

THE FUNDAMENTALS OF THAI MASSAGE PRACTITIONER TRAINING PROGRAM SYLLABUS

Modules

1. Traditional Thai Medicine - 25 hours
2. Thai Massage - 130 hours
3. Law, Ethics and Culture - 25 hours

Total Hours 180

1. Traditional Thai Medicine 25 hours

101. Theory of Traditional Thai Medicine
102. Introduction to Pharmacology
103. Philosophy of Medicine and Health
104. Anatomy and Physiology
105. Orthopedic Disorders
106. Pathology and Classifying Pain
107. Inspection and Evaluation of Joints and Muscles
109. Self Care Practices and Nutrition
110. First Aid

2. Thai Massage 130 hours

201. History, Study and Application of Thai Massage
202. Theory of Sen Energy Meridian Channels
203. Traditional Channeling Methods
204. Practitioner Stances and Body Mechanics
205. Ergonomic Posture and Strength Training
206. Principles of Passive Stretching
207. Intuiting and Reading Biofeedback
208. Matside Manner

209. Postures for Feet Legs, Arms, Abdomen, Sidelying, Neck, Face, Scalp
210. Feedback
211. Session Planning
212. Home Care for Client
213. Client-Practitioner Communication
214. Supervised Practicum
215. Examinations, Written and Practical

Law, Ethics, Society and Language 25 hours

301. Provincial Health System Regulations
 302. Professional Practices
 303. Maintaining Client Base
 304. Record Keeping
 305. Spas/Health Clinics
 306. Healthy Practice and Good Work Habits
 307. Thai Culture
- Logged Sessions

1. Traditional Thai Medicine 25 hours

101. Theory of Traditional Thai Medicine 2 hours (lecture)

Students will study the history of Thai Medicine, the four attributes of life; sensation, perception, consciousness and discrimination, the four elements; earth, water, fire, air, the three humours; wind, bile & phlegm, analysis of the humours and the body, theories on the causes of disease, relationships between disease and the seasons, age, time, place and the planets on health, application of Traditional Thai Medicine and the principles, steps, benefits and the contraindications of Thai Massage. The principle focus is for the practitioner to gain experience with clients and working with the skill in offering basic relaxation or energizing treatments.

102. Philosophy of Thai Medicine and Health 2 hours (lecture)

Students will study the meaning of medical philosophy, holistic Thai traditional practices, the differences between Eastern and Western philosophies and Buddhist medicine.

103. Anatomy and Physiology 12 hours (lecture/lab)

This class will cover an overview of the basic structural and functional aspects, landmarking and palpating skills. Students will gain a deeper understanding of the names, locations and functions of the entire musculoskeletal system, the nervous system, the circulatory system, the respiratory system, the digestive system, the reproductive system and the endocrine system. Palpation exercises are done in lab-style format.

104. Orthopedic Disorders 1.5 hours (lecture)

Students will study the underlying symptoms and protocol of safety for joint and muscle ailments. Their implications for therapy and rehabilitation are covered in Advanced training protocols.

105. Pathology and Classifying Pain 2 hours (lecture/lab)

This class focuses on the classification of common medical diseases through etiology and prognosis. The lecture will be on basic signs and symptoms of illness, plus Western diagnostic methods and common laboratory tests. Students will study the steps, methods and details involved in asking for a medical history and performing a basic physical examination. Causes, symptoms, complications, and progression of various diseases will be discussed, so that students will be able to tell whether Thai massage is safe for the client or whether a referral is required.

106. Inspection and Evaluation of Joints and Muscles 1.5 hours (lecture/lab)

Students will study the functions of various joint, muscle motions and end feels to identify abnormalities that can occur so that they will be able to properly determine which ones would benefit from Thai massage and which would not.

107. Self Care and Nutrition 4 hours (lecture/lab)

Students will observe and practice cleansing techniques of anti-inflammatory practices with hydrotherapy in contrast local application. Other exercises given are to reduce stress, to build life force, to define the characteristics of good emotional health, digestive health, healthy sleep patterns, fasting, nutritional cleanses and self love.

108. First Aid 8 hours (not included in total hours)

This class will instruct the student in the event if an emergency for response and management of heart and breathing difficulties. Students will also learn emergency First Aid, this course is presented by Saint John's Ambulance.

2. Thai Massage 130 hours

201. History, Knowledge and Application of Thai Massage as a Medical Treatment 4 hours (lecture)

Students will study the history, background and evolution of Thai Massage from the Sukhothai period to the Ayutthaya period and Rattanakosin period up to the present. The differences between different schools of Thai massage will be explored, along with the value of Thai massage, its health benefits and its use in the public health system of Thailand.

202. Theory of Sen Energy Meridian Channels 3 hours (lecture/lab)

Students will study the names, locations and properties of the Sib-Sen model Energy Meridian Channels, marking and landmarking the flow of the invisible lines. We will cover how to read the feedback in the tissues and the symptoms indicating blockage. Treatment protocols for deficiencies, excess and stagnation are covered in Advanced Therapeutic Applications of Thai Massage Training (pre-requisite: Fundamentals Training or equivalent hours). The technical terms for the Sib-Sen are simplified to allow for ease and recognition.

203. Traditional Channeling Methods 2 hours (lecture/lab)

Students will observe and practice the components of energywork to add to their intention in order to maintain a safe container during each session and to avoid transference and counter-transference of energy. Preparation of the mind, the body and the space and ethics of communication is instilled.

204. Practitioner Stances and Body Mechanics 5 hours (lab)

Students will learn the proper positions relating to movement for all technique within the session. Emphasis on breathwork, alignment, momentum, resistance, leverage and varying vectors of force; allows for comfortable application of Thai massage. Given some individual physical challenges, many sample alternative are provided for the class to experience. Students assess and choose how they can be most comfortable, while still being effective and thorough. Alternate methods of practice are explored for practitioner limitations in flexibility, strength or otherwise.

205. Ergonomic Posture and Strength Training 5 hours (lab)

Students will practice the foundations of all technique through cultivating a strong Hara, where energy is collected into a fundamental core centre. This focus is continually met through initiating the introductory exercises. The emphasis is to avoid injury with awareness and to highlight potential poor habits early to escape entrenched errors in posture. Also included is information on exercises for greater joint mobility, exercises of self massage and the self stretching practices of the Thai hermit (Ruesri).

206. Principles of Passive Stretching 3 hours (lab)

In applying the understanding of end-feels and range of motion to asana-based stretches, the student is guided to do all weight bearing movements with mindfulness and reverence. Special protocol is outlined for degeneration, illness, injuries, stiffness, surgeries and neuromuscular disorders.

207. Intuiting and Reading Biofeedback 2 hours (lab)

Students navigate through the aspects of their sixth sense, learning to decipher the information coming through about the massage. Through palpatory experience students are taught how to listen to the tissues, translate messages in the body and elicit direct feedback from the client when needed.

208. Matside Manner 2 hours (lab)

Students practice the highest standards in demeanor, attitude and professionalism and learn how ensure that the client is always met with a grounded, gentle, caring and respectful approach. The power of silence is instilled for focus, along with certain guidelines for delicate situations of emotional release.

209. Postures for Feet, Legs, Arms, Abdomen, Sidelying, Neck, Face and Scalp 42 hours (lab)

Through a series of presentations, demonstrations and practice sessions, students will learn 225 postures that combine rhythmic acupressure with supported stretching along the Sib-Sen channels; opening the energy centres and clearing blockages or stagnation. Each module is broken down and built upon. Students will work their way up the chakra system from root to crown in a process of self-discovery and self-healing, which serves to exemplify the work and to clear personal barriers to the practice.

210. Feedback 3 hours (lab)

Students practice communication in the session with tools on how to effectively gather details of the client's experience. Students are taught to empower the client to let them know immediately if any discomfort arises in order to make decisions about the direction of the session for progress and benefit.

211. Session Planning 3 hours (lab)

Students are given two template sessions to work with, from 90 minutes-two hours in length. One is for relaxation and one is for increased energy. During the client intake process, students are taught how to work with contraindications and plan a session that meets the client's specific concerns for their comfort.

212. Home Care for Client 3 hours (lab)

Students will practice role play on how to offer home stretches for the client following a session, and when they are indicated.

213. Client-Practitioner Communication 3 hours

Students will learn a Code of Conduct that matches the Ethics of Thai Massage practice and observe rationale for extenuating circumstances.

214. Supervised Practicum 65 hours (clinic)

Students are given the opportunity to refine their skills in a supervised practicum clinic setting, while working with members of the general public. The experience gathered here is structured to prepare the student for independent practice. From booking appointments, to intake, to completing the session and following up, so that the student is able to create and maintain a professional client-practitioner exchange. Every session is debriefed and the student is marked by the client and the supervisor.

215. Examinations, Written and Practical (lab)

Students must satisfactorily complete a written examination and individually perform one complete session on the Instructor. They will be marked in several categories, including: Intake Protocol, Flow of Technique, Ergonomics, Pressure and Stretching Mindfulness, Intuitive Development, Communication Skills, and Closing The Session. Students who fail to achieve a passing grade of 65% or higher will be offered

an opportunity to re-write for a \$50 fee or else be able to audit the class a second time, with a tuition discount. Certificates will be awarded to all students with sufficient attendance, good progress reports and completed examinations with passing grades.

Law, Ethics, and Culture 25 hours

301. Provincial Health System Regulations 1 hour (lecture)

Students will study the National and Provincial laws and regulations in Canada pertaining to the practice of professional Thai massage and its role in complimentary medicine.

302. Professional Practices (lecture) 2 hours (lecture)

Students will study the Thai massage Code of Ethics, Code of Conduct and management methods for holistic services business, including branding, marketing, sales, service, space set up and staffing.

303. Maintaining Client Base 1 hour (lecture)

Students will observe methods on how to grow their practice and how to manage their clientele.

304. Record Keeping 1 hour (lecture)

Students will learn proficiency in documenting the pre and post session notes with confidentiality for filing and storing.

305. Spas/Health Clinics 1 hours (lecture)

Students will learn about the opportunities for Thai Massage Practitioners in the spa industry and in complimentary health clinics.

306. Healthy Practice & Good Work Habits 15 hours (lab)

Students will be taught to cultivate a fulfilling Thai massage practice through balancing this new work into their lives, while implementing a blend of daily mindfulness meditation, Reusri self-stretching exercises, Yoga and Qi gong energy exercises, as taught in our daily morning practice. The working attribute of Thai massage is the concept of Metta, which translates as; Loving-kindness and a compassionate wish for the health and well-being of another. When the student resonates with this philosophy for others and for themselves, they will move forward in a good way.

307. Thai Culture 4 hours (lab)

Students will learn some basic Thai language, prepare a traditional meal and visit the Wat, a Thai Buddhist Temple in East Vancouver for a traditional Tamboon ceremony that is a blessing way into their practice, as given by the resident monks.

Logged Sessions 50 hours (independent study)

Within the first year after completing this program, students must complete 50 logged sessions with detailed notes to be submitted to The Thai Healing Alliance International. They will then be eligible to receive the designation of the Registered Thai Therapist (RTT).