



HYDROTHERM

by *John Holman*
THERAPY SOLUTIONS

The Hydrotherm Experience: In-House Trainer (S4 or C5 for clinical trainees)

Introduction

This course will teach trainees the skills and confidence required to train Hydrotherm therapists for themselves. This course is better suited to those who own or are part of a therapy business in which a number of therapists may work and where there is a requirement for additional therapists to be trained. This course is suitable for those in the spa & beauty industry, as well as clinical therapists who work in a larger therapy business. There are a number of reasons as to why the IHT course is useful:

- Control - It provides a way of ensuring that ultimate control of all new Hydrotherm training is managed internally and as efficiently as possible.
- Cheaper - It presents training costs at a fraction of the cost of outsourcing and with minimum loss to work hours and schedules.
- Time - The course is time-saving, with training taking place at a time suited to your business needs.
- Consistency - It provides a consistency of standards of training within the business, with all therapists receiving their training from the same trainer and to the same standards.
- Quality - With an IHT available, the quality of the treatments can be monitored and continually improved to maintain high standards.
- Personalised - Whilst all Hydrotherm courses provide a standardised delivery of content, we understand that businesses each have their own unique use-cases. Having an IHT available and on-hand solves the problem of how best to adapt the training to suit the needs of the businesses.

Understanding S4 & C5 courses

The S4 & C5 courses differ mainly in terms of the level of anatomical detail that the trainee will be exposed to by the trainer. The S4 course focuses more on the practical methodology surrounding teaching, whereas the C5 course also provides additional grounding in the relevant anatomy (backed up by previous courses along the clinical route).



Minimum Course Entry Requirements

Before commencing their training, practitioners must possess the following:

- In order to take the C5 course, trainees must have completed at least C1 and C2 courses.
- In order to take S4, trainees must have completed at least the S1 course.
- A basic Anatomy and Physiology level 3 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 IHT.
- If physically challenged, they must have sufficient ability to perform all techniques involved.

Course Details

The Hydrotherm in-house trainer course provides a number of key skills for an effective massage delivery:

- Teaching equipment setup – ensuring that the IHT
- Learn Hydrotherm key teaching methodologies for conveying information to trainees:
 - ORAL - Verbal **Comparison** of technique from 'client'
 - KINASTHETIC - Show on body of **trainee**
 - VISUAL/KINASTHETIC - Show on '**client**'
 - VISUAL - Show on body of **trainer**
 - VISUAL - Show in **space**
 - ORAL/AURAL - Describe with **language**
- Review of relevant anatomical terms
- IHT credibility facts and misunderstandings (for example; lactic acid, circulation, tension knots & knotty muscles, etc)
- Trainees will be assessed on the same day at the end of the day for this course.



Example IHT day structure:

1. **Introduction to course**
 - Meet the trainer & trainee(s)
 - Course background
 - Intro to anatomical terms
 - Intro to teaching methodology
 - Intro to credibility facts
2. **How to teach Hydrotherm equipment setup**
 - Digital controller
 - Heat Pads
 - Lumbar Support
 - Hydrotherm cushions
 - Assessment of equipment setup procedure
3. **Fl massage technique training**
 - Using training manual, trainee(s) practice all techniques on 'client'
 - Ongoing discussion of each technique and accompanying teaching methodology
 - Practice run-through of training techniques and methodology on trainer
 - Formal assessment of training techniques and methodology
 - Sit down review & note taking of teaching methodology details.
 - Final review and Q&A

Recommended Reading

Core reading: The Hydrotherm experience In-House trainer manual 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 Hydrotherm to release a certificate and to log the trainee as a certified Hydrotherm therapist:

1. An oral test to grasp the teacher trainee's understanding of equipment setup teaching procedure.
2. A full-body Hydrotherm treatment administered by a third party (if possible) to the trainer, under the direction of the IHT trainee.

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 IHT course (S4/C5) and is authorised to train new therapists. This certificate will not become valid until the trainee has fulfilled the minimum entry requirements mentioned above, after which point he/she can class themselves as a certified Hydrotherm teacher trainer.

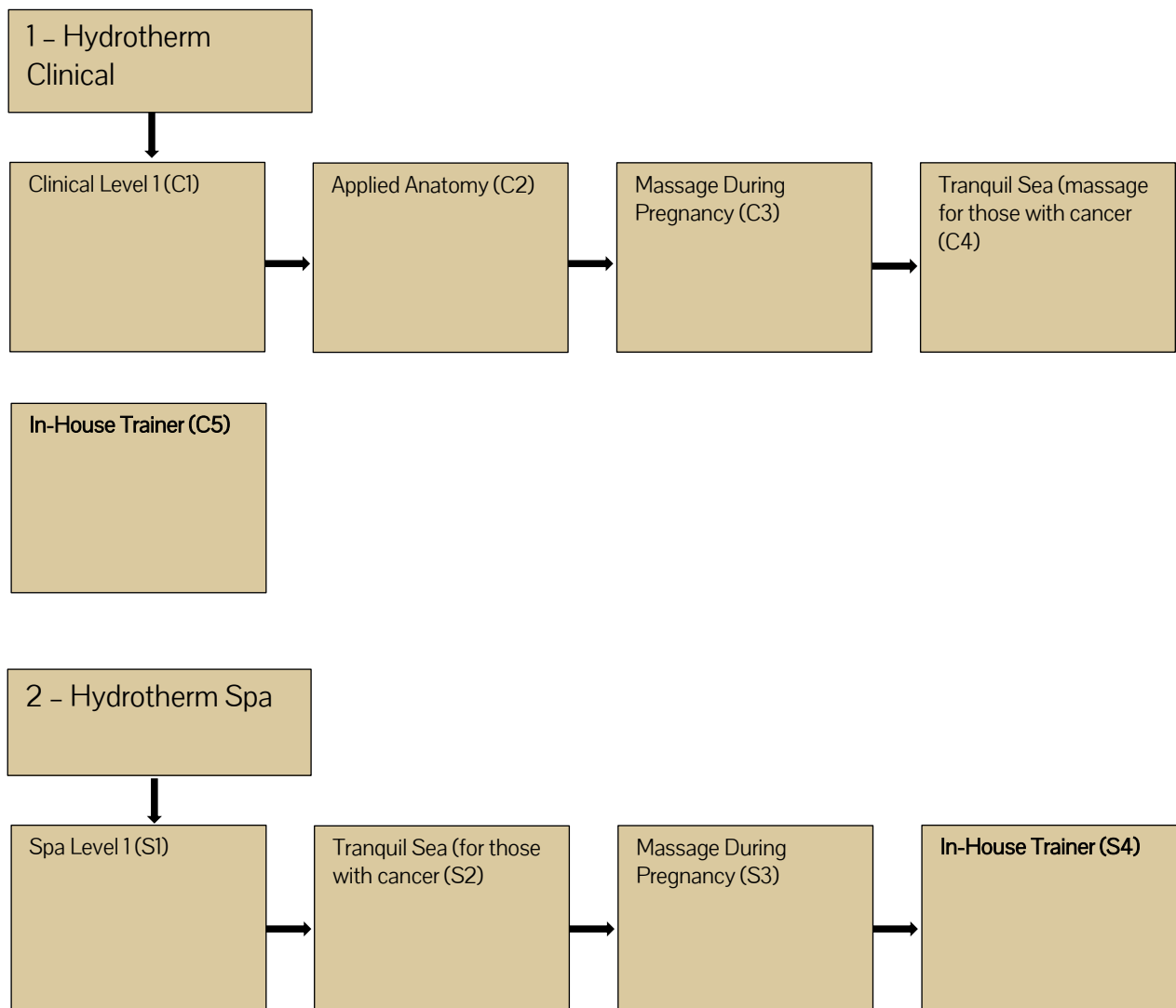


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Further Development with Hydrotherm

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