Q ACADEMY
REMEDIAL + MASSAGE THERAPIES



Massage Therapy Short Courses

For qualified Therapists looking to expand or upgrade their skill-set.

Or for individuals wanting to learn basic skills or explore personal interests.

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Continued education points from associations CPE/CEU

Professional industry associations calculate and award points in different manners under their respective schemes. Associations set criteria for recognition of courses based on the content and if they feel it is relevant to 'continued education' that is within scope of a massage therapist. Most of the short courses offered will meet the associations guidelines and be eligible for points under their programs. As these vary between associations and are subject to change we do not quote specific values, please contact your association for accurate up-to-date information.



9 Steps to Positive Treatment Outcomes and Client Rebooking

It's hard work to get clients in the door. We show you how to fine-tune your skills to keep your clients coming back! In this workshop you will learn (and get to practice) the 9 steps to positive client outcomes and rebookings. It is a fun, no nonsense workshop that will leave you with real skills and strategies to get the results you and your clients want.

You will get:

- Free access to all of the course material online
- Access to instructional videos that highlight the main points of the course

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$250
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: a notebook and/or laptop



Advanced Seated Massage

Expand on your massage skills, and become a confident therapist treating corporate clients. You will learn techniques on trigger points, how to incrorporate Myofascial techniques (MFR), Shiatsu, METs, stretching and kneading techniques.

You will learn:

- Advanced seated massage techniques
- A massage sequence developed specifically for corporate clients
- Basic marketing and client re-booking techniques
- How to prepare your therapist kit

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$250
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: a notebook and/or laptop



Body Treatments

Broaden your skills and the services you can offer to your client's by completing the introduction to body treatments. These treatments are fun and easy to perform, and clients will love them! All products and equipment will be supplied on the day.

You will learn:

- Full body exfoliation treatment
- Full body clay treatment
- Mini facial sequence

Professional Development Course	
	Requirement: no prerequisite qualification is required
	Course Cost :$250
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Dry Needling

Student will learn this increasingly popular treatment option for medical professionals to assist their clients return to optimal function. Students will demonstrate safe practices, and implement and monitor infection control policy and procedures. Students will also learn all the skills of non-injection needling to stimulate specific soft tissues for therapeutic effect.

Included in the course fee will be the text book as reference material, as well as the needles, kidney dish and bin for sharp materials disposal which is necessary for practice and training.

Professional Development Course	
	Requirement: a graduate of the HLT52015 Diploma of Remedial Massage
	Course Cost :$1,750 (payment plan) or $1,500 (upfront payment)
	Duration: 6 weeks duration (2 x 8hr days per week)
	Please Bring: a notebook and/or laptop
	Units of Competency:VU21879 from the 22316VIC Advanced Diploma of Myotherapy course



Functional Foam Rolling

Foam rolling has been shown to be one of the best evidence based approaches to manage tissue tightness, musculoskeletal pain and increase range of motion. For a massage therapist, the functional foam rolling course will give you techniques you can share with clients as part of their treatment.

You will learn:

- Techniques to address common dysfunctions or injuries
- At least 12 different foam rolling techniques

Professional Development Course	
	Requirement: no prerequisite qualification is required
	Course Cost :$250 (Includes a large foam roller up to the value of $50)
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: gym/active wear, nothing with buckles or studs can be used with the foam roller



Hot Rocks

Hot rock massage is a luxurious treatment using warm rocks to melt away stress and tension. Stones are placed under the body, on the body and are used to massage deep into the muscles. Cold rocks can also be used to stimulate and invigorate the body providing a unique and effective experience for clients.

You will learn:

- How to perform a full hot rocks treatment and sequence
- The benefits of the hot rocks treatment for clients

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$250
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Infant & Pregnancy Massage

This course spans over two days. Both mornings will be spent on pregnancy massage, with the afternoons focussing on infant massage. The course will focus on the signs and symptoms pregnant women present with in each trimester, and how to provide relaxation treatments as well as trigger pointing. Infant massage will focus on how to relax the baby, and/or treat common problems such as wind, constipation, colic and reflux.

You will learn:

- How to perform an infant and pregnancy massage treatment and sequence
- The benefits of infant and pregnancy massage

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$400
	Duration: 2 day weekend course from 9.30am - 4pm each day
	Please Bring: 3 towels, a notebook and/or laptop



Introduction to Massage

This short massage course is great if you want to be able to give a basic massage to your friends and family members. It is also a fantastic introduction to massage if you are considering becoming a professional massage therapist, and want to see what is involved before you start.

You will learn:

- Some Swedish relaxation techniques
- Basic understanding of massage therory and practice

Professional Development Course	
	Requirement: no prerequisite study required
	Course Cost :$200
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Kinesiology Taping

Kinesiology taping is a relatively new form of therapeutic taping that primarily targets musculoskeletal pain following injury and/or fatigue. It is widely used in many areas of the sporting community. Students will receive a take-home manual containing all of the theory and taping techniques taught, as well as a pair of taping scissors and some kinesiology tape to practice with.

You will learn:

- History and theory of kinesiology tape
- How to prepare and apply the tape for a wide range of conditions and injuries

Professional Development Course	
	Requirement: no prerequisite study required
	Course Cost :$275
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Manual Lymphatic Drainage (MLD)

Manual Lymphatic Drainage (MLD) is a very gentle specialised body treatment that encourages the flow of lymph, enhancing the body's ability to recover and function naturally. This technique helps eliminate metabolic wastes, bolsters the immune system, and stimulates the parasympathetic relaxation response.

Once enrolled in this course, you will receive access to an online theory module. This must be completed prior to the 2 practical days on-campus (approxtimate 90 min duration). This will teach you the how, why and importance of the lymphatic system.

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$400
	Duration: 2 day weekend course from 9.30am - 4pm each day
	Please Bring: 4 towels, a notebook and/or laptop



Movement Therapy

The day is spent learning how to integrate mobility exercises in clinical practice to improve and maintain functional outcomes for clients, as well as applying these to self-care as a massage therapist. This is not a stretching course, but a course about movement!

You will learn:

- How to integrate assessment, massage and exercise in a simple straight forward, fun and effective way

Professional Development Course	
	Requirement: currently enrolled in or a graduate of the HLT42015 Certificate IV in Massage
	Course Cost :$200
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: comfortable gym clothes to perform stretching type activities



Myofascial Cupping

This workshop is based on the highly popular and sought-after cupping therapy that helps release muscular tension & assist in facial release. This is a great skill for therapists to learn as it is popular with clients and very low impact for therapists to perform. In this workshop only plastic and silicone cups are used to perform advanced cupping treatment techniques. The focus of this workshop is on treating musculoskeletal conditions with a range of advanced cupping techniques.

You will learn:

- At least 7 types of cupping techniques

Professional Development Course	
	Requirement: sound knowledge and understanding of muscular and surface anatomy
	Course Cost :$300 (includes a good quality cupping set)
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Reflexology

Reflexology is based on the principle that reflex areas in the feet, hands and ears relate to the internal organs and other structures of the body. In reflexology, pressure is applied to these reflex areas to bring health and balance to the body. Reflexology is known for its ability to quickly relievs stress, with results relating to pain relief, muscle relaxation, improved circulation and lymphatic flow.

You will learn:

- How to perform a reflexology treatment
- The benefits and history of reflexology

Professional Development Course	
	Requirement: no prerequisite study required
	Course Cost :$200
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Sports Tapping

This workshop is designed to increase the skills and knowledge of Therapists

to assist when working with athletes, sporting teams or other active clients in relation to injury prevention and management. In addition, the workshop provides information for Therapists with a desire to assist their clients with better posture and better recovery from their sports injuries.

You will learn:

- 6 preventative taping techniques
- 2 postural taping techniques

Professional Development Course	
	Requirement: no prerequisite study required
	Course Cost :$210 (Includes roll of strapping tape and scissors)
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop



Thai Massage

Thai massage style combines stretching and deep sustained pressure using palms, knees and elbows. It is performed fully clothed on a firm mat on the ground. It's fun and interesting for the therapist to perform and also highly effective for the person receiving the treatment. This workshop will teach the Northern style of traditional Thai massage and will incorporate some Shiatsu style of meridian work.

You will learn:

- How to perform a full-body treatment moving the body in a seated position
- Massage table sequence adaptations

Professional Development Course	
	Requirement: some massage, bodywork or yoga experience is required
	Course Cost :$400
	Duration: 2 day weekend course from 9.30am - 4pm each day
	Please Bring: 3 towels, a notebook and/or laptop



Traditional Flame Cupping

Cupping is a highly popular and sought-after therapy which involves applying a vacuum with plastic or glass cups to relieve muscular tension & assist in facial release. You will learn the art of safely using flame or glass cups. You will get the practice using both to apply a full body treatment.

You will learn:

- A variety of cupping techniques: stationary, sliding, specific point release and heated cups
- How to treat a range of common issues with cupping

Professional Development Course	
	Requirement: sound knowledge and understanding of muscular and surface anatomy
	Course Cost :$300(includes basic cupping set)
	Duration: 1 Weekend Day from 9.30am - 4pm
	Please Bring: 3 towels, a notebook and/or laptop

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About Q Academy

Q Academy is an Allied Health training college, who over the last decade, has trained over 2,500 highly skilled manual therapists. Q Academy has grown across South-East Queensland in recent years, and currently has three campuses in Queensland: Brisbane, the Gold Coast and the Sunshine Coast. With Q Academy's online division, NETQ, we also aim to cater to anyone outside South-East Queensland who is wanting to study massage.

Here are 3 things that you should know about Q Academy:

1. 93% of our graduates would recommend Q Academy to their friends and family. (Government 2019 ASQA Survey)
2. We offer a unique Guarantee which allows you to come back and refresh or re-sit your completed course, for the life of the qualification.
3. Over 85% of our students successfully graduate, which is double the national average.

Book in a Chat

You are more than welcome to visit your preferred campus, to find out if Q Academy is the right training college for you. We will gladly show you around the campus, answer any questions and introduce you to some of the team. Bookings are advised.

1300 20 40 80

qacademy.com.au

Gold Coast Campus
Level 1, Robina Town Centre
Robina QLD 4230

Brisbane Campus
100 Brookes St, Fortitude
Valley QLD 4006

Sunshine Coast Campus
64C Aerodrome Road,
Maroochydore QLD 4558

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