

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Introduction to Stress Management & Bodywork

Workshop Level



LAPT — London Academy of Professional Training

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Reference BE-MSW-W • Beauty Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	BE-MSW-W
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Basic Bodywork Techniques 3 chapters · 12 classes90 marks • 1 Fundamentals of Bodywork and Stress Reduction — 4 classes › 1.1 Understanding the Science of Stress and Bodywork › 1.2 Identifying Stress Patterns in the Body › 1.3 Exploring Basic Techniques for Stress Reduction › 1.4 Applying Bodywork Techniques to Alleviate Stress • 2 Hands-On Techniques for Effective Bodywork — 4 classes › 2.1 Understanding the Basics of Bodywork Techniques › 2.2 Exploring Key Hand Positions for Effective Massage › 2.3 Mastering Pressure Application and Control › 2.4 Practicing Effective Bodywork Sequences • 3 Integration of Bodywork Practices in Wellness Environments — 4 classes › 3.1 Explore the Role of Bodywork in Contemporary Wellness › 3.2 Understand the Principles of Integrating Bodywork Techniques › 3.3 Apply Bodywork Approaches in Diverse Wellness Settings › 3.4 Evaluate the Impact of Bodywork on Client Wellbeing	2 Client Interaction Skills 3 chapters · 12 classes65 marks • 1 Understanding Client Needs and Expectations — 4 classes › 1.1 Identifying Client Needs Through Active Listening › 1.2 Communicating Effectively to Discover Client Expectations › 1.3 Analysing Client Feedback to Tailor Stress Management Plans › 1.4 Collaborating with Clients to Set Realistic Goals • 2 Building Effective Communication and Rapport — 4 classes › 2.1 Understanding the Basics of Effective Communication › 2.2 Identifying and Overcoming Communication Barriers › 2.3 Developing Active Listening Skills › 2.4 Building Rapport Through Empathy and Trust • 3 Implementing Personalized Client Interaction Strategies — 4 classes › 3.1 Understanding Client Needs and Preferences › 3.2 Developing Tailored Client Interaction Plans › 3.3 Implementing Personalized Strategies in Client Meetings › 3.4 Evaluating and Refining Client Interaction Techniques
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3

Evaluating Therapeutic Outcomes

3 chapters · 12 classes

65 marks

• 1 Understanding Therapeutic Goals and Client Expectations — 4 classes

- › 1.1 Identifying Therapeutic Goals: An Introduction
- › 1.2 Clarifying Client Expectations: Techniques and Strategies
- › 1.3 Aligning Therapeutic Goals with Client Expectations
- › 1.4 Evaluating the Success of Therapeutic Outcomes

• 2 Techniques for Monitoring and Measuring Client Progress — 4 classes

- › 2.1 Understanding Client Baselines in Stress Management
- › 2.2 Identifying Key Indicators of Therapeutic Progress
- › 2.3 Utilizing Bodywork Techniques for Client Assessment
- › 2.4 Implementing Feedback Mechanisms for Continuous Improvement

• 3 Analyzing and Interpreting Therapeutic Outcomes — 4 classes

- › 3.1 Understanding Key Metrics in Therapeutic Outcomes
- › 3.2 Identifying Patterns and Trends in Client Feedback
- › 3.3 Analyzing Quantitative Data from Stress Management Sessions
- › 3.4 Interpreting Qualitative Results to Inform Future Sessions

4

Introduction to Stress and Its Effects

3 chapters · 12 classes

65 marks

• 1 Understanding Stress: Definitions and Sources — 4 classes

- › 1.1 Define Stress Through a Psychological Lens
- › 1.2 Identify Common Physical and Emotional Symptoms of Stress
- › 1.3 Explore Major Sources and Triggers of Stress
- › 1.4 Assess Personal Stressors Using Real-Life Scenarios

• 2 Physiological and Psychological Effects of Stress — 4 classes

- › 2.1 Understanding the Physiological Indicators of Stress
- › 2.2 Exploring the Psychological Impact of Stress
- › 2.3 Analyzing the Interplay Between Stress and Health
- › 2.4 Identifying Practical Strategies for Stress Reduction

• 3 Identifying Stress in Clients: Signs and Symptoms — 4 classes

- › 3.1 Understanding the Physiology of Stress
- › 3.2 Recognizing Emotional and Behavioral Indicators of Stress
- › 3.3 Identifying Physical Symptoms of Stress in Clients
- › 3.4 Assessing Stress Levels Through Client Interviews

5

Personalised Stress Management Planning

3 chapters · 12 classes

90 marks

• 1 Understanding Personal Stressors and Triggers — 4 classes

- › 1.1 Identifying Common Personal Stressors
- › 1.2 Recognising Your Unique Stress Triggers
- › 1.3 Exploring the Impact of Stress on Well-being
- › 1.4 Developing Personalized Stress Reduction Techniques

• 2 Techniques for Developing Personalized Stress Management Plans — 4 classes

- › 2.1 Understand Key Stress Triggers and Responses
- › 2.2 Identify Personal Stress Patterns and Effects
- › 2.3 Explore Techniques for Individual Stress Relief
- › 2.4 Develop and Refine a Personalized Stress Management Plan

• 3 Integrating Bodywork into Stress Management Strategies — 4 classes

- › 3.1 Understanding the Role of Bodywork in Stress Management
- › 3.2 Exploring Different Types of Bodywork Techniques
- › 3.3 Evaluating the Benefits of Bodywork for Stress Relief
- › 3.4 Designing Personalised Bodywork Plans for Stress Management

6

Safety and Professional Standards

3 chapters · 12 classes

65 marks

• 1 Understanding Safety Protocols in Massage and Spa Environments — 4 classes

- › 1.1 Identifying Potential Hazards in Massage and Spa Settings
- › 1.2 Applying Best Practice Hygiene Standards
- › 1.3 Understanding Client Confidentiality and Professional Boundaries
- › 1.4 Implementing Emergency Response Procedures

• 2 Professional Conduct and Ethical Practices in Bodywork — 4 classes

- › 2.1 Understanding Professional Conduct in Bodywork
- › 2.2 Exploring Ethical Practices and Boundaries
- › 2.3 Identifying and Addressing Ethical Dilemmas
- › 2.4 Applying Professional Standards to Client Interactions

• 3 Risk Management and Emergency Preparedness in Wellness Services — 4 classes

- › 3.1 Understand Key Risk Factors in Wellness Services
- › 3.2 Identify and Prioritize Potential Hazards
- › 3.3 Develop an Effective Emergency Response Plan
- › 3.4 Implement and Regularly Review Safety Protocols

