



PROSPECTUS



COURSES:

Beginners Massage

Anatomy & Physiology

Practitioners Massage

Remedial Massage

WORKSHOPS:

Indian Head Massage

Pregnancy & Labour

Baby Massage

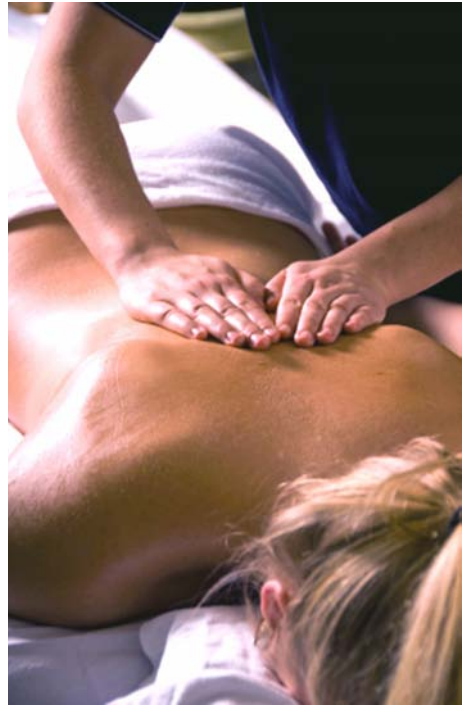
ABOUT LCM

Located in central London, the college was established in 1987 with an aim to make massage widely available to all, improve the standard of training and position it as a recognised complementary therapy within orthodox medicine.

We offer comprehensive courses from Beginners to Practitioners, taken part-time over weekends or evenings. There is no academic requirement but a minimum age of 21 is recommended to qualify as a Massage Practitioner.

We have seen the power of touch transform the lives of many of our students. Massage brings a deep sense of peace through profound relaxation of mind and body.

To experience this on an individual level is to begin to create it in the world around you. In this way we intend the study and practice of massage to enhance the quality of life for all.



The LCM course material is based on Swedish massage techniques producing effects from deeply relaxing to stimulating and invigorating.

Because of its ability to transform the way we feel, we call it Therapeutic Massage.

Affiliation

Members of the British Complementary Medicine Association, the Institute of Complementary Medicine and associated with the General Council for Massage Therapy which is concerned with the setting of regulations for training in the field of Complementary Medicine.

Isabelle Hughes (Director)

As Principal and an experienced teacher at the LCM since it was founded, she has strived to ensure the quality of training surpasses current standards. Isabelle teaches courses from Beginner to Remedial Level, and workshops in Baby Massage and Massage for Pregnancy & Labour. She is also an external examiner for massage therapy. Over the years she has contributed to many books on various massage subjects.

Marc Salnicki (Director)

Has been with the LCM since 1990 and teaches Beginners to Practitioner Level as well as our popular Indian Head Massage Workshop. Marc has also contributed to various books, most recently 'Easy Massage' published by Eddison Sadd.



Alison Dent (Teacher)

Alison qualified with the LCM in 1995 and although she has built up her own massage client base she loved the college so much she became a teacher.

Simon Poulter (Anatomy & Physiology)

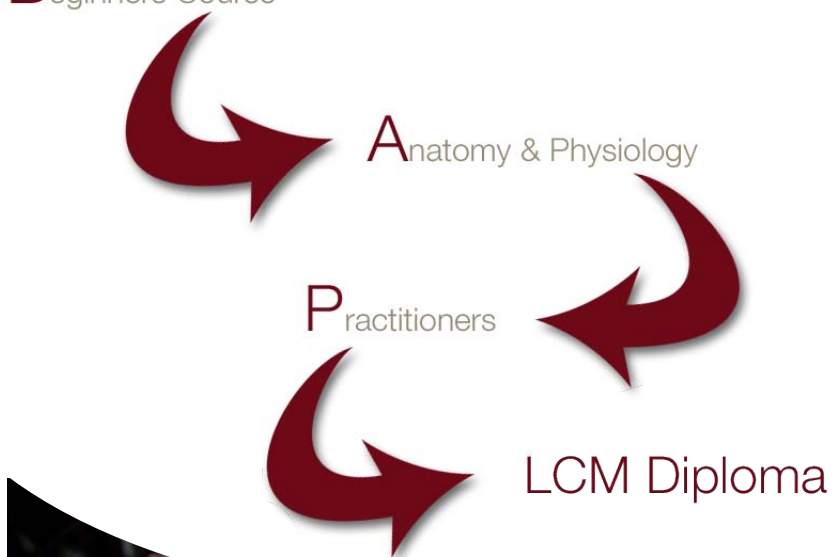
As a qualified Osteopath (since 1980) he has a wide client database and his own practice. Simon has been teaching A&P for the LCM for the last few years.

Amanda Thorpe (Director)

Originally involved with the LCM in the early stages (1990-1993) as the General Manager, she is now one of our Directors and the administrator. Although she is not a qualified Massage Practitioner or teacher she understands the needs of our students in achieving their goals and changing their lives to a more fulfilling career and is always on hand via the phone or email.

Our training is in three stages firstly, the Beginners Course which is open to every one with an interest in massage and would like to learn how to massage family and friends safely. If after completing this course you wish to become a qualified Massage Practitioner, the next stage is the Anatomy & Physiology Course and finally the Practitioners Massage Course.

Beginners Course



The Beginners Course can be completed over three months with an Introductory weekend and then Follow Up Weekends or over 12 weeks, one evening a week. Whichever way you choose to study the course content is the same. The Introductory weekend is open to everyone with an interest in massage and can be enjoyed as a one off experience. If after this weekend you wish to continue studying massage you can then attend the two follow up weekends to complete the Beginners Course.



Introductory Weekend

The first weekend includes a seated massage sequence and basic massage techniques for the back, face and legs. Also an introduction to essential oils and the contraindications to massage.

This weekend leaves you feeling relaxed and rejuvenated and equipped with a valuable new skill to reduce stress and tension of family and friends.

It is also a great way to find out if massage is for you before committing to a full study programme.

Follow Up Weekends

These weekends include more sequences for different body areas working towards being able to give a full body massage. On the final day there is an informal assessment where the student gives and receives a full body massage.

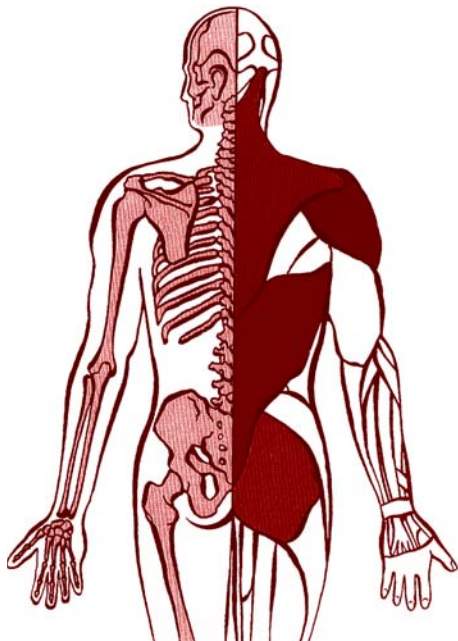
Successful completion and feedback from the tutor will enable the student to determine whether to proceed to Diploma level. A Beginners Certificate is issued on submission of 20 completed homework's.

12 Week Evening Course

The same as the weekend course and available for those that prefer a more gradual learning process. Please note that you do not have to complete the Introductory weekend prior to enrolling on the 12 week evening course.

This is the next stage for those who have successfully completed the Beginners Massage course and wish to continue to Practitioner level.

It is the theoretical study of the human body, covering the structure and functions and location of all the major systems.



This course has separate exams for each module, you must pass both to gain your certificate. The exams are a mix of multiple choice, labelling diagrams and essay questions

Outline of course content

- The Skeletal System
- The Muscular System
- The Vascular System
- The Lymphatic System
- The Respiratory System
- The Digestive System
- The Reproductive System
- The Urinary System
- The Endocrine System
- The Cell
- Tissue

You can attend the A&P course at the same time as the Practitioners course but please consider the amount of home study required, at least 4 hours per course.

This course is also open to students of other therapies and Pilates that require an A&P qualification.



This is a five weekend course (one weekend a month) plus a Clinical Supervision day and assessment and is only open to those who have successfully completed the Beginners Massage Course and the Anatomy & Physiology Course (or currently attending A&P) and leads to the LCM Diploma.



The LCM Diploma enables the graduate to obtain full indemnity insurance to practice massage and to register with professional associations such as the BCMA, APNT, and ICM.

This module contains further development of massage techniques, their application and the correct use of pressure and body positioning, it also includes further training in taking case histories and treatment composition.

Students are required to attend a Clinical Supervision Session, two thirds into the course where you are assessed on dress code, table and room set up, case study sheets and professional conduct in preparation for your final assessment.

Students are also required to submit a written dissertation on the 30 hours (minimum) community based project that they have completed during the length of the course.

The community based project involves volunteering to offer massage as a support to different sections of the community. We encourage that students choose an area where massage isn't readily available or affordable.

Remedial Course

For the practitioner wishing to extend their knowledge of the effects of stress, injury and overuse on the musculoskeletal system. This course has been developed to enhance theoretical knowledge and apply new practical massage techniques in methods of soft tissue manipulation to alleviate musculoskeletal disorders.



There will be a theoretical investigation of the skeleton and muscles looking at such areas as posture, pain and stress. Some of this will be review but most of it will demand a deeper, more comprehensive study of anatomy and physiology in relation to pathology and massage.

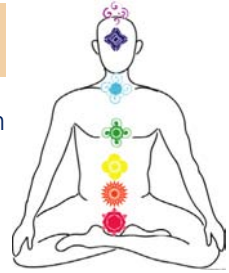


Practical work will include palpation, planning treatment sessions and advanced techniques.

Tuition will take place over five weekends with a written exam and practical assessment. It is a certificated course of the London College of Massage.

Indian Head Massage

The IHM originates in the sub-continent where it is an integral part of life. This type of massage is renowned for relieving symptoms of stress, anxiety and mental tension. It also works on improving blood circulation.



Pregnancy and Labour

This workshop looks at special circumstances involved in massage and pregnancy this includes, contra-indications, positions for massage, the use of massage during labour and other relevant topics are discussed and demonstrated.



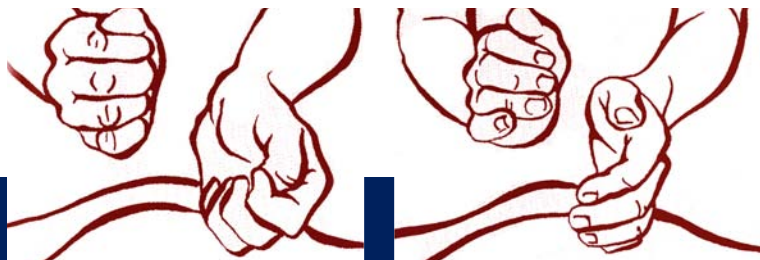
Baby Massage

The workshop is open to Practitioners, parents, grandparents and carers. The afternoon covers basic techniques of massage and includes a few simple exercises to strengthen a baby's muscles.

Refresher Day

This is a good opportunity to meet and exchange your knowledge with other therapists and develop your skills. You will be able to work on techniques with an experienced teacher. It is very useful for those who may not have practiced for sometime to be able to reconnect with the power of massage therapy.

Further details are available for all workshops



1. Deposits are non-refundable.
2. Payments for the Beginners Introductory Weekend or the Post Graduate Workshops are non-refundable.
3. Cancellation of courses will only be refundable (balance paid less deposit) if 14 days written notice is received.
4. Transfers between courses at the request of a student will incur an administration fee of £10.00. Transfers are only available if 14 days written notice is received. Payments will be held for six months from the date of the transfer request. After this date the payment is forfeit.
5. Students must commit themselves to attend all classes and in the case of unavoidable circumstances, make arrangements for private tuition.
6. Non-attendance is very disruptive to fellow students as each group works in pairs, therefore the College reserves the right to expel without refund any student missing two or more classes.
7. In the circumstances of a student failing to complete a course no refund will be made.
8. In the circumstances of the LCM requesting a student to leave a course other than (6.) the LCM will refund the students remaining balance.
9. Follow Up Weekends:- Once a student has committed to this course the student must attend both dates. Failure to attend the final weekend and then request a later date will incur a further charge of £100.

10. Anatomy & Physiology Course:-
 - 1) If a student fails to attend the scheduled exam night a fee of £30 is payable to sit the exam at a later date.
 - 2) If a student fails either the Anatomy or Physiology exam it is possible to re-sit the exam on two further occasions (£30 per re-sit) before the student will be required to re-take the course at the full cost.
 11. In the case of returned cheques, replacements will only be accepted in cash, bankers order or credit/debit card including any additional charges.
 12. LCM reserves the right to cancel courses due to under subscription and to offer places for a later date.
13. LCM reserves the right to change tutor or venue if necessary.
 14. If you are pregnant we advise that you do not enrol on a practical course until after the birth of your baby.
 15. Please inform the LCM of any physical or mental ailment, past or present that you think might affect your study.
 16. Fees cover registration, all course tuition, examination fees and manuals where appropriate, provision of base carrier oils and the use of massage tables.
 17. Replacement certificates are available at a cost of £5

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