



The Hydrotherm Experience: Course for Practitioners (S1 or C1 for clinical trainees)

Introduction

This course will teach therapists the foundation skills they require to set up and use the Hydrotherm system to deliver consistently great massage treatments. This course is suitable for beauty and holistic therapists, either working independently or in therapy businesses and for students at colleges of further education who are studying an appropriate therapy course and who wish to expand upon their practical skillset. Crucially, it is an entry-level course which is taught in only one day and one that all potential Hydrotherm practitioners must complete before they can progress to any other Hydrotherm course.

Understanding S1 & C1 courses

Either course acts as a starting point within the Hydrotherm training scheme, providing instruction in equipment setup and Hydrotherm massage techniques. Hydrotherm will discuss which option is better suited to your needs at the point of a course being booked.

S1 training provides a high level of instruction in how to deliver effective Hydrotherm treatments with more emphasis on a graceful, relaxing treatment better suited to clients of the spa and beauty industry. The course emphasis is less on anatomical understanding and more on holistic delivery.

C1 training provides a greater focus on the rationale for treating specific muscles, with a view to training those who wish to provide massage treatments to remedy specific musculoskeletal problems brought to them by their clients.

Minimum Course Entry Requirements

Before commencing their training, practitioners must possess the following:

- 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 18 years before they can be certified as a Hydrotherm S1/C1 practitioner.
- If physically challenged, they must have sufficient ability to perform all techniques involved.



Course Details

The S1/C1 course provides a number of key skills for an effective massage delivery using Hydrotherm:

- Trainees will learn how to set up and use the complete Hydrotherm system including the heat pads - irrespective of the system that they will be using.
- They will also learn how to give a safe and effective full-body Hydrotherm massage treatment. This course is predominantly a practical hands-on training course.
- This course will be delivered by Hydrotherm trainers or In-House trainers who have been trained and certified to do so by Hydrotherm. A training class may contain both male and female trainees.
- Assessments will be done same day at the end of the day for this course
- All new Hydrotherm equipment will be supplied same-day to be taken home.

Example S1/C1 day structure:

1. **Introduction to course**
 - Meet the trainer & trainee(s)
 - Course background
 - Intro to anatomical terms
 - Intro to teaching methodology
2. **Hydrotherm equipment setup run through**
 - Digital controller
 - Heat Pads
 - Lumbar Support
 - Hydrotherm cushions
 - Assessment of equipment setup procedure
3. **S1 massage technique training**
 - Trainee(s) receive treatment from Trainer
 - Using training manual, trainee(s) practice all techniques on 'client'
 - Practice run-through of S1/C1 training techniques on trainer
 - Formal assessment of S1/C1 training techniques
 - Review and Q&A



Recommended Reading

The Hydrotherm experience training manual (S1/C1) 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. An oral test to grasp the trainee's understanding of equipment setup procedure
2. A full-body Hydrotherm treatment administered by the trainee to an assessor (who may or may not be the original trainer)

Certification

Upon receipt of a 'pass' mark or higher from the assessments (1, 2 & 3 above), Hydrotherm will issue a certificate confirming that the trainee has successfully completed the S1/C1 course and is authorised to provide basic Hydrotherm treatments. 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 practitioner.

Hydrotherm recommends that all trainees complete between 12-20 'revision' treatments, in order to ensure that the techniques have been fully memorised.

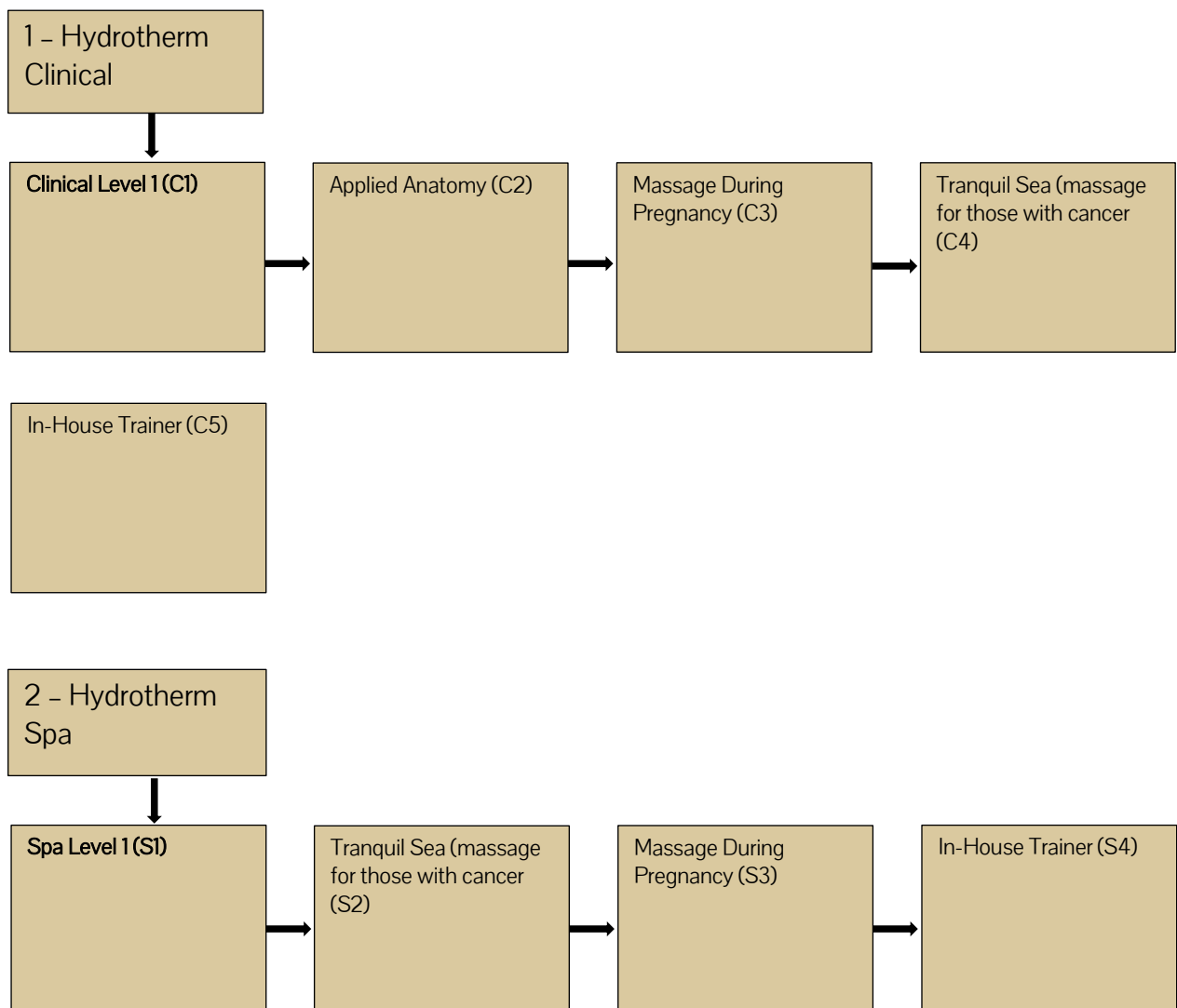


HYDROTHERM

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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