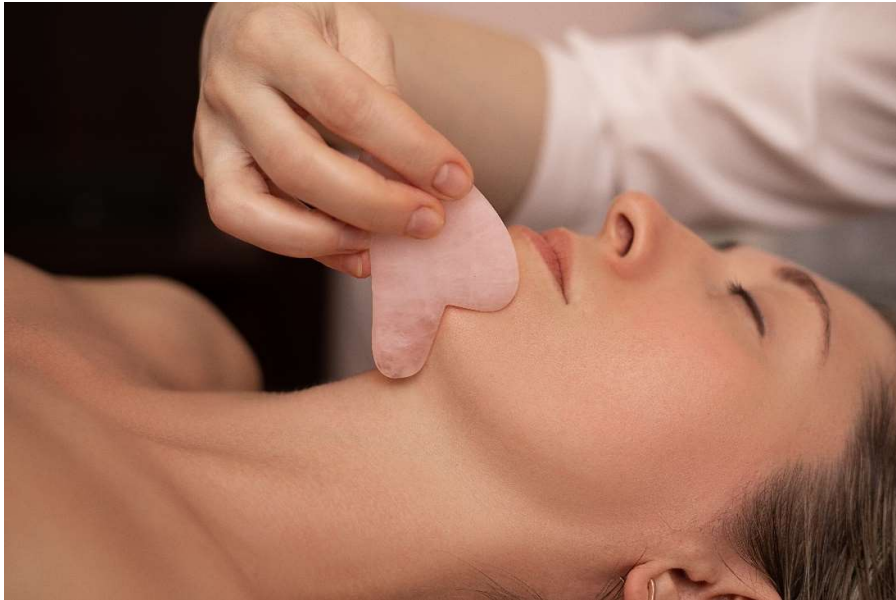




Practitioner Course Prospectus





Practitioner Course

Prospectus

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Learning Outcomes

Following the Gentle Release Therapy Practitioner Training we invite you to expand your skills and knowledge to offer the perfect combination of beauty and wellness with EnerQi Facial Rejuvenation. Course contents include:

- Anatomy and Physiology Re-cap for Skin, Lymphatics, Muscles and bones of the head, and cranial nerves
- Contraindications, Health and Safety and Hygiene
- Being able to perform the full 90 minute treatment including the following:
 - Safely and competently using hot towels
 - Using an Acupressure dermal roller
 - Using a Jade Roller
 - Using a Jade Gua Sha
 - Using facial cups
 - Energy work on the head

Attendance

You must attend the course for all days and participate in any online training as required. Please see terms and conditions for information about what happens if you can't attend.

Practitioner Requirements

In order to qualify as a practitioner in EnerQi Facial Rejuvenation you will need to have done the following within 6 months following the end of the 'in person' element of the course:

- 1) Spend at least 2 hours doing home study prior to attendance on the course.
- 2) Perform, write up and submit **10 Case Study treatment sessions**.
- 3) Perform an **observed treatment** to the required standard during the In person Training course.
- 4) **Attend and participate in the course** for all days.
- 5) Have obtained a Level 3 Certificate in Anatomy and Physiology.

Any student not completing the requirements within the 6 month period will need to ask for an extension and give a valid reason or be required to do some form of refresher training, which may incur reasonable costs. We encourage you to get on with your case studies and your course work as soon as possible after the course so that it's fresh in your mind, so your skills develop quickly and you get plenty of practice allowing everything you have learnt to be consolidated so that you become a great EnerQi Facial Rejuvenation Practitioner.

Accreditation

Accredited online and in person by CThA and Thinktree.

Accredited In person only by FHT, unless in lockdown.

Insurance

Please check with your insurers before booking to check that they will be happy to insure you, whether you choose an in person or online (blended) course.

Study Requirements

Prior to the course at home (Minimum 3 hours)

Read through the sections 1 – 5 in the course notes, which covers the introduction, anatomy and physiology, health and safety and tools. Complete the anatomy and physiology re-cap tasks.

Practical Course

The tutor led and practical class element of this course is an **intensive 1.5 days** where we get straight down to learning the practical techniques

Following the course at home (Minimum 23 hours)

After the course you will need to spend time on home study in the following ways:

10 Case studies

15 hours practical

8 hours writing up time

Online Learning

I want everyone to experience giving and receiving the treatment as that is an important part of learning. If you decide to do the course online then try to pair up with another Gentle Release Practitioner (if you have one close by), or a friend or colleague that would be interested. They won't really need to do any Gentle Release so they don't need to have prior knowledge, but obviously a keen interest would be very helpful, someone that is quite intuitive and reliable would be perfect. This means they can practice the techniques on you and you on them. Please note they won't receive a certificate or anything, they simply get some lush free therapy and time with you!

Case studies

Please complete 10 case studies, if possible one should be for 6 treatments, ideally 6 weekly sessions. The others could be one off treatments or part of a course. Before and after pictures should be submitted.

When submitting your case studies please do so by email to hello@gentlereleasetherapy.com and ensure you have removed any identity data so that we cannot see who the client is. Please ensure you have completed and include with your submission for each client the following:

- 1) Consultation form.
- 2) Treatment notes form for each treatment.
- 3) Feedback form from client for at least every client, if you have used the same client for 4 or more sessions, please use the feedback form at least twice.
- 4) Review and evaluation form for each client.
- 5) Before and After photos

It would be useful to prepare a pdf document for each client which would make the process more manageable for us. There are apps such as 'CamScanner' that allow you to take photos and convert them into PDF documents, which can then be scaled down to the smallest size.

Please be aware that you are responsible under GDPR for your clients data, please ensure it is anonymised before you send it to us and that you have your own privacy policy and GDPR procedures for your clients.

We will aim to mark your case studies within 2 weeks, however this may take longer during holiday periods. Feel free to submit a case study to check you are on the right track, or contact us if you have any queries.

Further support

If the tutor feels like you need further support, a plan can be proposed and discussed between the student and tutor.

Equipment: What you will need

Supplier details will be made available when you sign up to the course.

Treatment couch (lafuma or reclining chair if you don't have a couch)

Bolster/support for under legs

Pillow with waterproof/wipeable cover for under head

Towel Heater or some way of keeping hot towels warm

Hand towels 3 x under head and 1 x under neck (4 per treatment)

Hot towel/Gym Towel 30cm x 85cm (4-6 per treatment)

Acupressure Dermal Roller (Not the sharp ones with little needles)

Jade Roller

Jade Gua Sha

Facial cups XSmall silicone 6mm diameter

Small silicone 19mm diameter

Bamboo or cotton pads to apply toner. (Reusable would be better for the environment)

Tingsha Bells

Sage

Eye mask or similar

Spatula (for removing products from pots)

Something to apply toner, preferably something nicer than cotton wool pads.

Bowl or container for client to place their jewellery
Tissues
Mints
Tub or bin for used hot towels
Blanket/towel to keep client warm
Sterilising jar, Isopropyl Alcohol (70%) or UV Light, washing liquid and brushes to clean tools.

Products: What you will need

Choose good quality natural and organic products. I have used Botanicals with excellent success so far. The quality of the products you use will impact how the clients perceive you, and the treatment they receive. So do try to make it special. You may decide to sell the product range too.

Botanicals have a special package available for EnerQi students, you will receive these details when you sign up to the course.

Botanicals Products
Nourish Cleanse Melt 150g
Nourish Facial Polish 150g
Revitalising Renewal Mask 170g
Nourish Hydrating Mist 200ml
Nourish Facial Oil 200ml
Rosa-renew Anti-ageing serum 50ml
Nourish Moisturiser 100ml

Which products to choose will be dependent on skin type. The Nourish range is suitable for normal/dry, dehydrated or more mature skin. The Gentle range may be better for very sensitive skin, combination or oily skin. They have 'try me' pots and starter sets available too.

Plagiarism and Cheating Policy

Plagiarism and cheating will not be tolerated in the EnerQi Facial Rejuvenation course.

Your case study notes must be all of your own work. Penalties for cheating or plagiarism may include retaking all or part of the course, the student would be liable for any additional expenses this incurs.

Safeguarding Policy and Procedure

Our safeguarding policy applies to all tutors, staff, volunteers and students or anyone working on behalf of the organisation. The purpose of the policy is to protect vulnerable adults, young people and children and to provide principles which guide our approach. We believe that no-one should experience abuse of any kind and we have a responsibility to keep everyone safe and work in a way that protects people.

We commit to keeping people safe by:

Valuing them, listening to them and respecting them

Recruiting staff and volunteers safely, ensuring necessary checks are made

Providing effective management for staff and volunteers through supervision, support, training

Sharing information about safeguarding and good practice

Managing any allegations against staff or students appropriately

Creating and maintaining an anti-bullying environment

Ensuring we have an effective complaints procedure in place

By applying health and safety measures in accordance with the law and regulatory guidance

Quality Management

Gentle Release Therapy strives to offer an excellent quality of training, learning and support for students. The quality manager is owner and founder Helen Robinson. The following procedures support this aim:

Regularly reviewed policies for:

Equal opportunities

Complaints

Health and safety including Fire safety

Safeguarding

Plagiarism and cheating

GDPR

To support course learning, standardisation, review and improvement the following procedures are in place:

Lesson plans

Scheme of work

Course feedback questionnaires

Complaints policy

We are committed to providing a high-quality service to all our students. When something goes wrong, we need you to tell us about it. This will help us to improve our standards.

If you have a complaint, please contact us with the details. We have four weeks to consider your complaint.

We will reply in the manner you contacted us, by post or email acknowledging receipt of your complaint within three days of receiving it, enclosing a copy of this procedure.

We will then investigate your complaint. This may involve speaking to tutors or students.

We will then invite you to a meeting to discuss and hopefully resolve your complaint. We will hopefully do this within 14 days of sending you the acknowledgement letter.

Within three days of the meeting, we will write to you to confirm what took place and any solutions we have agreed with you.

If you do not want a meeting or it is not possible, we will send you a detailed written reply to your complaint, including our suggestions for resolving the matter, within 21 days of sending you the acknowledgement letter.

At this stage, if you are still not satisfied, you should contact us again and we will arrange for review.

We will write to you within 14 days of receiving your request for a review, confirming our final position on your complaint and explaining our reasons.

Terms and Conditions of Course Bookings

There is a non-refundable deposit of £100 or equivalent payable when booking the course, unless there is less than one month to the start of the course when full payment will be required on booking.

The balance must be paid no later than one month before the start of each course, to allow us to send you course materials for home study prior to the practical course.

If you can't attend the course for which you have booked, then you may be able to transfer your booking to an alternative venue and date providing we have at least two weeks notice, however you would need to pay any additional fees associated with the new venue and we may need to take some contribution towards the original venue costs if the venue still charges for your place.

If you have to cancel you may offer the place to a friend or colleague, or we will try to re-sell your place in order to avoid charging you any venue fees.

There are a minimum number of places that need to be filled to make each course viable. If that number isn't reached the course won't run, please confirm with us that the course will run before booking any travel or accommodation.

In the event of a course being cancelled all those who have booked will be able to transfer to another course or be offered a full refund. We will not be liable for any travel or accommodation that you have booked and are unable to use, so please either book flexible tickets or take out some form of insurance.