

Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

ON-CAMPUS SHORT COURSES

SHORT COURSE GUIDE

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Massage Short Courses

Explore our range of short courses for general interest or CPE/CPD points

Q Academy offers a number of short, specialised massage courses for both qualified therapists who want to earn CPE/CPD points to maintain their professional currency, as well as courses designed for general interest and those interested in learning the basics of massage.

If you're interested in a short course listed below, get in touch to register your interest.

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 we offer 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As these vary between associations and are subject to change we do not quote specific values, please contact your association for accurate up-to-date information.

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 theory and practice

Professional Development Course		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$200
	Requirement:	no prerequisite study required
	Duration:	1 weekend day from 9.30am - 4pm
	Please Bring:	3 towels, a notebook and/or laptop

Advanced 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 needles, kidney dish and bin for sharp materials disposal which is necessary for practice and training.

Professional Development Course	
	Nationally recognised accreditation. Unit of Competency achieved: VU21879 Provide Myofascial Dry Needling Treatment
	Course Cost: $1,800 (payment plan available)
	Requirement: a graduate of the HLT52015 or HLT52021 Diploma of Remedial Massage
	Duration: 6 weeks duration (2 x 8hr days per week)
	Please bring: a notebook and/or laptop

Functional Movement



This course covers the skills and knowledge required to assess a patient's condition in order to provide manual therapy treatments based on the rehabilitation of functional movements. The assessment techniques learned in this course will facilitate the development of treatment programs that focus not only on the passive rehabilitation of the movement but also on the active aspect of rehabilitation.

Professional Development Course	
	Nationally recognised accreditation. Unit of Competency achieved: VU21879 Provide Myofascial Dry Needling Treatment
	Course Cost: $1,250
	Requirement: a graduate of the HLT52015 or HLT52021 Diploma of Remedial Massage
	Duration: 6 weeks duration (1 day/week classroom-based training + 1 day/week online study + 3 days of supervised clinic + 20 hours of online tasks & assignments)
	Please bring: a notebook and/or laptop

Professional Development Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost: $825
	Requirement: a graduate of the HLT52015 or HLT52021 Diploma of Remedial Massage
	Duration: 6 weeks duration (1 day a week on campus +)
	Please bring: a notebook and/or laptop

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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$450 (includes a good quality cupping set)
	Requirement:	sound knowledge and understanding of muscular and surface anatomy
	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 (approximate 90 min duration). This will teach you the how, why and importance of the lymphatic system.

Professional Development Course		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$600
	Requirement:	Currently enrolled in or a graduate of the HLT52021 or HLT42015 Certificate IV in Massage Therapy
	Duration:	2 day weekend course from 9.30am - 4pm each day
	Please Bring:	4 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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$600
	Requirement:	Currently enrolled in or a graduate of the HLT52021 or HLT42015 Certificate IV in Massage Therapy
	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 and 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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$400 (includes basic cupping set)
	Requirement:	sound knowledge and understanding of muscular and surface anatomy
	Duration:	1 weekend day from 9.30am - 4pm
	Please Bring:	3 towels, a notebook and/or laptop

Hot Rocks



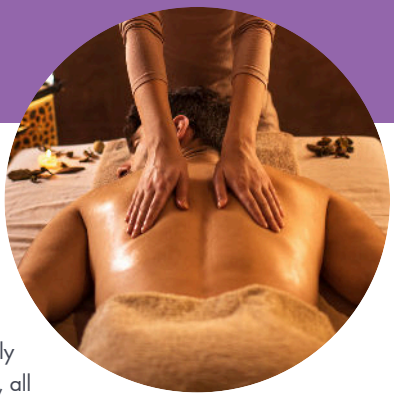
Hot rock massage is a luxurious treatment using warm rocks to melt away stress and tension. Stones are placed under the body, on the body and are used to massage deep into the muscles. Cold rocks can also be used to stimulate and invigorate the body providing a unique and effective experience for clients.

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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$250
	Requirement:	Currently enrolled in or a graduate of the HLT52021 or HLT42015 Certificate IV in Massage Therapy
	Duration:	1 weekend day from 9.30am - 4pm
	Please Bring:	3 towels, a notebook and/or laptop

Kahuna Massage



Kahuna Massage has been practiced for many years and traditionally was kept a secret. Modern Kahuna training still aims to keep this tradition, but often just scratches the surface of the traditional training.
Kahuna massage for a therapist is often a lot more physically involved, with long strokes running from the head to the toe, all without breaking contact with your client.
Kahuna massage mainly uses forearms, with a different type of draping compared to traditional Swedish/Relaxation massage.

This workshop intends to teach an introduction to the practical art of Kahuna bodywork only, and is beneficial for therapists wanting to improve their forearm techniques or for people who are wanting to learn about Kahuna before they deep dive into traditional training.

Professional Development Course		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$600
	Requirement:	Some massage, bodywork or treatment experience is required. Suitable physical fitness and mobility is also required.
	Duration:	1 day weekend course from 9.30am - 4pm
	Please Bring:	• a client/body for the whole day. Please ensure your client (friend/family member) wears bikinis/speedos or underwear they are comfortable to get oil on. • Head/sweat band, • 2 hand towels, • 2 – 4 sarongs for body draping, • Please wear sleeveless t-shirts/singlet tops, shorts, bike pants. Nothing too loose on the top as it will get in the way of the massage.

Sports Taping



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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$210 (Includes roll of strapping tape and scissors)
	Requirement:	no prerequisite study required
	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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$275
	Requirement:	no prerequisite study required
	Duration:	1 weekend day from 9.30am - 4pm
	Please Bring:	3 towels, 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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$250
	Requirement:	Currently enrolled in or a graduate of the HLT52021 or HLT42015 Certificate IV in Massage Therapy
	Duration:	1 weekend day from 9.30am - 4pm
	Please Bring:	a notebook and/or laptop

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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$250 (Includes a large foam roller up to the value of $50)
	Requirement:	no prerequisite qualification is required
	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

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 relieves 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	
	This is not nationally accredited, no AQF certification is issued
	Course Cost: $300
	Requirement: no prerequisite study required
	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		
	This is not nationally accredited, no AQF certification is issued	
	Course Cost:	$600
	Requirement:	some massage, bodywork or yoga experience is required
	Duration:	2 day weekend course from 9.30am - 4pm each day
	Please Bring:	3 towels, a notebook and/or laptop

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About Q Academy

Q Academy is a Massage and Myotherapy training college, who over the last decade, has trained over 2,500 highly skilled therapists. Q Academy has grown in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast, Cairns and Sydney.

Here are a couple things that you should know about Q Academy:

1. 92.3% of our graduates were satisfied with their training from Q Academy (NCVER 2021 Survey)
2. Our completion rate is double the national average for vocational training.

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

Sydney Campus
Castle Towers Shopping Centre, NSW 2154

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