

# The Massage in Schools Program (MISP)

## What is MISP?

MISP is a multisensory peer massage activity that fosters positive relationships between students and decreases bullying in schools. MISP enhances the overall health and wellbeing of students and creates calmer and happier classrooms!

MISP is:

- ✓ Suitable for children aged 4-12 yrs.
- ✓ Mini MISP for 2 – 4 year olds
- ✓ Research based and has shown to increase student concentration and improve attainment.
- ✓ Strongly linked to Social and Emotional skills development and effectively teaches children self-awareness, self-management, social awareness and social management.
- ✓ Easily implemented in the classroom (takes around 15 minutes, daily).
- ✓ Adaptable for students with special needs.
- ✓ Culturally inclusive and is used in over 35 countries around the world.
- ✓ FUN!



## Who is the MISP Course suitable for?

- ✓ Teachers
- ✓ Education assistants
- ✓ Therapists
- ✓ Chaplains
- ✓ Psychologists
- ✓ Social workers
- ✓ School nurses
- ✓ Child Care workers
- ✓ Adults working in child orientated environments

## 2019 Portlaoise. MISP Instructor Course Details (2 day course)

**MISP Trainer: Maria Hart**  
**Bsc. Nursing; M. Counselling/  
Psychotherapy**

**Dates 2 days Sun 3<sup>rd</sup> & Mon 4<sup>th</sup> March**

**Venue: Golden Egg Holistic  
Glenfield, Portlaoise, Co laois**

**Cost: €330.00**

### Course Includes:

- ✓ Professional hands on training of the MISP routine and other touch & movement activities
- ✓ MISP handbook
- ✓ MISP Learning Cards,
- ✓ International certification of instructor qualification
- ✓ 1yr membership for the Massage in Schools Australia Association
- ✓ Refreshments - please note lunch is not included