

INTRODUCTION TO HOLISTIC THERAPIES

Subject Area

Student Type

Study Mode

Hairdressing, Holistics
& Wellbeing

Adults

Part Time

What is the course about?

The Introduction to Holistic Therapies course will provide you with the basic knowledge and hands-on experience required to provide a range of holistic therapies for safe use at home with friends and family. This will include massage. You will explore necessary precautions throughout and may learn additional treatments to meet the needs of the class.

Why should I choose the course?

If you have an interest in holistic therapies and would like to gain the skills needed to perform a range of treatments, this course is ideal for you. The course will allow you to perform and receive therapies with professional guidance and gain experience before completing a full qualification.

The course is suitable if you already have some experience in holistic therapies and are looking to broaden the range of holistic treatments you provide.

The course is also suitable if you want help with relieving and dealing with stress, if you are interested in preventative healthcare, or if you want to add to your health and social care skills.

Giving holistic treatments meets all five NHS criteria for mental wellbeing. The course may also be useful as evidence of practice in social care for relevant courses and careers.

What will I learn?

On this course you will practice and understand aromatherapy, massage techniques, facial massage, hand and foot massage, process and principles, and the key necessary precautions.

You will be informally assessed by the tutor, and you will have the opportunity to self-assess your weekly progress using an individual learning plan.

You will also complete a mini portfolio of assessments, receive written handouts, and be given exercises to complete. You will be observed and coached throughout the course.

What will the course lead on to?

There is a next steps course to help you to build on the skills you have developed and gain further knowledge relating to essential oil profiles.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

We offer a huge variety of part-time adult courses to help you upskill, secure a promotion, get to university, or even just meet new friends.

We have lots of courses available for adult learners. For further information contact our Learner Services Team on 01925 494400 or email learner.services@wvr.ac.uk for more information.

Are there any links with industry and university?

You will gain employability skills, personal wellbeing, and stress coping strategies. You will also learn vital skills such as supporting and building positive networks in the community, helping you to find out how to go on to become a competent holistic therapist, beauty therapist, massage therapist, or physiotherapist.

What support is available?

We have a team of staff dedicated to providing learning support if it is required and a welfare team that are on hand to offer guidance, support and help when needed. For further information on student support please visit: www.wvr.ac.uk/college-life/student-support

Why should I choose to study the course at Warrington & Vale Royal College?

Here at Warrington & Vale Royal College we have a team of dedicated, experienced staff who can share their extensive knowledge and skills with you. Learning in a friendly and inclusive environment, you will be fully supported to achieve your goals.

What are the entry requirements?

This course is suitable for adults aged 19 and over. No previous qualifications are needed to enrol on to this course.

Where required, you will need a patch test on the first week of the course before undertaking any treatments.

What are my funding options?

For further information on funding please contact Learner Services on 01925 494400 or email learner.services@wvr.ac.uk

Are there any additional costs associated with the course?


There are no additional costs associated with this course



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