

## Level 2 Registration Form

Please enroll me in the Mothercare Massage Course to be held on \_\_\_\_/\_\_\_\_/\_\_\_\_.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Ph: (H) (\_\_\_\_) \_\_\_\_\_

(W) (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_  
\_\_\_\_\_

I will / will not be able to bring a massage table.

I am / am not currently pregnant?

My current level of training and or qualifications in Massage Therapy/ Health or related field is;

\_\_\_\_\_

Special needs: (food etc)

\_\_\_\_\_

I have included my \$100 dollar non-refundable deposit. I understand that I must pay the balance of the registration fee in full at least four weeks prior to course commencement to confirm my position.

Signed: \_\_\_\_\_/\_\_\_\_/\_\_\_\_

### VENUE

**Kiama Leagues Club  
109 Terralong Street  
Kiama NSW 2533  
(02) 4232 1777**

<http://www.kiamaleagues.com.au/>

### 2011 Course details

#### **Kiama**

**Date: Saturday & Sunday**

**30<sup>th</sup> & 31<sup>st</sup> July**

**Registration cost: \$450.00**

**Time: Approx 9.30am till 4:30 pm**

- **Non-refundable \$150 required to secure your position.**
- **To be returned with registration form.**
- **Balance to be paid at least four weeks prior to commencement date.**

#### **Payment options**

**Check Money order Direct deposit**



## **Certificate Course**

**Apryl Shannon (RN),  
Dip.H.Sc (M.T)**

**Pregnancy Massage Education**

**Kiama Leagues Club  
30<sup>th</sup> & 31<sup>st</sup> July 2011**

**LEVEL 2**

**POSTNAL RECOVERY REMEDIAL  
MASSAGE COURSE**

**Book early to ensure your place.  
Numbers strictly limited.**

## About Postnatal Massage

### Postnatal Massage

#### Course Convener

Apryl Shannon has a Degree in Nursing from the University of Wollongong and is a graduate of the Illawarra Institute of TAFE Diploma of Health Science (Massage Therapy).

Apryl has explored the field of pregnancy & postnatal massage both practically & academically and has taught at Moss Vale Campus of TAFE as well as conducting interstate & international courses in prenatal massage.

A mother of two Apryl has experienced the value and benefits of both giving and receiving massage during pregnancy and the postpartum period.

The Mothercare Massage Postnatal course is the product of this exploration and provides the practitioner with the confidence and skills to safely and effectively assist clients return to their previous state of health and wellbeing..

The massage therapist can play an important role in assisting with the mother's recovery during the postnatal period. The Massage Therapist is an additional member of the healthcare team who often sees the new mother more often than the medical staff. The massage therapist is a trusted confidant who the client often feels comfortable with and is therefore able to share more information about her health than she would with other healthcare providers. The massage therapist must therefore be vigilant. They must watch and record their client's progress toward recovery. The massage therapist should note irregularities or anomalies in the normal progression to recovery and recognize when these signs or symptoms may indicate a threat to the recovery of the mother. The massage therapist must also promote and assist the recovery process. The massage therapist has skills that can foster and support the natural healing processes of the body, assisting the healthy progression through the postpartum period.

In order to play this important role the massage therapist must be well informed regarding all aspects of the postnatal period. They must have an understanding of the recovery process and be able to recognize signs and symptoms that may indicate an alteration or abnormality that may impact on the health and wellbeing of the mother and her baby directly or indirectly.

## About the Mother Care Course

### Course Content

- 1. Anatomy & physiology of the postpartum period.**
- 2. Medical procedure & conditions**
- 3. Precautions and massage contraindications**
- 4. Complications in postnatal recovery**
  - **Persistent Pelvic Pain Postpartum**
  - **Low Back pain**
  - **Mastitis**
  - **Postnatal Depression**
  - **Caesarean birth, scar & adhesions**
- 5. Postnatal recovery sequence**
- 6. Remedial treatment modifications**

### Pre-requisites

It is an advantage to have completed the Mothercare Massage Level 1. Prenatal Course.

### Further Information

For more information contact;

Email : [apryl@iprimus.com.au](mailto:apryl@iprimus.com.au)

**Apryl Shannon :**

**13a Wandella Crs  
Flinders 2529**

PH: 0414966181  
02 42975678

Please return application form with 'Money Order' to:

**Apryl Shannon  
Pregnancy Massage  
Education  
13a Wandella Crs  
Flinders 2529**

**LEVEL 2  
Postnatal Recovery**

### **REFUND POLICY**

Initial deposit of \$150 is non-refundable. Cancellations with less than two weeks notice prior to scheduled date of course commencement will result in a nil refund. Notice of cancellation four weeks prior to course commencement will incur a 50% cancellation fee. Cancellation with more than four weeks prior notice will receive a full refund. To avoid cancellation fees participants may choose to attend an alternative course at a later date, availability permitting.

**I have read, understand and agree to be bound by the Mothercare Massage refund policy.**

**Signed:** \_\_\_\_\_ **Date:** \_\_/\_\_/\_\_