



## **GCMT (Education & Training) CORE CURRICULUM relating to**

### **INDIAN HEAD MASSAGE – the European approach QUALIFICATION MT6A © GCMT 2008**

#### **Definition of Indian Head Massage**

Indian Head Massage may be explained as the skilled therapeutic application of specific massage movements which concentrate on the areas of the head and scalp and face but can include the arms and upper back. The massage movements are selected and performed after careful consultation, recording of medical history and appropriate general and detailed assessment.

The techniques involved will include restorative and stress relieving procedures to aid and assist the overall physical and psychological condition of the client.

#### **APPLICATION**

Indian Head Massage (E.A.) may be carried out:

- Seated or prone
- Fully or partially dressed
- With or without the application of oils
- As a stand-alone treatment or incorporated into other treatment modalities.

#### **REQUIREMENTS**

The Diploma in Indian Head Massage – The European Approach, consists of pre requisite modules:

MT1 – M1 Assess the needs of the client

MT1 – M2 Swedish massage and guidance on self-care

MT1 – M3 An understanding of Professional Practice Management

MT1 – M4 Specify what is necessary to support health, safety and security in the workplace

MT1 – M5 Knowledge of Anatomy, Physiology and Pathology

MT1 – M6 First Aid

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All of the above are included within the basic Massage Core Curriculum. The addition of a further module is also a requirement as given below:

MT6 – M1 Indian Head Massage – The European approach

### Training

The training period, commencement to qualification must be a minimum of 4 (four) days – equivalent to 24 hours training and education. It is expected that the training will take the following structure:-

1 week-end (2 days) training with 4 (four) weeks following of case studies, research and assignments.

Final week end training and assessment. The assessment process to cover both theory and practical elements of the course.

### Teaching Hours

Minimum supervised in-class education and training required to become a recognised Indian Head Massage Practitioner (E.A.) is as follows:

Indian Head Massage Techniques (Unit MT6-M1) 24 hours/4 days

(to include the use of oils and their benefits – where appropriate)

### Case Studies/Home Study

Minimum requirement - **3 clients (three) - incorporating** a minimum 3 (**three**) **treatments** per client. Overall total should be at least **9 treatments**. These treatments should evaluate the effectiveness of Indian Head Massage for clients over a period of time. Case studies should also be used by students as reflective practice for self evaluation and continuing professional development.

In addition to the above hours, students should be fully aware that home study is required. The hours required will be determined by the student's ability and commitment but are unlikely to be less than **30 (thirty)** during the training as a whole.

### Entry requirements

- a) Minimum Age - as dictated by GCMT – at the commencement of training and/or to meet national government directive.
- b) have an adequate level of written and spoken English.
- c) if physically challenged to have sufficient ability to perform all massage techniques which are included within the Core Curriculum requirements

### Teaching and Learning

- a) Learning should take place through the student's own learning by a variety of sources including examining and reporting on skeleton models and the living body.

- b) teaching can include demonstrations, lectures, discussions, interaction and practical application.
- c) students must be able to extract information from a wide variety of source material including library resources, media, textbooks, audio-visual aids, information technology and use such information in problem solving activities
- d) every advantage and opportunity must be taken to ensure teaching relates to the working environment

### **Teaching Qualifications**

To meet GCMT standards which may change, in line with Educational Department standards.

### **Assessment Criteria**

To meet GCMT standards which are listed in the Body Massage Core Curriculum M1. These methods are indicative of assessment methods available and may change to meet evolving training standards. The assessment process/s must include both theory and practical application.

Note: where “client” is referred to, read also “patient”, “customer”, “pupil” and “learner”.

This definition will apply throughout the Core Curriculum of GCMT.

Where “representative” is referred to, read also “partner”, “friend” of the “client”, another “healthcare practitioner” or “appointed chaperone/guardian”.

### **UNIT MT6–M1    ELEMENT 1    INDIAN HEAD MASSAGE – EUROPEAN APPROACH**

(Client evaluation to be carried out as directed in Body Massage Core Curriculum M1)

#### **Rationale**

- a) to develop the practical skills to provide Indian Head Massage – European approach
- b) to incorporate classic European massage techniques such as:
  - Effleurage
  - Petrisage
  - Tapotement
  - Friction

- Vibration

And to include a range of Indian massage techniques incorporating:

- Champi
- Tabla
- Ruffling
- Hair tugging
- Plucking
- Governing vessel stimulation and Chakra balancing

All massage techniques must be applicable to the treatment and needs of the individual client. Chakra balancing can be related to the Endocrine system and the choice is left to the course provider to meet with requirements of students.

The massage movements are indicative of the range available and are optional depending on the requirements of course structure and the relationship to student background.

**Contact Hours     30 (thirty hours)**

### **Aims**

- a) to develop a safe and professional approach to the application of Indian Head Massage (E.A).
- b) to ensure the clients suitability to the treatment of Indian Head Massage (E.A), after informed consultation including any cautions and contra indications.
- c) to develop the practical skills required to apply manual techniques of Indian Head Massage (E.A) both safely and effectively and relate the information to knowledge of Anatomy, Physiology and Pathology
- d) to have knowledge of surface anatomy and apply such knowledge to explain and carry out safely Indian Head Massage (E.A.) and apply such knowledge to adapt treatments to suit individual client needs
- e) to have knowledge of client reactions and outcomes to Indian Head Massage – the “Healing crisis”.
- f) to carry out Indian Head Massage (E. A.) in a safe and hygienic environment
- g) to be aware of cultural differences and adapt treatment to obtain optimum benefit whilst treating the clients in line with their cultural beliefs and requirements.

It is recommended that repeated supervised practice be provided during training and a ratio of a maximum of twelve students per tutor in a practical class, with six students only working at any one time.

Students should be advised that extensive hours of home practice are necessary to develop their practical skills.

### **Core Curriculum**

Students must be able to competently demonstrate and/or explain:

- The history and philosophy of Indian Head Massage and the traditional roots of such massage application and beliefs.
- describe the physiological and psychological effects of Indian Head Massage (E.A.) both general and specific and to include the benefits of Indian Head Massage (E.A.) on individual body systems.
- to have an understand and offer support and advice to differing client reactions (healing crisis) which may take place during and after treatment:
  - Heightened emotions
  - tiredness
  - light-headedness
  - energy surge
  - skin reaction
  - headache

These are examples and can differ from client to client.

- to ensure correct hygiene and professional demeanour throughout the treatment
- to carry out the treatment with due regard to posture and comfort of the client and therapist.

During the treatment it will be necessary to carry out a range of movements and adapt such movements to suit the requirements of the client taking due regard of the case study and consultation information that has been elicited.

1.Effleurage movements – from light to deep pressure – to include feathering and draining.

2. Petrisage movements – to include knuckling, wringing, tugging, rolling, pulling and kneading – to differing pressures
3. Friction – both cross and circle and with differing depths and pressures
4. Tapotement – to include hacking, clapping, cupping, pummelling and tapping
5. Vibration – gentle and supported light vibration.
6. Hair pulling and tugging, flicking, ruffling and finger combing
7. Champi (ssage) light and moderate
8. Tabla
9. Bracing
10. Acupressure point treatment.

It is also necessary to:

a) understand the importance of the consultation and history evaluation process, together with checking for contra indications and assessing the client's individual needs and adopting treatment criteria to suit.

b) understand the limit of the therapist's ability, working within in "Scope of Practice" and referring to other professionals when circumstances dictate.

c) demonstrate Indian Head Massage (E.A.) to the head, face, neck, shoulders, upper arms and upper back.

d) understand the necessity of having to adapt treatment plans to suit clients within the following range:-

Pregnancy, elderly, frail, children and nervous

Clients with sensory deprivation

Clients with Osteoporosis

Clients with acute or chronic conditions, or receiving medical treatment, ongoing medical supervision and/or medication.

e) to apply safely and within the client's tolerance zone, such Indian Head massage movements as deemed necessary and appropriate as the result of the consultation process and to encourage such objectives and outcomes as:

- reduction of stress
- acceleration of the healing process via improved lymphatic drainage
- reduced muscle tension
- improved hair and scalp conditions

- improved sinus conditions
- improved sleep pattern
- relieve eye strain
- aid in joint mobility ( especially wheelchair bound or partially immobile clients)
- increase levels of alertness and concentration

f) to demonstrate the effective use of a range of massage oils:

1. Non allergenic body massage oils
2. Specific Indian Head Massage oils to include Sesame Seed oil and Mustard oil

g) to demonstrate effective use of towels and support methods to such areas as the head and neck

h) to maintain the client's dignity and comfort at all times.

i) to advise the client on after-care procedures and the necessity of following such advice including:

- Applied self massage
- relaxation techniques
- drinking water and herbal teas
- eating a light diet
- time-management – quality personal time
- avoiding the consumption of alcohol for a minimum of 24 hours before after treatment
- concentrating on good posture and breathing techniques
- exercise
- hair care