

Training Course Descriptions - Updated for Website

Provider: Omega Therapies Holistic Health Centre and Training School LTD

Accreditation: Registered with The Complementary Medical Association (CMA) and ACCPH

Format: Flexible Learning (In-Class at Redditch Centre or Home Study/Online)

1. Acupuncture

Learn the ancient Chinese practice of acupuncture — the art of inserting fine needles into specific points on the body to stimulate sensory nerves and promote natural healing. This course covers meridian theory, point locations, consultation techniques, and safe practice.

- **What you'll learn:** History of acupuncture, meridian theory, point locations and indications, needling techniques, client consultation, contra-indications, safety and hygiene, and treatment planning.
- **Benefits of the therapy:** Can help manage pain, reduce stress, improve sleep, and support overall wellbeing.
- **Course format:** 14 lessons, 15 case studies, up to 30 hours guided learning.
- **Pricing:** In class £300 | Home Study £100

2. Anatomy & Physiology

A foundational course covering all major body systems. Essential knowledge for any holistic therapy practitioner.

- **What you'll learn:** The skin, muscular system, skeletal system, digestive system, lymphatic system, endocrine system, urinary system, respiratory system, nervous system, circulatory system, and reproductive system.
- **Course format:** 12 lessons, up to 90 hours guided learning.

3. Aromatherapy

Discover the therapeutic use of essential oils extracted from plants. Learn how to safely blend and apply oils for physical and emotional wellbeing.

- **What you'll learn:** What essential oils are and where they come from, effects of aromatherapy on the body, mixing and blending oils, carrier oils, safety precautions, and practical application.
- **Benefits of the therapy:** Supports relaxation, mood enhancement, stress relief, and can complement other treatments.
- **Course format:** 13 lessons/weeks, 10 case studies, up to 13 hours guided learning.
- **Pricing:** In class £350 | Home Study £100

4. Chakra Healing

Explore the body's seven major energy centres and learn how to balance them for improved physical, emotional, and spiritual health.

- **What you'll learn:** The seven chakras and their locations, chakra colours and meanings, signs of imbalance, healing techniques using crystals, colour therapy, and meditation, and how to perform a chakra balancing session.
- **Benefits of the therapy:** Promotes emotional balance, increases vitality, supports mental clarity, and enhances spiritual connection.
- **Course format:** Practical and theoretical sessions with case studies.
- **Pricing:** Contact us for pricing.

5. Counselling Level 3

A comprehensive introduction to counselling theory and practical skills. Perfect for those starting their journey in therapeutic counselling.

- **What you'll learn:** History of counselling, Freud and key theorists, practical application of counselling skills, client-centred theory, counselling models, personal development, and radical behaviour approaches.
- **Benefits of the therapy:** Helps individuals cope with stress, anxiety, grief, and life challenges in a supportive environment.
- **Course format:** In-depth lessons with practical components.
- **Pricing:** In class £350 | Home Study £100

6. Counselling Level 4

An advanced diploma building on Level 3, preparing you for professional practice as a qualified counsellor.

- **What you'll learn:** Defining counselling, core values and skills, transference, generic counselling skills, approaches to counselling, therapy specialities, and learning activities including supervised practice.
- **Course format:** 100 hours practical required, 12 assignments, up to 200 hours guided learning.
- **Pricing:** In class only £400

7. Crystal Healing Level 3

Learn to work with the energy of crystals and gemstones for healing and wellbeing.

- **What you'll learn:** The mineral kingdom, communicating with your crystals, subtle energies, gems, colours and crystals, uses of gems and energies, choosing and cleansing crystals, crystal meditation, and treatment layouts.

- **Benefits of the therapy:** Supports emotional balance, energy clearing, meditation practice, and personal growth.
- **Course format:** 10 lessons, 8 case studies, up to 40 hours guided learning.
- **Pricing:** In class £400 | Home Study £100

8. Cupping (Dry Cupping)

An ancient therapy using suction cups to stimulate blood flow, release fascial tension, and promote healing.

- **What you'll learn:** Medical consultation, contra-indications, history of cupping, benefits of cupping, side effects and aftercare, cupping points and meridians, and practical application.
- **Benefits of the therapy:** Helps relieve muscle tension, improve circulation, reduce pain, and support detoxification.
- **Course format:** 6 lessons, up to 18 hours guided learning.
- **Pricing:** In class £300 | Home Study £100

9. Hijama / Wet Cupping

A specialised course covering both hot cupping and Hijama (wet cupping) techniques.

- **What you'll learn:** History of Hijama, health and safety aspects, cross-infection control, practical application of hot cups, practical application of Hijama, client consultation, benefits of wet cupping, medical diagnosis and health check, contra-indications, health screening, and insurance and public health.
- **Prerequisite:** Prior completion of the Cupping qualification is beneficial.
- **Course format:** 1 day course, up to 8 hours guided learning.
- **Pricing:** In class only £400

10. Herbalism

Gain the knowledge needed to prescribe and use herbs safely and effectively.

- **What you'll learn:** First aid using herbs, history of herbs, directory of clinical herbalism, herbal medicine preparation, treating illness with herbs, anatomy and physiology (herbal context), conditions directory, and practical mixing and blending of herbs including tinctures, bath products, creams, and tablets.
- **Benefits of the therapy:** Supports the body's natural healing processes for a wide range of common ailments.
- **Course format:** 15 lessons, up to 45 hours guided learning.
- **Pricing:** In class £300 | Home Study £100

11. Hopi Ear Candle Therapy

Learn this gentle, non-invasive therapy using special hollow candles to create a soothing sensation in the ear canal.

- **What you'll learn:** Anatomy of the ear, conditions affecting the ear, headaches and stress, practical application of Hopi ear candles, contra-indications, and aftercare.
- **Benefits of the therapy:** May help relieve sinus pressure, earwax buildup, headaches, and promote deep relaxation.
- **Course format:** 3 case studies, 4 practice sessions, 1 lesson, up to 4 hours guided learning.
- **Pricing:** In class £150 | Home Study £40

12. Hot Stone Massage

Learn to use heated basalt stones as part of a deeply relaxing massage treatment.

- **What you'll learn:** History of hot stone massage, care of your stones, client consultation, health and safety, cleansing your stones, types of stones and their uses, and practical application.
- **Prerequisite:** Completing a massage course first is recommended.
- **Benefits of the therapy:** Deep muscle relaxation, improved circulation, stress relief, and warmth helps ease stiffness.
- **Course format:** 4 case studies, 3 lessons, up to 12 hours guided learning.
- **Pricing:** In class £250 | Home Study £70

13. Hypnotherapy

Train to become a hypnotherapist and help clients overcome phobias, addictions, and mental health challenges.

- **What you'll learn:** Hypnotherapy techniques, scripts, assessing your patient, self-hypnotherapy, working with phobias, addiction support, mental health awareness, and understanding the brain.
- **Benefits of the therapy:** Can help with anxiety, phobias, smoking cessation, weight management, stress, and building confidence.
- **Course format:** 20 module lessons over 40 weeks, up to 80 hours guided learning.
- **Pricing:** In class £400 | Home Study £100

14. Indian Head Massage

Learn this soothing therapy focused on the head, neck, shoulders, and upper arms.

- **What you'll learn:** History of Indian Head Massage, stress and its effects on the body, practical positioning, benefits of IHM, the hair and scalp, herbal hair care, and a full treatment routine.
- **Benefits of the therapy:** Relieves tension headaches, reduces stress, improves scalp health, and promotes deep relaxation.

- **Course format:** 6 case studies, practical test, 8 lessons, up to 32 hours guided learning.
- **Pricing:** In class £300 | Home Study £100

15. Massage (Holistic Full Body Massage)

A comprehensive course covering full body massage and its effects as a holistic treatment.

- **What you'll learn:** History of massage, development of modern-day massage, effects of massage on mind, body and spirit, medicinal effects, anatomy and physiology (massage context), client consultation, contra-indications, strokes, movements and applications, oils and their uses, and conditions directory including aromatherapy uses.
- **Benefits of the therapy:** Reduces muscle tension, improves circulation, promotes relaxation, supports mental wellbeing.
- **Course format:** 10 case studies, up to 30 hours guided learning.
- **Pricing:** In class £350 | Home Study £100

16. Massage Standard Certificate

A shorter introductory course giving you basic skills and knowledge to safely perform a full body massage.

- **What you'll learn:** History of massage, client consultation, strokes and application, contra-indications, benefits of massage, and oils and their uses.
- **Course format:** 2 lessons, up to 5 hours guided learning.
- **Pricing:** In class £150 | Home Study £100

17. Moxibustion

Learn the traditional Chinese medicine technique of burning Mugwort (Moxa) near specific points on the body.

- **What you'll learn:** Introduction to Moxa, history of Moxibustion, what is Mugwort?, healing benefits of Mugwort, meridians, client consultation, contra-indications, health and safety, and course of treatments.
- **Benefits of the therapy:** Supports circulation, boosts energy, relieves pain, and complements acupuncture treatments.
- **Course format:** Includes assignment, 4 case studies, 3 lessons, up to 12 hours guided learning.
- **Pricing:** In class only £250

18. Reflexology

Learn the art of applying pressure to reflex points on the feet and hands to promote healing throughout the body.

- **What you'll learn:** History of reflexology, zones of the body, client care, reflex points of the feet and hands, practical application, benefits of reflexology, and aftercare.
- **Benefits of the therapy:** Promotes deep relaxation, improves circulation, supports the body's natural healing processes, and reduces stress.
- **Course format:** 10 case studies, 18 weeks, up to 36 hours guided learning, practical end test.
- **Pricing:** In class £400 | Home Study £100

19. Reiki Level 1 (Shoden)

The first degree of Reiki — your introduction to this gentle yet powerful energy healing system.

- **What you'll learn:** History of Reiki, the need for self-healing, the chakras, hand positions for self-treatment and treating others, and receiving your first attunement.
- **Note:** You can only practise Reiki professionally after completing Reiki Level 2.
- **Course format:** Half day course, 9 case studies, up to 5 hours guided learning.
- **Pricing:** £130

20. Reiki Level 2 (Okuden)

The second degree of Reiki, enabling you to practise Reiki professionally.

- **What you'll learn:** Distance healing, past healing, Reiki symbols including the distance and master symbol, and how to send Reiki across time and space.
- **Prerequisite:** It is recommended that you complete Reiki Level 1 at least 6 months prior.
- **Course format:** 9 case studies, 1 lesson, up to 5 hours guided learning.
- **Pricing:** In class only £250

21. Reiki Masters (Shinpiden)

The highest level of Reiki training, enabling you to teach and attune others.

- **What you'll learn:** Reiki as a way of life, healing your past and future, advanced practice, how to give attunements, and teaching techniques.
- **Prerequisite:** You must have Reiki Levels 1 and 2 before taking this course.
- **Course format:** 1 mock teaching, 12 case studies, up to 5 hours guided learning.
- **Pricing:** In class only £320

22. Sports Massage

Focused on the needs of athletes and active individuals, this course covers the assessment and treatment of soft tissue.

- **What you'll learn:** Anatomy and physiology for sports, assessment techniques, sports-specific massage strokes, injury management, warm-up and cool-down protocols, contra-indications, and treatment planning for common sports injuries.
- **Benefits of the therapy:** Improves athletic performance, aids recovery, prevents injury, reduces muscle soreness, and supports rehabilitation.
- **Course format:** Contact us for details.

23. Tarot Diploma

A comprehensive diploma course covering everything you need to know to read tarot cards professionally.

- **What you'll learn:** The history of tarot, meanings of all 78 cards (Major and Minor Arcana), different spreads, interpreting cards for clients, and ethical practice.
- **Course format:** 18 modules in 19 lessons with assessments at the end of each level (70% pass mark), up to 76 hours guided learning.
- **Pricing:** In class £300 | Home Study £100

24. Wiccan Diploma

Gain all the knowledge and practical skills to practise the art of Wicca.

- **What you'll learn:** History of Wicca, the Goddess and God, casting a circle, spells and spellcraft, thought forms, tools of the trade, practical magic sessions, setting up your altar, and Wiccan seasons and holidays (the Wheel of the Year).
- **Course format:** 10 lessons, up to 30 hours guided learning.
- **Pricing:** In class £300 | Online £90

25. Hoodoo Course

Explore the traditions and practices of Hoodoo folk magic, including rootwork, spiritual cleansing, and protection techniques.

- **What you'll learn:** History and cultural context, working with herbs, roots, and curios, spiritual baths and cleansing, candle magic, protection and blessing work, ancestor veneration, and ethical practice.
- **Course format:** Contact us for details.

Important Legal & Safety Information

- Practical assessments are required for specific certifications.
- Completion of Home Study modules alone does not grant the "Qualified Professional" title without practical sign-off where required.

- All courses are registered with The Complementary Medical Association (CMA).
- Affordable payment plans are available — interest-free.
- All courses must be paid in full prior to completion.
- For more information call us on 01527 585023.