

A Career as a professional Holistic Therapist

A holistic therapist provides alternative, or complementary, treatment to an individual who may be suffering from various ailments, connected to either the body or the mind. Holistic therapists may work from home, set up a private practice, or rent a room in an established practice or health club.

A holistic therapist is an individual who has been trained in the art of holistic therapy. Holistic therapy is treatment which aims to treat a client as a whole, rather than as a being separated into different parts which do not interconnect. Holistic therapy treats the individual's body, spirit, and mind. It is often used to treat individuals who are also being treated with traditional medicine, for example patients who are taking pharmaceutical drugs for a medical condition or undergoing therapy for a mental disorder.

Some of the treatments which fall under the genre of holistic therapy include acupuncture, Chinese treatments, homoeopathy, reflexology, polarity therapy, crystal healing, and spiritual response therapy. Many such treatments have been around for thousands of years and most have a basis in scientific theory. However, certain of the other treatments, such as the spiritual response therapy, seem to have no basis in scientific fact and have therefore been somewhat scorned by medical experts.

It may come as no surprise to state that most holistic therapists are women. Holistic therapists need to be sensitive and able to listen to the problems of their patients, which is perhaps why more women have traditionally been encouraged to train for such a career. However, there is really no good reason why men should not become holistic therapists.

Employers

Many holistic therapists work for themselves or in the local leisure centre or small health club but the following major health clubs may employ their services:

Cannons health clubs

Fitness First health clubs

David Lloyd leisure clubs

The NHS is increasingly offering alternative therapies to patients and work may be found by contacting your local NHS trust. Care homes and Nursing homes are now incorporating treatments as they see the benefits this offers their residents.

Working conditions & Responsibilities

Some of the main tasks performed by holistic therapists include:

Listening to the needs of the individual client and assessing the treatment which may be best for them

Providing advice as well as alternative treatments

Understanding the current medical conditions of the client in order to make sure they are not exposed to treatments which may be risky

Discussing treatment plans with the client and altering them if necessary

Providing a range of treatments to the individual

Constantly checking that the client feels comfortable with the particular treatment being administered

Assessing the session with the client after the treatment has ended

Spending time advertising and trying to build up a client base

Reading research on new treatments and keeping up-to-date with new advances in the medical world

Holistic therapists usually work in comfortable conditions, since their clients need to feel at ease at all times. They will either work from home, or in a rented room, for instance at a health club or private practice.

However, holistic therapists occasionally visit clients in their own homes, particularly if the individual is seriously ill. The hours can be very long and do not fit the typical nine to five timetable. Furthermore, the job can be stressful as holistic therapists need to listen to the problems of other clients on a daily basis. However, this negative point is compensated for by the job satisfaction felt by most holistic therapists, who believe that their job is extremely rewarding.

Salary

Holistic therapists are unusual since many do not consider money as an important part of their work. Most holistic therapists love what they do and derive satisfaction from providing an essential service to individuals who need help. If a therapist is setting up a private practice, no profit is likely to be made quickly since buying equipment and setting up a room can be extremely expensive. Even if a holistic therapist is working for an established practice, the long hours do not result in a great deal of money.

Renting a room takes away much of the profit made and, for this reason, many holistic therapists choose to work from home. However, even this option has problems associated with it, since it will take longer to build up a list of clients. Once a holistic therapist has become established and managed to absorb the initial expenses, they can expect to earn a reasonable living.

As a rough guide, one practice was advertising a vacancy for a senior holistic therapist recently with a salary of just £16,000.

Career Progression

Many holistic therapists simply stay in their general role and concentrate on becoming more experienced and knowledgeable about all the treatments on offer. However, some will decide to specialise in just one treatment, thus becoming a masseur or maybe a reflexology expert. Many holistic therapists decide to leave the practical side of their job and

adopt a role in teaching. They may become a lecturer in holistic therapy at a college or run courses for therapists who are already trained.

Finding Work

Below are a few links that you may find helpful.

<http://www.indeed.co.uk/Holistic-Therapy-jobs>

<http://www.jobisjob.co.uk/holistic-therapist/jobs>

<http://www.adzuna.co.uk/jobs/london/massage-therapist>

<https://www.spastaff.com/jobs/Holistic-Therapist>