



## The Hydrotherm Experience: Tranquil Sea, Massage for Those with Cancer (S2 or C4 for clinical trainees)

### Introduction

This course will teach therapists the theory and practical considerations of offering massage therapy to clients who have either experienced or are in treatment for cancer. This course is suitable for all therapists who have achieved the necessary prerequisites and who work either independently or in a therapy business. Crucially, this course teaches the simple fact that, despite the (now discredited) industry misunderstanding, massage for those with cancer is perfectly safe, so long as a number of simple procedures and precautions are observed. Therapists applying for this course will be interested in providing a caring, informed treatment which aims to alleviate symptoms of discomfort caused by conventional cancer treatment.

### Understanding S2 & C4 courses

**S2** training provides a high level of instruction in how to deliver effective Hydrotherm treatments to cancer patients. The emphasis here is upon the process of delivering a caring massage, the key watch-outs and rules and upon delivering a relaxing, safe massage treatment.

**C4** training provides a greater focus on the scientific facts surrounding cancer and massage treatment. It will provide detailed information upon the watch-outs for treating cancer patients, the different kinds of cancer and how this affects treatment as well as factual/scientific details concerning the method of treatment.

### Minimum Course Entry Requirements

Before commencing their training, practitioners must possess the following:

- If undertaking the Hydrotherm Spa route, trainees must have passed the Spa Level 1 course (S1).
- If undertaking the Hydrotherm Clinical route, trainees must have passed Clinical Level 1 (C1) and Clinical Level 2 (C2).
- A level 3 anatomy and physiology qualification at a recognised institution or be in the process of obtaining one.
- They must also hold or be in the process of obtaining an appropriate level 3 vocational qualification applicable to Hydrotherm (such as massage, beauty therapy, reflexology, etc.) awarded by a recognised institution. As part of their registration, they will be asked to sign a declaration to this effect.
- They must have an adequate level of written and spoken English and be a minimum age of at least 18 years before they can be certified as a Hydrotherm Tranquil Sea practitioner.
- If physically challenged, they must have sufficient ability to perform all techniques involved.



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## Course Details

The course attempts to refine the way that trainees think about the subject of massage for those with cancer. In order to do so, it covers a number of topics:

- It Dispels the myths around massage for clients who have either experienced or are in treatment for cancer.
- It discusses the benefits of massage therapy for clients with cancer.
- It extends consultation skills to ensure safe treatment planning and appropriate contraindications of the specified treatments are covered by the therapist.
- It is an adaptation of traditional massage, providing practical and theoretical knowledge over and above the normal massage qualification specifications
- It provides a demonstration of the advantages that the Hydrotherm system can offer, especially to those who have experienced treatment or surgery to the front of the body.
- It provides exceptional standards on client care and communications
- It utilises current medical terminology
- It provides a high level of credibility and professionalism
- Insurance requirements are discussed
- It discusses the next steps - should you want to progress further

## Example Tranquil Sea day structure:

- 1. Introduction to course**
  - Meet the trainer & trainee(s)
  - Course background
  - Discuss the fears and questions surrounding massage and cancer
- 2. Course material presentation**
  - Trainer presentation to trainees
  - Group notes, questions and discussion of topics
- 3. Assessment**
  - Trainees asked ad-hoc oral questions
  - Trainees complete questionnaire to assess detail retention
  - Final Q&A



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## Recommended Reading

The Hydrotherm experience Tranquil Sea manual (S2/C4) provided.

Additional reference material may also be recommended by the trainer.

## Assessment

In order to pass the course, the trainee will be assessed in a number of ways to allow us to release a certificate and to log the trainee as a certified Hydrotherm therapist:

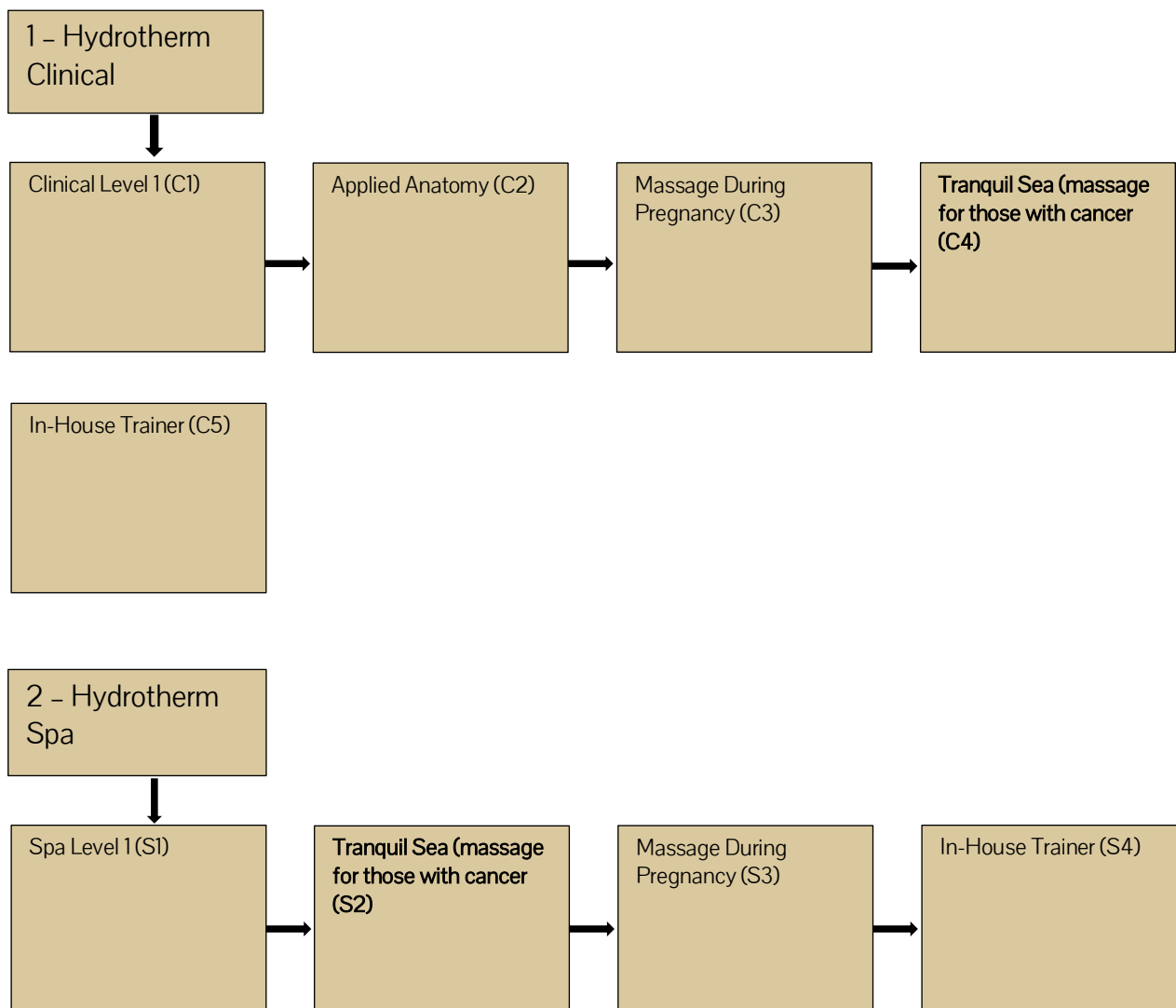
1. Ad-hoc oral questions to grasp the trainee's understanding of equipment setup procedure
2. Questionnaire to assess detail retention

## Certification

Upon receipt of a 'pass' mark or higher from the assessments (1 & 2 above), Hydrotherm will issue a certificate confirming that the trainee has successfully completed the relevant Tranquil Sea S2/C4 course and is authorised to provide treatments to those with cancer. This certificate will not become valid until the trainee has fulfilled the minimum entry requirements mentioned above, after which point he/she can be classed as certified

## Further Development

Practitioners who have completed this course and wish to develop their Hydrotherm skills can proceed on to one of either two routes. The Hydrotherm Clinical route offers trainees the opportunity to learn relevant anatomical and scientific facts with a greater depth of understanding allowing for increased credibility, understanding and effectiveness. The Hydrotherm Spa route is more focused upon aesthetics, relaxation and simplicity for treating clients in the spa and beauty industries.



## Contact us

Should you wish to find out more, please get in contact with our customer relations director Niki Fleming on 07815693735 or email her directly at [niki@hydrotherm.co.uk](mailto:niki@hydrotherm.co.uk)