



Updated June 2009

**Special points of interest:**

- Information about HTS
- New Clinical Hypnotherapy program for 2009–2010
- Course prospectus Sept 2009–Dec 2010
- New associate courses
- Introductory courses
- CPPD Course details

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## bodybalance holistic training solutions

Holistic Training Solutions (HTS) is a partnership founded on extensive commercial and educational experience and runs in conjunction with **bodybalance** Complementary Health Centre.

HTS is a partner with Stourbridge College, which has been formed to meet the wide-ranging needs of the therapist for Vocational Training and Continual Professional Personal Development (CPPD) therefore funding may be available for some courses. This will be dependant on personal circumstances



Courses and workshops are continually being designed and updated to National Occupational standards and requirements to meet the needs of therapists working in clinics, health centres or mobile. CPPD courses selected are based on information given to **bodybalance** by you the therapists and are therefore appropriate to your occupational needs.

### How to Enrol on a Holistic Training Solutions Course

You will be required to complete the appropriate paper work for your course and attend a n interview. Interviews will last approximately 30 minutes

- ◆ Information about courses at **bodybalance** are available on our web site [www.bodybalance.org.uk](http://www.bodybalance.org.uk)
- ◆ Book an appointment with Julie Davis our Student enrolment officer
- ◆ Bring with you all copies of the forms enclosed in your pack
- ◆ If you are claiming a Learner Support Grant you will need to bring with you evidence of your joint family income or benefit income evidence
- ◆ cheque or cash for your enrolment fees see page 2-3 of this prospectus
- ◆ If you are already registered with VTCT the awarding body you will need to bring your registration number .

### Additional Charges

There may be the following additional charges:

- ◆ VTCT registration Fee if not already registered with the awarding body £16.00
- ◆ Uniforms can be purchased at the cost of £45.00
- ◆ Assessment books from the awarding body between £18.00—£58.00
- ◆ Anatomy and physiology text book purchased through book shops

### Vocational Training and Charitable Trust Qualifications

Holistic Training Solutions offers a very high standard of vocational and non-vocational training. Vocational qualifications are awarded through VTCT one of the largest awarding bodies in the U.K.



**VTCT Beauty Therapy Qualifications****VTCT Diploma in Beauty Specialist Techniques Level 2**

This Beauty therapy course increase the range of treatments available to clients. This qualification includes, Manicure , Pedicure, Waxing, Lash and Brow treatments , Facials and Makeup

Days available	Course times	Start date	Number of weeks	Cost	Funding status
Friday	9.30—3.00	25 Sept 09	34 weeks	£500	Funded

**VTCT Level 3 Teaching Certificate in baby ,massage**

This course is to enable massage therapist to offer instruction to mothers on how to massage their babies. Ideal qualification for Health Professionals

Days available	Course times	Start date	Number of weeks	Cost	Funded status
Thursday	6.30—10 .00	24 Sept 2009	8 weeks	£250.00	Check

**VTCT Diploma in Sports Massage Therapy**

This course offers a natural progression to work within the Sports Industry, course includes postural alignment, advanced massage techniques, First aid for Therapists and Non Medical Nutrition

Days available	Course times	Start date	Number of weeks	Cost	Funded status
Tuesday	6.00—10.00	22 Sept 2009	27 weeks	£450.00	Funded

**Courses**

Course title	Name	Next course	Contact Tel no	Cost
Sound Healing Workshops	Simon Heather	17 Oct 10	01384 442091	Price on application
Therapists Injury Prevention	Sue MacLusky	25 Oct 10	01384 442091	POA
Transcendental Meditation	Chris Greathead	12 Dec 10	01384 442091	POA
Bowen Techniques	David Howells	13—16 Oct 09	01384 442091	POA
Life Coaching Workshops	Jenny Taylor	TBC	01384 442091	POA
Reiki First Degree	Chris Smart &	26 &27 Nov 09	01384 442091	£200.00
Reiki Second Degree	Brenda Christie	TBC		£250.00

**Clinical Hypnotherapy Courses available from September 2009**

The Courses held at body balance are accredited by the General Hypnotherapy Standards Council, which oversees the General Hypnotherapy Register and is one of the largest professional organisation's in the UK, GHR will afford successful students the support of the major association in the field of Hypnotherapy, with GHR website exposure; indemnity insurance to practice, and, given the upsurge of medical referrals, details of NHS and BUPA registration processes.

**For more information contact [insight-natural-health.co.uk](http://insight-natural-health.co.uk) or [chrissmart@bodybalance.org.uk](mailto:chrissmart@bodybalance.org.uk)**

**VTCT Diploma in Stone Therapy**

This course offers progression for those therapists who have already obtained a Body massage qualification. Course includes the application of hot and cold stones, also making home made products.

Days available	Course Times	Start Date	Number of weeks	Cost	Funding status
Tuesday	9.30—3.00	22 Sept 2009	11 Weeks	£400.00	Funded

**VTCT Diploma in Reflexology**

This course offers training in the practical application of reflexology foot massage and covers the theory

Days available	Course Times	Start Date	Number of weeks	Cost	Funding status
Monday	9.30—3.00 pm	21 Sept 2009	22 weeks	£375.00	Funded
Monday	6.00—10.00pm	21 Sept 2009	22 weeks	£375.00	Funded



### VTCT Diploma in Anatomy and Physiology

This course is a fantastic starting point giving valuable underpinning knowledge to all Complementary or Beauty Therapy qualifications.

Days Available	Course Times	Start date	Number of weeks	Cost	Funding status
Monday	9.30—10.30	5 Oct 2009	19 Weeks	£200.00	Funded
Saturday	9.30—10.30	10 Oct 2009	19 weeks	£200.00	Funded
Wednesday	9.30—10.30	7 Oct 2009	19 weeks	£ 200.00	Funded
Thursday	9.30—10.30	15 Oct 2009	19 weeks	£ 200.00	Funded

### VTCT Diploma in Aromatherapy

This course combines the therapeutic uses of essential oils, with massage technique to deliver the course to practitioner level

Days available	Course Times	Start Date	Number of weeks	Cost	Funding status
Saturday	9.30—3.00	26 Sept 2009	21 Weeks	£375.00	Funded

### VTCT Diploma in Crystal Therapy

This course is an extension to the introductory course (see appropriate section) and offers training to formulate knowledge into a professional qualification to a practitioner level.

Days available	Course Times	Start Date	Number of weeks	Cost	Funding status
Wednesday	6.30—10 pm	23 Sept 2009	12 weeks	£250.00	Not funded

### VTCT Diploma in Holistic Therapies

This course combines a range of therapies to include Anatomy and physiology , Aromatherapy, Body Massage and Reflexology. The course is based on theoretical and practical learning.

Days available	Course times	Start Date	Number of weeks	Cost	Funding status
Thursday	9.30—3.00	24 Sept 2009	33 weeks	£550.00	Funded

### VTCT Diploma in Indian Head Massage

This course teaches the history and practical massage skills to undertake this therapy at practitioner level.

Days available	Course times	Start date	Number of weeks	Cost	Funding status
Sunday	9.30—12.30	27 Sept 2009	8 weeks	£200.00	Funded

### VTCT Diploma in Non-Medical Nutritional Advice

This course forms a foundation of underpinning knowledge to support all complementary and beauty therapy treatments, as it is the basis for good health.

Days available	Course times	Start date	Number of weeks	Cost	Funding status
Sunday	1.00—4.00	27 Sept 2009	8 weeks	£200.00	Funded

### VTCT Certificate in Body Massage

This course teaches the practical application of massage techniques and forms a basis for many other massage treatments.

Days available	Course times	Start date	Number of weeks	Cost	Funding status
Wednesday	9.30—3.00	23 Sept 2009	22 weeks	£300.00	Funded



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[www.bodybalance.org.uk](http://www.bodybalance.org.uk)

**Relaxation and exercise classes available**

Bodybalance offers a range of exercise and relaxation classes to suit all, These are delivered by our associate instructors who are qualified and have a wealth of experience

**For information** on class times, availability please contact reception.

- ◆ Yoga Classes
- ◆ Pregnancy Yoga
- ◆ Chi Baton Yoga
- ◆ Pilates
- ◆ Belly-dancing

**Health and Safety Courses**

All qualified therapist need to update their Health and Safety qualifications every 3 years this can be used as a Continual Professional Development Activity. These courses are offered on a regular basis. For more information contact [bodybalance](http://www.bodybalance.org.uk)

First Aid course are also available at Bodybalance or for company bookings for groups please contact us for further details

**COMING SOON JANUARY 2010**

As a quality training provider HTS is always looking for new and exciting courses to offer its learners . The following courses will be available from January 2010

- ◆ VTCT Level 2 Certificate in Photographic and Fashion Make up
- ◆ VTCT NVQ Level 3 in Beauty Therapy Massage
- ◆ VTCT Diploma in Workplace Massage
- ◆ VTCT Diploma in Advanced Massage Techniques
- ◆ VTCT Certificate in Thermal Auricular Therapy
- ◆ NVQ Hairdressing Level 1 and Level 2
- ◆ VTCT Diploma in Advanced Reflexology Techniques
- ◆ VTCT Diploma in Advanced Aromatherapy

**A full range of CPD courses will also be available to include**

- ◆ Threading Depilation
- ◆ Holistic Facials to include product making from natural ingredients
- ◆ Therapist Injury Prevention Courses