



Massage | Myotherapy | Health

**Professional Courses with YOU in mind**



[www.mimt.edu.au](http://www.mimt.edu.au)

1300 839 839



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# Welcome

I'm Graeme De Goldi, Director of the Melbourne Institute of Massage & Myotherapy & Australian College of Health & Fitness.

Since you are reading this, you must be considering a rewarding career as a caring health professional in Massage Therapy or Myotherapy.

Either way, I believe you will find the courses we offer at MIMT, to be helpful in achieving your goals.

Our courses are based on years of experience in both Massage Therapy and Myotherapy while working within the framework of the requirements for Nationally Recognised Training.

But the subjects, the structure, and so on, are merely the skeleton. I can talk about the team's numerous years in teaching, our specialisations, and professional achievements. I can even quote what students say. However I cannot truly convey to you what the college is all about-which is enthusiastic experts and teachers who give you all they've got!

The College has established an enviable reputation as a world class training facility. We attribute our growth to distinctive teaching methods and personalised approach to our students.

The structure of our courses, either part time or full time, allows you the opportunity to move from a Certificate IV to a Diploma course through to our Advanced Diploma.

You'll learn from some of the most highly regarded teaching professionals in the industry. Plus, we operate with small classes so you get the most out of your training.

The success of our students gives us tremendous satisfaction. Our commitment to graduates continues for the long-term through post graduate course opportunities, as well as involvement in special events.

If you have any questions regarding our courses please call our office on 1300 839 839.

We look forward to hearing from you!

Best regards,

**Graeme De Goldi**  
**DIRECTOR**



In the spirit of reconciliation MIMT acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

If you're considering a rewarding career as a caring health professional in **Massage** or **Myotherapy**, or looking to further develop your expertise, then we are here to help you achieve your goals.



Not only are you offered the highest level of training by industry experts, you will also benefit from a depth of opportunities in corporate and clinical environments.

Many of our graduates have gone on to highly successful careers around the world including: Manchester United Soccer Team, Western Bulldogs, major cruise liners and elite Australian sporting teams, or in building their own successful businesses.



## Flexible Career Options

### Relaxation & Hospitality

- » Holiday Resorts
- » Cruise Ships
- » Day Spa Centres

### Athletic Body/Sports Massage

- » Elite Sporting Teams / Individuals
- » Health & Fitness Centres

### Clinic environment

- » Corporate Business
- » Your own Business – Mobile, Clinic/Studio, from Home



# Course Pathways

## Pathway One

### **Certificate IV in Massage Therapy (HLT42021)**

6 months Full Time  
10 months Part Time



### **Diploma of Remedial Massage – Upgrade (HLT52015)**

7 months Full Time  
12 months Part Time



## Pathway Two

### **Diploma of Remedial Massage – Direct Entry (HLT52015)**

12 months Full Time



### **Advanced Diploma of Myotherapy (22316VIC)**

10 months Full Time

These are blended delivery courses which will include a combination of face to face, online and remote delivery. Blended learning can involve a range of online programs and resources including Zoom, specific Institute platforms such as Moodle or Axcelerate, pre-recorded sessions, assigned reading, tutorials, discussion boards and online activities. Blended learning also involves face-to-face attendance in classes, student clinic or practical placements.

# Course Price Guide

## **Certificate IV in Massage Therapy (HLT42021)**

### **No Entry Requirements.**

Full Fee Student: \$5,690 (\$5,195)

Government Funded Student: \$495

Government Funded Student with Concession: \$195

## **Diploma of Remedial Massage – Upgrade (HLT52015)**

### **Pre-requisite: Certificate IV in Massage Therapy (HLT42015)**

Full Fee Student: \$12,660 (\$12,465)

Government Funded Student: \$8,535 (\$8,340)

## **Diploma of Remedial Massage – Direct Entry (HLT52015)**

### **No Entry Requirements**

Full Fee Student: \$18,390 (\$17,895)

Government Funded Student: \$12,290 (\$11,795)

## **Advanced Diploma of Myotherapy (22316VIC)**

### **Pre-requisite: Diploma of Remedial Massage (HLT52015)**

Full Fee Student: \$10,335 (\$9,840)

Government Funded Student: \$5,725 (\$5,230)

Prices are subject to change & indicative only.

Price in brackets indicates cost once your reservation fee has been paid.

# Funding

## Austudy, Abstudy or Youth Support

Students taking the **Certificate IV in Massage Therapy** or **Diploma of Remedial Massage** full time, are eligible to apply for Austudy, Abstudy or Youth Support benefits.

## Skills First Funding

The Melbourne Institute of Massage Therapy is delighted to announce that government-subsidised training, (**Skills First**, formerly the Victorian training guarantee), is now available for our **Certificate IV, Diploma & Advanced Diploma courses** (eligibility criteria apply).

This training is delivered with Victorian & Commonwealth Government Funding. Individuals with disabilities are encouraged to apply.

## VET Student Loans

VET Student Loans is an Australian Government Loan scheme available to assist eligible students studying higher level vocational education and training (VET) qualifications to pay their tuition fees. VET student loans are available on the **Diploma of Remedial Massage (HLT52015) Direct & Upgrade only**.

A VET student loan gives rise to a HELP debt that continues to be a debt due to the Commonwealth until it is repaid.



# Important Information

## - Student Enrolment Information Handbook





# Introduction to Massage

**Your first step in learning massage starts here...**

This great 13 hour course is designed to help you learn massage techniques that you can utilise immediately.

Start massaging your family and friends with safe, effective massage skills. This course is a great starting point if you are considering massage as a career.

The 'Introduction to Massage' courses are conducted by professional massage therapists and trainers. The classes are enjoyable, informative and full of hands-on learning.

- » Learn relaxation massage techniques for the back of body
- » Learn a seated neck, head and shoulder massage
- » Learn with elite teachers
- » Small classes with a nurturing environment
- » Enhance your personal growth



# Introduction to Massage

## Course Dates for 2024

### HEIDELBERG CAMPUS

72 Mount Street, Heidelberg, VIC, 3084

Month	Date	Times	Campus
January	20 <sup>th</sup> & 21 <sup>st</sup>	9.30am – 5.00pm	HEIDELBERG
February	24 <sup>th</sup> & 25 <sup>th</sup>	9.30am – 5.00pm	HEIDELBERG
June	15 <sup>th</sup> & 16 <sup>th</sup>	9.30am – 5.00pm	HEIDELBERG
July	20 <sup>th</sup> & 21 <sup>st</sup>	9.30am – 5.00pm	HEIDELBERG
October	19 <sup>th</sup> & 20 <sup>th</sup>	9.30am – 5.00pm	HEIDELBERG
November	23 <sup>rd</sup> & 24 <sup>th</sup>	9.30am – 5.00pm	HEIDELBERG

### MOORABBIN CAMPUS

1/18 Station Street, Moorabbin, VIC, 3189

Month	Date	Times	Campus
February	17 <sup>th</sup> & 18 <sup>th</sup>	9.30am – 5.00pm	MOORABBIN
July	27 <sup>th</sup> & 28 <sup>th</sup>	9.30am – 5.00pm	MOORABBIN
September	14 <sup>th</sup> & 15 <sup>th</sup>	9.30am – 5.00pm	MOORABBIN

Timetables are subject to change.

As at 22/11/2023

# Introduction to Massage

Your first step in learning massage starts here...



**ENROL ME in the "Introduction to Massage" on,** Campus: \_\_\_\_\_ Course Date: \_\_\_\_\_ Course Cost: **\$269**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Where did you hear about MIMT? \_\_\_\_\_

## PAYMENT METHODS

Cheques can be made payable to "Melbourne Institute of Massage Therapy". **Credit Card** Please debit my credit card

Credit Card details: \_\_\_\_\_ Expiry date: \_\_\_\_\_ CVV: \_\_\_\_\_

Name on card: \_\_\_\_\_ Your Signature: \_\_\_\_\_

A receipt and confirmation will be forwarded by post.

Cancellations received up to and including seven (7) days prior to class will receive a refund, less \$20 administration fee. Refunds or transfers will not be provided if less than 7 days notice is given.

# Certificate IV in Massage Therapy

(HLT42021)

## Opening the way to a new course in your life.

**This is where you open the door to your Massage Therapy career. The Certificate IV in Massage Therapy (HLT42015) is the entry qualification you need to be recognised as a professional Massage Therapist.**

**We will give you the opportunity to gain the skills you will need to work as a Massage Therapist by teaching you practical massage skills, human anatomy, pathology and first aid.**

### Relaxation Massage

The increasing pace and stress of today's life means more people are seeking out Graduates with this speciality for their skills in calming, nurturing and healing. Relaxation is something of a signature for massage – everyone thinks of it first (the quick neck rub) and it is one of the oldest uses of massage. It is particularly attractive to many people because of its non-invasive, gentle, totally natural approach. The special massage techniques you will learn are designed to stimulate the body's own defences against the ravages of stress. Also included is "seated" massage techniques to use in the dynamic growth area of the corporate massage industry, plus the added skills of pregnancy massage and clinical relaxation techniques.

### Accreditation

MIMT is a Registered Training Organisation with the Australian Skills & Qualifications Authority. This course is Nationally Recognised (Course code HLT42015).



### Professional Accreditation

This course is recognised by various professional associations including Massage & Myotherapy Australia (M&MA), Association of Massage Therapists (AMT) & Massage Association Australia (MAA).

### Course Prerequisites

The Certificate IV in Massage Therapy has no pre-requisites.

### Class Times

The course may be taken either full time over six months or part time over ten months. Alternatively, we also offer a blended online learning option.

**Full time** study is from 9.30am until 4.15pm and normally attendance is required 3 days a week

**Part time** study is from 6.30pm until 9.30pm two evenings per week and one weekend per month (Saturday & Sunday 9.30am until 4.15pm).

Optional online learning enables you to study the health science component of the Certificate course from your own home. You will receive an identical presentation as that in the classroom.

You can study at your own pace. With email and on line tutorials you are fully supported through the modules.

You are only required to attend class for the massage hands on units and assessments which are programmed at various times throughout the year.

### Funding

Students studying full time are eligible to apply for Austudy, Abstudy or Youth Support benefits.

**Skills First** funding is available for eligible students. (This training is delivered with Victorian & Commonwealth Government funding).

Eligibility criteria and terms and conditions apply. Please see website for further details.

### Further study

Graduates of the Certificate course may proceed to:

- The Diploma of Remedial Massage (Upgrade) (HLT52015)
- The Advanced Diploma of Myotherapy (22316VIC)

In addition, Certificate graduates commonly undertake continuing study in non-award short courses, workshops and seminars to maintain and develop their knowledge and skills.

## SUBJECT DESCRIPTIONS

### Body Organisation

The aim of this module is to develop in students:

- An appreciation of the complexity and functional effectiveness of the body in contributing to human survival
- An understanding of the basic general structure of the human body at both microscopic and gross levels
- The ability to describe regions of the body using elementary anatomical terms

### Musculoskeletal Anatomy

The aim of these modules is to develop in students:

- A recognition of the roles of bones, joints and muscles in relation to human movement
- Motivation for further learning in the fields of anatomy and kinesiology (human movement)
- The knowledge and skill required to relate theoretical anatomy of bones, muscles and joints to clinical massage work and thus to recognize all structures palpated during massage



### Systemic Anatomy & Physiology

The aim of this module is to develop in students:

- An understanding of the physiological capabilities and contribution of each of the body systems and of the organization and anatomical structures pertaining to each of those systems
- An appreciation of the beauty and subtlety of the human body
- An understanding of ageing & chronic disease

### Massage & Massage Principles

- The skills necessary to give a competent therapeutic massage of the front and back of the body
- Versatility in being able to apply these skills in non-clinical situations e.g home, travel or the workplace
- An awareness of common conditions for which massage is contraindicated or where particular precautions should be observed
- Habits of efficient posture to prevent occupational strain or injury
- The ability to combine the learning acquired in this module to provide a competent whole body massage
- Develop in students an understanding of the principles of effective massage therapy applicable to all work with clients

### Massage Assessment & Treatment

- Apply skills acquired in Massage & Massage Principles in a clinical setting
- Demonstrate ability to adapt massage techniques to the needs of individual clients
- Apply principles of effective massage therapy in preventative work and in the alleviation of common conditions

### Oriental Massage

The aim of this module is to develop in students:

- An understanding of the theoretical basis of Chinese massage
- The skills to treat some common conditions of the musculoskeletal system

### Massage Theory / Small Business Management

The aim of these modules is to develop an understanding of operating a small business and an understanding of the requirements of establishing and operating a business as a Massage Therapist.

### Student Clinic

You will also take part in our student clinic where you'll be gaining real life experience massaging members of the public. Proceeds of this clinic are donated back into the community and currently this is to the Olivia Newton John Cancer & Wellness Centre.

### First Aid – Provide First Aid (HLTAID011)

This unit describes the skills and knowledge required to provide a first aid response to a casualty. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

## CAREER OPPORTUNITIES

Massage Therapists can work in:

- Private Practice
- Aged Care
- Health Spa & Retreats
- Wellness Centres and Clinics
- Sporting Clubs
- Cruise Ships



# Diploma of Remedial Massage UPGRADE

(HLT52015)

## The Diploma of Remedial Massage (Upgrade) can be undertaken after the completion of the Certificate IV in Massage Therapy.

**This course will provide you with the qualification to become a professional nationally recognised massage therapist.**

**We will give you the opportunity to gain all the skills required to work as a Remedial Therapist.**

**You will progress from the practical massage skills, human anatomy, and pathology knowledge learnt in the Certificate IV.**

**You will learn clinical assessment techniques, a wide range of remedial treatments including Myofascial Release, Cupping and Remedial Sports massage to name just a few.**

**This gives you the higher qualification you require to meet the expectations of today's consumers and the expertise to provide your clients with most complete service.**

**The Diploma of Remedial Massage is recognised by most private health insurance companies, WorkCover and other government agencies giving you access to another lucrative market.**

### What the Diploma does for you

The principal aim of the Diploma of Remedial Massage is towards developing your skills in all areas so you can serve your clients as a Remedial Massage Therapist and work in an integrated way with other health professionals. It will give you extra work experience and qualifications that will increase the amount of patients you will be able to treat.

### Assessment & Treatment Approach

Your classes in the Remedial Massage course focus on musculoskeletal assessment, Remedial Treatment Techniques and Clinical practice. Assignments and workbooks are designed to improve your ability to work with referring practitioners, particularly in relation to assessing clients, preparing and carrying out integrated treatment plans, and monitoring and reporting progress.

### Remedial Massage Studies

An extensive range of subjects give you the opportunity to develop your massage skills at a higher level, particularly in relation to remedial techniques to alleviate pain and restore function. Wider experience and capabilities will offer you a greater earning potential when you graduate.

### Study Modes

This course may be taken either full time or part time. Classroom based training plus partial online completion available.

### Work Experience

We believe in creating the most highly skilled and marketable massage therapists. Opportunities exist to gain experience at football clubs, corporate events and clinical experience, giving you a significant head start when you graduate.

### Accreditation

MIMT is a Registered Training Organisation with the Australian Skills & Qualifications Authority. This is a nationally recognised course (Course code: HLT52015)



### Course Prerequisites

Certificate IV in Massage Therapy.

### Funding

Students taking the course full-time are eligible to apply for Austudy, Abstudy or Youth Support benefits.

**Skills First** funding is available for eligible students. (This training is delivered with Victorian & Commonwealth Government funding).

**VET Student Loans** is also available for this course. This is an Australian government loan scheme that assists students to pay their tuition fees.

A VET student loan gives rise to HELP debt that continues to be a debt due to the Commonwealth until it is repaid.

Eligibility criteria and terms & conditions apply. Please see website for further details. Maximum tuition fee \$12,465.

### Further Study

Once you have successfully completed the Diploma of Remedial Massage, candidates may wish to undertake the Advanced Diploma of Myotherapy (22316VIC).

Diploma graduates commonly undertake continuing study at MIMT in professional development courses, workshops and seminars to maintain and develop their knowledge and skills. These are just some of the many reasons why MIMT is Victoria's premier Remedial Massage College.

### Course Study Options

Classes are run full time over a 7-month duration with class times between 9.30am and 4.15pm.

Part time study is generally two evenings per week and one weekend per month over a 12-month period.

Please contact our Course Advisors for a detailed timetable.

After completion of all the units of competency, you will be awarded the Nationally Recognised Diploma of Remedial Massage (HLT52015).

\* Entrants to the HLT52015 Diploma of Remedial Massage (UPGRADE) must provide evidence they have completed the Certificate IV in Massage Therapy (HLT42015).

## DIPLOMA UPGRADE SUBJECT DESCRIPTIONS

### Health Science Subjects:

#### Pathology

- An understanding of common injuries, conditions and of the role of massage in support of the healing process including an awareness of contra-indications and cautions applicable to this therapy.

#### Regional Anatomy

- Provides a more detailed knowledge of the body pertaining to movement and support.

#### Biomechanics

- Gives students a more detailed understanding of the way in which body parts are designed for movement and the way movement is accomplished and controlled.
- Postural analysis.

### Business Subjects:

#### Massage Theory & Practice / Business Development

- Both subjects aim to give an overview of personal, industry and business aspects that need to be considered when entering the massage industry.

### Practical Components:

#### Reflexology for Relaxation

- Deals with the principle that there are reflex areas in the feet and hands which correspond to all the glands, organs and parts of the body, from a remedial perspective.

#### Lymphatic Drainage

- Provides students with specific techniques in a particular sequence aimed at moving lymphatic fluid through the body.

#### Musculoskeletal Assessment

- Develop in students the ability to perform a physical assessment appropriate for patients presenting for remedial massage. This unit looks at making a different diagnosis of soft tissue dysfunction.

#### Sports Massage

- Apply basic and advanced taping techniques.
- This subject develops the skills necessary to provide competent massage to facilitate sports performance, promote recovery and assist in the prevention and management of sports.

### Remedial Clinical Practise:

Develops a professional assessment and skill set to provide a comprehensive treatment protocol in clinical practice. Remedial techniques include:

#### Stretching

- Introduces the student to the principles and techniques available for static and PNF stretching to better enhance massage treatments.

#### Trigger Point Therapy

- Enables the student to understand and carry out an effective treatment for myofascial trigger point/referred pain.

#### Cupping

- The use of vacuum cups to improve muscle integrity.

#### Myofascial Tension Technique

- Covers the physiology of connective tissue fascia and teaches techniques to release tissue restrictions throughout the entire body.

### Treatment Protocols

Provides the student with skills in regard to, clinical practice, professional ethics, referrals, record keeping and report writing

## CAREER OPPORTUNITIES

Remedial Massage Therapists can work in:

- Private Practice
- Multi-disciplinary Clinics
- Allied health
- Elite Sporting Teams





# Diploma of Remedial Massage

## DIRECT ENTRY

(HLT52015)

**The Diploma of Remedial Massage (HLT52015) will provide you with the qualification to become a professional nationally recognised massage therapist.**

**We will give you the opportunity to gain all the skills required to work as a Remedial Therapist.**

**You will learn practical massage skills as well as human anatomy, pathology, plus practice management subjects in business & marketing.**

**Furthermore you will learn clinical assessment techniques and a wide range of remedial treatments including Myofascial Release, Cupping and Remedial Sports massage to name just a few.**

**This gives you the qualification you require to meet the expectations of today's consumers and the expertise to provide your clients with the most complete service.**

**The Diploma of Remedial Massage is recognised by most private health insurance companies, WorkCover and other government agencies giving you access to another lucrative market.**

### What the Diploma does for you

The principal aim of the Diploma of Remedial Massage is towards developing your skills in all areas so you can serve your clients as a Remedial Massage Therapist and work in an integrated way with other health professionals. It will give you extra work skills and qualifications that will increase the amount of patients you will be able to treat.

### Assessment & Treatment Approach

Your classes in the Remedial Massage course focus on Musculoskeletal Assessment, Remedial Treatment Techniques and Clinical Practice. Assignments and workbooks are designed to improve your ability to work with referring practitioners, particularly in relation to assessing clients, preparing and carrying out integrated treatment plans, and monitoring and reporting progress.

### Remedial Massage Studies

An extensive range of subjects give you the opportunity to develop your massage skills at a higher level, particularly in relation to remedial techniques to alleviate pain and restore function. Wider experience and capabilities will offer you a greater earning potential when you graduate.

### Study Modes

This course is taken full time. Classroom based training plus partial online completion available.

### Work Experience

We believe in creating the most highly skilled and marketable massage therapists. Opportunities exist to gain experience at football clubs, corporate events and clinical experience, giving you a significant head start when you graduate.

### Accreditation

MIMT is a Registered Training Organisation with the Australian Skills & Qualifications Authority. This is a nationally recognised course (Course code: HLT52015)



### Course Prerequisites

The Diploma of Remedial Massage has no prerequisites.

### Funding

Students taking the course full-time are eligible to apply for Austudy, Abstudy or Youth Support benefits.

**Skills First** funding is available for eligible students. (This training is delivered with Victorian & Commonwealth Government funding).

**VET Student Loans** is also available for this course. This is an Australian government loan scheme that assists students to pay their tuition fees.

A VET student loan gives rise to a HELP debt that continues to be a debt due to the Commonwealth until it is repaid.

Eligibility criteria and terms & conditions apply. Please see website for further details. Maximum tuition fee \$17,895.

### Further Study

Once you have successfully completed the Diploma of Remedial Massage, candidates may wish to undertake the Advanced Diploma of Myotherapy (22316VIC)

Diploma graduates commonly undertake continuing study at MIMT in professional development courses, workshops and seminars to maintain and develop their knowledge and skills. These are just some of the many reasons why MIMT is Victoria's premier Remedial Massage College.

### Course Study Options

Classes are run full time over a 12 month duration with class times between 9.30am and 4.15pm.

Please contact our Course Advisors for a detailed timetable.

After completion of all the units of competency, you will be awarded the Nationally Recognised Diploma of Remedial Massage (HLT52015).

# DIPLOMA SUBJECT DESCRIPTIONS

## Health Science Subjects:

### Body Organisation

- An understanding of the basic general structure of the human body at both microscopic and gross level
- The ability to describe regions of the body using elementary anatomical terms

### Musculoskeletal Anatomy

- A recognition of the roles of bones, joints and muscles in relation to human movement
- Motivation for further learning in the fields of anatomy and kinesiology (human movement)
- The knowledge and skill required to relate theoretical anatomy of bones, muscles and joints to clinical massage work and thus to recognise all structures palpated during massage

### Systemic Anatomy & Physiology

- An understanding of the physiological capabilities and contribution of each of the body systems and the organisation and anatomical structures pertaining to each of those systems
- Enable students to relate aspects of physiology to the practice of remedial massage and to the maintenance of health and wellbeing

### Pathology

- An understanding of common injuries, conditions and of the role of massage in support of the healing process including an awareness of contra-indications and cautions applicable to this therapy

### Regional Anatomy

- Provides a more detailed knowledge of the body pertaining to movement and support

### Biomechanics

- Gives students a more detailed understanding of the way in which body parts are designed for movement and the way movement is accomplished and controlled
- Postural analysis

## Business Subjects:

### Massage Theory & Practice / Business Development

- Both subjects aim to give an overview of personal, industry and business aspects that need to be considered when entering the massage industry

## Practical Components:

### Massage & Massage Principles

- The skills necessary to give a competent therapeutic massage of the front and back of the body
- Versatility in being able to apply these skills in non-clinical situations e.g home, travel or the workplace
- An awareness of common conditions for which massage is contraindicated or where particular precautions should be observed
- Habits of efficient posture to prevent occupational strain or injury
- The ability to combine the learning acquired in this module to provide a competent whole body massage

### Lymphatic Drainage

- Provides students with specific techniques in a particular sequence aimed at moving lymphatic fluid through the body

### Massage Assessment & Treatment

- Apply skills acquired in Massage and Massage Principles in a clinical setting
- Demonstrate ability to adapt massage techniques to the needs of individual clients
- Apply principles of effective massage therapy in preventative work and in the alleviation of common conditions

### Musculoskeletal Assessment

- Develop in students the ability to perform a physical assessment appropriate for patients presenting for remedial massage. This subject looks at making a different diagnosis of soft tissue dysfunction

### Sports Massage

- Apply basic and advanced taping techniques
- This subject develops the skills necessary to provide competent massage to facilitate sports performance, promote recovery and assist in the prevention and management of sports injuries

### Reflexology for Relaxation

- Deals with the principle that there are reflex areas in the feet and hands which correspond to all the glands, organs and parts of the body, from a remedial perspective.

## Remedial Clinical Practice:

- Develops a professional assessment and skill set to provide a comprehensive treatment protocol in clinical practice. Remedial techniques include:

#### *Stretching*

- Introduces the student to the principles and techniques available for static and PNF stretching to better enhance massage treatments.

#### *Trigger Point Therapy*

- Enables the student to understand and carry out an effective treatment for myofascial trigger point/referred pain.

#### *Cupping*

- The use of vacuum cups to improve muscle integrity.

#### *Myofascial Tension Technique*

- Covers the physiology of connective tissue fascia and teaches techniques to release tissue restrictions throughout the entire body.

## Treatment Protocols

- Provides the student with skills in regard to, clinical practice, professional ethics, referrals, record keeping and report writing

## CAREER OPPORTUNITIES

Remedial Massage Therapists can work in:

- Private Practice
- Multi-disciplinary Clinics
- Allied health
- Elite Sporting Teams

# Advanced Diploma of Myotherapy

(22316VIC)

## Become a Myotherapist

The Advanced Diploma of Myotherapy gives you the opportunity of further enhancing the clinical and treatment skills attained at the Diploma of Remedial Massage level.

Additional to the remedial massage skills learnt in the Diploma, the Myotherapy student uses treatment regimes and clinical orthopaedic assessments to enhance the overall treatment plan.

Subjects such as myofascial dry needling, therapeutic exercise prescription, nutrition, electrotherapy and business management subjects increase the skills of the remedial therapist. The course emphasises the assessment and treatment of myofascial dysfunction.

Myotherapists use a range of treatment techniques with the aim of restoring and maintaining the integrity of soft tissue.

The graduate of the Advanced Diploma of Myotherapy would expect to work in a multi-disciplinary clinic environment.

The Myotherapy career pathways are endless!

The Advanced Diploma of Myotherapy is made up of twelve stand alone subjects. The pre requisite for this course is a Diploma of Remedial Massage\*.



## SUBJECTS

The subjects consist of:

- Myofascial Dry Needling
- Myotherapeutic Palpation Review
- Myotherapy Clinical Assessment
- Nutrition
- Myotherapy Treatment Protocols
- Myotherapy Practices & Principles
- Mobilising Techniques
- Muscle Energy Technique
- Electrotherapeutic Modalities
- Exercise Prescription & Rehabilitation
- Myotherapy Business Protocols
- Research Methods

## CLASS TIMES

The Advanced Diploma modules are available fulltime with a course duration of 10 months.

## FUNDING

Skills First funding is available for eligible students. Full time study is Austudy/ Abstudy/ Youth Allowance approved. (This training is delivered with Victorian & Commonwealth Government funding).

Upon completion of all of the units of competency you will be awarded the Advanced Diploma of Myotherapy (22316VIC) qualification.

## SUBJECT OUTLINE

### Myofascial Clinical Assessment (MCA)

This unit further develops the practitioner's soft tissue assessment skills ensuring that all assessment and treatment protocols reflect a comprehensive range of testing to isolate the client's dysfunction.

### Myotherapy Palpation Review (MPR)

This subject reviews the structures of the body so that enhanced palpation skills are utilized to ensure specific soft tissue dysfunctions are identified and appropriate myotherapy protocols determined.

\*Entrants to the 22316VIC Advanced Diploma of Myotherapy must provide evidence they have completed the Diploma of Remedial Massage HLT50307 or HLT52015.



### **Nutrition (N)**

This detailed subject covers important concepts relating to how the human organism interacts with its food. There is an emphasis on nutritional assessment, dietary problems and special dietary needs. The subject also covers nutrition for athletic performance and a range of nutritional conditions.

### **Research Methods (RM)**

Research is the hallmark of a professional industry. In this subject the student will evaluate relevant research information and apply their findings to a myotherapy clinical practice.

### **Electrotherapeutic Modalities (EM)**

This subject focuses on the understanding and appropriate use of electrotherapy modalities. The two main modalities cover both the electromagnetic and acoustic methods. The student will use transcutaneous electro nerve stimulators and muscle stimulators. Students will have a thorough understanding of pain and the benefits of electrotherapy in treatment.

### **Exercise Prescription and Rehabilitation (EPAR)**

The student will learn a range of specific exercises to address a client's condition. With a thorough knowledge of anatomy, physiology and specialized knowledge of various pathologies, mechanisms of injury and tissue healing, the student will be able to establish exercise rehabilitation protocols.

### **Myofascial Dry Needling & Infection Control (MDN)**

Based on the work of Travell & Simmons, myofascial dry needling involves the insertion of needles to de-activate myofascial trigger points, alleviate pain and increase range of movement. There is also a strong emphasis on infection control. This unit is based on trigger points and should not be confused with acupuncture.

### **Muscle Energy Technique (MET)**

The use of "Hold/Relax/Strain & Counterstrain" stretches to bring about correction of spinal deviations.

### **Mobilising Techniques (MOB)**

Enables students to extend the effectiveness of their treatment through the use of techniques which facilitate access to and loosening of deeper soft tissues.

### **Myotherapy Business Protocol (MBP)**

This unit covers business planning, budgeting, leadership in the workplace and strategic management. It gives the student a much deeper understanding and appreciation of business practices.

### **Myotherapy Principles & Protocols (MPP)**

Provides the skills and knowledge that enables the student to work effectively within a myotherapy framework and to review and advance the essential principles of assessment & treatment learnt from the Diploma of Remedial Massage.

### **Myotherapy Treatment Practices (MTP)**

Enabling students to integrate the knowledge and skills they have learnt throughout the course to transition into the profession of Myotherapy.

## **CAREER OPPORTUNITIES**

Myotherapists generally work in:

- Private Practice
- Multi disciplinary Clinics
- Allied Health
- Elite Sporting Teams



# Professional Development Courses

## SOFT TISSUE THERAPY CONGRESS



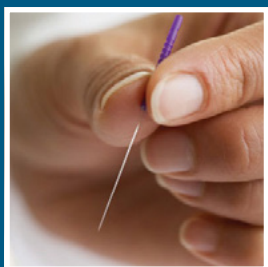
Our Annual Soft Tissue Therapy Congress is a 'must-attend' event for Soft Tissue Therapists, Remedial Therapists and Myotherapists alike, will provide you

with enhanced skills in your assessment and treatment protocols.

This premier one day intensive congress continues to give the therapist takeaway skills to use immediately in practice.

Features Australia's leading educators and clinicians in soft tissue dysfunction.

## Myofascial Dry Needling course



Dry Needling focuses on the deactivation of myofascial trigger points (MTrPs) using dry needling procedures. You will learn how to safely apply dry needling to MTrPs through the study of the four key components of this module. Which are; MTrPs –

An overview; Dry Needling Principles and Practice; Dry Needling Risk Factors, Complications and Infectious Disease Control & Regulation; and Practical Dry Needling.

## Myofascial Release II & III



Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure to the Myofascial connective tissue restrictions. This technique helps to eliminate pain and restore motion. Myofascial Release

allows us to look at each client as a unique individual. Students will learn a multitude of Myofascial Release techniques.

## Flame Cupping



Cupping (Ba Huo Guan) is a traditional Chinese medicine technique whereby suction or a drawing action (ba) is created over an area of the body by using fire (Huo) and a special type of cups or jars. You will learn how to apply cupping to

musculoskeletal related problems. The aim of the cupping workshop is to introduce this technique as an adjunct to your remedial massage skills.

## Oriental Massage




Oriental Massage evolved as a partner in the group of therapeutic techniques that collectively became known as Traditional Chinese Medicine (TCM). The Chinese developed and refined massage over centuries of time.

Whether using Oriental Massage as a general body massage technique or for treating specific problems, you will find it a safe and effective technique.

There are many techniques used in Oriental Massage to bring about a therapeutic effect. In this course the thumbs are predominantly used to stimulate specific acupoints. As well, percussion technique is used to stimulate vital energy flow through the meridians.





# Why choose our courses?

The staff & trainers are the best in the business, highly qualified and respected in the industry. Many have worked with Olympic and elite sporting teams.

## Become the best in the industry

We have achieved a reputation where our graduates are seen as the most marketable to hit the workforce because of their skills, developed by our unique teaching methods.

## Ongoing Support

We have ongoing professional development courses and offer past students the opportunity of meetings and lectures facilitated by some of Australia's leading industry experts.

## Teaching Methods

Our courses are based on years of experience in industry and teaching, working within the framework of the requirements for Nationally Recognised Training.

Our classroom ratio ensures maximum attention for each student so they get the best out of training.

We will provide you with:

- » The highest standard of hands on learning experiences from day one
- » A range of ACCREDITED Courses for you to choose from
- » Small classes with plenty of individual attention to enhance your learning experience
- » Weekend/Evening short courses and Full & Part Time Diploma & Advanced Diploma Courses

Friendly expert instructors will guide you into your new full or part time career.

## Recognition of Prior Learning

The Institute has an active Recognition of Prior Learning (RPL) policy. Call us to see if your skills, qualifications or life experiences enable you to receive a RPL for certain modules.

## Funding

**Skills First** funding is available for eligible students.

This is a Victorian government scheme that helps people access vocational education and training (This training is delivered with Victorian & Commonwealth Government funding and an eligibility criteria applies).

**VET Student Loans** is also available for the Diploma of Remedial Massage (HLT52015).

This is an Australian government loan scheme that assists students to pay their tuition fees.

A VET student loan gives rise to a HELP debt that continues to be a debt due to the Commonwealth until it is repaid.

Eligibility criteria and terms & conditions apply. Please see website for further details.

Maximum tuition fees:

Diploma of Remedial Massage (HLT52015) \$18,097.

## Austudy/Abstudy

Students studying Diploma or Advanced Diploma courses full-time may be eligible for Austudy, Abstudy or Youth support benefits.

**MIMT graduates are the preferred choice of industry professionals**



# Testimonials

"Just want to thank MIMT for such incredible teachers. All of them are amazing in their own right. I've really enjoyed my journey here"

**Lisa Lillicrap,  
Narre Warren South  
Graduate**



## Graduates

"The teachers are very experienced and are easy to get along with. I really enjoyed the course and as everyone was so down to earth, sharing their work experience with all the students.

MIMT offers a comprehensive course in both theory and a practical approach. I attended the introductory course to massage therapy and I was hooked!

I am extremely proud to have been a graduate of MIMT."

**Dr Louisa Yim, Kew East**

"The lecturers sole aim was to ensure we had the necessary skills to take our proper place as competent practitioners in the field of health care. They had no hesitation in staying back to answer any queries and it was impossible not to get caught up in their enthusiasm for what they were teaching."

**Bill Ayres, Box Hill**

"Both the personal attributes and professional competencies of the massage therapists (provided by MIMT) has made it a pleasure to have them associated with this Club...."

**David Parkin, Former Director of Football, Hawthorn Football Club**

"CFC are continually seeking professional services with regards to elite sport, and believe the students from MIMT conducted themselves very professionally and enthusiastically. Consequently, we have appointed MIMT graduates at CFC"

**David Buttifant PhD, Former Head of Conditioning, Collingwood Football Club**

"MIMT is definitely our first point of contact, as they are so helpful and easy to deal with.

We have given an international profile and experience to students and the calibre of students is impressive. As a world renowned rejuvenation centre the quality of the students is in-line with our standards. We have had the pleasure of employing graduates at the resort and at trade shows or our international buyers"

**Jo Kelly, Director of Domestic & International Sales, Daydream Island Resort & Spa**

"Currently MIMT students help first team players prepare for games and training on a daily basis.

The feedback we get from the players, which are the most important people at the club, is that MIMT students are fantastic, they have a willingness to learn and they fit in well with our team.

They also get to come into the physio room and see how we do things and they get a great experience from that."

**Travis Maude, Head of Physiotherapy at Melbourne Victory Football Club**



# Reservation Form

Office use only: SV Pre-Eligibility Determination

YesNo

Please select course:

Certificate IV in Massage	Full time	Part time
Diploma of Remedial Massage (Upgrade)	Full time	Part time
Diploma of Remedial Massage	Full time	
Advanced Diploma of Myotherapy	Full time	

Intake:

Campus Location	Heidelberg	Moorabbin
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## Please complete all details below

Name

Title:Mr.Mrs.Ms.Miss

Gender:MaleFemaleIndeterminate/Intersex/Unspecified

First Given Name:

Family name (surname):

Date of Birth:Age (in years) as of January 1<sup>st</sup> 2024:

/ /

Residential Address

Street Address:

Suburb:

State:Postcode:

Postal Address (if different from above)

Street Number & Name / Post Office Box:

Suburb:

State:Postcode:

Contact Details

Home phone:Mobile phone:

Email:

Emergency Contact:

Name:Contact Number:

Country of birth:

AustraliaOther (please specify)

Are you an Australian Citizen?YesNo

OR

Permanent Resident?YesNo

Town/City of birth:

Are you still attending secondary school?YesNo

Previous Qualifications

Have you successfully completed any of the following qualifications?

No, I don't have any previous qualifications (continue over page)

Yes (you may indicate more than one below)

If yes, please tick appropriate boxes below and indicate which Recognition Identifier is most appropriate when: (tick one only)

A = Australian qualification

E = Australian Equivalent/Recognised

I = International qualification

Bachelor Degree or Higher Degree	A	E	I
Advanced Diploma or Associate Degree	A	E	I
Diploma or Associate Diploma	A	E	I
Certificate IV or Advanced Certificate/Technician	A	E	I
Certificate III or Trade Certificate	A	E	I
Certificate II	A	E	I
Certificate I	A	E	I
Certificates other than the above	A	E	I

## I want to apply for a VET Student Loan

Yes No

VET Student loans can be used against the tuition fees for the Diploma of Remedial Massage (HLT52015) only, up to a maximum of \$16,788. Eligibility criteria applies.

## I would like to apply for a Government Subsidised (Skills First) place

### Fees

A reservation fee of \$495 is payable on submission of your application unless otherwise stated next to course title). The remaining tuition fees will be broken down into instalments as outlined below and invoiced to you as per the dates set out in your student manual:

**Certificate IV** \$nil (after payment of \$495 reservation fee)

**Diploma (Upgrade)** \$8,340\* (after reservation fee of \$195.00)

(Balance payable in 9 instalments)

**Diploma** \$11,795\* (Balance payable in 12 instalments)

**Advanced Diploma** \$5,230\* (Balance payable in 7 instalments)

I have reviewed the statement of fees located on MIMT's website and agree to the above payment terms and conditions.

Applicant Initials

## Concession (Cert IV course ONLY)

**\$195 (Concession - Cert IV course only) Payable on application.** Do you hold one of the following [valid & current] or are you a dependent of someone who holds either (a) or (b)? Must be eligible for Skills First funding to apply.

(Tick Yes or No. Please provide evidence of card held)

a) Commonwealth Health Care Card	Yes	No
b) Pensioner Concession Card	Yes	No
c) Veteran's Gold Card	Yes	No

## I am a Full Fee paying student

### Fees

A reservation fee of \$495 is payable on submission of your application (unless otherwise stated next to course title). The remaining tuition fees will be broken down into instalments as outlined below and invoiced to you as per the dates set out in your student manual.

**Certificate IV** \$5,195 (Balance payable in 4 instalments)

**Diploma (Upgrade)** \$12,465 (After reservation fee of \$195)  
(Balance payable in 9 instalments)

**Diploma** \$17,895 (Balance payable in 12 instalments)

**Advanced Diploma** \$9,840 (Balance payable in 7 instalments) I

have reviewed the statement of fees located on MIMT's website and agree to the above payment terms and conditions.

Applicant Initials

## I want to apply for a Study Loan

Yes No

Please speak with a Course Advisor

### How did you hear about us?

Yellow Pages Local Paper

Massage association Google

Website, name:

Word of mouth, name:

Other, please specify:

## Payment method

### Cheque / money order:

Please attach to the value of \$ .00

Made payable to: **Melbourne Institute of Massage Therapy.**

### OR

### Credit Card details:

Please debit my credit card to the value of \$

My card details are: Visa Master Card

Card number:

Expiry date: CVV:

Cardholder's Name:

Cardholder's Signature:

## TERMS AND CONDITIONS

Refunds are granted according to each individual's enrolment e.g. full fee paying, government funded and so forth.

All withdrawals must be provided to MIMT in writing. Please refer to the Withdrawals and Course Cancellation Process located on MIMT's website.

A full refund if 30 days or more notice is provided prior to the course commencement (less \$50 cancellation fee).

A partial refund will be provided if written notice has been received:

- Less than 30 days' notice prior to the course commencement (less \$495 reservation fee)
- Withdrawal notice is received within 2 weeks (full-time) or within 4 weeks (part-time) after the scheduled commencement date of the course (less \$495 reservation fee and tuition fees for any incomplete subjects or units of competency that you have withdrawn from).

No refund applies if notice of withdrawal is received 2 weeks (full-time) or 4 weeks (part-time) after the scheduled commencement date of the course.

If MIMT is unable to provide services for which the student has prepaid, then:

- The student will be placed in an equivalent course such that
  - The new location is geographically close to where the student had been enrolled, and
  - The student receives the full services for which they have prepaid at no additional costs to the student or,
- If an equivalent course cannot be found, the student is paid a refund of any prepaid fees for services yet to be delivered.

In the event that MIMT closes or ceases to deliver any training product that the student is enrolled in, MIMT will assist in the transfer of a student's course of study to an equivalent course of study so that the student is not disadvantaged.

### I understand that:

Melbourne Institute of Massage & Myotherapy will not use your personal information for any purpose which is not related to the products or services we provide to you or for any purpose for which you would not reasonably expect us to use the information. Your information may be used by MIMT to enable us to offer you other products and services that will enhance our relationship with you. It is your decision whether you wish us to provide this service to you. We may release information about you where there is a duty to the public to disclose that information. However, we will not sell or disclose your information to any individual or entity outside MIMT, for marketing purposes.

For more information in relation to how student information may be used or disclosed please contact Melbourne Institute of Massage Therapy Privacy Officer on phone (03) 9455 1926 or email [info@mimt.com.au](mailto:info@mimt.com.au).

I understand that this form is used to acknowledge my intention to enrol into a course at MIMT. Complete enrolment is only possible once you have completed the pre-training review, enrolment form and have provided appropriate supporting documentation to confirm eligibility.

VET Student Loans will not be approved for students who do not meet the eligibility requirements. VET Student Loans gives rise to a HELP debt that continues to be a debt due to the Commonwealth until it's repaid.

By signing below I also acknowledge that: I have read and understood the Student Enrolment information Handbook; I agree to the terms described in regards to the information contained within, including but not limited to, privacy, fees & charges and refunds; and all information I have given to be true and correct.

Student signature:

Date: / /

MIMT reserves the right to: amend or change any of its prices, courses, terms, conditions and policies; Accept, reject or defer any application or student; Reschedule courses for whatever reason. People with disabilities are encouraged to apply.



**Australian College of Health Fitness  
trading as Melbourne Institute  
of Massage & Myotherapy**

**A:** 68 Mount Street, Heidelberg, VIC, 3084  
1/18 Station Street, Moorabbin, VIC, 3189

**P:** 1300 839 839

**W:** [www.mimt.edu.au](http://www.mimt.edu.au)

RTO TOID: 21906





Massage, Myotherapy and Health

**1300 839 839**

**Australian College of Health Fitness trading as Melbourne Institute of Massage & Myotherapy**

**a:** 68 Mount Street, Heidelberg, VIC, 3084

**f:** (03) 9455 1851

**w:** [www.mimt.edu.au](http://www.mimt.edu.au)

**[www.mimt.edu.au](http://www.mimt.edu.au)**



RTO TOID: 21906