

## Holistic Massage Diploma

## Assessment Guidance

**CASE STUDIES**

Complete 8 x full case study clients of two treatments each

Complete 20 x one-off treatments

These are an extremely important aspect of your course. They allow you to practice what you learn in class and to acquire and become confident with your knowledge and demonstrate this and your confidence to the examiner.

- 8 clients with 2 treatments on each client – including reflective practice and CPD
- 20 one off treatment –reflective practice not required

Start the case studies immediately, as they take a long time to complete fully, including the paperwork. Use what movements you are learning in class and adapt these to other parts of the body until you have learned the whole sequence.

Follow the case study form / one-off consultation form format. You can add things if you want to, for example:

- Picture of a full body that you can circle areas of stress on each treatment and add notes
- More in-depth lifestyle information
- Listing symptoms of stress on each body system

**No section of the case study form should be left blank. Information should be specific and detailed.**

**You should look to highlight different information on each case study as too much repetition will not allow you to show full competencies.**

**It is important that you demonstrate your knowledge of Anatomy and Physiology in the case studies, so detail what muscles you are working over, any conditions the client presents with, notes on observation on other body systems such as skeletal, circulatory, lymphatic etc.**

If the case studies are not submitted on time you will be 'referred', which means that you cannot pass your exams until they have been completed to a satisfactory standard.

The case studies should be presented in a smart folder with the Case Study Assessment Sheet on the front of the folder. This will be marked by me and then verified by the examiner.

You will be expected to show your case study folder and progress on your case studies at each attendance lesson as soon as you have started them.

## Treatment Log

This is for your own use to keep track of your case studies and treatments.

| Case Studies          | Treatment 1<br>Date | Notes<br>Complete | Comments              | Treatment 2<br>Date | Notes<br>Complete | Comments |
|-----------------------|---------------------|-------------------|-----------------------|---------------------|-------------------|----------|
| 1.                    |                     |                   |                       |                     |                   |          |
| 2.                    |                     |                   |                       |                     |                   |          |
| 3.                    |                     |                   |                       |                     |                   |          |
| 4.                    |                     |                   |                       |                     |                   |          |
| 5.                    |                     |                   |                       |                     |                   |          |
| 6.                    |                     |                   |                       |                     |                   |          |
| 7.                    |                     |                   |                       |                     |                   |          |
| 8.                    |                     |                   |                       |                     |                   |          |
| One-off<br>Treatments | Treatment<br>Date   | Notes<br>Complete | One-off<br>Treatments | Treatment<br>Date   | Notes<br>Complete | Comments |
| 1.                    |                     |                   | 11.                   |                     |                   |          |
| 2.                    |                     |                   | 12.                   |                     |                   |          |
| 3.                    |                     |                   | 13.                   |                     |                   |          |
| 4.                    |                     |                   | 14.                   |                     |                   |          |
| 5.                    |                     |                   | 15.                   |                     |                   |          |
| 6.                    |                     |                   | 16.                   |                     |                   |          |
| 7.                    |                     |                   | 17.                   |                     |                   |          |
| 8.                    |                     |                   | 18.                   |                     |                   |          |
| 9.                    |                     |                   | 19.                   |                     |                   |          |
| 10.                   |                     |                   | 20.                   |                     |                   |          |