

# Iron Mill - a place of high professional standards

**H** E IRON MILL INSTITUTE IS A long established educational and training organisation and a place of high professional standards based in Exeter, Devon.

The institute is in partnership with Strode College of Further Education and the University of Worcester who have validated several Masters programmes based at the Institute.

The Iron Mill was pioneered by Julie Hewson, the current Director, in the early eighties as a way of combining psychology, art and sociology in the transformatory process of clinical and organisational applications.

The Institute offers a range of professionally accredited training in the fields of counselling,

psychotherapy, supervision, coaching, dramatherapy, Post Traumatic Stress Disorder, Cognitive Behavioural Therapy and now also Neuro Linguistic Programming. In addition there is a rich and varied continuing professional development programme (CPD) available to the qualified professional or for those just wanting to sample what is offered at the institute.

Our sister company, The Iron Mill Agency is a quality register of practitioners specialising in various health professions fields and is also available to Iron Mill Institute students seeking to gain client hours towards their qualifications. For more information on our agency, please visit [www.ironmill-agency.com](http://www.ironmill-agency.com).

The Iron Mill has attracted students from a range of cultural, religious and minority groups, and the range of professions that have been represented here during this time has been astonishing.

Each person brings a richness and diversity to the Iron Mill and are blessed with teachers and trainers of high quality and commitment with a range of excellent practitioners, plus a dedicated and welcoming administrative team, who provide important back up and support for the people studying here.

For further details please visit [www.ironmill.info](http://www.ironmill.info) or contact us by emailing [enquiries@ironmill.info](mailto:enquiries@ironmill.info) or calling (01392) 219200. We look forward to hearing from you.

## Considering a career in massage therapy?

**T** HE SOUTHWEST IS brimming over with interest in complementary health," says Emma Gilmore, the new director at School of Bodywork Exeter.

"Many people are being forced to re-evaluate their lives and their work due to various economic pressures and a career in massage and bodywork is an attractive option – it is an extremely rewarding career and one that can be taken to any level, fitting around numerous other commitments."

Emma, a therapist with a highly successful practice of her own, re-launched the School of Bodywork at Exeter Natural Health Centre ([www.schoolofbodywork](http://www.schoolofbodywork)) earlier this year. She is a natural and enthusiastic teacher and her courses are aimed at all levels – from the person wanting to learn massage for the first time, to qualified therapists wanting to

deepen their knowledge and skills as well as increasing their client base. All diploma courses are APNT accredited (Association of Physical & Natural Therapists). The inspirational 23-day 'Complete Bodyworker' is the Qualifying Diploma in massage & bodywork. Over a ten month period Emma aims to equip her students with the knowledge, skills and confidence to set up their own successful practice.

Courses include: Introduction to Massage, the Complete Bodyworker, Sports Massage Diploma, Indian Head Massage Diploma & Protect Your Body Extend Your Career. For more information visit: [www.schoolofbodywork.com](http://www.schoolofbodywork.com)



School of Bodywork

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in the heart of the city*

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Exeter Natural Health Centre



**Complete Bodyworker:** Qualifying Massage Diploma, comprehensive training: 22 days over 11 months £1,295

**Sports Injury Massage Diploma:** Advanced techniques and deep tissue work: 12 days over 8 months £995

**Indian Head Massage Diploma:** A popular and versatile massage technique: 3 days over 6 weeks £240

**Protect Your Body Enhance Your Career:** A great day, a must for all therapists: 1 day £80

[info@schoolofbodywork.com](mailto:info@schoolofbodywork.com)  
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ESTABLISHED 21 YEARS**

We are currently accepting applications for courses commencing in September 2010  
Taster days available

- Professional accredited training in Counselling, Psychotherapy, Supervision, Coaching and Dramatherapy
- Specialist programmes in Cognitive Behavioral Therapy (CBT) and Post Traumatic Stress Disorder (PTSD)
- Full continuing professional development programme of over 40 different workshops being delivered during 2010
- Masters programmes in Coaching, Dramatherapy and Supervision validated by Worcester University

**www.ironmill.info**

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In partnership with University of Worcester STRODE College