

International Course Program with Christine Fisk, Vice-President of Federation of Holistic Therapists, the UK's largest professional association for therapists in UK and Ireland.



TUTOR PROFILE - CHRISTINE FISK

Managing Director, of Ethos (Education, Training, Health and Online Services Ltd) and Board member of the Complementary and Natural Healthcare Council, the United Kingdom's Regulatory Council for Complementary Health Therapists, is delighted to deliver courses for Jari Jari Spa (FHT Accredited Training Provider for Ethnic Borneo Massage) in March 2012. Christine's passion and enthusiasm in the area of health and well being is second to none. She has vast clinical experience and currently works with clients suffering from a wide range of health issues. Christine also has a wealth of academic and practical experience in the educational environment and was instrumental in developing and delivering one of the first Complementary Health Therapy Foundation Degree courses in England. She has worked extensively within further and higher education establishments over the last sixteen years and has a very successful training company in the United Kingdom.

☒ **Certificate in Infant Massage**

Date : 5th & 6th March 2012 (Mon & Tues) Time : 9.30am - 12.30pm / 1.30pm - 6.30pm

Synopsis

On this course you will develop the practical skills necessary to apply infant massage safely and effectively. Topics covered include: the history and philosophy of infant massage, effects and benefits, contra-indications/cautions, suitable massage mediums, space and permission to massage, infant handling and positioning, infant massage routine, adapting massage for babies with specific needs, touch relaxation, relevant anatomy, stages of growth and massage, record keeping where relevant. Students wishing to learn how to massage their own infants can attend this course, hence no pre-requisites are required, but those students wishing to join the FHT as full members will need a pre-requisite body massage and A&P qualification.

(Resources Tables/Chairs/PowerPoint facilities/Large doll)

☒ **The Certificate in Manual Lymphatic Drainage Massage**

Date : 7th & 8th March 2012 (Wed & Thurs) Time : 9.30am - 12.30pm / 1.30pm - 6.30pm

Synopsis

This course will equip you with the knowledge, communicative and practical skills necessary to apply Manual Lymphatic Drainage massage safely and effectively. Whilst the course is mainly of a practical nature, the important theoretical aspects will be covered including relevant Anatomy, Physiology and Pathology. Topics covered include: health and safety, benefits of MLD, relevant A&P and Pathology, contra-indications/cautions to MLD, contra-actions to treatment, preparation for treatment including self and client, MLD routine, evaluation and after care advice.

• **Pre-requisite: Professionally recognized qualification in Body massage including Anatomy and Physiology**

(Resources: Couches/Chairs /Towels/PowerPoint facilities)

☒ **The Certificate in Stress Management**

Date : 9th & 10th March 2012 (Fri & Sat) Time : 9.30am - 12.30pm / 1.30pm - 6.30pm

Synopsis

This course will provide you with the opportunity to develop your knowledge of physiological changes arising from stress together with the physiological, emotional and mental reactions to stress. You will learn how to devise a stress management plan for your clients. Topics covered include: interpersonal skills, positive and negative stress, external stress triggers, the affect of external triggers on the physiology of an individual, personality types, changing perception, consultation techniques and stress management planning

• **Pre-requisite: Professionally recognized Holistic Therapy or Beauty Therapy Qualification**

(Resources Couches/Chairs/PowerPoint facility)

☒ **The Certificate in Remedial Massage Techniques**

Date : 12th, 13th & 14th March 2012 (Mon, Tues & Wed) Time : 9.30am - 12.30pm / 1.30pm - 6.30pm

Synopsis

On this course you will develop the necessary skills to provide a remedial massage to clients who need more than a general massage treatment. Topics covered include: health and safety, benefits of remedial massage, relevant anatomy, physiology and pathology, contra-indications/cautions, preparation for treatment including self and client, postural analysis, range of motion analysis, remedial massage techniques passive and active stretching, evaluation and aftercare.

• **Pre-requisite: Professionally recognized qualification in Body massage including Anatomy and Physiology**

(Resources Couches/Chairs/Towels/Oils/Measuring pots for oil/PowerPoint facilities)

☒ **The Certificate in Massage for Fibromyalgia**

Date : 15th March 2012 (Thurs) Time : 9.30am - 12.30pm / 1.30pm - 6.30pm

Synopsis

On this course you will develop the practical skills necessary to massage clients with fibromyalgia. Topics covered include: health and safety, benefits of massage for clients with fibromyalgia, relevant anatomy, physiology and pathology, contra-indications/cautions, contra-actions, preparation for treatment (including self and client), specific massage routine, evaluation and aftercare

• **Pre-requisite: Professionally recognized qualification in Body massage including Anatomy and Physiology**

(Resources Couches/Chairs/Towels/Oils/Measuring pots for oil/PowerPoint facilities)

Registration Details with FHT (Federation Holistic Therapist)

Students will be able to join FHT as full members upon successful completion of their training course.

The FHT provide an e-application form, which the graduate student needs to complete and return to the FHT (by email) together with scanned copies of their relevant certificate(s). The application form will be processed upon receipt, and a Welcome Pack issues to the applicant which includes an FHT membership certificate. Once full membership's status has been given, the member will be entitled to all of the benefits associated with belonging to the UK and Ireland's largest professional association for therapists including international professional status and the use of the designatory letters, after their name.



Registration Form: (Please fax this copy to 088-272604)

Date : 5th - 15th March 2012
Venue : Jari Jari Spa (Body & Mind Relaxation)
Tanjung Aru Plaza, 2nd Floor, Block B, Lot No. 2.1
Jalan Mat Salleh, Tanjung Aru, Kota Kinabalu
Early Bird Registration : by 15th November 2011 @RM 4,095.00 (per pax)
(1st come 1st serve - limited seat only)
Normal Price : RM 4,550.00 (per pax)

Part A: Participation's Information

Please register the following Participant:-

Name :
Designation/ Profession :
Organization/ Institution :
Contact Person :
Address :
City :
State :
Country :
Telephone (H/P) :
Email :

Part A: Payment Information

Training Course Fee must be paid in Advance by 31st November 2011
Cheque should be crossed and made payable to: Jari Jari Sdn Bhd, Kota Kinabalu

Payment Details:

Cheque No. Bank

Bankdraft No.

Terms and Conditions:

Method of Payment

- ✓ Training Course Fee must be paid in advance and made payment in Ringgit Malaysia
- ✓ Payment can be made by Cheque or Bankdraft
- ✓ Please mail the payment together with Registration Form
- ✓ Confirmation of Registration will be issued once payment is received
- ✓ No registration will be processed without full payment

Substitution

- ✓ Registrations transferable but not refundable
- ✓ Substitution must be made in writing and received by email or fax on before 15th Feb 2012

FOR MORE INFORMATION OR REGISTRATION

Contact : Jennifer Chan Lee, MFHT, UK
Tel : +6088-272 606 Fax : +6088-272604
Email : jennlee@jarijari.com.my