

New Professions

Holistic Therapies

In its issue of Jan 28th 1993, The New England Journal of Medicine, one of medicine's most authoritative voices, carries the results of a very large-scale survey of the status of "unconventional" medicine in America: Broadly speaking, the important finding is that, across the USA today, people are now consulting alternative practitioners more often than family doctors. Moreover, there seems no end in sight to the success and expansion of the new therapies. These findings confirm the growth trend seen in many countries worldwide. A new profession - the holistic therapist - has grown up by popular demand.

In Ireland, the Irish Health Culture Association and the Irish Association of Holistic Medicine lead the field in training and representing holistic practitioners. Ki Massage Therapy in particular, which was developed in Ireland by Tony Quinn, has provided many people with a rewarding career which also carries substantial earning potential. As a holistic therapist one enjoys the status of being a practitioner and can bring very positive benefits to a large number of people. The word holistic means "whole" and refers to the whole person, physical, mental, social, and spiritual. The following is a brief résumé of the Diploma Courses available. Please note that all the courses are part-time and available by evenings (one to two nights weekly) or by weekends.

Yoga

Yoga not only remains perennially popular, but is currently enjoying an upsurge of interest as more and more people realise the need for an overall, truly holistic approach to living healthily. People also are recognising the wisdom of a form of exercise which builds strength, flexibility and stamina without sapping your energy. Yoga is presented as a complete system - breathing, postures, dietetics, relaxation, philosophy and meditation, and a yoga

teacher is uniquely qualified to teach in all these areas.

The Yoga Diploma Course is suitable for those looking for a full- or part-time career at home or abroad. Yoga is extremely portable - for those wishing to travel, there are opportunities all over the world in holiday centres, youth camps, leisure facilities, while it also lends itself to running classes and private tuition sessions based at home if desired.

Ki Exercises

Ki Exercises are a unique and exciting new type of exercise system not unlike Tai Chi or a form of moving yoga. Based on a series of flowing movements like a slow motion martial art, the Ki Exercises are designed to energise the body and the mind. They deliver a tremendous feeling of health, fitness and wellbeing, while at the same time dissolving tension and stress. Unlike other exercise systems, the Ki Exercises

work with the basic life force (Ki means life force) of the person to the point where this force can be experienced directly in movement. This always brings a sense of exhilaration, energy and lightness. This diploma course gives the student valuable skill and training in an exciting new exercise format. Ki Exercises are used by dancers, karate students, footballers, runners, musicians, housewives, business people as an effortless energising workout. They have enormous popular appeal and provide great scope for the pursuance of a full or part-time career.

Holistic Dietetics

Diet for slimming and weight loss is of permanent concern to people generally, and no area has caught the public's interest more than diet for health. Few people however have a good grasp of how to eat properly. There is a need for dietary therapists with practical and effective methods at their fingertips who can also take a holistic view and deal with the mental and social side of the client. This type of approach, combined with the ability to relax the person, is most likely to lead

to excellent results. This Diploma Course teaches the person to understand the principles of good diet from a holistic point of view and to apply them in making out personalised diet programmes for individuals for weight loss/gain, figure/physique, family nutrition, health, prevention of illnesses, sports, and many other areas. It also equips the therapist to answer questions relating to correct use of nutritional supplements.

Ki Massage Therapy

In Ki Massage the therapist works on all the person's major muscles to help the person effortlessly let go of tension and become relaxed. This benefits above all the circulation, which with regular treatment becomes freed out, after a while actually making it quite hard for the person to build up damaging stress. Ki Massage helps the person really be themselves and benefit from a sense of inner wellbeing. Ki Massage Therapists generally work in private practice or in conjunction with established businesses such as Health Centres, leisure/sports clubs, or with practitioners of other forms of treatment.

& Guilds Certificate in Body Massage which has been developed in conjunction with the Irish Health Culture Association. This year also we will be offering an expanded course including extra tuition plus supervised clinical experience in our own Student Clinic. Once qualified in Ki Massage, the therapist may enter practice and if desired can further his/her skills with the Association's course leading to Diplomas in Clinical Massage and Aromatherapy.

The Ki Massage Therapy Diploma Course is Ireland's leading qualification in the Holistic Medicine field and carries with it the special City



Psychotherapy

The work of a holistic practitioner requires a good understanding of the influence of the mind - both the patient's and the practitioner's - on health, healing and success in life. Psychotherapy deals with how the mind can be first of all freed out so that the person can have a better measure of self-expression in life, and secondly, how the mind can be used to best effect in all areas of life. The Irish Association of

Holistic Medicine Psychotherapy Diploma Course may only be taken after the completion of one of the IHCA first-year Diplomas e.g. Ki Massage, Yoga, Holistic Dietetics or Ki Exercises - all of which contain essential introductory psychotherapy material. The Psychotherapy course itself consists of one year's tuition plus a further year's supervision in practice.

A Therapist's Journey

Qualified as a Ki Massage Therapist in 1989 and as a Yoga Teacher in 1991, and now work in private practice in both therapies.

For as long as I can remember, I have been searching for that extra dimension which would make more sense of my life. Over the years I attended Yoga classes and eventually ended up doing a Yoga course in the Tony Quinn Centre in Cork. From there I went on to a week-long seminar run by Tony Quinn and met healing therapists who were trained in his system. The philosophy I encountered was so simple and

so straightforward, yet it bowled me over. I already possessed everything within me: all I needed to do was uncover that unlimited potential and live from it.

During that seminar a Ki Massage therapist rubbed my aching shoulders and gave me a facial - all of which was a delight. I found it so comforting and so soothing and I literally could feel stress and tension lifting from my body. I knew immediately it was a most effective way of relaxing. Before the week was over I had decided on training in Ki Massage Therapy so that I

could, in turn, help others rid themselves of stresses, strains, and tensions which might have built up in their system.

I took the next available Diploma course with the Irish Health Culture Association. Since then I have worked on people of various ages with varying problems, and have found that ridding people of their pains and aches is only part of it. Once the body is cleared of toxins and tension the sense of wellbeing and relaxation generally experienced by people is carried over into every area of their lives and so Ki Massage has a



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holistic effect. It leaves the recipients much clearer mentally as well as physically. It is wonderful seeing people come to life - that's what it's all about - freeing out and getting in touch with the life within us, in order to be healthier in every way. In that way we get the most out of life.

Subsequently I qualified as a Yoga teacher and again I have found this another avenue to a more relaxed way of life. As well as the physical aspect of it, attention is given to the philosophy of Yoga. Again, as in Ki Massage, everything learnt or practised in Yoga class is geared to moving towards a healthier, more contented way of life. The postures, breathing and relaxation all work together on the system while

the philosophy gives new insights into leading a more fulfilling life. It is wonderful to see people taking time out for themselves and benefiting so much, as they put this simple, positive philosophy into practice.

At present I am leading up to a Diploma in Aromatherapy with the IHCA and see this as yet another means to the same end. As part of my overall programme I continue to attend relaxation classes in the Tony Quinn Centre as well as week-long seminars during the summer. In this way I continue on my journey, no longer searching outside myself, but enjoying every step along the way in this wonderful adventure of life.

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