

August 24, 2010

## **Massage Therapy Catalog Addendum**

### **Page iv, Academic Calendar**

Change: 2010 Spring Semester

School is closed for Holidays

Change: Independence Day holiday to Friday, July 2 through Sunday, July 4

Change: 2011 Fall Semester

Classes begin

Change: to Tuesday, September 6

Change: 2011 Spring Semester

Classes end

Change to: Monday, August 15

### **Page 8, Full-Time Sequence**

Correction: Right column, Semester III;

Applied Topics in Anatomy & Physiology should be 2.0 credits instead of 2.5.

Change: Part-Time Sequence

Under Semester III insert Professional Development & Ethics II (Part A) 0.0 credits

Change: Part-Time Sequence

Under Semester IV after Professional Development & Ethics II add (Part B)

### **Page 15, Electives**

Change: Left column, Western Elective. Replace course description. New description:

#### Integrative Therapeutic Massage and Self-Care

This is an important course to bring students to a high level of skill and confidence in their technique, professionalism and adaptability. It is very much like a lab class where there is time to hone and integrate skills and techniques under the guidance of a senior level instructor.

Students will be supported throughout the semester in continuing to develop their quality of touch and overall session quality. Feedback from fellow students and instructors will be strongly emphasized throughout the entire course. The course work, the opportunity to work on

the instructor and the final practical exam are all means to ensure that students are prepared to confidently enter the profession as effective, ethical and successful massage therapists.

(continued)

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Students will advance their skills to the next level by practicing adapting their intake, assessment, communication and hands-on skills to best meet the unique goals and needs of each client. Different potential work environments including spas, health clubs and private practice will be discussed. Students will practice adapting their sessions to different time frames including 50-minute sessions and half-hour, full-hour and hour-and-a-half therapeutic massages. There will also be lessons to reinforce and support the student's ability to integrate stretches and sidelying position into their sessions.

This course will continue to support the students in developing their self-care practices so they can work the hours necessary for a successful practice with comfort and ease. Students will practice self-massage and discuss emotional care and burnout issues. Common injuries of massage therapists and how to help prevent and treat them will be discussed. Topics will include conditioning, body mechanics, self-stretching and the use of massage tools to reduce stress on the hands. The Wellness Model will also be discussed in relation to relaxation massage and self-care.

*Prerequisites: Assessment of Soft Tissue Conditions, Advanced Western Techniques and Their Clinical Applications*

### **Page 21 Reinstatement Policy**

Change last line of first paragraph from:

“This letter must be received at least 30 days prior to the first day of the semester for which the student is applying and must include:”

to:

“This letter must be received at least two months (60 days) prior to the first day of the semester for which the student is applying and must include:”

### **Page 25 Administration**

Change the following individuals under Administration.

From:

Paula J. Eckardt, A.S., L.M.T.,  
President

To:  
Paula J. Eckardt, A.S., L.M.T.  
Senior Vice-President

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From:  
Cory Hughes, B.A.  
Chief Operating Officer

To:  
William C. Ehrhardt, Ph.D.  
President

From:  
Meg Darnell, L.M.T.  
Director of Alumni Services

To:  
Meg Darnell, L.M.T.  
Dean of Alumni and Student Services

From:  
Anita Lam Wright, B.B.A., L.M.T.  
Director of Student Services

To:  
Jessica Ferrante, L.M.T.  
Director of Student Services

From:  
Svetlana Oziransky, M.L.S.  
Director of Library Services

To:  
Rimma Perelman, M.L.I.S.  
Director of Library Services