

## 1<sup>ST</sup> QUARTER WORKSHOP SCHEDULE

Many opportunities are fast becoming available for the future Massage Therapist. Here at the Institute we strive to provide not only the best of the basics of massage, but also career options. These advanced courses will afford the Licensed Massage Therapist a distinct competitive advantage.

### COURSE DESCRIPTION

January 23<sup>RD</sup>, **GERIATRIC MASSAGE** (7 hr.): the study of massage techniques and contraindications for the special needs of the elderly. Touch is essential for our well being at all ages, but at no time do we receive less than in later life. Touch that has nurtured us as children begin to diminish in adulthood and by our later years has dwindled for many to the merest trickle of tenderness and affection. The healing elements of massage, while unable to return a body to its youthful vigor can, however, provide for the relief of the effects of aging and comfort the soul.

March 7<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>. **SPORTS MASSAGE** (21 hr.): the study of massage techniques as it applies to the special needs of the sports professional or enthusiast. Massage facilitates the body's recovery from sporting injuries and overuse or maintains the proper muscle tone for peak performance. Rich Phaigh's "Therapeutic Massage for Sports and Fitness" is the foundation for this elective.

February 20<sup>th</sup>, 21<sup>st</sup>. **CANCER MASSAGE** (14 hr.): the study of very special massage techniques and the contraindications as it applies to the cancer patient. Not too long ago there was a "hands-off" policy regarding those suffering with cancer. Today compassionate skilled massage founded on thoughtful education, safe practice principles, and practice in clinical thinking is replacing the "hands-off" rule. This elective is based on research at the Sloan-Kettering Cancer Center in New York where massage therapy has become a key method of treatment.

February 27<sup>th</sup>, March 6<sup>th</sup>. **REFLEXOLOGY** (14 hr): Each foot contains 7,200 nerve endings. These nerve endings have extensive interconnections through the spinal cord, brain, and, throughout the body. This more than anything else explains why we feel so much better when our feet are treated.

January 24<sup>th</sup>. **NERVE ENTRAPMENT** - CARPAL TUNNEL/ THORACIC OUTLET SYNDROME (8 hr.): a class designed to provide the therapist with a thorough understanding of the structures and physiological processes involved in CTS/TOS. This class includes benefits of massage, warning signs, symptoms, and preventive measures. An outline of a plan of care, discussion of techniques and practical application of techniques provides the therapist with a "hands on" experience.

February 6<sup>th</sup>. **CHAIR MASSAGE I** (7 hr.): the study of massage techniques applicable for individuals unable or unwilling to lie down. Workplace stress and rapid turnovers in an already short supply workforce has the corporate world scrambling for options. Massage is fast becoming the benefit of choice of the "pluggers" who hold the companies together. Chair massage provides for the sense of relief necessary for workplace harmony.

February 7<sup>th</sup>. **CHAIR MASSAGE II** (7 hr.): advances the chair massage to a therapeutic tool for recovery of injuries. The chair offers many possibilities and flexibilities unattainable on a massage table. Chair Massage I is a prerequisite to this class.

February 8<sup>th</sup> – March 19<sup>th</sup>. **ADVANCED THERAPIES 2-ORTHOPEDIC MASSAGE** (24hr) Designed to develop your ability to evaluate the multiple structural and functional problems of the musculoskeletal system, and to base subsequent therapeutic choices on the evidenced gained by diligent assessment.

January 30<sup>th</sup>. **HOT STONE BODY MASSAGE** (8hr.): Hydrotherapy at its finest. Find out why hot stones are the "hottest" spa trend going. Hot stones allow a deeper state of

relaxation than regular massage and clients love the feeling! Everyone will give and receive a full hot stone massage during class.

January 31<sup>st</sup>.

**THERAPEUTIC HOT STONE BODY MASSAGE** (8hr.): You learned how to relax clients with hot stones, now discover how to perform therapy with them. Added benefits to you – the stones do the work. Set yourself apart from the rest by learning these advanced techniques. Prerequisite – Hot Stone Massage.

## Workshop/Electives 2010 Pricelist

		Book Supply Fee	Alumni	Non- Alumni
Medical Modalities				
Pregnancy Massage	21 Hrs	\$ 30.00	\$ 252.00	\$ 399.00
Cancer Massage	14 Hrs	\$ 35.00	\$ 168.00	\$ 289.00
Breast Massage	14 Hrs	\$ 37.00	\$ 168.00	\$ 289.00
Manual Lymph Drainage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Geriatric Massage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Nerve entrapment	8 Hrs	\$ 5.00	\$ 96.00	\$ 179.00
Pharmacology	24 Hrs	\$ 39.00	\$ 320.00	\$ 489.00
Pathology	24 Hrs	\$ 45.00	\$ 320.00	\$ 489.00
Adv. Therapies 1- Medical Approach	24 Hrs	\$ 59.00	\$ 320.00	\$ 489.00
Adv. Therapies 2- Orthopedic Massage	24 Hrs	\$ 49.00	\$ 320.00	\$ 489.00
Adv. Therapies 3- Myoskeletal Massage	24 Hrs	\$ 59.00	\$ 320.00	\$ 489.00
Adv. Therapies 4- Neuromuscular	24 Hrs	TBD	\$ 320.00	\$ 489.00
Reflexology	14 Hrs	\$ 35.00	\$ 168.00	\$ 289.00
Spa Modalities				
Muscle Toning Facial Massage	8 Hrs	\$ 15.00	\$ 96.00	\$ 169.00
Adv. Muscle Toning Facial Massage	8 Hrs	\$ 15.00	\$ 96.00	\$ 169.00
Stone (Hot/Cold) Facial Massage	8 Hrs	\$ 5.00	\$ 96.00	\$ 169.00
Clay Muscle Toning Facial Massage	4 Hrs	\$ 15.00	\$ 48.00	\$ 79.99
Paraffin Muscle Toning Facial Massage	4 Hrs	\$ 15.00	\$ 48.00	\$ 79.99
Salt / Sugar Body Massage	4 Hrs	\$ 10.00	\$ 48.00	\$ 79.99
Hot Stone Body Massage	8 Hrs	\$ 10.00	\$ 96.00	\$ 169.00
Adv. Hot Stone Body Massage	8 Hrs	\$ 10.00	\$ 96.00	\$ 169.00
Clay Body Massage	8 Hrs	\$ 20.00	\$ 96.00	\$ 169.00
Contour Body Wrap Massage	8 Hrs	\$ 25.00	\$ 96.00	\$ 169.00
Endermology	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Adv Hydrotherapy	7 Hrs	\$ 10.00	\$ 84.00	\$ 149.00
Other				
Sports Pre/Post Event	21 Hrs	\$ 45.00	\$ 252.00	\$ 399.00
Chair Massage	7 Hrs	\$ 37.00	\$ 84.00	\$ 149.00
Adv. Chair Massage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Infant Massage	7 Hrs	\$ 20.00	\$ 84.00	\$ 149.00
Pediatric Massage	7 Hrs	\$ 30.00	\$ 84.00	\$ 149.00
National Certification Preparation	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Insurance Billing and Reimbursements	7 Hrs	\$25.00	\$ 84.00	\$ 149.00

### Changes

The Institute of Therapeutic Massage reserves the right to affect changes in tuition, textbooks, equipment, administration, schedules, subject matter, faculty, and staff and to teach courses in any order it deems necessary