

# A Career in Ki Massage Therapy

Ireland's most popular Holistic Therapy with great potential for full or part-time careers

Are you aware that holistic medicine is one of Ireland's — and the world's — fastest growing industries? Opportunities in this area abound for both men and women, for young people starting out and older people re-training or re-entering employment.

A diploma in Ki Massage Therapy provides an ideal opportunity for a career in this exciting and rewarding field. Whether working from home, in partnership, to travelling and working abroad the scope and potential is enormous. Above all your career will be positively life-giving for you and your clients.



Ki Massage... the complete therapy for relaxation, energy, backache, sports injuries...

The word 'holistic' means 'whole' so holistic medicine deals with the whole person — physical, mental, social, and spiritual. Central to holistic medicine is the principle of an underlying energy (the Ki) that sustains life and is necessary for health, happiness and success. People need to become relaxed in order to benefit properly from the Ki.

## How Does It Work?

In Ki Massage the therapist's aim is to relax the person and free out their underlying life energy. During Ki Massage, the therapist flows Ki energy through his or her hands (it can be felt as a distinct force), working on all the major muscles to help the person let go of tension. Regular treatment prevents the build-up of stress so the person becomes more healthy, positive,

cheerful and energetic — effortlessly. Ki Massage Therapy has the distinction of being the only Irish form of holistic therapy, having been developed here by Tony Quinn and the Irish Health Culture Association. Ki Massage Therapists obtain a dual qualification: the Diploma in Ki Massage Therapy and the IHCA / City and Guilds of London Institute's Certificate in the Practical Aspects of Massage Therapy carrying international recognition.

## Scope of Ki Massage

The qualified practitioner can practice from his or her own home, or in partnership with centres for holistic health, recreation, beauty, sport and leisure. Diploma holders may also become members of the Irish Health Culture Association, Ireland's largest holistic health association, which provides professional support in practice, continuing education, professional insurance, and contacts with fellow practitioners. Further professional education is also available via other IHCA diploma courses: Ki Massage can be complemented with Holistic Dietetics or Yoga, and opens the door to Aromatherapy and Psychotherapy as career enhancements.

## Start your diploma course — now!

The next Ki Massage Diploma training course will commence on Saturday 1 4th May and is currently enrolling. While a leaving certificate standard of education is desirable in view of the more technical aspects of the course, selection of candidates is by interview and is based on aptitude and interest rather than academic attainment. We are looking for people who are interested in making a vital difference to others. If you think you have what it takes to do this very satisfying type of work then you should consider getting in touch with us at 01-830-4686 or 01-830-4474 for further information.

## People in Practice



**GUS MCCARTHY & BRENDA RATCLIFFE** are both IHCA members, and run a joint Ki Massage practice in Waterfall, a rural area close to Cork City. Brenda, a lab technician, says:

"I find everyone benefits from the massage whether they come for relaxation or pain... the personal touch is very important"  
Gus, who also teaches yoga, has been two years in part-time practice and says:  
"It's brilliant to see the change in people after Ki Massage. My future plan is to work full-time in the holistic field"



**MARY CRONIN**  
MIHCA

As well as being a Ki Massage Therapist and an Irish Health Culture Association Member, Mary is also a singing teacher in private practice.  
"Needless to say my patients love Ki Massage. As well as going home more relaxed, very often their health improves as their energy increases."

## New Course Starts May '94

The Irish Health Culture Association offers an eight month combined Course leading to a...



### 1. Diploma in Ki Massage Therapy (I.H.C.A.)

This course provides all the necessary training to become a professional Ki Massage Therapist. The course includes theoretical and practical instruction together with supervised clinical practice. The Diploma in Ki Massage qualifies the holder for membership of the Irish Health Culture Association.

#### Contents Of Course

- Philosophy of Holistic Medicine •Ki (Life-force) •Philosophy
- Relaxation •Basic Psychotherapy •Energising of the body, mind and life of the patient •Business course
- Ki Massage as a therapy •The strokes of massage and massage routines •Anatomy and Physiology •Setting up in practice

### 2. Certificate in Practical Aspects of Massage Therapy

City and Guilds of London Institute  
**IG** An internationally recognised qualification

This Certificate has been specially developed by the Irish Health Culture Association in conjunction with the City and Guilds of London Institute. It makes available to Irish Health Culture Association students a qualification from a leading internationally recognised accreditation body. The course covers the theory of massage, anatomy/physiology and practical work required for the competent practice of body massage and students are assessed in accordance with City and Guilds practice.

**Special Note:** This Certificate and course is provided for the benefit of IHCA massage therapy students and does not require a separate enrolment.

## Course Dates

The Ki Massage Therapy Course together with the IHCA/City & Guilds certificate may be completed in a total of nine weekends over an eight month period as follows.

May 14 & 15 — June 11 & 12 — June 25 & 26 — July 16 & 17 — September 3 & 4  
October 1 & 2 — October 22 & 23 — November 12 & 13 — December 10 & 11

The times of all weekends are: Saturday 10.30am - 7.30pm and Sunday 10.30am - 5.00pm with a break for lunch each day.

**Clinic Sessions:** Students are required to undertake clinical practice which will be held in addition to the above listed weekends. IHCA students from Armagh, Cork and Waterford may complete some of their clinical training at their local centres.

**Course Fee:** Full payment (Deposit on enrolment £400; balance of £450 by commencement of course): Total: £850.  
Instalment plan (to be confirmed at interview): A deposit of £400 is payable on enrolment with the balance payable in four monthly instalments of £125. Total: £900.

## Enrolment & Enquiry Form

Name (Mr Ms) .....

Address .....

Date of Birth .....

Marital Status .....

Tel Nos Home .....

Work .....

Occupation .....

Educational Qualifications .....

I wish to enrol for the Diploma in Ki Massage. I enclose fees as follows:  
Full Payment £850  Deposit £400  (see payment scheme outlined above)

- Cheques, crossed and made payable to: Tony Quinn Health Centre
- All enrolments and enquiries to: Irish Association Of Holistic Medicine, 66 Eccles Street, Dublin 7.  
Tel: 01-830-4686 / 01-830-4474. Closing dates for enrolment: Wednesday 11th May 1994

Please forward me further details of your courses

SIGNED .....

DATE .....

Enrolment is subject to interview which will be arranged on receipt of completed enrolment application form.