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THERAPEUTIC BODYWORK LEARNING CENTER, LLC

**128 Main Street, Suite B Bangor, ME 04401 (207)
947-7087 www.MaineMassageSchool.com**

CURRICULUM/ HOURS/ GRADING

All students are given practical evaluations as well as written or on-line tests. A grade is given based on the ability to understand and apply the theory/ techniques taught. Students must maintain a "70" or above to pass.

Intensive Daily Routine

Classes usually meet one or two intensive weekends per month.
Students are required to bring their own lotions, linens & massage tables.
Academic hours are based on the customary 50- 55 minutes of class time.

8 am to 8:50 am – Centering / Body Mechanics
9 am to 10:50 am - 1st class segment
11:00 am to 1 pm - 2nd class segment
1 pm to 2 pm - Lunch
2 pm to 3:50 pm - 3rd class segment
4:00 pm to 6:45 - Practice lab

500 Hour Core Curriculum Diploma Program

I. Anatomy & Physiology (95 hours)

Students will learn general knowledge of the body systems. Classes will be taught through lecture and hands-on assignments.

- 1. General Knowledge of the Body systems: integumentary (skin), skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, urinary, respiratory, gastrointestinal, and reproductive.*
- 2. Anatomical positions & terminology (e.g. planes, directions)*
- 3. Basic nutrition principles*

II. Kinesiology (Muscle Palpation) (30 hours)

Students will learn about individual muscles and muscle groups, etc. through palpation, sculpture and drawing.

1. *Muscle attachments*
2. *Muscle fiber direction*
3. *Bones/ Tendons/ Fascia/ Ligaments/ Bursa*
4. *Joint structure & movements (e.g. flexion, extension)*
5. *Types of muscle contractions (e.g. eccentric, concentric, isometric)*
6. *Proprioception*

III. Pathology (40 hrs.)

Students will learn general knowledge of how disease effects each body system.

Classes will be taught through lecture and research projects. Topics to be included are the following:

1. *Medical terminology*
2. *Etiology of a disease*
3. *Modes of contagious disease transmission (e.g. blood, saliva)*
4. *Signs & symptoms of a disease*
5. *Effects of psychological & emotional states (e.g. depression, anxiety, grief, trauma)*
6. *Indications for massage therapy*
7. *Contraindications & cautions for massage therapy - Students are expected to know precautionary conditions and complete contrary health situations to massage therapy. They learn to retrieve this information by learning the proper questions to ask on the initial phone call, how to create and take an initial intake form, keep client records, and how to observe for contraindications.*
8. *Principles of Injury Care: (acute versus chronic conditions)*
9. *Basic pharmacology*

IV. Therapeutic Massage & Bodywork Applications

(Total: 300 hrs.) Students learn to create an **integrative approach to creating both a relaxing and therapeutic bodywork session** utilizing the theory and hands-on approaches of the modalities mentioned below.

Throughout the entire training the student is taught how to utilize their own body wisely (Body Mechanics) while performing sessions.

Material is taught through lecture, demo, instructional and practical applications.

*** Swedish Massage (120 hr.):** *A study of basic Swedish massage theory and techniques (e.g.: effleurage, petrissage, tapotement, etc.), how to create a relaxing flow, proper draping of clients, assessing clients' needs and expectations, and appropriate interaction between practitioner and client. Supervised public clinicals included.*

*** Deep Tissue Techniques (45 hr.):** *Specific techniques identifying underlying musculature, etc. such as cross- fiber friction, stretching, releasing trigger points, postural assessment, etc. Working with injuries is included.*

Intro to Postural Assessment (10 hr.): *More skills in accessing and balancing clients body stress by observing their posture and gait (movement) patterns. Information can be used for more appropriate treatment.*

Intro to Sports Massage (5 hr.): *The focus is to help with pre-event and post- event activities on athletes.*

*** Intro to Pregnancy/Post Partum/ Infant/ Geriatric Massage (25 hr.):** *The student gains an understanding of the benefits, contraindications, cautions, and how to apply technique, proper positioning and pressure in each situation.*

*** Hydro/ Cryo Therapy (26 hr.):** *Instruction on the local effects of heat and cold for the rehabilitation of muscle tissue. Includes **Aromatherapy, Hot Stone, & Spa Facial Massage***

Aromatherapy (6 hr.): *The safe utilization of essential oils for medicinal topical skin lubrications, disinfectant sprays, etc.*

Hot Stone Massage (12 hr): *Creating a spa like experience utilizing hot stones safely in a dry room (no sink).*

Therapeutic Spa Facial Massage (5 hr.):

How to create a spa like experience with a dry room (no sink). This includes knowledge of skin conditions & pathologies

*** Seated Massage Techniques/ Chair Massage (13 hr.):** *Focus on seated massage techniques easily used in the executive office, employee work setting or for clients who simply cannot lie down. Use of specialized massage chairs & equipment will be explored. Supervised public clinical is included.*

*** Intro to Lymph Massage (6 Hrs.):** *Focus on learning about the lymph nodes with specialized compression techniques indicated for reducing inflammation and edema.*

*** ENERGENIC MASSAGE (65 HOURS)**

A study of light touch and off the body energy healing that can be intergrated into a Therapeutic Massage or used as its own modality. Concepts in learning to sense the Life Force (e.g. Chi, Prana, etc.) as it moves through the body. Includes chakra balancing

Intro to Foot Reflexology (8 hr.): *Basic intro to Ingram Foot Reflexology Theory and how to access and treat body energy through specific points on the feet*

Reiki I & II Certification Course (20 hr.) - *Usui/ Tibetan healing practices utilizing meditation, assessment, symbols, attunement and distance healing techniques.*

Intro to Oriental Meridians/ Acupressure (24 hr.) - *Basic intro to Chinese Yin / Yang and elemental theory, general knowledge of meridians and points.*

Focus is to give practitioner more skills in assessing and treating clients.

Intro to Polarity (6.5 hr.) - *Another modality of light touch energy/massage techniques developed by Dr. Randolph Stone, D.O .*

Intro to Chakra balancing (6.5 hr.)

Included in Hands- On Training Hours are:

*** Body Mechanics :** *Self-assessment skills for the therapist to determine how to use their own body safely while performing bodywork sessions. Techniques include concepts from Yoga and Tai Chi. This study contributes to better client postural assessment skills as well.*

*** Two private tutorials provided to each student as part of their training hours (3hrs.)** *Private time with a teacher will be provided for about an hour and a half in each tutorial. The student actually practices their hands- on with the teacher as the client. This is a time for the student to work completely at their own pace: refining and learning new techniques; asking specific questions about: theory and techniques, body mechanics and flow.*

*** Supervised Public Massage/ Bodywork Clinics (15 hrs.)**

TBLC offers our services to pregnant moms, retreats, festivals, etc. as a class.

Through scheduled supervised in – school and off- site class times throughout the year TBLC students practice on the public.

V. Professional Standards, Ethics, Business & Legal practices

(35 hrs. total /10 hrs. in Ethics)

1. *Client interviewing techniques*
2. *Communication with other health care professionals*
3. *Verbal & nonverbal communication skills*
4. *NCBTMB Code of Ethics & Standards of practice*
5. *Issues of Confidentiality*
6. *Scope of Practice*
7. *Session record keeping*
8. *Basic business & accounting practices*
9. *Regulations pertaining to Federal Income taxes*
10. *State & local credential requirements*
11. *Legal entities (e.g. employee, independent contractor)*
12. *Liability insurance (e.g. need for, where to get)*
13. *Marketing Strategies*

Customized Concentration Programs at TBLC:

These programs of concentration may also be added to [TBLC's 500 hour Core Curriculum Massage Therapy Program](http://www.mainemessageschool.com/500catalog.pdf) (www.mainemessageschool.com/500catalog.pdf) to increase hours on a student's graduation transcript. Programs may also be used to increase more in- depth knowledge of bodywork as **Continuing Education credit**; or to create the **needed educational credit for other state requirements**; or to **create a Portfolio for Review for the National Certification Board of Therapeutic Massage and Bodywork**. See [TBLC Customized Programs](http://www.mainemessageschool.com/customizedprograms.pdf) (www.mainemessageschool.com/customizedprograms.pdf) for more details.

Engaging the Mind of the Body in Your Hands"

50- 100 hours Advanced Hands-on & Research

with Karin Spitfire, LMT

Explore the consciousness state of each tissue type & how that can be used for healing.

Transmission of different body-mind states through both movement and touch.

Weekend Training

Winter/Spring 2012

Polarity Therapy Training

171 hours Associate Polarity Practitioner Certification

with Barbara Joseph, RPP

An integrative, energy-based therapeutic bodywork approach to health.

Weekend training. Approved by the American Polarity Therapy Association

Spring/ Summer 2012