

Pregnancy Massage Therapy Course:

2-Day Post Graduate Workshop (10 CPD Points)



This course is designed for all massage and bodywork practitioners, who wish to work with women during pregnancy.

Through this course, you will gain an understanding of pregnancy, the contra-indications to working with pregnant clients, and how to safely adapt positioning, massage and stretching techniques to pregnancy's demands.

You will explore general massage and selected essential techniques to safely address common issues arising during pregnancy such as back pain, nerve impingement, oedema, cramping, ribcage pain, headaches, nausea, thoracic outlet syndrome, carpal tunnel syndrome, ligament pain and musculo-skeletal issues surrounding the pregnant pelvis.

Techniques you will learn include deep tissue, hands free and Swedish massage techniques, lymphatic drainage, Indian head massage, shiatsu and passive stretching. You will also learn how to work with a pregnant woman with relaxation, breathing and visualisation techniques, how to conduct a full consultation and how to advise on prenatal care including exercise and nutrition.

Class Objectives

1. To safely perform basic pregnancy massage for low risk uncomplicated pregnancies.
2. Position and drape your clients to allow for a safe, effective massage therapy.
3. Modify basic massage routines for supine, side lying and semi-reclined positions.
4. To help recognize symptoms of possible complications and high risk factors.
5. To identify and help to alleviate common issues arising during pregnancy such as back pain, nerve impingement and oedema.
6. To work with the mother-to-be on a holistic level: providing nurturing and emotional support and being aware of your own use of language, body language and information.
7. To understand the importance of nutrition, exercise, relaxation and support during pregnancy and provide relevant information to your clients.
8. Design a client consultation and case history form and feel confident preparing a client session, according to the individual client's needs.
9. To identify areas for further learning and practice and understand the importance of working in a referral network with other practitioners and maternity specialists.

For this course it is important to obtain a copy of Pre-and Perinatal Massage by Carol Osborne-Sheets.

Onie Tibbitt, Tutor



Onie runs KnotStressed, a Massage Therapy business in Edinburgh, which specialises in Pregnancy Massage, Birth Preparation Support and Postnatal Massage Therapy. She is passionate about working holistically with pregnant women and their families. Onie is a mother to two girls, aged 2 and 8 years old.

Onie initially trained in Pregnancy and Postnatal Massage with Suzanne Yates from Well Mother and Ronnie Allan, who co-ran the Carole Osborne Sheets Pregnancy Massage Therapy Course in the UK. Onie also has qualifications in Swedish, Deep Tissue, Hands Free, Indian Head and Slavic Massage. She is a

certified HypnoBirthing Practitioner, as well as a Baby Massage, Baby Massage with Shiatsu, Baby Signing and Massage in Schools Instructor. Onie has undertaken extensive tutor training in Pregnancy, Postnatal and Hands Free Massage with Ronnie Allan and is now continuing to deliver Ronnie's legacy of Massage Master Classes for practitioners.

Entry Requirements

Qualifications in Anatomy & Physiology and Level 3 Massage, such as Swedish Massage, are necessary in order for students to be accepted onto this course. A minimum of 1 year of experience as a massage therapist is desirable.

DATE : 16th & 17th July 2011

FEES : £200. (£100 *non-returnable deposit would be required to secure a place*)

VENUE: The Massage Training School Exmouth, Devon

Please reserve --- place for the Pregnancy Massage Course Sat 16th & Sund 17th May 2011

I enclose a deposit of £100 per place (please make cheques payable to "The Massage Clinic")

Name: _____

Address _____

Postcode _____

Tel: _____

Mob: _____

Email: _____

Please complete the above form and send with a cheque to: **The Massage Training School, 51 Imperial Road, EXMOUTH, EX8 1DQ**