

## 1-DAY BASIC Microneedling/CIT TRAINING COURSE

Presented by Susanne Ableitinger

### DAY ONE

- 09:00– 09:15 (15 min)      Arrival & Registration
- 09:15 – 10:45 (90 min)      Theory
- Introduction to Micro-needling (CIT)
  - Skin Structure – Cells & Systems
  - Sterilisation & Hygiene & Blood Borne Pathogens
  - Contra-Indications
  - Consent Forms & Photo Release Forms
  - Pre-treatment Consultation
  - Face/Body Plan & Client Information
  - Different devices available.
  - How does CIT work and its effects on the skin.
- 10:45 – 11:00 (15 min)      Tea/Coffee break
- 11:00 – 12:00 (60 min)      Theory
- Wound healing
  - Micro-needling treatment protocol
  - After-care Instructions
- 12:00 – 13:00 (60 min)      Practical on own model (**bring own model**)
- 13:00 – 13:30 (30 min)      Lunch
- 13:30 – 14:00 (30 min)      Discussion on practical/ Q&A  
Theory Assessment Criteria
- 14:00 – 15:30 (90 min)      Practical exam using own model (**bring own model**)
- 15:30– 16:00 (30 min)      Close of Training
- Q&A
  - POE (Portfolio of Evidence/Case Studies)