



# Nature Care College

## Pregnancy Massage Therapy

### DESCRIPTION

**This Continuing Professional Education Course is eligible for 10 CPE Points**

Pregnancy Massage Therapy provides support and relaxation during pregnancy. This training course provides massage therapists with detailed instructions on massage techniques for each trimester of pregnancy; contra-indicators; indications and positioning techniques.

A woman's body undergoes a multitude of changes during pregnancy, some of them stressful and uncomfortable. Massage is a perfect way to reduce stress and promote general wellbeing. This program has been developed to teach massage therapists techniques to use during pregnancy that can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain and reduce stress.

This workshop aims to provide a solid theoretical background as well as safe massage techniques to support woman during pregnancy.

On conclusion of this course you will be able to:

- Identify the benefits & contra-indications of pregnancy massage.
- Discuss the physiological and emotional changes during pregnancy
- Learn the benefits of exercise and posture
- Identify the differences between massage of non-pregnancy

### ABOUT THE FACILITATOR

Catherine Boller starting her teaching career in 2000 specialising in Remedial Massage, Lymphatic Drainage Massage, Pregnancy Massage both at TAFE and at Nature Care College. Catherine has operated a successful private Massage practice since 1998.

Catherine comes from a corporate business background and since the 'switch' she is extremely passionate and organised in her approach to her teaching.

Education: Dip. Lymph. Drainage, D.R.M., Infant Massage Cert: Dip. Aroma., Dip. Hol. Counselling, Reiki Master.

### DURATION

14 Hour 2-day workshop

### OTHER (where applicable)

Pre-requisistes: Cert IV Massage or equivalent training

### CONTINUING EDUCATION CREDITS:

This workshop is eligible for 10 Continuing Education points.