Welcome

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 and well-being.

Students come to the Southern School because of our high quality training in complementary medicine. We combine both academic and vocational training with degree programs in Naturopathy, Chinese Medicine and Clinical Myotherapy, and Diploma programs in massage. Our aim is to provide the best quality training and to produce the best complementary medicine practitioners in Australia.

If you attend the Southern School you will become part of the Southern School community, where we provide high quality academic programs as well as a friendly and innovative learning community. Our students and staff are passionate about learning and teaching. They are committed to their respective professions and the ideal of service by contributing to the health of the general community, as well as to their individual patients.

This prospectus has been designed to outline program options at the Southern School and to give you a glimpse into what student life is like here. I hope it inspires you to begin the journey towards a career in health and healing. You may like to drop in or attend one of our information sessions (please see page 7).

Susan Buckle
Head of Academic Studies
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Our History

Southern School of Natural Therapies is the most respected, influential and sought-after centre of learning for complementary medicine in Australia.

The Southern School of Natural Therapies (SSNT), was pioneered by Alfred Jacka in 1961 as the Victorian Branch College of the Australian National Association of Naturopaths, Osteopaths and Chiropractors. The school gained its current name in 1981 and the association is now the Australian Natural Therapists Association (ANTA).

The school initially offered a part-time course in naturopathy, but soon grew to offer full-time professional-level courses in naturopathy and massage.

- In 1997 we became the first naturopathic college to obtain accreditation for a four year, on campus degree in naturopathy, with the first student intake in 1998.
- In 2004, we broke new ground, by mounting a successful application for government accreditation of a four year degree-level course in clinical myotherapy.
- Soon after, the School created another first by obtaining accreditation for Australia’s first four-year degree program in Chinese Medicine. The degree provides eligibility for registration with the Chinese Medicine Registration Board of Victoria in both Acupuncture and Herbal Medicine.
- In 2010 the school was acquired by Think: Education Group.

With 50 years of academic excellence, we are more devoted than ever to promoting the health and wellness of the community. We continue to fulfil our natural promise by delivering professional-level courses of the highest standard to provide the next generation of leading practitioners in complementary medicine.
Leading The Way

The Southern School of Natural Therapies is championing the natural therapies professions by developing the best-prepared practitioners of the future, thanks to an outstanding education and exceptional quality staff.

Quality Education
The Southern School of Natural Therapies has built a solid reputation on delivering academic excellence and currently offers three degree courses alongside vocational qualifications in massage. With 50 years’ experience we have prepared generations of skilled practitioners who go on to have lasting and rewarding careers in complementary medicine.

Our staff include many of the country’s leading lecturers and practitioners, all with substantial experience in their respective areas of expertise. The Southern School delivers academic excellence and practical training in a nurturing environment.

Along with our close links to industry, our students continue to be impressed by lecturers who bring practical knowledge and experience into our teaching environment.

Progressive Industry Leadership
We constantly seek new and innovative ways to teach and promote complementary medicine whilst bridging the ever-narrowing gap between natural therapies and orthodox western medicine.

We are proud to have been the instigators of some of the most important developments in complementary medicine in the last fifty years which have contributed to the growth of and acceptance of complementary medicine in the wider community over that time.

Inspirational Environment
The School is located in the heart of Fitzroy’s vibrant Brunswick Street district and is home to custom made, specialist facilities.

An eclectic mix of restaurants, cafés, shops and nightlife is 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 a short tram ride or easy walk to the Melbourne CBD, with ample accommodation options in the surrounding Fitzroy area and other inner-city suburbs such as Carlton, Collingwood, Clifton Hill and Richmond.
Get in Touch With Us

See, Tour, Learn, Meet.
Discover what really happens at the School and get a feel for the rewards of a Natural Therapies career.

Information sessions are a chance for you and your family to see our facilities, take a tour of the school, learn about our range of innovative courses and meet our quality staff.

Free Clinic Treatment
Attend one of our Information Sessions and you will receive a voucher for a free treatment at the Southern Clinic. This will enable you to experience your chosen modality firsthand and provide insights into your area of interest. It will also allow us to showcase the Clinic facilities and the high quality of training offered.

For details of our next available Information Session please visit www.ssnt.edu.au

Information sessions
The Southern School of Natural Therapies runs various information sessions throughout the year to provide prospective students with the opportunity of experiencing the college first hand. Join us for campus tours, natural therapy demonstrations, presentations from experienced academic staff, and the option of talking with a Course and Careers Advisor.

For future information session dates, please refer to the website.
Facilities and Services

We offer quality specialist facilities and are one of the leading schools of complementary medicine in Australia.

The Southern School of Natural Therapies prioritises investments that will improve your experience. Funds are directed into the facilities to ensure that they are continually upgraded and provide a best-practice learning hub for complementary and alternative medicine. This ongoing commitment to deliver a quality environment ensures that as the school grows, the facilities are further developed to meet the emerging needs of our community and take advantage of new technologies.

We welcome feedback from staff and students, and actively benchmark with comparable schools to inform the development of our services. We are committed to providing outstanding teaching, enhanced by high quality clinic and recreational facilities for our students and the community at large.

We are also committed to fostering sustainable business practices, and caring for the environment, and have adopted a ‘green’ philosophy. A dedicated Green Team of staff and students provides leadership in sustainability initiatives, inspiring greener choices in all aspects of the School.

Modern, custom-made facilities
The Southern School of Natural Therapies is situated in the inner Melbourne suburb of Fitzroy. From the Southern Clinic to the herb garden, we have designed facilities specifically suited to the needs of your career to ensure that you are one of the best-prepared practitioners in Australia.

The Southern Clinic and Dispensary
Providing an outstanding clinic experience with fully equipped naturopathic and Chinese Medicine dispensaries: a stepping stone for transition into successful practice

Massage Rooms
High quality, electrical height-adjustable massage tables

Herb Garden
An interactive off-campus space for hands-on experience of herbal medicine

Student Rooftop Terrace and Kitchen
Socialise, eat, relax, communicate and enjoy: the perfect retreat for study breaks

Alfred Jacka Library
One of the largest collections of natural medicine resources in Australia.

Lecture Rooms
Providing students with a multi-sensory learning experience.

Computer Lab
State of the art computer facilities
Student support services

The Student Services team at the Southern School provide a wide range of academic, administrative and support services to help smooth your path to graduation. Whether you have a query about enrolments or fees, recognition of prior learning or submitting an assignment, accessing counseling or receiving adjustments for a disability or medical condition, the Student Services team are there to help.

Student Counselling Services

Whilst many graduates look back at their studies as some of their happiest memories, many need help to balance study, family and work commitments, to manage incidents or issues that arise during their course, or in coping with stress, anxiety or depression.

As part of the Southern School’s genuine commitment to holistic health care, it provides confidential, free of charge counselling for issues relating to:

- Personal, relationship and family concerns
- Exams, assignments or academic progress
- Stress, grief and loss

Alumni

The Southern School Alumni offers graduates an opportunity to network and collaborate with other members of the natural therapies community.

After graduation, students can stay in touch with the School and with each other by joining the Southern School Alumni. This allows for access to resources and contacts, membership to the Library and ongoing professional development opportunities.
The Southern Clinic

Improving the health of our community

The Southern Clinic is a multi-modality clinic that brings together Naturopathy, Massage Therapy, Traditional Chinese Medicine, Acupuncture and Clinical Myotherapy to provide a holistic and integrated approach to natural medicine for our communities.

Under expert supervision from industry practitioners, students in the Naturopathy degree provide a variety of modalities in a holistic manner tailored to suit each client's needs. These include western herbal medicine, nutrition, homoeopathy, dietary and lifestyle guidance, iridology and flower essences. In a similar way, Chinese Medicine students provide therapies that include Chinese herbal medicine, acupuncture, moxibustion and cupping.

The Southern Clinic’s integrated approach is complemented by our manual therapies, including Relaxation massage, Chinese massage (Tui Na) and Clinical Myotherapy which involves dry-needling, corrective exercises, electro-stimulation and thermal therapy to assist in the treatment and prevention of pain and dysfunction associated with musculoskeletal and nervous systems.

As an integrated clinic we draw upon one or more of these treatment options, taking time to fully explore an individual’s case history and plan an approach to treatment. The Southern Clinic boasts fully equipped and extensive dispensaries giving students access to a diverse range of natural medicine therapies that they have learnt throughout the course and can put into practice. Students are supervised in their consultative and treatment processes by qualified and experienced practitioners.

The clinical studies program encourages students to participate in all aspects of clinical practice both within the Southern Clinic and partner clinics. The program engages students from each year level in clinical activities, and allows them to apply and integrate their academic learning. The aim is to provide a 360° view of clinical practice, culminating in a final year clinical experience that supports students’ transition into their chosen profession.

SSNT and the Southern Clinic are committed to providing integrated teaching excellence and advancing community health. The supervisors, lecturers and staff involved are passionate about education in natural medicine and enthusiastic about enriching the education and learning experience of SSNT students with the aim of empowering them to step out with confidence into the profession.

Students and the general public are welcome to make an appointment at Southern Clinic on (03) 9416 1448. Come in for a consultation, experience some of our modalities for yourself and talk to Southern students about the advantages of having a fully operational and supported clinical studies program that provides practical application of their academic learning experience.
Chinese Medicine

Chinese medicine history dates back 5000 years and is the result of many traditions and practices having been merged into a more coherent and structured system, commonly known as Chinese Medicine (CM).
Balanced Yin and Yang

Chinese Medicine is a clinical legacy that is practised widely around the world. A degree from SSNT provides you with the skills to become a sought-after Chinese Medicine Practitioner and a chance to boost well-being with ancient knowledge and techniques used for thousands of years.

Chinese Medicine is an holistic form of medicine which views the interaction between the mind, body and spirit as an integral part of the disease pattern and the restoration of health. Underpinning this vital flow of energy is the ancient philosophical concept of Yin and Yang – a sophisticated interpretation of how natural forces can dramatically improve a person’s physiological and psychological powers of healing.
Bachelor of Health Science – Chinese Medicine

Discover the balancing act of Yin and Yang and how the disharmony of energy (Qi or Chi) can result in disease and poor health. Learn how Chi can activate all bodily functions and therefore manipulate the process of restoring health. Identify imbalances in the body and find ways to assist its natural state of well-being through Chinese Medicine, acupuncture and Chinese massage.

Understand the triggers to poor health such as environment, pathogens, dietary irregularities and stress-related emotional problems and see how these influences may lead to ill health. Learn to make client assessments and gain the practical skills to treat acute and chronic illnesses through Chinese herbal medicine, acupuncture and ancillary techniques, dietary, exercise and lifestyle advice and Chinese massage.

Reasons to study the Bachelor of Health Science – Chinese Medicine

• Obtained accreditation for Australia’s first four-year program in Chinese Medicine that is government-accredited, Austudy and FEE-HELP approved
• Eligibility for registration with the Chinese Medicine Registration Board of Victoria in both Acupuncture and Herbal Medicine
• Offered by the most respected, influential and sought after centre of learning for natural therapies
• Become one of the best-prepared Chinese Medicine practitioners in the Australian health-care system
• Rewarding career that offers a valuable service as primary contact practitioners
• Study full-time or part-time, and choose between day or evening classes – or a combination of both – to suit the demands of your lifestyle.

Help support the community
Gain the skills to empower your clients to play an active role in their own health by providing them insight into how various factors and regular treatment can help to maintain Yin/Yang balance in their body. This course will enable you to fulfil a rewarding career as a Chinese Medicine Practitioner.

Course Content

Biological Sciences
This covers anatomy and physiology, bioscience, pathology, pharmacology and clinical diagnosis, the traditional biomedical sciences essential for all health-care practitioners to understand.

Clinical Studies
This is a chance to carry out hands-on training in all areas of clinical practice. It starts with clinical observation in the Southern Clinic, continues with off-campus clinical experience in one of our many industry engagement programs and culminates with supervised Chinese Medicine practice in the Southern Clinic which is open both to students and the general public. Clinical Studies subjects also include business skills and legal and ethical issues and provide peer review and support for clinical practice.
Chinese Medicine Studies
Explore the history, philosophy, dietetics, diagnostics and pathology of Chinese Medicine. Particular disease states are included in a common Chinese Medicine framework, then expanded with specific studies in acupuncture and Chinese Herbal Medicine. Acupuncture studies covers acupuncture point location, acupuncture needling and ancillary techniques, e.g. moxibustion, cupping, blood-letting and micro-acupuncture.

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

Social Sciences
Given our holistic approach to illness, this stream highlights the relationship between patient and practitioner and psychological influences on illness. Psychology studies the major psychological schools of thought and counselling teaches inter-personal communication to better understand and respond to the needs of a patient.

Research Studies
This stream provides the tools to study successfully at a tertiary level, prepare for assignments and exams and access and understand scientific literature and evaluate research. You also learn how to conduct literature searches using library facilities and the Internet.

Bachelor of Health Science – Chinese Medicine
Duration: 4 years full-time or part-time available
Intakes: February and July
FEE-HELP available

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Naturopathy 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.
Feel the Healing Power of Naturopathy

Naturopaths view health as maintaining optimal order and function of the body to deliver a healthy mind, body and spirit. To identify the factors contributing to a patient’s health disorder, they use a range of diagnostic techniques. They educate patients about preventative health strategies and empower them to discover new ways of maintaining a healthy balance.

Naturopathy occupies a vital role in the contemporary health-care system and is complementary to orthodox medicine - not an alternative. Studying naturopathy at SSNT is a rare and privileged opportunity to improve the health and lives of our community.
Learn how to make diagnostic assessments and use a range of interventions including lifestyle, nutritional, energetic and herbal treatments. With an emphasis on practical training, gain the hands-on skills to improve digestive function, help the body to process wastes, toxins and nutrients more efficiently, improve immunity, assist the body to cope with stress, repair damaged tissue and optimise organ and system function.

Reasons to study the Bachelor of Health Science – Naturopathy

• First four-year degree in Naturopathy to be accredited by the Victorian Government (1998)
• Qualification represents a benchmark in naturopathic training – it is the highest level of training in Australia that is government-accredited, Austudy and FEE-HELP approved
• Provided by the most respected, influential and sought after centre of learning for natural therapies
• Become one of the best-prepared naturopathic practitioners in the Australian health-care system
• Rewarding career that offers a valuable service as primary contact practitioners
• Eligible for membership with major naturopathic professional bodies to offer rebates for naturopathic treatments from health funds
• Study full-time or part-time, and choose between day or evening classes – or a combination of both – to suit the demands of your lifestyle.

Help support the community

This course provides the academic and practical skills to fulfil a rewarding career as a:
• Naturopath
• Naturopathic Practitioner
• Natural Medicine Practitioner
• Natural Therapist.

Course Content

Biological Sciences
This covers anatomy and physiology, bioscience, biochemistry, pathology, pharmacology and clinical diagnosis, the traditional biomedical sciences that all health-care practitioners must understand.

Clinical Studies
This provides hands-on training to produce highly-skilled graduates with a comprehensive understanding of all areas of clinical practice. It starts with clinical observation in the Southern Clinic, continues with off-campus clinical experience in one of our industry engagement programs, and culminates in supervised naturopathic practice from the Southern Clinic which is open to students and the general public. Clinical Studies subjects also include business skills and legal and ethical issues and provide peer review and support for clinical practice.
Naturopathic Studies
Naturopathic Clinical Medicine teaches how to integrate naturopathic modalities into a holistic approach to treatment, while Clinical Nutrition addresses 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 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
Given our holistic approach to illness, this stream highlights the relationship between patient and practitioner and psychological influences on illness. Psychology studies the major psychological schools of thought and counselling teaches inter-personal communication to better understand and respond to the needs of a patient.

Research Studies
Introducing the science and philosophy of naturopathy, this provides you with the tools to study successfully at a tertiary level, access and understand scientific literature and evaluate research. You also learn to conduct literature searches using library facilities and the internet.

Bachelor of Health Science – Naturopathy
Duration: 4 years full-time or part-time available
Intakes: February and July
FEE-HELP available

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<td>Naturopathic Research Project 2</td>
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Introduction to Naturopathy Certificate

This 30-week course takes place on one evening per week and provides a taste for the area of naturopathy. Intended primarily for personal interest, it provides insight into healthy living by exploring this fascinating field of complementary medicine.

This certificate offers a comprehensive introduction to naturopathic nutrition and herbal medicine, including practical demonstration of herbal pharmacy. This is a valuable qualification for health food retail staff, pharmacy assistants, physical fitness trainers and weight-loss consultants.

It takes place over two, fifteen week semesters - each semester can be taken as an individual unit but both must be successfully completed in order to obtain the Certificate.

Reasons to study the Introduction to Naturopathy Certificate

• Simply one 2.5 hour evening session per week to suit the busy demands of your lifestyle
• Gain a qualification in just two semesters
• Start studying in Semester 1 or 2
• Access to state-of-the-art resources including the Student Clinic, herb garden and extensive library.

Introduction to Nutrition

Find out about essential nutrients and their health effects and recommended intakes, covering protein, carbohydrates, fats, water, vitamins and minerals. Learn about nutritional supplements and how specific foods and eating plans can maintain and improve health, and understand the positive and negative effects of food preparation and processing methods on nutritional quality.

Course Content

Introduction to Herbal Medicine
Discover the medicinal use of herbs covering types of herbal preparations, herb quality, dosage, contraindications and cautions. Explore common medicinal herbs and their uses, herbal treatment of common health disorders and take part in practical sessions demonstrating the manufacture of herbal preparations.

Introduction to Nutrition

Duration: 30 weeks part-time
Intakes: February and July

First Year

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Southern School of Natural Therapies
2012 | 13 Course Prospectus
“Myotherapy” comes from the Greek word “myo” or “muscle” and is a system of health-care which focuses on the diagnosis and treatment of conditions with origin in pathologies of the musculoskeletal system.
Life-changing Manual Labour

Clinical Myotherapy is a branch of manual medicine that focuses on the treatment and management of musculoskeletal pain. This includes myofacial pain arising from trauma or muscle contracture, neuropathic pain, derived from the nervous system, and articular pain, originating with the joints.

The Clinical Myotherapist can alleviate acute and chronic conditions arising from occupational, sporting and recreational activities or congenital factors and systemic disorders. They use a variety of treatment techniques including manual therapies, myofascial dry needling, electrical stimulation, prescriptive exercises, joint mobilisation and pain management.

If you would like to work in a rewarding branch of manual medicine, study Clinical Myotherapy at SSNT - Australia’s only four year higher education degree.
Bachelor of Health Science – Clinical Myotherapy

Learn how to ease muscle contracture and treat musculoskeletal pain caused by trauma, ageing and overload of muscles. Explore assessment methods like orthopaedic and neurological testing and postural evaluation and use your findings in relation to the symptoms and diagnosis to formulate an appropriate treatment regime.

Gain extensive practical skills to offer a thorough physical evaluation and integrated therapeutic approach to affected muscles, joints and nerves. Discover ways to enhance soft tissue and skeletal mobilisation and advance the healing process by using a range of Clinical Myotherapy techniques detailed below.

Manual Therapies
General massage techniques are used to loosen the musculature around the damaged area and allow for tactile evaluation prior to the application of the more focussed soft-tissue mobilisation and/or stretching of the area causing the problem. Skeletal mobilisation may also be used to support this process.

Myofascial Dry-Needling
Myofacial dry-needling involves the insertion of very fine needles into parts of the patient’s skin. The intent and theory behind Acupuncture and Clinical Myotherapy are quite different, although the same type of needle is used. The Clinical Myotherapist inserts needles into areas of muscle contracture such as trigger points, which must be anatomically located and differentiated by tactile discrimination, rather than points on the acupuncture meridian system, to alleviate muscular pain and improve mobility.

Prescriptive Exercises
Clinical Myotherapists encourage patients to be active participants in their own recovery by recommending stretching and strengthening exercises to assist recovery that can be put into practice at home.

Electrical Stimulation
Electrical stimulation can be a more effective way to stimulate trigger points and reduce areas of muscle contracture. Transcutaneous Electrical Nerve Stimulation (TENS) machines send electrical pulses deep into the muscle to reduce muscle contracture and the associated pain. Lasers or ultrasonic devises can also be employed for the same effect.
Joint Mobilisation
This involves the gentle coaxing or rhythmic force applied within the normal range of motion to enhance the movement of an affected joint. It 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 and it is the role of the Clinical Myotherapist to help patients overcome this pain. Other measures can be used to help with the healing process such as counselling and relaxation techniques. Clinical Myotherapy integrates well with other Complementary and Alternative health systems.

Reasons to study the Bachelor of Health Science – Clinical Myotherapy
• Course represents a benchmark in Clinical Myotherapy as the highest level of training in Australia
• Provided by the most respected, influential and sought after centre of learning for natural therapies
• The first educational institution in Australia to offer a degree-level course in Clinical Myotherapy that is government-accredited, Austudy and FEE-HELP approved
• Become one of the best-prepared Clinical Myotherapy practitioners in the Australian health-care system
• Rewarding career that offers a valuable service as primary contact practitioners
• Eligible for membership of the Professional Clinical Myotherapist of Australia and the Health Services Union East (Professional Branch).

Help support the community
Prepare for a life changing career and the chance to alleviate musculoskeletal pain by becoming a Clinical Myotherapist.

Course Content

Biomedical Sciences
This covers anatomy and physiology, clinical assessment, pharmacology and pathology which are the traditional biomedical sciences that all health-care practitioners must understand. Studying in wet labs using cadavers offers a profound understanding of human anatomy not possible through any other teaching method.

Myotherapy Studies
You will study anatomy and physiology, musculoskeletal structure, surface anatomy and biomechanics and kinesiology, all foundation subjects for the practical application of Clinical Myotherapy. Myotherapy subjects combine theory with practical skills to apply techniques of soft tissue and skeletal mobilisation, electrical muscle stimulation and dry-needling. Also included are corrective exercises, pain management techniques, nutrition and contemporary health studies to assist in the holistic management of clients.
**Clinical Studies**
This provides hands-on training to produce highly-skilled graduates with a comprehensive understanding of all areas of clinical practice. The clinical studies program incorporates both on and off campus clinical observation. We have available to our students a number of clinical placement programs in support of their off campus requirements. In their final year, Clinical Myotherapy students attend clinic practicum in the Southern Clinic, which is open to students and the general public. The clinical studies stream also covers general business skills, legal and ethical issues and provide peer review and support for clinical practice.

**Social Sciences**
Given our holistic approach to illness, this stream highlights the relationship between patient and practitioner and psychological influences on illness. Psychology studies the major psychological schools of thought and counselling teaches inter-personal communication to better understand and respond to the needs of a patient.

**Research Studies**
Introducing the science and philosophy of Clinical Myotherapy, this provides you with the tools to study successfully at a tertiary level, access and understand scientific literature and evaluate research. You also learn to conduct literature searches using library facilities and the internet.

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Bachelor of Health Science – Clinical Myotherapy  
Duration: 4 years full-time or part-time available  
Intakes: February and July  
FEE-HELP available
Massage

Physical therapies have been used throughout recorded history to aid healing and maintain health.
Western massage techniques were popularised by the work of Pehr Henrich Ling and Dr. Johann Mezge in the 19th century. They developed massage methods and encouraged the use of massage as a medical treatment. Relaxation massage boosts circulation, improves skin function, relaxes muscles, assists healing, reduces pain, enhances well-being and relieves stress. Remedial massage uses deep pressure on a particular area of the body, e.g. neck, shoulder, elbow or leg.

Today, there is a growing demand for qualified and skilled massage practitioners in Australia, particularly in the health, sport and fitness industries. Get a feel for healing by studying massage at SSNT. It is a perfect way to begin your natural therapies career or add an extra modality to your existing practice.

Reasons to Study a Vocational Massage Course

- Courses are government-accredited, Austudy and VET FEE-HELP approved
- Provided by the most respected, influential and sought after centre of learning for natural therapies
- Become one of the best-prepared massage practitioners in the Australian health-care system
- Rewarding career that offers a valuable service as primary contact practitioners
- Study full-time or part-time, and choose between day or evening classes – or a combination of both – to suit the demands of your lifestyle

Get Recognition

As a graduate of one of our massage courses you can gain entry into the Bachelor of Health Science (Complementary Medicine) conferred by Charles Sturt University, by completing four additional core units and four additional elective units. This is a valuable opportunity to enter professional practice with a degree qualification in complementary medicine and a chance to grow your knowledge in a specific area and gain professional credibility as a complementary health-care practitioner.

Help the community

As a graduate of SSNT’s massage courses you will gain valuable skills to specialise in one of many massage areas and fulfil a rewarding career as a:

- Massage Therapist
- Remedial Massage Therapist.
Certificate IV in Massage Therapy Practice

This one-year course is designed for people wishing to become a professional massage therapist and can be completed as an individual qualification or as a pathway to the HLT50307 Diploma of Remedial Massage program.

Massage studies provides you with the opportunity to master a medley of massage techniques from Swedish massage to sports massage and pre/post-natal massage.

Clinical management studies cover training in professional business practice, and clinical studies covers anatomy, physiology and pathophysiology.

Massage Short Courses

Single massage units can be taken for personal interest if you do not wish to gain a formal qualification and work professionally as massage therapist. Successful completion of individual units will allow you to enrol in an accredited massage course.

For more information please contact the school or visit www.ssnt.edu.au.

Course Content - Massage Studies

Communication Skills for Manual Therapists

This subject covers the skills and knowledge required to work and communicate effectively in a health setting, with clients, staff, visitors, suppliers and others. This subject provides students with the skills required by a practitioner to establish and maintain effective communication with the client at all times; as appropriate to facilitate the treatment or health service being provided (and provide basic counselling as required). Additionally, the subject covers the performance outcomes, skills and knowledge required to work in a group environment; promoting team commitment, cooperation, supporting team members and dealing effectively with issues, problems and conflict.

Massage Assessment and Referrals

This subject provides student with the skills and knowledge required to observe the condition of the client and gather information relevant to the case; indentifying precautions or contraindications prior to treatment. Students will learn basic postural and structural assessment techniques to evaluate possible cause of presenting complaint or injury. Students will also learn how to use appropriate practice-specific health terminology to communicate with a range of internal and external practitioners in the health-care environment, and arrange referrals as required.

Clinic Operations

This subject provide students with the skills and knowledge required to work in clinical practice and have a basic understanding of the administrative aspects, rules, regulations and operational requirements for working in a small clinical health practice or effectively running their own business. Students will also learn about infection control guidelines and occupational health and safety policies that must be administered and complied with, within the health care industry, for all practitioners, employees and business owners.
Course Content - Clinical Studies

Massage Therapy Clinic
Students are required to complete a set number of hours in a real-life clinical setting. Students will see a range of clients with various client needs, and be required to perform assessments and massage treatments according to presenting conditions. The skills and knowledge students have gained in the above subjects will be co-assessed by the clinic supervisor and through completion of a self-reflective workbook.

NB: Clinic hours are mandatory and students will not be deemed competent in all units until they have completed this component of the course.

Anatomy and Physiology
This subject covers a detailed level of knowledge of systemic anatomy and physiology, from basic cells and tissues to all the major systems of the body. Awareness and understanding of the chemistry and biology of the human body will ensure students have enough information to perform a basic physical health assessment, as required in massage therapy practice.

First Aid
This subject covers the skills and knowledge required to provide first aid response, and life support; including management of casualty(ies), the incident and other first-aiders, until the arrival of medical practitioners or other assistance.

Massage Techniques
This subject provides students with the foundational skills and knowledge required to effectively perform a range of relaxation massages while adhering to industry standards and guidelines. Students will learn about the history and philosophy of massage and how to apply appropriate techniques to administer a massage treatment. Students will also learn the skills and knowledge required to assess and evaluate client’s needs, and negotiate a treatment plan with them. Students will also learn additional techniques for seated massage and side-lying pregnancy techniques. To compound students learning of musculoskeletal anatomy, this will also be reviewed as the student learns techniques specific to each of the body regions.

Note: For more information, subject mapping and a full list of the units of competency, visit www.ssnt.edu.au
Diploma of Remedial Massage

This course is designed for people wishing to become a professional remedial massage therapist and follows on from the HLT40307 Certificate IV in Massage Therapy Practice, which is a prerequisite.

Massage studies provide practical training in remedial massage techniques for soft tissue injuries, sports massage and specialised health management.

Clinical management studies cover research skills and professional business practice, and clinical studies offer practical training in examination and assessment of movement and postural abnormalities.

Course Content - Massage Studies

Clinical Management
This subject builds on the knowledge that you have learnt in the Certificate IV subject Clinic Operations to provide you with the skills and knowledge required to set-up and manage a clinical health practice, incorporating compliance with legal and ethical requirements and development of professional skills within a complementary healthcare practice.

Practice Reflection for Manual Therapists
This subject explores a student’s ability to apply self-reflective practices to all aspects of life, both personal and business related. This will provide you with the skills to communicate and work effectively and ethically with clients at all times. You will also work on goal setting, monitoring and self-assessment to provide focus on continued self-development and improvement and growth in practice.

Applied Anatomy & Physiology
This subject builds on your prior knowledge of anatomy and physiology to enable you to recognise common conditions and disorders and be able to make an informed decision in regards to appropriate treatment to suit the client’s needs. You will also learn about external factors that impact on a client’s health and common medications used in Australia today that may appear on a clients health history documents.

Remedial Techniques – Deep Tissue/Anatomy
This subject builds on your foundational massage skills to provide a more thorough understanding of the musculoskeletal system (including assessment and evaluation) and the application of remedial techniques required to provide a deep tissue massage to clients. You will also learn how to apply remedial techniques to treat a range of clients and conditions.

Remedial Techniques - Myofascial
This subject will provide students with the skills and knowledge to work on the fascia on the body – the connective tissue that lies between all structures and systems within the body. This is an advanced technique that requires focus, skill and patience to apply in a practical setting.

Remedial Techniques – Trigger Points
Students will learn how and where to locate trigger points within the muscle fibres and how to apply appropriate techniques to release tension in these areas. This is an advanced technique that works at a deeper level with the musculoskeletal system.

Remedial Techniques - Lymphatics
Students will learn about the lymphatic system and the key principles of lymphatic drainage. You will also learn how to apply manual lymphatic drainage techniques to injuries or conditions to relieve swelling and inflammation.
Remedial Massage Assessment Techniques
This subject will provide students with the skills and knowledge required to perform a a more advanced level of health assessment. This focuses on key musculoskeletal regions and joints of the body. You will learn how to perform advanced observation, palpation and functional assessment techniques to determine the appropriate treatment needs for the client. You will also learn how to interpret information gathered during assessment or from Diagnostic Test results to formulate a treatment plan for the client and make appropriate adjustments, where necessary.

Clinical Reasoning
This subject investigates the specialised remedial treatments required for specific client groups, including needs related to age, gender and mental health clients. Through research methods and case studies, students will learn how to critically evaluate treatment plans and develop treatment specific plans and protocols to suit these client groups. Students are required to perform a literature review as part of their assessment for this subject.

Massage in an Aging Population
This subject will investigate the key issues facing older people in residential aged care, the home and the community and how an ageing population is impacting on the health service. Students will also look at specialised treatment needs, in order to improve health conditions or alleviate pain and discomfort in the elderly.

Sport and Athlete Massage
This subject provides students with the skills and knowledge required to provide remedial massage treatments for sports active people and athletes; covering a range of common conditions, treatment options and preventative measures that can be given to assist in injury prevention and recovery. Students may attend external hours with sports teams or at sporting events as part of this subject.

Principles of Reflexology
Reflexology is an ancient form of treatment that works on specific areas of the foot and hand to encourage balance and re-setting of systems of the body. Students will learn foundational skills and knowledge in Reflexology and be able to apply these techniques as an adjunct to your remedial massage techniques.

Course Content - Clinical Studies
Remedial Massage Clinic 1 and 2
Students are required to complete a set number of hours in a ‘real-life’ clinical setting. Student will see a range of clients with various client needs, and be required to perform advanced assessments and remedial massage treatments according to presenting conditions. The skills and knowledge obtained in the above subjects will be co-assessed by the clinic supervisor and through completion of the self-reflective Workbooks.

NB: Clinic hours are mandatory and students will not be deemed competent in all units until they have completed this component of the course.
Start your new career in health and wellness today

There’s a great amount of choice at SSNT, so it’s important to be clear about your aspirations and what you would like to achieve. This section provides a useful guide towards taking your first step towards a career in health and wellness for Australian 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. The Southern School of Natural Therapies requires all personal identification document, academic transcripts, certificates and prior results to be certified.

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

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). 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.

Entry Requirements

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. Contact the school to make an appointment with our Course and Careers Advisor.

School Leavers
To be eligible for entry to the course, school leavers are required to:

• have successfully completed the Victorian Certificate of Education (VCE) or its equivalent and meet the ATAR requirements for the course
• undertake a selection interview to demonstrate an interest in, and commitment to, complementary medicine.

Mature age Entry
Maturity (21 years of age and over) and a wide range of life experiences are assets for health care professionals and mature-age students are encouraged to apply. Applicants need to apply through VTAC and late applications can be made directly to the school.

Once the entry requirements are satisfied, a letter of offer will be issued for entry into the course. All students should call SSNT on (03) 9415-3333 to make an appointment for an Enrolment Interview.
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.ssnt.edu.au

SSNT Student Ambassadors and Scholarships
We believe that word of mouth advertising is one of the most effective forms of marketing. 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 part of their fees for the coming year. For more information about scholarships please visit our website at www.ssnt.edu.au

Financial Assistance
Now there is no reason to allow finances to stand in the way of studying for your chosen career. Most Australian citizens are eligible for Commonwealth Government assistance through the following FEE-HELP schemes for Diploma and Bachelor level courses. If you wish to apply for financial assistance, we will give you a FEE-HELP application form upon successful entry into your chosen course. Alternatively, you can pay for your fees upfront at the start of each academic semester.

Study now and pay later
Eligible SSNT students now have access to the Australian Government’s:
• FEE-HELP loan scheme for SSNT Higher Education Degree courses; and
• VET FEE-HELP loan scheme for SSNT’s Diploma Vocational Education qualifications

These schemes can assist in deferring the cost of your tuition fees. Repayments commence via the tax system once your income rises above a minimum threshold ($47,193 in 2011-12).

FEE-HELP
Southern School of Natural Therapies, as a trading division of Think: Colleges Pty Ltd has the following qualifications available for VET FEE-HELP:
• HLT50307 Diploma of Remedial Massage

To find out more about VET FEE-HELP call us on (03) 9415 3333, visit www.deewr.gov.au or www.think.edu.au/vet-fee-help.

Austudy / Youth Allowance
Austudy and Youth Allowance may also be available through Centrelink for approved students meeting the Centerlink eligibility criteria as a full time student (above 75% study load).

Course credits
Course credits and Recognition of Prior Learning are available, contact our Course and Careers Advisor for an application form and details on the process. Certified testamurs and transcripts are required from recognised institutions, and must be supplied with your application.

Find Out More
For further information please phone (03) 9415 3333, email us at enquiries@ssnt.com.au or come along to one of our regularly held Information Sessions.

Please visit www.ssnt.edu.au for the date of our next Information Session.
Industry Recognition

Study with us and gain industry recognition by professional associations and regulatory boards

Bachelor Degrees

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)
- ANTA (The Australian Natural Therapists’ Association)
- HSU-PB (Health Services Union – Professional Branch)

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)
- 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 conditional approval by:
- CMRBV (Chinese Medicine Registration Board of Victoria)

The course is recognised by:
- ANTA (The Australian Natural Therapists’ Association)
- AACMA (The Australian Acupuncture and Chinese Medicine Association)

Study Pathway
In addition, Southern School of Natural Therapies 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.

VET-Level Massage Courses

HLT40307 Certificate IV in Massage Therapy Practice

HLT50307 Diploma of Remedial Massage

Our Massage Courses are recognised by:
- ANTA (The Australian Natural Therapists’ Association)
- AAMT (Australian Association of Massage Therapists)
- AMT (Association of Massage Therapists)
- MAA (Massage Association of Australia)

Study Pathway
In addition, Southern School of Natural Therapies 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 Remedial Massage.
Think: Education Group is distinguished by its commitment to providing innovative, industry relevant degree and vocational courses at the highest levels. This not only provides students with a guarantee of quality but also a unique learning experience that sets them apart from other college and university graduates.

Think: Education Group not only provides students with a guarantee of quality but also a unique learning experience that sets them apart from other college and university graduates.

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 Australian Skills Quality Authority (ASQA). ASQA is the only national accreditation authority for the State of New South Wales authorised via the National Vocational Education and Training Regulator Act (2011) and related legislation to accredit private providers of vocational education and training.

All accredited qualifications undertaken by overseas and domestic students are awarded by Think: Colleges Pty Ltd (RTO No 0269, CRICOS Provider Code NSW 00246M, QLD 03107J, VIC 03252M). All degrees, diplomas and advanced diplomas and the accredited certificates issued by the College are recognised within the Australian Qualifications Framework (AQF). Currently the College is subject to periodic audits by the Australian Universities Quality Agency and ASQA.

Workshops, seminars, and short courses offered by the College are not recognised within the Australian Qualifications Framework and they are not accredited by NSW DET or ASQA. These are developed by the College in consultation with industry in order to meet industry needs.
If you would like more information on any of the material presented in this prospectus, please visit our website or contact one of our Course and Careers Advisors.