

The Jennifer Young

Postgraduate Diploma Case Study Guide

Now you have completed your online learning, it is time to complete your case studies as the final steps of your qualification. You will need to do two types of assessment: the **Initial Pre-Case Study Assessment**, and **a number of case studies to be discussed in one pre-booked session** (the number of which depends on which course you are undertaking).

One of our fantastic Jennifer Young tutors will host the online assessments via Zoom. They are not there to catch you out or to make you feel as though you are back at school taking an exam. They are there to ensure you are practicing our routines safely and effectively, and to answer any lingering questions you may have.

Booking

You must have completed all your case studies prior to the discussion session, and MYCaW questionnaires must be submitted before certification. To book your pre-case study assessment and discussion you must have paid a minimum of all but two payments on your payment plan with the remaining payments pending.

All appointments/assessments are subject to a **£50 deposit** due to the amount of last-minute cancellations we have had in the past. This deposit is **fully refundable** and will be returned to you after the meeting/assessment. If you have to cancel, please try to do so with at least 48 **hours notice**, that way we can allow someone else the opportunity for the appointment. There will be a rescheduling link included in your confirmation email, which is the preferred option.

When booking, please choose the correct type of assessment you need, then the available dates will appear on the calendar, highlighted in blue. Please click the date and time you would like, and fill out your details. We are aiming for one assessment day per month, and if this fills up, we will add more. Please let us know if you would prefer a specific date and we can try to accommodate.

Q&A

If you would like to speak to one of our Jennifer Young tutors regarding your assessment or for any other questions you have about the course, please **book a 30-minute appointment** here: <https://calendly.com/jenniferyoungtraining>

Initial Pre-Case Study Assessment

This must be done **BEFORE** you arrange any official case studies. This assessment is a practical demonstration where a model will be required and the session will last for 30 minutes.

The tutor will observe a shortened version of the routine checking your knowledge of pressure and light touch therapy, the knowledge of the routine flow, and the positioning and adaptations for your client (if applicable). They are also there to answer any questions about routines or otherwise that you may have.

Book your appointment

here: <https://calendly.com/jenniferyoungtraining>

What you will need:

- A model (should not have had a cancer diagnosis)
- A quiet place to conduct your massage treatment
- Products to use in the oncology treatments (Jennifer Young products are not essential – refer to your course notes in order to reassure yourself that you have chosen products which comply with our requirements)
- An Internet connection and Zoom (you don't have to download it – the website version works just fine)
- For body treatments you will need to demonstrate two repetitions of each movement. This will consist of the back, one back of leg, one front of leg, one arm, and the face and scalp.
- For facial treatments you will need to demonstrate one quick cleanse, and the massage routine with two repetitions of each movement
- For reflexology you will need to demonstrate the opening movements, the main routine and linking movements on one foot.

The tutor will give feedback after you have completed the shortened treatment. They will help you if you are struggling with a movement and give advice about pressure and pace.

Once the Initial Pre-Case Study Assessment is completed and your tutor has told you that you have passed, you are now free to book in your case studies which are completed independently.

Case Studies

You must have completed your Initial Pre-Case Study Assessment and passed in order to move onto your case studies. These are to be completed independently at a time that suits you and your client. You will be required to do three case studies for each oncology course that you are undertaking, conducting one treatment per client. Hormonal Balancing Qualifications require one case study only.

You will need to fill out an online Measure Yourself Concerns and Wellbeing form for each of your case study clients. It should be done before the treatment begins and after the treatment ends. Instructions for this can be found in the course folder in the online platform. These help you to get to know your client better, help to identify extra areas for concern or extra attention, and help us to identify common issues

that people with cancer are facing so we can train therapists in the most effective way possible.

What you will need for oncology qualifications:

- Three models (who have been diagnosed with cancer at some point in their life – they do not have to be in active treatment. Each will experience one treatment).
- A quiet place to conduct your massage treatment
- Oncology safe products to use in the massage (as per your initial assessment)
- You will need to complete your MYCAW forms (instructions in the online learning course folder under the Case Study tab).

Case Study Discussion

Once you have completed your Initial Pre-Case Study Assessment and independently completed Case Studies you will move onto your final part of the assessment process. You now need to book your Case Study Discussion. The case study discussion is an hour-long live Zoom assessment. This is where one of our Jennifer Young Tutors will discuss your observations and actions from working on your case study clients. The main points of discussion will be your consultation, e.g. MYCAW, adaptations for client and treatment, as well as products used, client wellbeing, client history. The tutor may ask you some questions around hygiene precautions, room set up and clients skin conditions and aftercare advice given.

Book your appointment

here: <https://calendly.com/jenniferyoungtraining>

What you will need:

- To have completed all your case studies independently.
- You must have submitted your MYCAW forms
- An Internet connection and Zoom (you don't have to download it – the website version works just fine)
- You must have completed at least all but the final two payments on your payment plan

Measure Yourself Concerns and Wellbeing (MYCAW)

This is a means of measuring a client's concerns prior to, and following a treatment. It helps you understand areas that may need more attention than others, or if there are areas that should be avoided. The follow-up MYCAW allows you to understand if the treatment has been effective, and helps to identify areas that may need to be worked on in further appointments.

The MYCAW can be filled out at this web

address: <https://jennifer426830.typeform.com/to/BRfEWJIB>

Fill out your details and the client's details, including a brief summary of their diagnosis. They can remain anonymous if they wish; you can put 'N/A' in the name section.

You will need to do one of these forms for each case study you have.

Then ask the client for two concerns or problems that they seem to be experiencing. These can be pains or aches, skin, hair and nail problems, anxiety, mental health issues, lack of sleep, stress – any issues at all. Try and get the client to be as specific as possible without being intrusive.

Ask the client to rate how much the problem is affecting their everyday life or level of pain – 0 being not at all, 5 being incredibly inconvenient or painful. Also ask your client to rate their overall wellbeing.

After the treatment is completed, ask your client to reflect on these issues and complete the second half of the form. Don't be discouraged if the problems are still causing the same amount of bother – not all issues are going to be solved by one treatment.