



## Relaxation Therapist 200 Hours

### Overview

This relaxation therapy course can provide an in-depth introduction on a number of relaxation techniques such as meditation, stretching, hydrotherapy and more! Every day, more and more people are realizing the ongoing benefits of relaxation therapy. Whether people suffer from work related stress, or need to cope with the rigors of a busy lifestyle, our relaxation therapy course can teach you how to help people find tranquility in their day through a number of coping techniques.

Learning more about relaxation therapy with us could be the first step toward a career as a relaxation therapist. You can also apply the relaxation techniques you learn in this relaxation therapy course in your own life, or among family and friends.

Our relaxation therapy distance learning course offers a thorough introduction on a number of relaxation therapy topics, including:

- Relaxation techniques and procedures
- Stress relief
- Anxiety management
- Sanitation and safety practices
- Hydrotherapy
- Self-massage techniques
- Visualization and much more...

### Outline

#### **Relaxation Therapist Module 1 Relaxation Techniques:**

- Meditation
- Yoga
- Progressive relaxation
- Autogenic training and imagery
- Aromatherapy
- Music for relaxation
- Creative visualization
- Conscious exercise
- Biofeedback
- Flotation therapy



## **Relaxation Therapist Module 2**

### **Stress Relief, Part One:**

- Definition of stress
- Stress management goals
- Stress psycho-psychology
- Stress and illness
- Nutrition, noise, life events
- Asserting yourself
- Conflict resolution
- Communication and time management
- Perception interventions
- Selective awareness; humor
- Gratitude; self-esteem
- Anxiety management
- Spirituality and stress

## **Relaxation Therapist Module 3**

### **Stress Relief, Part Two:**

- Internal sources of stress
- Material and social reinforcement
- Occupational stress
- The work environment and job dissatisfaction
- The workaholic and burnout
- Saying No
- Making time for leisure
- Family stress
- Money and stress
- Dealing with difficult people
- The importance of social support
- Dealing with anger and depression
- Enjoying the Holidays



## **Relaxation Therapist Module 4\***

### **The Healing Art of Touch:**

- History of massage
- Benefits of massage therapy
- Psychological and spiritual effects of massage
- Creating a relaxing environment
- Massage Etiquette
- Sanitation and safety practices
- Anatomy of movement
- Basic massage techniques
- Aromatherapy and massage
- Hydrotherapy
- Self-massage treatments
- Specialized massage techniques

\* **CAUTION:** This section does NOT qualify you to be a massage therapist. Please check with your state and/or country to learn the requirements for a massage therapy license.