



Nature Care Clinic

What to expect at: MASSAGE STUDENT TRAINING CLINIC

What is Massage Therapy?

The aim of the Student Clinic is to provide extensive clinical training to our students, and to provide an affordable massage service to the public. The training clinic allows Massage students to gain confidence and self assurance as they develop practical skills, observe and treat clients, and learn a range of skills including case taking, treatment, communication skills and safe practice. The clinic enables students to combine their theoretical knowledge with practical experience and provides students with an integral part of their training.

Each of our Massage students must complete up to 100 hours of clinical practice in preparation for their clinical assessments which are the final components of their massage training.

Massage Therapy can be used to treat a wide range of common musculo–skeletal conditions such as strains and sprains, muscular tension, headaches and migraines work related stress, sports injuries and repetitive strain injury.

Massage Therapy in Australia has grown in popularity since the 1980's. There is a growing body of evidence to support that complementary medicine can make a significant cost-effective contribution to public health and well being.

Research has shown massage will not only aid with mental relaxation but will work on physical symptoms of back and neck pain that comes from sitting for an extended periods of time at a desk or from physical labour. Regular massage can increase your overall sense of wellbeing for optimum physical and mental health.

Student Training Clinic Consultation

For our students to provide a quality service it is important that they have gather information from clients. This involves case taking and assessment procedures. The whole symptom picture is needed for the student practitioner advise the client on the treatment which will best suit their presenting condition. Even if a client is wanting a relaxing massage it is important that a health assessment is done to assure that what ever treatment procedure is used it is best for the client.

Other things that you can expect in the consultation include:

- **Duration of consultation:** Consultations generally last about hour. First consultations will consist of a health assessment which will take at least 10 minutes and around 40 minutes of massage. Further sessions will generally be 1 hour consisting of case review and around 45 – 50 minutes of massage.
- **Clinic Supervisors:** As our clinic is a training facility students are not qualified practitioners so supervision is a requirement of the training for massage therapy. The student training clinic always has supervisors to oversee the training and assist with any questions from the student practitioners or clients.

- Student practitioners are able to review their treatment protocols and be assured that advice they are giving clients is correct.

During the massage sessions supervisors will enter the massage rooms to check if assistance is required and that the client happy with their massage or if they have questions they would like to ask.

- **Personal Information:** As Nature Care College's Massage Clinic is a training facility, it may at times be necessary for a student to discuss a case with their supervisor. Confidentiality is observed at all times permission will be sought from the client before any details are discussed with the supervisor.
- **Appointments:** Bookings can be made by calling us on 02 9906 1566. Consultations are available on:
- **Location:** The clinic is conveniently located at 52 Nicholson street, St Leonards 2065
- **Public Transport:** Public Transport is the easiest way to get to the Nature Care Training Clinic. We are located close to a major bus route on the Pacific Highway and are only a 5 minute walk from St Leonards train station.
- **By Car:** If you're travelling by car from:
 - Chatswood;* turn left at Albany St, right into Oxley St then right into Nicholson St.
 - North Sydney;* turn left into Oxley St then right into Nicholson St.
- **Parking:** Metered street parking is available. There is also local parking stations nearby.
- **Access for the Physically Challenged:** Nature Care College has restricted facilities for the physically challenged and cannot accommodate these needs.