tension and demonstrate its methods using hands on real client problems. This module includes the unit—Develop massage practice (HLTMSG001).

The following workshops incorporate the following two units:-

- HLTMSG002 Assess client massage needs—This unit describes the skills and knowledge required to gather client information, make a physical assessment of the body and determine massage treatment options.
- HLTMSG004 Provide massage treatments—This unit describes the skills and knowledge required to prepare for and provide massage treatments using a defined range of techniques and sequences.

MAS2 – Massage to posterior torso & lower limbs

This utilises the techniques introduced in MASI to the torso and the posterior section of the lower limbs. It shows the desired sequences of movements

M1—Muscle corrections of upper limbs

On the first 8 hours or day 1 of this module it introduces the basic methods of general assessment as well as specific assessment to the upper limbs.

In the second 8 hours or day 2 it covers the application of the cross fibre technique to the upper limbs covering the major disorders that occur in the upper limb soft tissues.

M2—Muscle corrections to the lower limbs

As with M1 the first 8 hours covers assessment, but this time of the lower limbs. The second day covers mainly the cross fibre treatment of disorders of the lower limbs.

COURSE MODULES

API Anatomy, physiology and pathology

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 provides underpinning knowledge for the hands on practical work and to work out a client's health status. The practical side of this module is run over 7 weeks using 3 hour webinars and is also incorporated in each of the workshops.

M3 Muscle corrections to the spinal extensors

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) surrounding the spine. This workshop covers two full days.

MAS3 Massage upper limbs, head & anterior torso

This workshop is designed to use the basic massage techniques on the upper limbs, the head, including the face and scalp, the chest and abdomen. The workshop is run over one day.

M4 Muscle corrections of the Thorax, spine & pelvis

This trains people in the assessment and treatment of various mechanical abnormalities caused by lesions, spasms and hypertonia of the various flexor muscles that govern the spine, thorax and pelvis. The workshop is run over two days.

Mas4 – Massage lower limbs & joint mobilisation

This is designed to use the basic massage techniques on the lower limbs. It also covers the technique of mobilising the various joints of the body to improve freer movement of these vital body structures. Time will be allotted to cover the theoretical applications of the performance criteria of the units HLTMSG002 and HLTMSG004.

COMMON UNITS AT LEVEL I

CHCCOM006 Establish and manage client relationships

This unit describes the skills and knowledge to establish and manage professional on-to-one relationships with clients in the context of providing an ongoing health service or intervention.

This unit applies to community services or health workers who have defined responsibilities to work independently with clients within broad but established guidelines.

COURSE MODULES

Three by three hourly webinar sessions will be conducted to develop communication skills and to address the performance criteria required. A work book will be provided along with an assignment designed to address all of the performance criteria.

CHCDIV001 Work with diverse people

This unit describes the skills and knowledge required to work respectfully with people from diverse social and cultural groups and situations, including Aboriginal and/or Torres Strait Islander people.

Two by three hourly webinar sessions will be conducted to develop communication skills and to address the performance criteria required. A work book will be provided along with an assignment designed to address all of the performance criteria.

CHCLEG003 Manage legal and ethical compliance

This unit describes the skills and knowledge required to research information about compliance and ethical practice responsibilities, and then develop and monitor policies and procedures to meet those responsibilities.

This unit applies to people working in roles with managerial responsibility for legal and ethical compliance in small to medium sized organisations. There may or may not be a team of workers involved.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

HLTAID003 Provide first aid

No training is provided for this unit at the Academy and therefore you will need to make arrangements at your nearest St John's Ambulance or other provider of this unit,

HLTWHS004 Manage work health and safety

This unit describes the skills and knowledge required to establish, maintain and evaluate work health and safety (WHS) policies, procedures and programs in the relevant work area, according to WHS legislative requirements. This unit applies to workers who have responsibility for WHS as part of their role, including workers with obligations

COURSE MODULES

under WHS legislation, persons conducting a business or undertaking (PCBUs), or their officers (as defined by relevant legislation).

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

HLTINF004 Manage the prevention and control of infection

This unit describes the skills and knowledge required to develop, implement and monitor infection prevention and control systems and procedures in work contexts where health and personal care services are provided.

This unit applies to people working in roles with managerial responsibilities for infection prevention and control in small to medium sized organisations. There may or may not be a team of workers involved.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

ELECTIVES FOR LEVEL I

BSBSMB403 Market the small business

This unit describes the skills and knowledge required to monitor and improve business performance via a clear marketing strategy integrated into the business plan.

It applies to individuals who operate a small business independently or within a larger organisation. Individuals in this role analyse and interpret market data.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

BSBSMB406 Manage small business finances

This unit describes the performance outcomes, skills and knowledge required to implement, monitor and review strategies for the ongoing management of a small business's finances. It also includes day to day financial management of the small business.

COURSE MODULES

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

CHCPRP003 Reflect on & improve own professional practice

This unit describes the skills and knowledge required to evaluate and enhance own practice through a process of reflection and ongoing professional development.

This unit applies to workers in all industry sectors who take pro-active responsibility for their own professional development.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

WORKSHOP MODULES AS AT LEVEL 2

The workshops incorporate the following units:-

- HLTMSG003 Perform RM musculoskeletal assessments
- HLTMSG005 Provide RM treatments
- HLTMSG006 Adapt RM practice to meet specific needs
- HLTMSG008 Monitor and evaluate RM treatments

MAS5 – Trigger point therapy

This covers the development of the knowledge of pain patterns caused by trigger points as well as the treatment application of the trigger points throughout the body to resolve a whole range of issues. The workshop covers one day.

M5 - Postural bio-mechanics

This approaches posture as a key element in unlocking the causes of many mechanical disorders. We cover the methods to evaluate various postural categories and the flow on effect of how these conditions effect the body's mechanics.

Corrections of the various postural conditions are then introduced. These range from various manual interventions including the use of peripheral nerve stimulation to facilitate the release of muscle hypertonia, prescribed exercises and lifestyle changes.

MAS6 – Lymphatic drainage

This covers the body assessment and conditions that indicate signs of lymphatic blockage or retarded flow. Training is conducted to show the techniques required to restore the lymphatic flow to all areas of the body. This is conducted over a one day workshop.

M6 – Axial and pelvic corrections

This covers the assessment the jaw, the sacrum, innominate, diaphragm, shoulder girdle, cervical and the jaw caused by flexor muscle hypertonia, or the presence of muscle lesions. The principle muscle explored is the Psoas and its influence on the whole body.

Treatment methods, including peripheral nerve stimulation are then explored that will assist in correcting the Psoas and other muscles that are involved in the various skeletal misalignments. This is a two day workshop.

COURSE MODULES

AP2 anatomy and physiology

This provides an in depth study of the skeleton, joints, muscles and nervous system of the human body. It is designed to provide a thorough knowledge of the above systems so that a body therapist may be equipped with the underpinning information required to perform his work more effectively. The practical side of this subject is performed by eight X 3 hour sessions. A workbook is provided complete with a questionnaire to test your coverage of the book.

MAS7 Deep tissue, temp therapy & specific needs

Various conditions of the body are explored where the need for deep tissue work, temperature therapy and specific interventions are required to obtain the optimal results. This is a one day workshop.

M7 Appendicular corrections

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

Various treatment options are explored including the peripheral nerve stimulation required for the facilitation of muscle release. This is a two day workshop.

MAS8 – Myofascial, ME, PNF and general stretching

This is essential a stretching workshop designed to introduce a treatment procedure that may be more effective than standard procedures under certain circumstances. However in other cases the stretches may provide additional release after the standard interventions have failed to provide the full results that were hoped for. This is a one day workshop.

M8 – Foot corrections

The assessment and treatment of foot abnormalities, based on Harvey Lampbell's work an American podiatrist. Various assessment procedures that relate to the feet are explored, including photos and calculation of foot angles.

A treatment procedure is then demonstrated and taught, along with specific exercises all designed to rehabilitate the feet back to their normal shape. This is a two day workshop.

COMMON UNITS AT THE DIPLOMA LEVEL

CHCPRP005 Engage with health professionals & health system

This unit describes the skills and knowledge required to work within the health care system and engage effectively with other health professionals, including writing referral reports.

This unit applies to individuals working in health or community services who work autonomously with clients in the provision of services.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

HLTAAP003 Analyse and respond to client health information

This unit of competency describes the skills and knowledge required to analyse client health information and then to plan appropriate health services within scope of own role. It requires an in-depth knowledge of anatomy and physiology.

This unit applies to individuals who plan and provide services with some level of autonomy. Some disciplines will require a state/territory regulatory determination regarding delegation and supervision.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

CHCPRP003 Reflect on and improve own professional practice

This has already been included in the Certificate IV electives and therefore it is not necessary to be repeated (for details see page 17).

ELECTIVES FOR THE DIPLOMA LEVEL

BSBSMB404 Undertake small business planning

This unit describes the skills and knowledge required to research and develop an integrated business plan for achieving business goals and objectives.

It applies to individuals who operate a small business that operates independently, or as part of a larger organisation. Individuals in this role

interpret business information and numerical data competently.

As per other units, two X 3 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

CHCCCS001 Address the needs of people with chronic disease

This unit describes the skills and knowledge required to determine and address specific issues faced by people who have a chronic disease, in the context of contributing to a holistic approach to support.

The unit applies to workers providing services to people with chronic disease in diverse community services and health contexts.

This unit is presented via a two X 2 hourly webinar sessions plus a work book will be provided along with an assignment designed to address all of the performance criteria.

HLTHPS010 Interpret & use info. about nutrition & diet

This unit describes the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet. It does not include the provision of therapeutic nutritional or dietary advice to individual clients or the recommendation of 'practitioner only' nutritional products.

This unit applies to individuals working with clients within the limits of the Australian dietary guidelines. They make referrals to other health professionals or accredited practising dietitians when those limits are exceeded.

M9— RADIOLOGY FOR TACTILE THERAPISTS

This subject is only available for those doing the Musculoskeletal Therapy course. It is 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.

It is conducted via webinar over 4 weeks X 3 hourly sessions. A work-book is provided.

COURSE MODULES