

# Health and Complementary Therapies

You can acquire skills and qualifications in holistic and esoteric therapies and learn the ancient disciplines of mind, body and spirit. Look out for the update leaflets about new course developments in this department.

## Qualify in Holistic Health and Wellbeing

### ITEC Diplomas

A range of CPD courses for therapists are available throughout the year. Please contact Denise Henley on 020 7364 2652 to register your interest.

ITEC Diploma in Anatomy and Physiology - Level 3	Wed	18:00	21:00	23 Sep 2009	16	Level 3	Yes	Y1679	SHC	£300	£90
ITEC Diploma in Anatomy and Physiology - Level 3	Sat	10:00	16:30	17 Oct 2009	9	Level 3	Yes	Y2134	SHC	£300	£90
ITEC Diploma in Anatomy and Physiology - Level 3	Mon	18:00	21:00	02 Nov 2009	16	Level 3	Yes	Y2126	SHC	£300	£90
ITEC Diploma in Anatomy and Physiology - Level 3	Tues	10:00	13:00	03 Nov 2009	16	Level 3	Yes	Y2132	SHC	£300	£90
ITEC Diploma in Anatomy and Physiology - Level 3	Wed	18:00	21:00	24 Feb 2010	16	Level 3	Yes	Y1681	SHC	£300	£90
ITEC Diploma in Holistic Massage - Level 3	Tues	18:00	21:00	22 Sep 2009	24	Level 3	Yes	Y1684	SHC	£400	£120
ITEC Diploma in Holistic Massage - Level 3	Wed	10:00	13:00	04 Nov 2009	24	Level 3	Yes	Y2133	SHC	£400	£120
ITEC Diploma in Holistic Massage Level 3	Sat	10:00	16:30	17 Oct 2009	12	Level 3	Yes	Y2135	SHC	£400	£120
ITEC Diploma in Holistic Massage - Level 3	Mon	18:00	21:00	19 Apr 2010	12	Level 3	Yes	C1835	SHC	£400	£120
ITEC Diploma in Indian Head Massage - Level 3	Tues	18:00	21:00	20 Apr 2010	12	Level 3	Yes	C1787	SHC	£320	£120

## Prepare to get Qualified in Holistic Health and Wellbeing

So you want to be a Massage Therapist?	Mon	18:00	21:00	21 Sep 2009	5	Beginners		A2138	SHC	£41	£18
So you want to be a Massage Therapist?	Tues, Wed	10:00	14:30	22 Sep 2009	2	Beginners		A2139	SHC	£41	£18
So you want to be a Massage Therapist?	Sat	10:00	16:30	26 Sep 2009	3	Beginners		A2137	SHC	£41	£18
So you want to be a Massage Therapist?	Tues, Wed	10:00	14:30	06 Oct 2009	2	Beginners		A2140	SHC	£41	£18

Course Title	Day	Start Time	End Time	Start Date	Weeks	Course Level	Advice required before enrolment?	Course Code	Venue	Full Fee (£)	Concessionary Fee (£)
So you want to be a Massage Therapist?	Wed	10:00	13:00	16 Jun 2010	5	Beginners		C2141	SHC	£41	£18
Get Started in Anatomy and Physiology	Wed	18:30	20:30	04 Nov 2009	5	Beginners		A2030	ISW	£32	£12
Get Started in Anatomy and Physiology	Wed	18:30	20:30	13 Jan 2010	5	Beginners		B2131	ISW	£32	£12
Get Started in Anatomy and Physiology	Tues	18:30	20:30	23 Feb 2010	5	Beginners		B2171	ISW	£32	£12
Get Started in Anatomy and Physiology	Thurs	10:30	12:30	22 Apr 2010	5	Beginners		B2151	ISW	£32	£12
<b>Aromatherapy</b>											
Get Started in Aromatherapy gift making for Christmas	Wed	13:00	15:00	04 Nov 2009	5	Beginners		A2159	ISW	£37	£17
Get Started In Aromatherapy	Wed	13:00	15:00	21 Apr 2010	5	Beginners		C2128	ISW	£33	£13
<b>Counselling &amp; Personal Development</b>											
Get Started in Interpersonal Skills and Body Language	Thurs	19:00	21:00	24 Sep 2009	5	Beginners		A1667	ISW	£32	£12
Get Started in the Concepts & Perspectives of Anger Management Theory	Thurs	19:00	21:00	05 Nov 2009	5	Beginners		A1955	ISW	£32	£12
Get Started in Counselling	Thurs	19:00	21:00	14 Jan 2010	10	Beginners		B1991	ISW	£44	£19
Certificate in Counselling Concepts ABC Level 2	Thurs	18:00	21:00	22 Apr 2010	12	Level 2	Yes	C2148	ISW	£160	£60
<b>Massage</b>											
Get Started In Holistic Massage (family and friends, enrol in pairs)	Wed	18:30	20:30	23 Sep 2009	5	Beginners		A2129	ISW	£33	£13
Get Started in Holistic Massage (family and friends, enrol in pairs)	Wed	18:30	20:30	21 Apr 2010	5	Beginners		C2127	ISW	£33	£13
Get Started in Holistic Massage (women only)	Wed	13:00	15:00	23 Sep 2009	5	Beginners		A2158	ISW	£33	£13
Get Started in Holistic Massage (women only)	Wed	18:30	20:30	24 Feb 2010	5	Beginners		B2157	ISW	£33	£13
Get Started in Holistic Massage	Wed	13:00	15:00	13 Jan 2010	5	Beginners		B2160	ISW	£33	£13
Get Started in Indian Head Massage	Wed	13:00	15:00	09 Jun 2010	5	Beginners		C2161	ISW	£33	£13
Introduction to Mother and Baby Massage (please enrol in mother and baby pairs)	Mon	13:00	15:00	02 Nov 2009	5	Beginners		A2142	ISW	£0	£0
Introduction to Mother and Baby Massage (please enrol in mother and baby pairs)	Mon	13:00	15:00	22 Feb 2010	5	Beginners		B2143	ISW	£0	£0
Introduction to Mother and Baby Massage (please enrol in mother and baby pairs)	Mon	13:00	15:00	07 Jun 2010	5	Beginners		C2144	ISW	£0	£0
<b>Mind, Body and Spirit</b>											
Certificate in Meditation Stage 1	Thurs	18:30	20:30	24 Sep 2009	5	Intermediate		A2145	SHC	£32	£12
Get Started in Meditation	Thurs	10:30	12:30	25 Feb 2010	5	Beginners		C2153	ISW	£32	£12
Get Started in Meditation	Tues	18:30	20:30	08 Jun 2010	5	Beginners		C1800	ISW	£32	£12
Introduction to Mind, Body and Spirit Healing	Thurs	10:30	12:30	14 Jan 2010	5	Beginners		B2152	ISW	£32	£12
Introduction to Mind, Body and Spirit Healing	Tues	18:30	20:30	20 Apr 2010	5	Beginners		C2156	ISW	£32	£12
Introduction to Mind, Body and Spirit Healing	Thurs	10:30	12:30	10 Jun 2010	5	Beginners		C2154	ISW	£32	£12
<b>Reflexology</b>											
Get Started in Reflexology	Wed	13:00	15:00	24 Feb 2010	5	Beginners		B2130	ISW	£33	£13
Get Started in Reflexology (Family and Friends) please enrol in pairs	Wed	18:30	20:30	09 Jun 2010	5	Beginners		B2049	ISW	£33	£13
<b>Reiki and Crystal Healing</b>											
Get Started in Crystal Healing	Tues	18:30	20:30	22 Sep 2009	5	Beginners		A1799	ISW	£32	£12
Get Started in Crystal Healing	Thurs	10:30	12:30	24 Sep 2009	5	Beginners		A2149	ISW	£32	£12
Certificate in Crystal Healing Stage 1	Thurs	18:30	20:30	05 Nov 2009	5	Intermediate		A2146	SHC	£32	£12
Get Started in Reiki Healing	Tues	18:30	20:30	03 Nov 2009	5	Beginners		A2028	ISW	£32	£12
Get Started in Reiki Healing	Thurs	10:30	12:30	05 Nov 2009	5	Beginners		A2150	ISW	£32	£12
Get Started in Reiki Healing	Tues	18:30	20:30	12 Jan 2010	5	Beginners		B2155	ISW	£32	£12
Certificate in Reiki Healing Stage 1	Thurs	18:30	21:00	14 Jan 2010	5	Intermediate		B1996	SHC	£36	£15
Certificate in Reiki Healing Stage 1	Thurs	18:30	21:00	25 Feb 2010	5	Intermediate		B1699	SHC	£36	£15
Certificate in Reiki Healing Stage 2	Thurs	18:30	21:00	22 Apr 2010	10	Advanced		C2000	SHC	£55	£25

## Weekend Workshops

Saturday and Sunday one day health workshops are available most weekends. New listings are advertised in January and April 2010. We try to meet your demand. If something you want is not listed why not call Denise Henley on 020 7364 2652. We may be able to create a new course.

Discover Meditation	Sat	11:30	15:30	28 Nov 2009	1	Beginners		A2045	ISW	£22	£11
Gentle Exercise to Improve Posture and Reduce Backache	Sun	11:30	13:30	25 Oct 2009	1	Beginners		A2040	ISW	£11	£6
Gentle Exercise to Improve Posture and Reduce Backache	Sat	11:30	13:30	12 Dec 2009	1	Beginners		A2047	ISW	£11	£6

Course Title	Day	Start Time	End Time	Start Date	Weeks	Course Level	Advice required before enrolment?	Course Code	Venue	Full Fee (£)	Concessionary Fee (£)
Learn a Basic Indian Head Massage Routine	Sun	11:30	15:30	18 Oct 2009	1	Beginners		A2037	ISW	£23	£12
Learn a Basic Indian Head Massage Routine	Sun	11:30	15:30	29 Nov 2009	1	Beginners		A2048	ISW	£23	£12
Learn a Basic Massage routine (Family and Friends - enrol in pairs)	Sun	11:30	15:30	27 Sep 2009	1	Beginners		A1859	ISW	£23	£12
Learn a Basic Massage Routine (Family & Friends - please enrol in pairs)	Sat	11:30	15:30	17 Oct 2009	1	Beginners		A2036	ISW	£23	£12
Learn a Basic Massage Routine (Family & Friends - please enrol in pairs)	Sun	11:30	15:30	22 Nov 2009	1	Beginners		A2046	ISW	£23	£12
Learn a Basic Massage Routine (Women)	Sat	11:30	15:30	10 Oct 2009	1	Beginners		A2034	ISW	£23	£12
Learn a Reflexology Routine	Sun	11:30	15:30	11 Oct 2009	1	Beginners		A2035	ISW	£23	£12
Learn a Reflexology Routine	Sat	11:30	15:30	14 Nov 2009	1	Beginners		A2041	ISW	£23	£12
Learn a Tension Busting Neck and Shoulder Massage Routine	Sun	11:30	15:30	08 Nov 2009	1	Beginners		A2042	ISW	£23	£12
Learn a Tension Busting Neck and Shoulder Massage Routine	Sat	11:30	15:30	26 Sep 2009	1	Beginners		A2031	ISW	£23	£12
Learn How to give a Back Massage -Women Only- (enrol in Pairs)	Sun	11:30	14:30	15 Nov 2009	1	Beginners		A2044	ISW	£17	£9
Learn How to give a Basic Back Massage Routine (Family & Friends - enrol in Pairs)	Sat	11:30	14:30	21 Nov 2009	1	Beginners		A2043	ISW	£17	£9
Learn How to give a Facial Massage (Women)	Sat	11:30	13:30	24 Oct 2009	1	Beginners		A2038	ISW	£13	£8
Learn How to give a Hand and Arm Massage with Essential Oils	Sat	11:30	13:30	03 Oct 2009	1	Beginners		A2032	ISW	£13	£8
Learn How to make Aromatherapy gifts for Christmas	Sun	11:30	15:30	06 Dec 2009	1	Beginners		A2162	ISW	£25	£14
Make your own Lotions and Potions for Everyday Skin and Hair Care	Sun	11:30	15:30	04 Oct 2009	1	Beginners		A2033	ISW	£25	£14
Make your own Lotions and Potions for Everyday Skin and Hair Care	Sat	11:30	15:30	07 Nov 2009	1	Beginners		A2039	ISW	£25	£14