OUR MISSION

→ to contribute to the good health and well-being of the community through the design and provision of professional-level courses and the development, practice and use of natural therapies

→ to train primary-contact practitioners committed to helping people take responsibility for their own health through balanced lifestyles and environmental awareness, with emphasis on disease prevention and health promotion

→ to facilitate understanding of clinical research methodology using accepted scientific methods and to develop new research models suited particularly to complementary medicine

→ to continue to offer premier educational facilities

→ www.southernschool.com
RECOGNITION OF SSNT COURSES BY PROFESSIONAL ASSOCIATIONS AND REGULATORY BOARDS

Bachelor of Health Science – Naturopathy
Accredited by VRQA (Victorian Registration and Qualifications Authority), the education regulatory body established by the government of Victoria. The course is recognised by:
ANTA (The Australian Natural Therapists’ Association) and
NHAA (National Herbalists’ Association of Australia).

Bachelor of Health Science – Chinese Medicine
Accredited by VRQA (Victorian Registration and Qualifications Authority), the education regulatory body established by the government of Victoria. The course has provisional approval by:
CMRBV (Chinese Medicine Registration Board of Victoria) and is recognised by
ANTA (The Australian Natural Therapists’ Association) and
AACMA (The Australian Acupuncture and Chinese Medicine Association).

Bachelor of Health Science – Clinical Myotherapy
Accredited by VRQA (Victorian Registration and Qualifications Authority), the education regulatory body established by the government of Victoria. The course is recognised by:
PCMA (Professional Clinical Myotherapists of Australia) and
ANTA (The Australian Natural Therapists’ Association) and by
HSU-PB (Health Services Union – Professional Branch).

In addition, the SSNT has entered into a Credit Transfer Agreement with Charles Sturt University whereby graduates of any of our degree courses may qualify for the award of Bachelor of Health Science (Complementary Medicine) by completing 1 additional core unit and 3 additional elective units.

Furthermore, the school is registered as a HEP (Higher Education Provider) by DEEWR (Department of Education, Employment and Workplace Relations) for the purposes of FEE-HELP (a government financial assistance scheme) for its Degree courses.

The School’s Massage Courses are recognised by:
ANTA (The Australian Natural Therapists’ Association)
AAMT (Australian Association of Massage Therapists)
AMT (Association of Massage Therapists) and
MAA (Massage Association of Australia).

In addition, the SSNT has entered into a Credit Transfer Agreement with Charles Sturt University (CSU) to provide a pathway to a Bachelor Degree for graduates of our Diploma of Traditional Chinese Medicine (Remedial Massage) and the Diploma of Remedial Massage.

This arrangement enables these graduates to qualify for the CSU Bachelor of Health Science (Complementary Medicine) by completing 4 additional core units and 4 additional elective units.

Furthermore, the school is registered as a HEP (Higher Education Provider) by DEEWR (Department of Education, Employment and Workplace Relations) for the purposes of FEE-HELP and VET FEE-HELP (government financial assistance schemes).
FROM THE PRINCIPAL
It is one thing to take responsibility for your own well-being. It’s quite another to accept the challenge of helping others achieve better health.

Welcome to the Southern School of Natural Therapies prospectus for 2010-2011. Within these pages you’ll find not only a tremendous amount of information about the courses we offer and how to apply for them, you’ll also enjoy a glimpse of what many industry professionals regard as one of the finest institutions of its kind in Australia.

In recent years, our curriculum has expanded from Naturopathy and Massage to include Chinese Medicine and Clinical Myotherapy. The interest in complementary medicine has never been stronger, both in the community at large and amongst those wishing to make a significant contribution through study and practice.

The selection of a career and an institution at which to study for that career are probably two of the most important decisions that a person can make. It is crucial, therefore, that you make these decisions after thorough research of the various options available. I hope that this publication will provide you with insights into the Southern School of Natural Therapies.

Colin Thomson
Grad.Dip.(M.S.), Grad.Dip.(Curric.)
PRINCIPAL

→ www.southernschool.com
A BRIEF HISTORY
The Southern School of Natural Therapies was founded by Alfred Jacka in 1961 as the Victorian Branch College of the Australian National Association of Naturopaths, Osteopaths and Chiropractors.

The current school name was adopted in 1981, while the Association is now The Australian Natural Therapists Association (ANTA).

The school initially offered a single, part-time course in naturopathy, but soon grew to offer full-time professional-level courses in naturopathy and massage. We were the first private provider in Australia to gain degree accreditation for a 4-year, on-campus degree in naturopathy. Chinese medicine and Clinical Myotherapy became part of the curriculum in 2002 and 2003 respectively, and The Southern School of Natural Therapies was also the first school in Australia to gain degree accreditation for Clinical Myotherapy.

www.southernschool.com
The Southern School of Natural Therapies is the longest established school of its kind in Australia and has played a leading role in the development of complementary medicine both in our part of the world and internationally.

To those complementary medicine professionals with an understanding of the development of our profession in Australia, the Southern School is regarded as the country's pre-eminent natural therapies educational institution. Our School has a proud history of being the instigator of the most important developments for almost 50 years which have resulted in the wide community acceptance which complementary medicine currently enjoys.

For example, in 1997 the Southern School was the first private provider in Australia to obtain degree accreditation for a 4-year, on-campus degree in Naturopathy.

A few years later, in 2004, we broke new ground once again by mounting a successful application for government accreditation of a degree level course in Clinical Myotherapy.

A year later we created another first by obtaining accreditation for Australia’s first 4-year program in Chinese Medicine to provide eligibility for registration with the Chinese Medicine Registration Board of Victoria in both Acupuncture and Herbal Medicine.

The school is constantly seeking new and innovative ways to teach and promote complementary medicine, whilst working steadfastly towards bridging the ever-narrowing gap between natural therapies and orthodox western medicine.

In all of its activities, the Southern School of Natural Therapies prides itself on strong ethical practices and an organisational outlook designed to benefit the health of the community.
QUALITY EDUCATION

An important measure of success for any course of education is the impact it has on the lives of its graduating students. A large proportion of graduates of the Southern School of Natural Therapies go on to fruitful careers in their chosen fields. As the longest-established school of complementary medicine in Australia, the Southern School has over 40 years worth of graduates practicing in the community.

Our teaching staff comprises many of the country’s leading lecturers and practitioners, each with many years experience in their respective areas of expertise, and each with the important ability to pass on those skills to the next generation.

Year-in and year-out, many students are attracted to the school on the strength of our teaching staff and the practical knowledge they bring to the educational process.

IDEAL ENVIRONMENT

The Southern School of Natural Therapies is located in the heart of Fitzroy’s vibrant Brunswick Street district. An eclectic mix of restaurants, cafés, shops and nightlife is always close at hand for that important downtime between assignment deadlines. From gourmet cuisine to quick vegan snacks and everything in between, the local area leaves no taste wanting.

We are also only a short tram ride or easy walk to the Melbourne CBD, with ample accommodation options available in the surrounding Fitzroy area and other inner-city suburbs such as Carlton, Collingwood, Clifton Hill and Richmond.
Southern School’s rooftop garden offers fresh air, trees and a private place to unwind.
The Southern School of Natural Therapies prides itself on the physical facilities it has established over the past few decades.

Since purchasing its Fitzroy premises approximately 10 years ago the school has invested in the buildings refurbishment. The end result is quality teaching, recreation and library facilities.
THE ALFRED JACKA LIBRARY

The Alfred Jacka Library is widely recognised as the most extensive specialist complementary medicine library in the country. The library's holdings include both print-based and electronic educational resources.

Currently, the SSNT collection comprises approximately 7,000 texts and 12,000 journals in over 100 titles. There is an ever-growing collection of rare and educationally valuable audio tapes and DVDs and students have access to over 15 on-line data bases and over 20 on-line journals. The Alfred Jacka Library is the nerve centre of our school and we work to expand and improve the collection and facilities each year.

Upon enrolment, all SSNT students are eligible for full borrowing and usage rights. The library is also an ideal venue for quiet study with excellent facilities for research, including broadband internet access and both analogue and online medical databases. There is also a relaxation area for general reading.

COMPUTING

In the School's Computer Lab, students have access to over 18 computers with free access to broadband internet. These come fully loaded with a variety of useful programs.

Many students access the internet on their personal laptops by taking advantage of the wireless internet which is available throughout the School.

COMMON ROOM

Our large, attractive common room with its soaring ceiling is a popular hangout for students and lecturers alike. Full of natural northern light and furniture designed for comfort, it's the perfect place to relax or meet with fellow students. Facilities include a kitchen with refrigerator, microwave and regular ovens, toasters and sandwich maker. Shower facilities are also available for student use.
**ALFRED JACKA ART COLLECTION**

The Student Common Room also doubles as the exhibition space for the bulk of the school’s ‘Alfred Jacka Art Collection’. The decision to establish an art collection in honour of the school’s founder, Alfred Jacka, was made after his death in 1998. The collection is now comprised of over a dozen original works of art by local Melbourne contemporary artists, indigenous artists from central and southern Australia, and artists and craftsmen from Japan, China and Tibet.

SSNT believes that the Alfred Jacka Art Collection serves to enhance the visual environment for members of the school community whilst recognising the invaluable contribution made by the school’s founder, widely accepted as one of the most important pioneers in the establishment and promotion of complementary medicine in Australia.

The development of this collection is consistent with the school’s holistic philosophy. Our approach to education attempts to nurture both the spiritual and creative aspects of the individual whilst providing a sophisticated understanding of the human body and the importance of an holistic lifestyle for the development and maintenance of good health and wellbeing.

**LECTURE ROOMS**

Our lecture rooms have been tailored to suit the needs of students in their various fields of study. All are spacious, comfortable and equipped with modern AV facilities.

**HERB GARDEN**

The school maintains an off-campus Herb Garden in the Edinburgh Gardens in North Fitzroy for teaching purposes. This facility was pioneered by a graduate of the SSNT, Jane Hilson. It contains specimens of many of the herbs used in Western Herbal Medicine and is an extremely valuable teaching resource in the Bachelor of Health Science-Naturopathy and the Introduction to Naturopathy courses.
MASSAGE ROOMS

Massage can be a physically strenuous occupation and it is crucial that massage practitioners take measures to avoid back strain or injury whilst working on their clients. In order to protect the wellbeing of its students the Southern School has taken the step of investing in high quality, electrically height-adjustable massage tables. A prime example of practising what we preach.

STUDENT CLINIC

One of the facilities of which the school is most proud is the College Student Clinic, which provides practical training for students and inexpensive health-care for the general public. The clinic is staffed by final year students under the supervision of qualified practitioners. The Clinic comprises two separate areas: a naturopathy clinic and a combined Chinese Medicine, Clinical Myotherapy and Massage clinic. Complementary health care in each of these areas is available both to SSNT students and members of the general public.

The naturopathic services available include western herbal medicine, homoeopathy, dietary advice, flower essences, iridology, nutritional therapy and celloid therapy.

Both relaxation massage and Chinese massage are available in the massage clinic. Chinese herbal medicine, acupuncture, moxibustion and cupping are available in the Chinese Medicine clinic.

Clinical Myotherapy treatment, utilises a variety of manual therapies, electro-stimulation, dry-needling, corrective exercises and thermal therapy to address a range of conditions to treat and prevent pain and dysfunction associated with musculoskeletal and nervous systems.

Members of the public can make an appointment for any of the above treatments. Contact the Student Clinic directly on 9416 1448.
Take a well-earned break in our fully equipped Common Room.
STUDENT COUNSELLING SERVICE
The Cairnmillar Institute, one of Melbourne's most highly regarded providers of psychological services and professional education, has entered into an arrangement with SSNT. Interns from Cairnmillar’s Master of Psychotherapy and Graduate Diploma of Psychotherapy programs will complete part of their supervised psychological internship at SSNT.

Students may avail themselves, free of charge, of counselling support for the following range of issues:

- Personal, relationship and family concerns
- Problems related to academic progress
- Anxieties concerning exams or assignments
- Stress, grief and loss
- Vocational and educational assessment.

This program is another example of the Southern School's genuine commitment to holistic health care.
We believe that word of mouth advertising is one of the most effective forms of marketing so in order to call on our students to spread the word about the advantages of studying at the SSNT we have devised a scheme which is to the advantage of both the Southern School and some lucky students.

As a student studying at SSNT you are in an ideal position to experience the quality of our facilities and educational outcomes and to communicate these to prospective individuals who are, as you once were, considering enrolment.

We are inviting expressions of interest from prospective students who would be interested in becoming SSNT Student Ambassadors. This would involve acting as an interface between the school and members of the public at a range of marketing events throughout the year.

Successful applicants will be awarded scholarships which will cover their fees for the duration of their chosen courses.

Students who wish to find out more about the scholarship can obtain further details from the Prospective Student section of the School’s website www.southernschool.com
The Southern School is located minutes from Brunswick Street, Fitzroy, the most vibrant strip in one of the most colourful areas of Melbourne. Why not attend one of the School’s regular Information Sessions and give yourself an excuse to enjoy a coffee or a meal on Brunswick Street whilst you’re in the area. Soak up something of the lifestyle that goes with the Southern School study experience.

The Southern School’s long history and reputation for excellence allows us to attract the finest lecturers and clinical supervisors available. This enables us to provide students with the best complementary medicine education available in Australia.

FREE CLINIC TREATMENT

The Student Clinic represents the culmination of up to 4 years of a students’ in-depth study in their chosen area of Complementary Medicine. Prospective Students attending one of the school’s Info Sessions will be given a voucher for a free treatment in the Student Clinic. This will give an insight into the modality of interest, the Clinic facilities and the quality of training that our students receive.

We encourage every prospective student to view our facilities and location first hand before making a decision as to where they will study towards their future career. We think you won’t be disappointed.

There are many very good reasons for choosing to study at the Southern School. The colourful Fitzroy location and lifestyle, the attractive internal environment and facilities and the superior courses and education outcomes are just a few.

By attending an Information Session, you can hear about our courses from the experts and see the external and internal environments for yourself. On top of that, you can experience a complementary consultation at our Student Clinic.

For details of our next available Information Session please visit www.southernschool.com

The resources described in the preceding section represent quality Complementary Medicine educational facilities.
Naturopathy is a system of health care that combines a traditional approach to health-care based on thousands of years of history with a modern approach that incorporates recent advances in scientific research.

Naturopathy today occupies an important and prominent role in the contemporary health-care system. Naturopaths view their profession as complementary to orthodox medicine rather than as an alternative to it, and as such, regard themselves as an integral part of the broader system of health-care which the Australian public is fortunate enough to have at its disposal.
NATUROPATHIC VIEW OF HEALTH

Health, from a naturopathic perspective, involves the capacity to maintain optimal order and function of the body (homeostasis) and is an outcome of a healthy mind, body, spirit and environment. Health can be impacted positively or negatively by mental, psychological and emotional factors, lifestyle, environment, diet and inherited genetic characteristics. In disease, normal metabolic function, tissue maintenance and repair processes are impaired and immunity and detoxification capacity is lowered, leading to functional disorders and chronic disease.

NATUROPATHIC TREATMENT APPROACHES

Naturopathy aims to assist the self-recuperative processes of the body and to restore and maintain homeostasis. The naturopath attempts to identify the underlying factors contributing to the patient’s health disorders before initiating a therapeutic regime designed to stimulate the individual’s natural ability to heal.

In diagnosing a patient’s ailments the Naturopath will use a range of diagnostic techniques. The Bachelor of Health Science – Naturopathy places a strong emphasis on providing students with a sophisticated understanding of the range of diagnostic tools available, both from orthodox medical science (pathology in 3rd year and clinical diagnosis in 3rd and 4th years) and from a naturopathic perspective (homoeopathy and iris diagnosis).

The study of Psychology and Counseling in 2nd and 3rd years provides students with the skills and knowledge to enable them to make diagnostic assessments in regard to the extent to which the patient’s mental health is impacting on their physical wellbeing.

Once a thorough diagnosis has been made, the Naturopath has at his or her disposal, a range of interventions, including lifestyle, nutritional, energetic and herbal treatments.

Key approaches to treatment are:

- Improving digestive function
- Helping the body process wastes, toxins and nutrients more efficiently
- Improving immunity
- Assisting the body to cope with stress
- Repairing damaged tissue
- Optimising organ and system function.

Naturopaths endeavour to educate patients about preventative health strategies and empower them to discover ways of maintaining a healthy balance suitable to their unique constitution.
The course is offered in full-time and part-time mode and is broadly based, encompassing relevant biological sciences, social sciences, research studies and the major naturopathic modalities of clinical nutrition, herbal medicine and homoeopathy, in a holistic, clinical framework. Students can choose either day or evening classes, or a combination of both, to suit their particular requirements.

**BIOLOGICAL SCIENCES**

The Biological Science stream incorporates subjects such as Anatomy & Physiology, Bioscience, Biochemistry, Pathology, Pharmacology and Clinical Diagnosis which are the orthodox biomedical sciences essential for all health-care practitioners.

Clinical Nutrition consists of a study of essential and non-essential food constituents, food law, food toxins and contaminants, therapeutic foods and supplements, popular diets and nutritional therapy for the treatment of disease.

Herbal Medicine consists of botany, practical classes in herbal manufacturing, an intensive study of individual herbs and their medicinal properties and actions, herbal pharmacology and the use of herbal formulae for the treatment of disease.

Homoeopathy consists of prescribing for acute and chronic conditions, the use of flower essences, celloid therapy and tissue salts and both the classical and constitutional approaches to prescribing.

**NATUROPATHIC STUDIES**

The Naturopathy stream comprises the core modalities of Clinical Nutrition, Herbal Medicine and Homoeopathy. Iridology is taught as an important naturopathic diagnostic tool in 2nd year.

Clinical Nutrition consists of a study of essential and non-essential food constituents, food law, food toxins and contaminants, therapeutic foods and supplements, popular diets and nutritional therapy for the treatment of disease.

Herbal Medicine consists of botany, practical classes in herbal manufacturing, an intensive study of individual herbs and their medicinal properties and actions, herbal pharmacology and the use of herbal formulae for the treatment of disease.

Homoeopathy consists of prescribing for acute and chronic conditions, the use of flower essences, celloid therapy and tissue salts and both the classical and constitutional approaches to prescribing.

**SOCIAL SCIENCES**

The holistic approach to illness is furthered by the Social Science stream, which addresses the relationship between patient and practitioner and psychological influences on illness.

Students undertake a year of Psychology in which they examine the major psychological schools of thought. This is the basis for a further year of study in Counselling, where students are taught sophisticated inter-personal communication skills in order to better understand and respond to the needs of the patient.

**RESEARCH STUDIES**

The Research Studies stream introduces the science and philosophy of naturopathy and aims to provide students with the tools required to study successfully at tertiary level, access and understand scientific literature and evaluate research. Students learn to conduct literature searches using library facilities and the internet.
FULL-TIME ENTRY
For entry to Semester 1, school leavers and mature-age students who intend to study full-time must apply through the Victorian Tertiary Admissions Centre (VTAC) by listing the Southern School as their first preference of fee-paying courses. VTAC application forms are in the VTAC guide available from schools and newsagents and on the internet (www.vtac.edu.au). The Southern School’s VTAC course code for this course is 92562. If the VTAC deadline has passed, prospective students may apply directly to the School.

PART-TIME AND MID-YEAR ENTRY
Apply directly to the School.

STUDENT SELECTION
All prospective students (including VTAC applicants) need to make an appointment for a selection interview. This appointment assesses the applicant’s suitability and also provides an opportunity for applicants to clarify details about the course.

GENERAL ENTRY REQUIREMENTS
To be eligible for general entry to the course, applicants are required to:

→ have successfully completed the Victorian Certificate of Education (VCE) or its equivalent
→ demonstrate an interest in, and commitment to, complementary medicine
→ demonstrate the appropriate level of maturity and motivation necessary to complete the course.

Once the general entry requirements are satisfied, offers of places will be made after consideration of the following:

→ an applicant’s previous academic ability
→ previous studies or experience in a health-related area.

MATURE-AGE ENTRY
Prospective students who have left school twelve months or more before entering the course are classed as mature-age students. Maturity and a wide range of life experiences are assets for health-care professionals and mature-age students are encouraged to apply.

Applicants who do not satisfy the general entry requirements will be assessed according to the following:

→ their life and work experience
→ their motivation for wanting to enter the complementary medicine profession
→ their interest in, and commitment to, complementary medicine.
FINANCIAL ASSISTANCE

Now there is no reason to allow finances to stand in the way of studying for your chosen career. As a student in one of our government accredited courses in Naturopathy, Clinical Myotherapy and Chinese Medicine, you are eligible for financial assistance from the Commonwealth Government.

FEE-HELP is a loan scheme under which students studying in Bachelor Degree courses are able to borrow up to $85,062 to pay their course fees. Refer to www.goingtouni.gov.au for more information on FEE-HELP.

AUSTUDY is a government payment designed to assist eligible full-time students over 25 with their day-to-day living expenses for the duration of their studies. As at March 2010, the government provides up to $377 Austudy allowance per fortnight for singles.

For further information please phone on (03) 9415 3333, email us at ssnt@ssnt.com.au or come along to one of our regularly held Information Sessions. Please visit www.southernschool.com for the date of our next Information Session. Refer to www.centrelink.gov.au for more information on Austudy.
INTRODUCTION TO NATUROPATHY CERTIFICATE
This is a thirty-week course conducted on one evening per week over two fifteen-week semesters. It is designed for personal interest, health food retail outlet staff, pharmacy assistants, physical fitness trainers, weight-loss consultants and people considering further studies in naturopathy.

This course provides a comprehensive introduction to naturopathic nutrition and herbal medicine, including practical demonstrations of herbal manufacturing. Students who complete this course will be viewed favourably for future applications to commence the Bachelor of Health Science – Naturopathy course.

**COURSE MODE**

One 2.5 hour evening session per week for two, 15-week semesters. Students can commence in Semester 1 or 2. Each semester can be taken as an individual unit but both must be successfully completed in order to obtain the Certificate.

**SEMESTER 1**

**INTRODUCTION TO HERBAL MEDICINE**

An introduction to the medicinal use of herbs covering types of herbal preparations, herb quality, dosage, contraindications and cautions. Topics include common medicinal herbs and their uses, herbal treatment of common health disorders and practical sessions demonstrating the manufacture of herbal preparations, including tinctures, fluid extracts, decoctions, infusions and creams.

**SEMESTER 2**

**INTRODUCTION TO NUTRITION**

An introduction to essential nutrients, their health effects and recommended intakes, covering protein, carbohydrates, fats, water, vitamins and minerals. Topics include the uses of specific foods and eating plans for maintaining or improving health, the effects of food preparation and processing methods on nutritional quality and the use of nutritional supplements.
CHINESE MEDICINE
Chinese medical theory and practice is based upon a sophisticated diagnostic and therapeutic body of knowledge that has evolved over at least two-thousand years.

The present body of Chinese medicine knowledge is the result of many traditions and practices having been amalgamated into a more coherent and structured system, commonly known as Chinese Medicine (CM).

The diagnostic categories of Chinese Medicine describe recurring clinical patterns, taking into account both subjective symptoms and objective signs. These diagnostic categories have been used with relative consistency over twenty centuries of recorded clinical practice. This rich clinical legacy is now well recognised throughout the world and the Victorian government has recently legislated to register Chinese Medicine as a health-care profession.
'Dis-ease' occurs when the relevant healthy balance of Yin and Yang is affected. This imbalance may occur as a result of external influences such as environmental factors, pathogens, dietary irregularities and/or internal stress-related emotional problems which may result from lifestyle irregularities. The Chinese Medicine view is that it is often a combination of these external and internal influences that may lead to ill health.

**CHINESE MEDICINE (CM) PRACTICE**

Chinese Medicine is employed in the treatment of both acute and chronic illnesses and includes:

- Chinese herbal medicine
- Acupuncture and ancillary techniques
- Dietary, exercise and lifestyle advice
- Chinese massage.
COURSE MODES AND STREAMS

This course is offered in full-time or part-time modes and encompasses relevant biological sciences, social sciences and research studies. The CM stream includes components of bilateral theory and therapeutics generic to all CM modalities. These components are then complemented with the streams of Acupuncture and Chinese Herbal Medicine.

BIOLOGICAL SCIENCES

The Biological Science stream incorporates subjects such as Anatomy and Physiology, Bioscience, Pathology, Pharmacology and Clinical Diagnosis. These are the orthodox western biomedical sciences essential for all health-care practitioners.

CM STUDIES

Theory common to all CM modalities includes the basic principles of Chinese Medicine associated with history, philosophy, dietetics, diagnostics and pathology. Particular disease states are covered within a common CM framework and then expanded with studies specifically related to acupuncture and Chinese Herbal Medicine.

Acupuncture studies incorporate acupuncture point location and function and the practical application of acupuncture needling and ancillary techniques, such as moxibustion, cupping, bloodletting and micro-acupuncture.

CM places a strong emphasis on disease prevention and health maintenance and the empowerment of clients to play an active role in their own health. Clients are encouraged to learn about the many factors influencing their health and to have regular treatment to maintain Yin/Yang balance.

Chinese herbal medicine includes a comprehensive review of individual medicinal substances and CM formulae, relevant classical texts and contemporary clinical applications. Practical classes provide experience in herbal identification, preparation, dispensing and prescribing.

CLINICAL STUDIES

The Clinical Studies stream provides practical ‘hands on’ training and aims to produce highly skilled graduates with a comprehensive understanding of all areas of clinical practice. It commences with clinical observation in the School Clinic, continues with off-campus clinical experience and culminates with supervised CM practice in the School Clinic which is open both to SSNT students and members of the public. Clinical Studies subjects also include business skills and legal and ethical issues and provide peer review and support for clinical practice.

SOCIAL SCIENCES

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UNIT OUTLINES

FIRST YEAR
Semester 1
Introduction to Bioscience
Anatomy & Physiology 1
TCM Remedial Massage 1
Biomedical Study Skills
CM Foundations
CM History and Philosophy
CM Literacy and Terminology

Semester 2
Anatomy & Physiology 2
Bioscience
Acupuncture 1
CM Pharmacology 1
CM Clinical Studies 1

SECOND YEAR
Semester 1
Psychology 1
CM Pathology
Acupuncture 2
CM Pharmacology 2
CM Dietary Therapy/Health Maintenance
Medical Qi Gong
CM Clinical Studies 2

Semester 2
Psychology 2
Research Methods
Acupuncture 3
Acupuncture 4
CM Formulas
CM Herbal Processing (Pao Zhi)
CM Clinical Studies 3

THIRD YEAR
Semester 1
Pathology 1
Counselling 1
Advanced Research Methods
CM Musculoskeletal Traumatology
CM Internal Medicine
CM Dermatology/External
CM Clinical Studies 4

Semester 2
Clinical Diagnosis 1
Pathology 2
Counselling 2
CM Psychology/Shen Disorders
CM Gynaecology/Obstetrics
CM Ear, Eye, Nose, Throat/ Paediatrics
CM Clinical Practicum 1 (Acup)

FOURTH YEAR
Semester 1
Clinical Diagnosis 2
Pharmacology 1
CM Herbal Classics 1
CM Clinic Case Conferences 1
CM Clinical Practicum 2 (Dual)

Semester 2
Contemporary Health Studies
Integrated Pharmacology/ Phytochemistry
Practice Establishment
CM Herbal Classics 2
CM Clinic Case Conferences 2
CM Clinical Practicum 3 (Dual)
CM Clinical Exit Exam

For an outline of each of the above subjects visit our more comprehensive online prospectus at www.southernschool.com
CLINICAL MYOTHERAPY
The word “Myotherapy” is derived from the Greek word “myo” or “muscle”. Clinical Myotherapy is a system of health-care which focuses on the diagnosis and treatment of a range of conditions which have their origin in pathologies of the musculoskeletal system.

Clinical Myotherapy is a branch of manual medicine which focuses on the treatment and management of musculoskeletal pain.

Through the use of a specific form of clinical reasoning which utilises a range of diagnostic and assessment methods, the Clinical Myotherapist can alleviate both acute and chronic conditions arising from a variety of occupational, sporting and recreational activities or congenital factors and systemic disorders.

This Clinical Myotherapy reasoning employs assessment methods such as orthopaedic and neurological testing and postural evaluation. These involve extensive physical evaluation and thorough palpatory exploration of the muscles and both spinal and peripheral joint play. The findings obtained from these assessments, are then interpreted in relation to the presenting symptoms and a diagnosis is made and treatment regime is formulated.

For the wide range of conditions which are responsive to Clinical Myotherapy treatment, therapists have at their disposal, a variety of techniques, which can be utilised either singly or in any combination.

MANUAL THERAPIES

This can involve a range of general massage techniques employed to loosen the musculature surrounding the damaged area prior to more focussed soft-tissue mobilisation and/or stretching of the area causing the problem. For certain conditions this can also involve Skeletal Mobilisation techniques.

MYOFASCIAL DRY NEEDLING

This refers to a technique in which the Clinical Myotherapist inserts very fine needles into carefully selected parts of the patient’s skin. Sometimes this can be mistaken by the lay-person, for Acupuncture, the ancient Chinese modality based on the concept that there is a network of channels which runs throughout the body and carries the essential human energy or Chi. Illness, in this Chinese model, is seen as a function of a blockage in the meridian system and Acupuncture is used to unblock the flow of Chi.

It is important to understand that both the intent and theory behind the two practices are quite different. The Clinical Myotherapist inserts the needles according to the location of Trigger Points rather than points on the acupuncture meridian system. By accessing these Trigger Points the Clinical Myotherapist can alleviate muscular pain and dysfunction. The two distinct practises of Acupuncture and Myotherapy Dry Needling utilise the same type of needle but that is where the similarity between the two ends. Clinical Myotherapists are keen to stress the distinctions between the two practices and that they are not registered to practice Acupuncture.
ELECTRICAL STIMULATION

Whilst trigger points can be stimulated manually it is often more effective to use one of a range of electrical stimulation devices. With a Transcutaneous Electrical Nerve Stimulation (TENS) machine, a pattern of electrical pulses can be delivered deep into the muscle in order to free up the myofascial trigger point and alleviate the pain which it may be causing. Lasers or ultrasonic devises are also employed for the same effect.

PRESCRIPTIVE EXERCISES

Whilst much of the treatment provided by the Clinical Myotherapist takes place in the clinical setting, patients are encouraged to be active participants in their own recovery. The Clinical Myotherapist has at his/her disposal a large range of stretching and strengthening exercises which can be both applied and taught during the consultation and can be put into practice at home. Many of these exercises have a long track record of efficacy in assisting recovery from chronic musculoskeletal injury.

JOINT MOBILISATION

This involves employing the "Maitland" concept: a gentle coaxing or rhythmic force to an affected joint with the aim of enhancing the quality and extending the range of motion in this joint. Joint mobilisation is also a therapeutic extension of the diagnostic process in evaluation of range and quality of movement.

PAIN MANAGEMENT

Musculoskeletal injuries are often accompanied by severe and chronic pain. It is an important part of the role of a Clinical Myotherapist to help patients overcome this pain. The application of the manual therapies, myofascial dry-needling and electrical stimulation outlined above can be applied in the clinical setting to expedite the healing process and thereby minimise the duration that the injury is causing pain. Other measures however, can be employed to assist the patient in dealing with pain whilst the healing process is in progress. These involve counselling, relaxation techniques and other self-treatment regimes.

Government-accredited, Austudy and FEE-HELP approved

The Southern School has once again established a benchmark for education in natural medicine by being the first educational institution in Australia authorised by the Office of Higher Education to offer a degree-level course in Clinical Myotherapy. The Bachelor of Health Science – Clinical Myotherapy was offered for the first time in 2004, is Government-accredited, and both Austudy and FEE-HELP approved.

Prospective students need to undertake careful research in order to be clear on the difference Remedial Massage and Clinical Myotherapy courses before making their enrolment decision. Those who decide they are more interested in the various massage techniques rather than the techniques specific to Clinical Myotherapy would be advised to consider the SSNT's HLT 50307 Diploma of Remedial Massage (see page 45).
COURSE FORMAT

The course is offered over four years full-time and is broadly based, encompassing relevant biological sciences, social sciences, research studies and extensive theoretical and practical training in Clinical Myotherapy techniques.

BIOMEDICAL SCIENCES

The Biomedical Science stream incorporates subjects such as Bioscience, Anatomy & Physiology, Clinical Assessment, Pharmacology and Pathology which are the orthodox biomedical sciences essential for all health-care practitioners. Students undertake study in wet labs using cadavers which give an understanding of human anatomy not possible through any other teaching method.

CLINICAL MYOTHERAPY STUDIES

The Clinical Myotherapy stream comprises of a thorough study of Musculoskeletal Structure, Surface Anatomy and Biomechanics and Kinesiology, which are foundation subjects required for an understanding of the practical application of Clinical Myotherapy.

Clinical Myotherapy subjects combine the theoretical knowledge and practical skills required to apply techniques, such as soft tissue and skeletal mobilisation, electrical muscle stimulation and dry-needling.

Also included are corrective exercises and pain management techniques as part of patient education programs. Ancillary subjects which assist in the holistic management of clients include Nutrition and Contemporary Health Studies.

CLINICAL STUDIES

The Clinical Studies stream provides practical ‘hands on’ training and aims to produce highly-skilled graduates with a comprehensive understanding of all areas of clinical practice. It commences with clinical observation in the Student Clinic, continues with off-campus clinical experience and culminates with supervised Clinical Myotherapy practice in the Student Clinic. Clinical Studies subjects also include business skills and legal and ethical issues and provide peer review and support for clinical practice.

SOCIAL SCIENCES

The holistic approach to illness is furthered by the Social Science stream, which addresses the relationship between patient and practitioner and psychological influences on illness.

Students undertake a year of Psychology in which they examine the major psychological schools of thought. This is the basis for a further year of study in Counselling, where students are taught sophisticated inter-personal communication skills in order to better understand and respond to the needs of the patient.

RESEARCH STUDIES

The Research Studies stream comprises four units which introduce the philosophical and scientific foundations of complementary medicine, provide students with the tools required to study successfully at tertiary level, prepare for assignments and exams, access and understand scientific literature and evaluate research. Students learn how to conduct a research project using library facilities and the internet.
FULL-TIME ENTRY

For entry to Semester 1, school leavers and mature-age students who intend to study full-time must apply through the Victorian Tertiary Admissions Centre (VTAC) by listing the Southern School as their first preference of fee-paying courses. VTAC application forms are in the VTAC guide available from schools and newsagents and on the internet (www.vtac.edu.au). The Southern School’s VTAC course code for this course is 92562. If the VTAC deadline has passed, prospective students may apply directly to the School.

PART-TIME AND MID-YEAR ENTRY

Apply directly to the School.

STUDENT SELECTION

All prospective students (including VTAC applicants) need to make an appointment for a selection interview. This appointment assesses the applicant’s suitability and also provides an opportunity for applicants to clarify details about the course.

GENERAL ENTRY REQUIREMENTS

To be eligible for general entry to the course, applicants are required to:

→ have successfully completed the Victorian Certificate of Education (VCE) or its equivalent
→ demonstrate an interest in, and commitment to, complementary medicine
→ demonstrate the appropriate level of maturity and motivation necessary to complete the course.

Once the general entry requirements are satisfied, offers of places will be made after consideration of the following:

→ an applicant’s previous academic ability
→ previous studies or experience in a health-related area.

MATURE-AGE ENTRY

Prospective students who have left school twelve months or more before entering the course are classed as mature-age students. Maturity and a wide range of life experiences are assets for health-care professionals and mature-age students are encouraged to apply.

Applicants who do not satisfy the general entry requirements will be assessed according to the following:

→ their life and work experience
→ their motivation for wanting to enter the complementary medicine profession
→ their interest in, and commitment to, complementary medicine.
**FINANCIAL ASSISTANCE**

Now there is no reason to allow finances to stand in the way of studying for your chosen career. As a student in one of our government accredited courses in Naturopathy, Clinical Myotherapy and Chinese Medicine, you are eligible for financial assistance from the Commonwealth Government.

**FEE-HELP** is a loan scheme under which students studying in Bachelor Degree courses are able to borrow up to $85,062 to pay their course fees. Refer to [www.goingtouni.gov.au](http://www.goingtouni.gov.au) for more information on FEE-HELP.

**AUSTUDY** is a government payment designed to assist eligible full-time students over 25 with their day-to-day living expenses for the duration of their studies. As at March 2010, the government provides up to $377 Austudy allowance per fortnight for singles.

For further information please phone on (03) 9415 3333, email us at ssnt@ssnt.com.au or come along to one of our regularly held Information Sessions. Please visit [www.southernschool.com](http://www.southernschool.com) for the date of our next Information Session. Refer to [www.centrelink.gov.au](http://www.centrelink.gov.au) for more information on Austudy.

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| **SECOND YEAR**   |
| **Semester 1**    |
| Clinical Experience External 1 |
| Clinical Assessment 1 |
| Myofascial Dry-needling 1 |
| Myotherapy 3 |
| Nutrition for Myotherapy |
| Psychology 1 |
| Surface Anatomy & Trigger Point Location 1 |
| **Semester 2**    |
| Clinical Experience External 2 |
| Clinical Assessment 2 |
| Biomechanics & Kinesiology |
| Myofascial Dry-needling 2 |
| Myotherapy 4 |
| Surface Anatomy & Trigger Point Location 2 |
| Psychology 2 |
| Research Methods |

| **THIRD YEAR**    |
| **Semester 1**    |
| Clinical Experience External 3 |
| Counselling 1 |
| Corrective Exercises 1 |
| Myofascial Dry-needling 3 |
| Pain Management 1 |
| Pathology 1 |
| Joint Mobilisation 1 |
| **Semester 2**    |
| Clinical Experience External 4 |
| Counselling 2 |
| Corrective Exercises 2 |
| Pain Management 2 |
| Pathology 2 |
| Joint Mobilisation 2 |

| **FOURTH YEAR**   |
| **Semester 1**    |
| Clinical Experience External 5 |
| Clinical Experience Internal 1 |
| Pharmacology 1 |
| Pain Management 3 |
| Advanced Research Methods |
| Myotherapy 5 |
| **Semester 2**    |
| Clinical Experience External 6 |
| Clinical Experience Internal 2 |
| Practice Establishment |
| Myotherapy Research Project |
| Clinical Exit Exam |

For an outline of each of the above subjects visit our more comprehensive online prospectus at [www.southernschool.com](http://www.southernschool.com)
MASSAGE
Physical therapies have been used throughout recorded history as an aid to healing and for maintaining health.

Western massage techniques have evolved and been popularised by the work of Pehr Henrich Ling and Dr. Johann Mezger in the nineteenth century and others, who developed systematic massage methods and encouraged the use of massage as a medical treatment.

Different techniques have emerged over the years and a body of research has been built up which demonstrates the effectiveness of massage therapy. Massage education has become increasingly more sophisticated as it parallels this growth in knowledge.

Massage can be used for all age groups and health conditions as it complements other forms of treatment. Massage can be used to stimulate circulation, improve skin function, relax muscles, assist the healing process, improve joint mobility and reduce pain. It also aids psychological and mental wellbeing by improving mental clarity and mood and relieving anxiety and stress.

Massage therapists primarily work in the health, sport and fitness industries and there is a large and growing demand in Australia for qualified, competent practitioners.

www.southernschool.com
MASSAGE COURSES
Government Accredited, AUSTUDY and VET FEE-HELP approved for diploma courses

HLT40307
CERTIFICATE IV IN MASSAGE THERAPY PRACTICE
This is a one-year, Government-accredited and Austudy-approved course, which can be taken in full-time or part-time mode. It is designed for people wishing to become professional massage therapists and can be completed as an individual qualification or as the first component of the Diploma of Remedial Massage program. The course comprises a Clinical Management Studies stream, providing training in professional practice, a Clinical Studies stream, covering Anatomy and Physiology and Pathophysiology and a Massage Studies stream, providing practical training in Swedish Massage, Shiatsu and Pre- and Post-natal Massage, together with a range of other practical modalities.

HLT50307
DIPLOMA OF REMEDIAL MASSAGE
This is a Government-accredited and Austudy-approved course, which can be taken full-time or part-time. It is designed for people wishing to become professional remedial massage therapists and follows on from the Certificate IV Massage, which is a pre-requisite. The course comprises of a Clinical Management Studies stream providing training in research skills and professional business practice, a Clinical Studies stream providing training in clinical examination and assessment of movement and postural abnormalities and a Massage Studies stream providing practical training in remedial massage techniques for soft tissue injuries, sports massage and specialised health management.

HLT50107
DIPLOMA OF TRADITIONAL CHINESE MEDICINE (TCM) REMEDIAL MASSAGE
(AN MO TUI NA)
The Diploma of TCM Remedial Massage course is Government-accredited and comprises of two years full-time study. The course can be taken part-time and comprises of a Clinical Management Studies stream, providing training in professional practice, a Clinical Studies stream, covering Anatomy, Physiology and Pathophysiology, a TCM stream which includes history, philosophy and health concepts of TCM, and a Chinese Massage Studies stream, which includes both theory and practical training.

SINGLE MASSAGE UNITS
Some single massage units can be taken for personal interest purposes if students do not wish to obtain a formal qualification and work professionally as massage therapists. Successful completion of individual units will provide credits for the equivalent units for students subsequently enrolling in an accredited massage course.
ADMISSION TO SOUTHERN SCHOOL VET-LEVEL COURSES

HLT40307 Certificate IV in Massage Therapy Practice
HLT50307 Diploma of Remedial Massage
HLT50107 Diploma of TCM Remedial Massage (An Mo Tui Na)

FULL-TIME ENTRY
For entry to Semester 1, school leavers and mature-age students who intend to study full-time must apply through the Victorian Tertiary Admissions Centre (VTAC) by listing the Southern School as their first preference of fee-paying courses. VTAC application forms are in the VTAC guide available from schools and newsagents and on the internet at www.vtac.edu.au. If the VTAC deadline has passed, apply directly to the School. The Southern School's VTAC course codes for these courses are:
92542 – Certificate IV in Massage Therapy Practice
92552 – Diploma of Remedial Massage
92512 – Diploma of TCM Remedial Massage (An Mo Tui Na).

PART-TIME AND MID-YEAR ENTRY
Apply directly to the School.

STUDENT SELECTION
Both direct-entry and successful VTAC applicants should call Southern School on 9415-3333 to make an appointment for an Enrolment Interview. This appointment also provides an opportunity for applicants to clarify details about the course.

MATURE-AGE ENTRY
Prospective students who have left school twelve months or more before entering the course are classed as mature-age students. Maturity and a wide range of life experiences are assets for health-care professionals and mature-age students are encouraged to apply.

FINANCIAL ASSISTANCE
Now there is no reason to allow finances to stand in the way of studying for your chosen career. As a student in one of our government-accredited Massage courses, you may be eligible for financial assistance from the Commonwealth Government.

AUSTUDY is a government payment designed to assist eligible full-time students over 25 with their day-to-day living expenses for the duration of their studies. As at March 2010, the government provides up to $377 Austudy allowance per fortnight for singles.

VET FEE-HELP is a loan scheme under which students studying towards approved courses are able to borrow from the Government to pay their course fees. Please check our website www.southernschool.com for more information on this facility.

For further information please phone on (03) 9415 3333, email us at ssnt@ssnt.com.au or come along to one of our regularly held Information Sessions. Please visit www.southernschool.com for the date of our next Information Session.

Information relating to current timetables, subject fees, massage course units of competency and policies and procedures relating to learning and assessment criteria can be found on our website www.southernschool.com.
**MASSAGE STUDIES**

**Swedish Massage**
This subject introduces basic techniques of Swedish (standard or classical) massage and includes introductory information, historical and current uses and the physiological effects on the body. Contraindications, clinical hygiene, history taking, record keeping, client management and a surface anatomy review are incorporated.

**Practical Modalities A**

**Shiatsu**
Introduces the basic principles of Japanese massage. It will discuss the philosophical basis of Chi and meridians, and present palm techniques for a full body sequence. Contrasts the different styles of massage and explains how they can be integrated.

**Reflexology**
Reflexology uses the principal that energy flows through the zones/meridians in the body. It involves applying acupressure to specific points and reflex areas on the feet, enabling the stimulation of energy flow to all corresponding organs and systems of the body.

**Practical Modalities B**

**Pre/Post Natal Massage**
Includes benefits and contraindications of massage, during the pre and post natal period. It also includes clinical assessment, postural assessment and correction, and positioning for massage during pregnancy and the post natal period.

**Clinical Modalities B**

**Bowen Technique**
Utilises a series of gentle cross-fibre manipulations of muscles, tendons and ligaments. The precise application of the technique initiates a relaxation of muscles, reduction in nerve pressure and promotes the realignment of the body.

**Massage Practicum 1**
This subject consists of practical experience to be completed off-campus in a community service area.

**Massage Practicum 2**
This subject consists of practical experience providing Swedish Massage in the School Clinic. It incorporates business and legal issues and provides the skills required to administer a clinical health practice within a team environment.

**CLINICAL STUDIES**

**Anatomy and Physiology for Massage**
Covers the structure and function of the major body systems, focusing mainly on the musculoskeletal system, nervous system and circulatory system.

**Pathophysiology**
Includes the healing process, inflammation, soft tissue dysfunctions and injuries, systemic diseases and pathologies relevant to the massage practitioner.

**CLINICAL MANAGEMENT STUDIES**

**Clinical Work Practices**

**Clinical Communication Skills**

**First Aid**
MASSAGE STUDIES

Remedial Massage
Builds on the previous massage subjects and covers remedial massage techniques used in the treatment of common soft tissue injuries. The modalities covered include deep-tissue massage, mobilising techniques, trigger point massage and specific stretching exercises.

Remedial Massage Practicum
This subject consists of remedial practical experience to be completed off-campus.

Sports Massage and Exercise Therapy
Covers the assessment and safe treatment of common sporting injuries including rest, ice, compression and elevation techniques, strapping, muscle stretching, pre and post-event massage, rehabilitation and therapeutic exercises.

Specialised Health Management
This unit enables students to apply the sophisticated understanding of anatomy, physiology and pathophysiology acquired earlier in their studies to analyse available health data relating to their patients in order to assess their conditions and plan appropriate treatment regimes.

The learning outcomes contained within this unit will facilitate access to client groups with special needs including those in the aged-care sector and those with chronic diseases or conditions.

The three major competency units in this subject are compulsory for all government-accredited Diploma of Remedial massage courses.

Remedial Massage Clinic and Practicum
This subject consists of practical experience providing remedial massage in the School Clinic.

Evaluate own work, continuing self-development and effective supervision within an ethical code of practice.

Maintain an effective work environment in a health setting by monitoring, coordinating and promoting the implementation of ethical, safe and effective work practices in line with established work requirements.

CLINICAL STUDIES

Clinical Examination and Assessment

CLINICAL MANAGEMENT STUDIES

Professional Development
Practice Establishment

UNIT OUTLINES

MASSAGE STUDIES
Remedial Massage
Sports Massage and Exercise Therapy
Specialised Health Management
Remedial Massage Clinic and Practicum

CLINICAL STUDIES
Clinical Examination and Assessment

CLINICAL MANAGEMENT STUDIES
Professional Development
Practice Establishment

In recognition of the academic standards of the SSNT massage courses the Charles Sturt University has entered into a Credit Transfer Agreement whereby graduates of the HLT50307 Diploma of Traditional Chinese Medicine (Remedial Massage) and the HLT50307 Diploma of Remedial Massage may qualify for the Bachelor of Health Science (Complementary Medicine) conducted by Charles Sturt University by completing 4 additional core units and 4 additional elective units.

This provides SSNT Diploma graduates with a valuable opportunity to enter professional practice with a Degree qualification in Complementary Medicine in addition to their original Diploma, thereby enhancing both their knowledge in the area and their professional credibility as complementary health-care practitioners.
UNIT OUTLINES

CHINESE MEDICINE STUDIES
CM Foundations
CM History and Philosophy
CM Diagnosis
CM Pathology
CM Dietary Therapy and Health Maintenance
Medical Qi Gong

TCM REMEDIAL MASSAGE STUDIES
TCM Remedial Massage (An Mo Tui Na) 1, 2 and 3
TCM Remedial Massage Practice 1, 2 and 3

CLINICAL STUDIES
Anatomy and Physiology for Massage
Pathophysiology

CLINICAL MANAGEMENT STUDIES
Clinical Work Practices
Clinical Communication Skills
Professional Development
Practice Establishment
First aid

Tui Na is one of the three major branches of Traditional Chinese Medicine – the others being Acupuncture and Chinese Herbal Medicine.

Whilst the main focus of Tui Na is on massage and other physical techniques, the Tui Na practitioner is able to treat beyond the musculo-skeletal realm and offer guidance in general health maintenance and enhancement.

CHINESE MEDICINE STUDIES
These units of competency describe the skills and knowledge base required to analyse and interpret information gathered in the health assessment and make and review an accurate assessment/diagnosis over the course of treatment, according to a Traditional Chinese Medicine (TCM) remedial massage framework.

CM Foundations
Introduces the Chinese Medicine paradigm and gives an overview of the classical CM theories of anatomy, physiology and pathogenesis. This provides a foundation for the understanding of subsequent units.

CM History and Philosophy
Looks at the development of Chinese Medicine by exploring its historical and philosophical origins and the process of acculturation that has led to the adaptation of different styles of Chinese Medicine both within China and abroad. Classic texts, such as the Huang Di Nei Jing and the I Ching are also studied as historical texts of seminal importance.

CM Diagnosis
Introduces the four methods of Chinese medicine diagnosis, which include visual examination, audio-olfactory, enquiry and palpation. These are regarded as the basic methods of learning about a patient’s condition. For each method, the procedures, type of information sought and clinical significance of this information is examined, with particular attention given to the diagnostic methods of tongue and pulse.
CM Pathology
Develops systems of differentiation of syndromes (bian zheng) introduced in CM Diagnosis. The CM diagnostic system of Chi, Blood and body fluids is introduced in conjunction with Organ pattern differentiation (zangfu bian zheng). These systems are an integral part of further studies in differential diagnosis and treatment.

CM Dietary Therapy and Health Maintenance
This unit provides instruction in the CM approach to health enhancement. The focus is on maintaining and enhancing health through lifestyle, physical exercise and diet, including the use of foods and recipes. The principles of physical and mental training are presented and students practice specific techniques aimed at enhancing health and fitness.

Medical Qi Gong
This unit extends the introductory concepts of Qi Gong introduced in CM Health Enhancement by expanding on the historical and theoretical concepts of Qi Gong as it applies to health maintenance. Qi Gong regimes used to treat specific disease states are also covered.

TCM REMEDIAL MASSAGE STUDIES

TCM Remedial Massage 1
This unit aims to introduce the study of Chinese massage (An Mo Tui Na) by providing practical training in the techniques of tuina. Channel theory and the location of acupoints are examined from the point of view of tuina therapy. Tuina routines for each section of the body are demonstrated and students practice these to attain competence in delivering a general tuina massage.

TCM Remedial Massage 2
This unit aims to provide further practical training in the techniques of anmo tuina and its use in therapy. The use of anmo tuina in a range of commonly encountered conditions is discussed in detail and the specific treatments of traumatology, headache, respiratory and gastrointestinal conditions are examined.

TCM Remedial Massage Practice 1, 2 and 3
These clinical subjects are aimed at consolidating the skills and knowledge base previously acquired and most importantly developing the practical skills required to develop TCM remedial massage treatments, negotiate a treatment and management plan and to apply administrative skills according to the philosophy and practices of the TCM remedial massage therapeutic framework.

TCM Remedial Massage Practice 1 & 2 are both internal SSNT student clinics, whilst TCM Remedial Massage Practice 3 is practiced externally.

CLINICAL STUDIES

Anatomy and Physiology for Massage
Covers the structure and function of the major body systems, focusing mainly on the musculoskeletal system, nervous system and circulatory system.

Pathophysiology
Includes the healing process, inflammation, soft tissue dysfunctions and injuries, systemic diseases and pathologies relevant to the massage practitioner.

CLINICAL MANAGEMENT STUDIES

Clinical Work Practices
Clinical Communication Skills
Professional Development
Practice Establishment
First Aid

In recognition of the academic standards of the SSNT massage courses the Charles Sturt University has entered into a Credit Transfer Agreement whereby graduates of the HLT50107 Diploma of Traditional Chinese Medicine (Remedial Massage) and the HLT50307 Diploma of Remedial Massage may qualify for the Bachelor of Health Science (Complementary Medicine) conducted by Charles Sturt University by completing 4 additional core units and 4 additional elective units.

This provides SSNT Diploma graduates with a valuable opportunity to enter professional practice with a Degree qualification in Complementary Medicine in addition to their original Diploma, thereby enhancing both their knowledge in the area and their professional credibility as complementary health-care practitioners.
Start your new career in health and wellness today

There’s a huge amount of choice, so it’s important to be clear about your aspirations and what you would like to achieve. This section provides a useful guide to getting started for Australian and overseas students.

HOW DO I APPLY?

Complete the application form and send it to us along with academic transcripts and any additional documentation (e.g. your high school results, resume and references if applicable). Once we receive your application, we will contact you.

Remember, if you have any questions, feel free to talk to a Course and Careers Advisor to make sure the chosen course is a right match for your career ambitions.

ENTRY REQUIREMENTS

Please refer to the individual course pages for entry requirements.

KEY INTAKE AND TERM DATES

Our key intakes, term dates and tuition fees are published in the SSNT Schedule of Fees and Dates. This is available from your Course and Careers Advisor or at www.southernschool.com.

COURSE CREDITS

Recognition of related academic achievements and informal learning for course credit are available. Certified testamurs and transcripts are required from recognised institutions. Contact your Course and Careers Advisor or Agent for an application form and details on the process.
Southern School of Natural Therapies is a trading name of Think: Colleges Pty Ltd, a private Higher Education Institution accredited by the New South Wales Department of Education and Training (DET) and a registered training organisation with national qualifications and courses accredited by the New South Wales Vocational Education and Training Accreditation Board (VETAB). Think: Colleges delivers higher education qualifications in Victoria through mutual recognition authorised by the Victorian Registration and Qualifications Authority.

The DET is the only accreditation authority in the State of New South Wales listed on the Australian Qualifications Framework Register, authorised via the New South Wales Higher Education Act (2001) to accredit private providers of higher education.

VETAB is the only accreditation authority in the State of New South Wales authorised via the New South Wales Vocational Education and Training Act (2005) to accredit private providers of vocational education and training.

All degrees, diplomas and advanced diplomas issued by the College are recognised within the Australian Qualifications Framework. The College is subject to periodic audits by the Australian Universities Quality Agency and VETAB.

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Photography by Colin Thomson
Southern School of Natural Therapies
Australia’s Premier School of Complementary Medicine

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