



# SCOTTISH MASSAGE SCHOOLS' COURSES



SCOTTISH MASSAGE SCHOOLS, 24 ELLON ROAD, ABERDEEN AB23 8BX  
TEL. 01224 822956 FAX. 01224 822960 EMAIL. [info@scotmass.co.uk](mailto:info@scotmass.co.uk)  
WEB. [www.scotmass.co.uk](http://www.scotmass.co.uk)

## ABOUT SCOTTISH MASSAGE SCHOOLS

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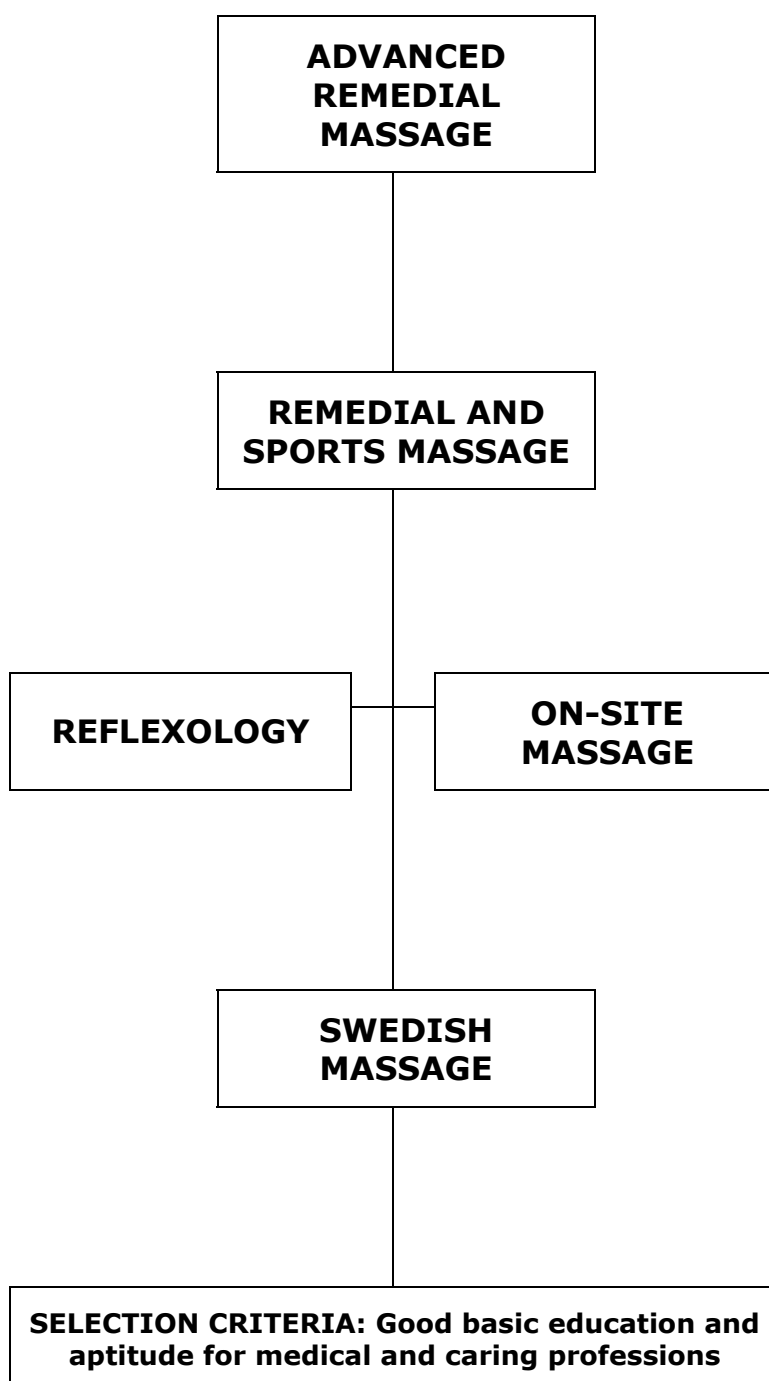
Scottish Massage Schools are dedicated to the promotion of Massage Therapy as a prime modality in preventative medicine and rehabilitative health care. Through personal and professional experience Maggie Brooks-Carter feels that Massage Therapy should be at the core of Healthcare. Massage based therapies should be in place in hospitals, GP practices, in psychiatry, in Retirement Homes as well as in private practice.

Scottish Massage Schools was founded by Maggie Brooks-Carter DO RGN SMTO and Nick Carter DO MBRA FSMTO to be a centre of excellence in the training of all levels of Massage Therapy – a science that has been used throughout time. It is now a growth industry thanks to its success in treating many common disorders as well as playing an important part in health maintenance.

## CAREER PROGRESSION CHART

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To further the graduates' knowledge and career potential, available courses of study are illustrated in the Career Progression Chart below. The Swedish Massage Diploma course is the foundation level course and is the entry requirement to further study with Scottish Massage Schools (*equivalent qualifications are approved on a case by case basis at the time of application*). Higher levels, as well as being qualifications in their own right, will provide the graduate with a successful and rewarding career in an industry that, daily, gains more recognition of its value.



## **COURSES AVAILABLE**

### **SWEDISH MASSAGE DIPLOMA COURSE**

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The Swedish Massage Diploma course will introduce the beginner/student to, and give a good grounding in: anatomy, physiology, Swedish Massage techniques and practice management.

Our Diploma in Swedish Massage creates a competent therapist, qualified to set up in business as a self-employed Massage Therapist or be employed by a health centre or hotel.

**CONTENT:** Swedish Massage – its uses, effects and contraindications; an introduction to the systems of the body and how they inter-relate; homeostasis; basic pathology; and practice management.

Home study and practice form part of the course.

**ENTRY:** No entry requirements.

**DURATION:** One weekend per month for eight weekends; 8.30am – 5pm both days.

**VENUES:** Aberdeen and Edinburgh

*Franchise schools operate this course in Highland (Inverness) and Borders (Foulden near Berwick-on-Tweed).*

### **REMEDIAL & SPORTS MASSAGE DIPLOMA COURSE**

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This Remedial & Sports Massage Diploma course is intended to equip the student of manual therapy with knowledge and techniques beyond those involved in Swedish Massage. The Remedial & Sports Massage Diploma course brings together the dynamics of Remedial Massage, and the tried and tested techniques of Sports Massage.

Remedial & Sports Massage is the skilled, manual, therapeutic application of soft tissue manipulative techniques that are selected and performed after careful consultation, recording of medical history and appropriate general and specific assessments.

The techniques include performance enhancement, restorative, event-related and rehabilitative techniques to improve the condition of the client, assist in his well-being and performance everywhere, e.g. in the workplace, in sport (professional and amateur), and the treatment of conditions or injuries.

**CONTENT:** Remedial Massage – its uses, effects and contraindications; the application of sports massage techniques; working with athletes; stress; assessing and mobilising techniques; and practice management.

Homework and case studies form part of the course.

**ENTRY:** Swedish Massage Diploma or equivalent qualification.

**DURATION:** One weekend per month for eight weekends; 8.30am – 5pm both days.

**VENUES:** Aberdeen and Edinburgh

*Franchise schools operate this course in Highland (Inverness)*

### **ADVANCED REMEDIAL MASSAGE DIPLOMA COURSE**

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The Advanced Remedial Massage Diploma course leads the student through more detailed anatomy and physiology with emphasis on examination procedures and specific techniques for each particular joint.

Advanced Remedial Massage is so effective and has many health benefits; you will not only be learning new skills but also maintaining and restoring your own structure and health. This is particularly true if you have any kind of musculo-skeletal back pain!

**CONTENT:** Advanced Remedial Massage – more detailed examination procedures, specific joint mobilising techniques, soft tissue manipulation, introduction to manipulative techniques, lymphatic drainage techniques, introduction to cranial osteopathy, pharmacology, drugs in common use: their uses and side effects, prescription drugs: their uses and side-effects, radiography - its use in diagnosis, introduction to Healing, the role of Advanced Remedial Massage in pathological conditions and the use of several machines in conjunction with Advanced Remedial Massage, e.g. Likon, Ultrasound.

Homework and case studies form part of the course.

**ENTRY:** Remedial & Sports Massage Diploma or equivalent qualification.

**DURATION:** One weekend per month for ten weekends; 8.30am – 5pm both days

**VENUE:** Edinburgh

## ON-SITE MASSAGE DIPLOMA COURSE

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In the UK, On-Site Massage is becoming increasingly popular and practitioners are now providing the service in a wide range of locations.

On-Site Massage therapy is adapted from a Japanese style of bodywork known as AMMA.

The aims of the On-Site Massage Diploma course are two-fold:

- to train existing professional physical therapists in On-Site Massage Therapy, thus giving them an added dimension to their work. On-Site Massage will provide the practitioner with a medium of massage that will increase clientele as well as taking practical skills to new levels. Increased flexibility and versatility combined with effective marketing should expand the practice.
- the Seated Massage Therapy sequence (which is performed fully clothed) will assist in giving people who might not normally have considered Massage Therapy, the opportunity to experience its many benefits.

**CONTENT:** On-Site Massage – its origins, safety aspects and practical application; stress management; and practice management.

Home study, practice and case studies form part of the course.

**ENTRY:** Swedish Massage Diploma or equivalent qualification.

**DURATION:** One weekend per month for two weekends; 9am – 5pm both days.

**VENUES:** Aberdeen and Edinburgh

*Franchise schools operate in Highland (Inverness) and Borders (Foulden near Berwick-on-Tweed).*

## REFLEXOLOGY DIPLOMA COURSE

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The Reflexology Diploma course is designed to lead the physical therapist through techniques of restoring balance and harmony to the mind and body, by working on the physical and emotional body mapped out on the feet and hands.

Reflexology is the examination and treatment of reflexes that are found within 5 zones on each foot. A reflex corresponds to a specific organ and is also related to the meridians of the body.

Reflexology can also be used as a diagnostic tool, for relieving stress as well as helping the body to deal with pathological conditions.

As health deteriorates so energy becomes blocked. Reflexology helps this energy to flow efficiently again, giving the body the chance to heal itself.

**CONTENT:** History of reflexology; its uses and benefits; practical competencies; mapping hands and feet; pathology; stress; energies; and practice management.

Home study, practice and case studies are also required.

**ENTRY:** Swedish Massage Diploma or equivalent qualification.

**DURATION:** One weekend per month for six weekends; 8.30am – 5pm both days.

**VENUES:** Aberdeen and Edinburgh

*Franchise schools operate in Highland (Inverness).*

**Application forms & full modules for all detailed courses can be downloaded by visiting [www.scotmass.co.uk](http://www.scotmass.co.uk) OR you can call (01224) 822956, email [info@scotmass.co.uk](mailto:info@scotmass.co.uk) or fill in the following tear-off slip and send it to SMS, 24 Ellon Road, Aberdeen AB23 8BX.**

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I would like more information sent to me on (please tick as appropriate):

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| <input type="checkbox"/> Swedish Massage | <input type="checkbox"/> Remedial & Sports Massage | <input type="checkbox"/> Advanced Remedial Massage |
| <input type="checkbox"/> On-Site Massage | <input type="checkbox"/> Reflexology               |  |

Name: \_\_\_\_\_  
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