

**Course Title:** Seated Acupressure Massage Course  
**Course Cost:** £155  
**Group Course:** £185 – bring your own models, student does not receive a treatment – recommended for those who do not have previous massage experience or prefer a slower pace of learning. – A model can be supplied for a small fee of £10 payable on the day.  
**1-1 Course:**

**Course Length** 1 day – 9.30-3.30 approx

**Course Entry Requirements:** None

**Course Type:** Theory & Practical - includes exam (returned in 7 working days) and case studies, up to 6 months to complete from course date. These are PDF's and completed electronically at home  
**Not suitable for tablets or mobile.**

**Qualification awarded** DT Practitioners Diploma

**Accredited & Insurable** Accredited with the Guild of Holistic Therapists

**CPD Points** 15 points

**Paying for your course:** **ITA Funding** - This course can be funded using Individual Training Account funds – PLEASE NOTE - the funds must be in place before a booking can be made. Once your ITA account is in place please contact DT Therapy School to arrange your booking. **Please note – The precourse workbook is emailed one week prior to the course and requires to be read before attending the course, the course manual is given on the day**

**Deposit, Full Payment & Balance – For all non ITA applicants** - a non-refundable deposit of £65 secures your place - please contact DT Therapy School to arrange your booking. Payments can be accepted via card, paypal, cash, cheque or Bacs. Balances paid 2 weeks before course date. **All non ITA applicants are emailed a precourse workbook and an anatomy ref manual prior to the course**

**Course Information:** Seated Acupressure Massage (sometimes known as Onsite or chair massage), is a therapy that can be used both in the salon but much more importantly it has pride of place in the workplace!

Traditionally, the basic sequence that is taught today can last a minimum of 20 minutes, which makes Seated Massage the ideal modality for the busy workplace environment where employees benefit from this quick, dynamic de-stressing therapy and can return to their desks buzzing with energy. Tense, aching muscles are an all too common side-effect of a hectic and stressful workplace. A soothing, relaxing massage sounds like just the thing



**ITA Approved Provider with Accredited Courses**

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to smooth away those pent-up tensions.

Yet for most people in busy offices and other workplaces, a conventional, full body massage is too time-consuming, impractical and expensive as a regular stress-busting therapy.

It is unclear when or where it actually originated from, no firm records exist but today, it's used worldwide. Its basis is acupressure and the one with most information and dates is a Japanese style of massage using the same pressure points as in acupuncture which has been practiced as a healing art for at least 5,000 years. It is the third most popular method for treating pain and illness in the world. This complete health system has been documented for use in treating over 3000 conditions. When the vital energies are able to flow through the meridians in a balanced and even way the result is good health. When you experience pain or illness it is an indication that there is a block or leak in the energy flow within your body.

**Course Manual  
Contents  
Include :**

- Copyright, Insurance, Tax & Accounts
- History of Seated Acupressure Massage
- How Does it Work
- The Meridians
- Benefits of a Seated Acupressure Massage
- Contra-Indications for Seated Acupressure Massage
- Routine
- Client Consultation Form & Data Protection
- Consultation Form Template
- After Care Advice Template
- Using Aromatherapy Oils & Waxes during Massage
- Common Foot Problems
- Health & Safety Law, Licence Requirements
- Infection Control
- Sensitivity Testing
- Therapists Code of Practice
- Anatomy reference manual supplied for ongoing learning

**Practical  
Modules to be  
completed**

- Back
- Neck
- Scalp



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