

2025

Course Catalog

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INSTITUTE FOR  
**Integrative**  
Healthcare



**OVER 150  
COURSES**

Both shipped and  
online material options  
available.

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OFFERS**

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time sales!

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[IntegrativeHealthcare.org](https://IntegrativeHealthcare.org)

# Welcome!

CHOOSE FROM  
**150+**  
Massage CE  
COURSES

**SAVE TIME AND MONEY WHEN YOU ENROLL WITH THE INSTITUTE. YOU CAN STUDY AND TEST FROM THE COMFORT OF YOUR HOME – WITH NO TRAVEL REQUIRED!**

Throughout this catalog, you will find icons within the course material descriptions that denote the options available for your materials and test – you choose!

Here is a key to help you better understand these icons:



This icon by itself indicates that the materials or test can only be shipped to you.



This icon by itself indicates that the materials or test can only be viewed online.



If you see both icons, this means you can choose to either view your materials and/or test online or have them shipped to you.

With the online materials option, you can print or save them to your computer for your professional library.

When you test online, you will receive instant results upon completion and will be able to print your own CE Certificates with one quick click.

**THE ONLINE MATERIAL AND TESTING OPTIONS  
ARE PERFECT FOR MEETING UPCOMING DEADLINES!**



ALL of our massage home study continuing education programs and resources come with a 90-day, risk-free, money-back guarantee.

The Institute is approved by the NCBTMB as a CE Approved Provider. Our CE hours are also accepted by the AMTA, ABMP and many state boards.

Visit [www.IntegrativeHealthcare.org](http://www.IntegrativeHealthcare.org) and click on “State/Board Approvals” to see your renewal requirements and course approvals.

If you have questions about enrolling, course materials or testing, call 1-800-364-5722 to speak with one of our friendly Student Advisors. We are available weekdays between 9am – 12:30pm and 1:30pm – 5pm EST.



# About Us

Since 1996, the **Institute for Integrative Healthcare Studies** has been the leader in providing home study continuing education courses for massage therapy professionals. With over **335,000** massage therapy CE course enrollments to date, the Institute is the preeminent provider of home study massage continuing education.

## The Institute has set the standard for excellence in home study continuing education programs.

The Institute offers the largest and broadest selection of massage therapy CE courses available for home study with over **150** massage CE courses, more than **100** of which are available totally online.

Our CE courses are convenient, cost-effective, self-paced and easy to follow, providing lifelong learning resources for health professionals.

## The Institute is the national leader for recertification.



The Institute for Integrative Healthcare Studies is approved by the **NCBTMB** as a continuing education Approved Provider (#049478-00). Approved since 1996, the Institute is one of the first continuing education providers to become approved and offers more home study CE programs for National Certification renewal than any other provider.

The Institute's courses are accepted by the American Massage Therapy Association (**AMTA**) and the Associated Bodywork & Massage Professionals (**ABMP**).

**The Institute offers approved massage CE courses for ALL STATES that require massage continuing education and accept home study.**

|                        |                       |                            |
|------------------------|-----------------------|----------------------------|
| Alabama                | Louisiana (#LAP0056)  | Oklahoma                   |
| Arizona                | Maryland              | Oregon                     |
| Arkansas               | Michigan              | Pennsylvania               |
| Connecticut            | Mississippi (#MAP006) | Rhode Island               |
| Delaware               | Missouri              | South Carolina (#50-1017)  |
| District of Columbia   | Montana               | South Dakota               |
| Florida (#50-1017)     | Nebraska              | Tennessee (#50-1017)       |
| Georgia (#50-1017)     | Nevada                | Texas (#CE1428)            |
| Hawaii                 | New Hampshire         | Virginia                   |
| Idaho                  | New Jersey            | Washington                 |
| Illinois (#245.000004) | New Mexico            | West Virginia              |
| Indiana                | New York (#0012)      | Wisconsin                  |
| Iowa                   | North Carolina        |                            |
| Kentucky               | North Dakota          | <b>NCBTMB (#049478-00)</b> |

# Our Faculty

Along with the well-known authors of the texts included in our courses – **Leon Chaitow, Laura Allen, Whitney Lowe, Tiffany Field, Art Riggs, His Holiness the Dalai Lama** – our knowledgeable faculty offer their experience, professional expertise and enthusiasm to you through our organized and comprehensive home study programs.



## **Doug Alexander, BS, RMT**

Author of the *Nerve Mobilization* program, Doug Alexander holds a Bachelor of Science Degree in Biology and earned his massage therapy diploma in 1985. He has worked in various massage settings since 1985 and established his own private practice in 1993. With over 25 years of professional experience, Doug has written articles for *Massage Therapy Journal*, *Journal of Bodywork and Movement Therapy* and the *Journal of Soft Tissue Manipulation*.



## **Shari Auth, DACM, L.Ac. LMT**

Shari Auth, creator of the Auth Method® of therapeutic massage, is a licensed and NCCAOM certified Doctor of Acupuncture and Chinese Medicine. With expertise in acupuncture, Traditional Chinese Medicine, structural integration, herbology, and massage therapy, Shari takes a holistic approach to treat the full person. Her extensive experience spans over 17 years in practice, during which she has worked with celebrity clients and made significant contributions to the alternative healthcare field. Shari is also the author and instructor of the *Forearm Massage - Auth Method®* continuing education program.



## **William E. Baisley, RPH, MS**

As a pharmacist licensed in the states of New York and Kentucky, Mr. Baisley has been practicing pharmacy since his graduation from the Albany College of Pharmacy, New York in 1971. Earning his Masters Degree in Health Services Administration, William has also co-authored published articles in the *German Journal of Psychiatry* and *Journal of Developmental and Physical Disabilities*.

Mr. Baisley is co-creator of the Institute's *Medical Errors*.



## **Amy Bradley Radford, LMT, BCTMB**

Amy Bradley Radford, a board-certified massage therapist (BCTMB) and NCBTMB Approved Continuing Education Provider, has been in the massage therapy field since 1993. Specializing in creative business solutions and advanced pain management applications, she teaches and coaches massage professionals for success. Amy developed the innovative Pain Patterns & Solutions (PPS) methods and has served with the Federation of State Massage Therapy Boards. Amy is the creator and instructor of *The Ethics of Professional Relationships*, *Ethics: Massage Etiquette & Communication*, *Ethics: Boundaries & Time Management*, *Ethics: Neutral Space*, *Client Care & Boundaries*, *Touch Interpretations*, *Meet Client Expectations with Massage Your Market Training*, and more.



### **Sharon Burch, MSN, RN**

Sharon Burch, a Registered Nurse since 1974, holds a Masters Degree in Nursing. Nationally Certified in massage therapy in 1993, she studied under leaders in the field during the 1980s. As the founder of Health Positive!, she has created over 60 home study nursing and massage continuing education programs. She has also authored books, and served on committees - including the NCBTMB Continuing Education committee. Sharon was a founding member of the National Association of Nurse Massage Therapists.

Sharon is an instructor on many of the Institute's programs and has authored and co-authored various ethics courses and additional titles, such as *Touch for the Seriously Ill*, *Stress Reduction Through Bodywork*, *Staying Well – Naturally*, *Cardiopulmonary Health and Illness*, *Chronic Pain Management*, *Preventing Medical Errors*, *Massage for Edema* and more.



### **Nicole Cutler, L.Ac., MTCM**

Nicole Cutler, a licensed acupuncturist since 2000, holds a Bachelor of Science in Neuroscience and a Masters Degree in Traditional Chinese Medicine. With licenses in California and New York, she is also certified by the National Acupuncture Detoxification Association. Nicole, a diplomat of the National Commission of Chinese and Oriental Medicine, focuses her acupuncture practice on stress, pain relief, digestion, immunity, and oncology. Additionally, she contributes to healthcare integration through writing articles and courses like *Infectious Disease: Hepatitis* for healthcare providers.



### **Leslie DeMatteo, LMT**

Leslie L. DeMatteo, LMT, MS, began practicing massage therapy in 1998 after graduating from the Sarasota School of Massage Therapy. Certified by NCBTMB and a Professional Level member of ABMP, she expanded her expertise through continuing education in various massage techniques. With a passion for adult training and education, Leslie earned her Bachelor's Degree in Adult Learning: Vocational Instruction and a Master's Degree in Adult Learning.

Ms. DeMatteo is the instructor for the Institute's *Advanced Prenatal Massage*.



### **Brad Drummer, LMT**

Brad created a new massage form that has revolutionized the approach to deep tissue massage. Having traveled the world as a massage consultant and CE Approved Provider instructor in his new form of massage therapy, he has worked with spas and physical therapy offices and helped develop and launch several spas as part of this consultation. Notably, a Washington, DC hospital has recently approached him to research the applications of his Delta Wave Massage technique for injury recovery and pain management.

Brad has been licensed to perform massage in the District of Columbia, Florida, Georgia, New York, and Virginia, has worked as the Program Director for a massage college, is certified in First Aid & CPR, and is an NCBTMB certified Continuing Education provider. Brad is the creator and instructor of *Delta Wave Massage* and *Pulse Wave Massage*.



### **Linda Fehrs, LMT**

Linda Fehrs, a graduate of the Swedish Institute and Hudson Valley School of Massage Therapy, is a licensed massage therapist in New York. An instructor at Hudson Valley School of Massage, she is a professional member of the AMTA and the New York State Society of Medical Massage Therapists. Linda has practiced medical massage in the Mid-Hudson Valley, specializing in clients with special needs, including developmental and physical disabilities. She has authored courses like *Build Your Massage Practice*, *Cancer & Massage*, *Women and Massage*, and *Marketing Massage and the Economy*.



### **Jane Irving, LMT, BCTMB, BS**

Jane, creator of My Learning Library, offers over 60 web-based massage and bodywork courses. Graduating from Northeastern University in 1983, she furthered her training at the Institute of Massage Therapy in Boston and the Muscular Therapy Institute in Cambridge, MA, under Ben Benjamin. A member of the American Massage Therapy Association, Jane is also an approved provider for the National Certification Board for Therapeutic Massage & Bodywork. Moreover, she is the creator and instructor of courses on *Kinesio Taping Techniques* and *Manual Lymphatic Drainage Massage*.



### **David M. Lobenstine, LMT**

David M. Lobenstine, a massage therapist, teacher, and writer for over a decade, graduated from the Swedish Institute and Vassar College. With diverse experience, including luxury spas, the US Open Tennis Tournament, and hospice, he now exclusively runs his private practice, Full Breath Massage. David has developed and taught continuing education courses nationwide, focusing on enhancing self-awareness for efficiency and ease in activities clients love. Mr. Lobenstine created *Pour Don't Push*, *Working the Rib Cage*, *Using Your Thumbs Wisely*, *Approaching the Upper Body and Lower Body from All Angles*, and *Using the Breath to Massage Better*.



### **James R. Mally, ND**

Dr. James R. Mally graduated from massage school in 1976, later attending Bastyr College of Naturopathic Medicine earning a Doctor of Naturopathic Medicine degree in 1984. Dr. Mally was the founder of the Healing Arts Institute, a massage therapy school in California, and has over 30 years of teaching experience in the massage and healthcare field. Dr. Mally was inducted into the Massage Therapy Hall of Fame in 2018.

Dr. Mally is author and instructor for the Institute's *Deep Tissue Massage*, *Sports Massage*, *Side Lying Massage* and *Swedish Massage* courses.



### **Laura Norman, BS, MS, LMT**

Instructor of *Reflexology*, Laura Norman is a highly acclaimed Reflexology practitioner with over 40 years of experience, is a National Board Certified Reflexologist, massage therapist, life coach, and licensed esthetician. Holding three master's degrees in education from Adelphi University and a Bachelor of Science degree from Boston University, she is the creator of the globally recognized Holistic Reflexology Method, having trained and certified thousands of graduates.

Recognized by the International Council of Reflexologists, Laura has received awards for her outstanding contributions to the field including induction into the Massage Therapy Hall of Fame in 2015.



## David Palmer

David Palmer, a massage professional since 1980, pioneered chair massage in 1982 to make skilled touch accessible to the mainstream public. Recognized as the “father” of Chair Massage by *Massage Magazine*, he founded the Touch Pro Institute, training tens of thousands in chair massage techniques and marketing skills. In 1997, David received the President’s Award from the American Massage Therapy Association for his service to the profession and was inducted into the Massage Therapy Hall of Fame in 2007.

Mr. Palmer is the author and instructor of *Chair Massage Fundamentals*.



## Sean Riehl, CMT

Sean Riehl, CMT, president of Real Bodywork, brings over 20 years of massage therapy teaching experience. He’s a certified bodyworker since 1998 and has authored over 40 massage training videos. His expertise covers various techniques, including lymphatic drainage, visceral manipulation, neuromuscular therapy, muscle energy techniques, myofascial release, and Shiatsu.

Mr. Riehl is author, co-creator and instructor on various Institute courses including *Neuromuscular Therapy & Advanced Deep Tissue*, *Lymphatic Drainage Massage*, *Myofascial Release*, *Advanced Anatomy & Pathology*, *Integrative Massage: Earth, Fire and Spirit*, *Nerve Mobilization*, *Structural Massage*, and more.



## Andy Roman, MS, RN, LMT, LMHC, NCC

Andy Roman, LMHC, NCC, Licensed Massage Therapist, and Registered Nurse, operates a private psychotherapy practice in South Florida. A 1995 nominee for the Norman Cousins and Rosalyn Carter Caregiver Awards, he has been a mind/body psychotherapist at the Hippocrates Health Institute since 1990. Andy treats individuals, couples, and families, and facilitates the ongoing Healing Circle. He authored *Psychoneuroimmunology for Bodyworkers* and *The Mind/Body Connection* course manuals.



## Mary Kathleen Rose, BA, CMT

Mary Kathleen Rose, a certified massage therapist with over 30 years of experience in holistic health, graduated from the Boulder College of Massage Therapy in 1985. She holds a B.A. in Integrative Healing from Metropolitan State College of Denver. Mary has taught massage, career development, and wellness education at various schools and served as a research consultant/trainer for NIH-funded studies on massage effects for spinal cord injuries, cancer in young individuals, and Comfort Touch® for parents of children with sickle cell anemia.

Mary is the developer, author and instructor of *Comfort Touch*®, a nurturing style of acupressure appropriate for the elderly and the chronically and terminally ill.



### **Irene Smith, CMT**

Irene was certified through the Los Angeles School of Massage in 1974. She introduced massage into hospice care on the West coast in 1982. Ms. Smith worked with hundreds of clients in hospital, home, hospice and skilled nursing environments. Her private as well as organizational involvement with the seriously ill has included AIDS, Parkinson's, Alzheimer's and cancer in all stages of illness. Irene was the founder of Service Through Touch, an internationally acclaimed organization providing and teaching touch as an integrative component to AIDS care.

Irene has been acknowledged by the massage and somatic communities, the healthcare community, and through the media for outstanding contributions to society's well being. She was inducted into the Massage Therapy Hall of Fame in 2017.

Irene has authored and co-authored Institute programs, such as *Touch for the Seriously Ill*, *HIV Update and Hospice-Based Massage*.



### **Mary Sullivan, MS, BA, L.Ac., LMT**

Mary Sullivan received her massage training through the Santa Barbara School of Massage in 1981 and continued her education, earning her license in Acupuncture. As a faculty member of the Body Therapy Institute since 1991, Ms. Sullivan has taught such courses as Cranial-Sacral, Lymphatic Drainage, Polarity Therapy and Pregnancy Massage. She also holds certifications in Cranial-Sacral Therapy, Pre and Perinatal Massage, and Polarity Therapy.

Mary is the author and instructor of the *Polarity Therapy and Cranial-Sacral Fundamentals* courses.



### **Gael Wood, LMT**

Gael Wood is a Massage Therapist, Esthetician, NCBTMB Continuing Education Provider, Business Coach, Feng Shui Consultant and Author. With over 25 years of experience in the massage and spa industry, she is an expert in growing and maintaining a thriving massage and spa business. Gael was honored to be inducted into the World Massage Hall of Fame and featured as a *Massage Magazine* All-Star in 2019. She is the co-host and co-founder of the Global Wellness Professionals Marketing Summits and creator of the Massage and Spa Marketing Content Clubs, author of 10 Ebooks, and over 40 online courses.

Gael is the creator and instructor of *Massage Enhancements (Your Clients Will Love!)*, *Gift Certificate Sales Mastery*, *Perfectly Booked*, *Teaching Infant Massage*, and more.



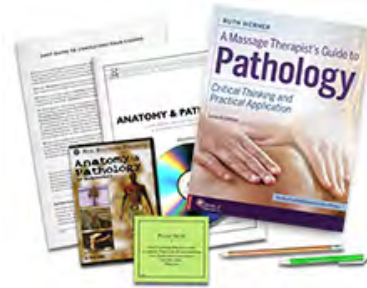
## Advanced Anatomy & Pathology E426

CE HOURS: 18

Knowledge of pathology helps you as a bodywork professional, to know when massage is contraindicated and when to refer your clients to another health care provider. Explore the various systems of the body while examining common conditions and illnesses so you can more effectively help your clients.

Through this video- and text-based course, you will be able to familiarize yourself with the common conditions and illnesses you may encounter.

Musculoskeletal, nervous, circulatory, respiratory, endocrine and digestive system disorders are investigated. Some of the afflictions discussed in the course include: fibromyalgia syndrome, spasms and cramps, strains and sprains, joint disorders, whiplash, carpal tunnel syndrome, herniated disc, thoracic outlet syndrome, Parkinson's Disease, headaches and seizure disorders, heart conditions and bronchitis.



TUITION: \$237.00

COURSE MATERIALS:

- Video - 74 minutes
- Text - 647 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Advanced Anatomy for Professionals E409

CE HOURS: 18

Advanced Anatomy for Professionals provides learning tools to use in evaluating your current knowledge of anatomy or for upgrading what you learned in massage school. The primary course text delves into an exploration of the skin and fascia, bones, muscles, tendons, ligaments, nerves, arteries and lymph nodes, and you'll practice valuable hands-on exercises for palpating the muscles and bony structures of the human body.

A student favorite, the supplemental course text includes transparent overlays of the body systems, organs and structures giving you the opportunity to independently test your knowledge.

With detailed illustrations, these essential materials will expand your knowledge and demonstrate how to locate and explore the body's structures manually.



TUITION: \$237.00

COURSE MATERIALS:

- Text (2) - 492 pages
- Text (1) - 71 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TESTS



ONLINE

OR



SHIPPED

## Advanced Prenatal Massage E626

CE HOURS: 14

This advanced prenatal course offers a comprehensive guide to all aspects of prenatal, labor and postpartum care. Through the course text and DVD by Elaine Stillerman, LMT, a detailed review of the anatomy and physiology of childbirth is provided as well as common complaints and serious health conditions that often present during gestation and childbirth.

Massage therapists benefit from a complete understanding of the dynamic and miraculous changes the pregnant client's body goes through as she progresses in her pregnancy. In addition to detailed positioning and draping methods, this course discusses Swedish massage and acupressure points, myofascial release, lymphatic drainage and reflexology that can assist you in working with the pregnant client.



TUITION: \$155.00

COURSE MATERIALS:

- Text - 461 pages
- Reference Guide
- Video - 45 minutes
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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### TEST



ONLINE

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## Anxiety & Massage E305W

CE HOURS: 1

Learn why reducing anxiety through massage can have extensive health benefits. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Research demonstrating the need for massage therapists to work side-by-side with cardiologists, pulmonologists and gastroenterologists to reduce anxiety and physical illness.
- How massage therapy can unlock and free clients of tissues memories caused by the unexpressed trauma of past experiences.
- Alleviating panic attacks by reducing client stress and tension.
- Massage and music therapies lessening anxiety and reduce the need for pain medication post-surgery.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 13 page downloadable text
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Applied Kinesiology E1002

CE HOURS: 7

Applied Kinesiology uses diagnostic muscle tests in conjunction with standard examination procedures to determine the causes of health issues.

This highly illustrated, in-depth course includes 32 muscle tests and step-by-step guide for applying specific correction techniques. Also included are actual case histories in the practice of Applied Kinesiology. Learn about how new Applied Kinesiology muscle testing and correction methods can benefit massage therapists and their clients.

An essential course with information you can use over and over.



TUITION: \$94.00

COURSE MATERIALS:

- Text - 344 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Approaching the Lower Body from All Angles E605

CE HOURS: 4

Let's be honest:

- Do you rush through the lower body to get to your clients' "real" problems (which always seem to be in the upper body)?
- Do you find yourself running out of techniques when a client actually wants you to pay attention to their legs?
- Are you just bored of your routine?

Learn a fresh approach to the major muscles groups of the legs and hips, and effectively ground your clients' in their body as a whole, so you can say goodbye to monotonous techniques and HELLO to new ways of structuring your sessions, revitalized lower body skills, and client's that say WOW.



TUITION: \$72.00

COURSE MATERIALS:

- Manual - 65 pages
- Online Videos - 2 hours
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Approaching the Upper Body from All Angles E603

CE HOURS: 4

This course challenges us to see the client's body in all its dimensions, and all its actual complexity, and offers ways of working - namely, by focusing on the lateral aspects of the musculature - that is often unfamiliar for both therapist and client alike. The result is that participants learn new techniques and new ways of tackling those common problems that don't seem to be responding to our typical work.

In this course students will:

- Review the muscles located on or around the lateral aspect of the upper body, from the quadratus lumborum to the scalenes and the ways they can contribute to some of the typical complaints of upper body stress and tension and dysfunction.
- Practice specific techniques to engage these lateral structures from uncommon angles and with uncommon approaches.



TUITION: \$72.00

COURSE MATERIALS:

- Manual - 65 pages
- Online Videos - 2 hours
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Aromatherapy: An Introduction E1027

CE HOURS: 6

This course is an introduction to the therapeutic properties of popular essential oils. Learn the best methods of purchasing and storing essential oils and the recommended precautions for infants, children, pregnant women and people who have sensitive skin.

The course text organizes essential oils into alphabetical listings, providing their profiles, applications and the physical and emotional conditions that warrant their use. Also included are detailed treatments for a variety of ailments and special circumstances.

In this course, you will also discover how essential oils affect the mind and body as well as the therapeutic properties and most valuable uses of essential oils.

A handy A-Z reference containing clear tables, illustrations and oil profiles, the course text is ideal for future use.



TUITION: \$83.00

COURSE MATERIALS:

- Text - 192 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Aromatherapy: Mother and Baby E1003

CE HOURS: 9

Fragrant, gentle essential oils are ideally suited to the special needs of women during pregnancy, childbirth and early motherhood. Written by a registered nurse trained in herbal medicine, reflexology and massage, this course provides expert advice on using essential oils in massage, baths, compresses, lotions and inhalations.

Special sections on massage for pregnant women and newborns give complete instructions for using massage to ease the discomforts of pregnancy and relieve the pain of labor and birth, as well as to soothe and comfort restless babies and facilitate the bonding of mother and child. Also included is information you can provide to your clients on addressing morning sickness, water retention, cellulite, varicose veins, hemorrhoids and stretch marks. Safe, effective remedies for babies are also covered, including colic, diaper rash and teething pain.



TUITION: \$116.00

COURSE MATERIALS:

- Text - 163 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Aromatherapy: Restoring Emotional Balance E1044

CE HOURS: 10

In the first aromatherapy guide to synthesize Eastern and Western approaches to restoring emotional and mental health, learn how to help clients improve a wide range of emotional and mental complaints through the application of essential oils. This course describes oils' subtle energies and psychotherapeutic properties combined with Traditional Chinese Medicine principles, including the 5 elements and acupressure.

With easy-to-reference charts and full-color illustrations, the course text explains the esoteric and energetic healing properties of 40 essential oils and how they can be used to manipulate qi, the body's vital energy, to stimulate healing from negative emotional and mental states.

Learn blends used with specific bodywork techniques to relax the nerves, settle the mind, calm and reassure, improve thinking and memory, boost morale, reduce anger, empower and uplift the spirit and encourage love and connection.



TUITION: \$132.00

COURSE MATERIALS:

- Text - 191 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Arthritic Conditions & Massage

E304W

CE HOURS: 1

Learn the role that massage can play in easing arthritic pain. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Typical symptoms of osteoarthritis and the role massage plays in addressing this condition.
- The five most common pathologies that cause joint pain.
- Most common cause of arthritis in the hands with two common therapies to ease pain.
- Five forms of psoriatic arthritis and factors contributing to it.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 12 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Ayurvedic Massage Fundamentals

E1063

CE HOURS: 6

Ayurveda is one of the oldest systems of health and healing in the world. Ayurvedic massage works on both the physical and mental levels, transmitting a life-giving energy that assists all systems of the body to repair and renew themselves.

Learn how Ayurvedic massage helps balance the body and mind. Through clear language and beautiful illustrations, this home study CE course describes how an expert practitioner performs Ayurvedic assessment and massage for a variety of clients, including those who are pregnant, in labor, in postpartum and providing infant care.

This course includes the benefits, key terms, indications and contraindications for Ayurvedic massage and recipes for creating your own Ayurvedic fragrant oils, nourishing facial creams, masks and clay baths. Applicable to all types of practice and especially valuable for massage therapists who provide spa services.



TUITION: \$70.00

COURSE MATERIALS:

- Text - 152 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Benefits of Onsite Massage E307W

CE HOURS: 1

Learn how to expand your practice through onsite massage. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Attracting new clientele and increasing profitability with chair massage.
- Including onsite massage at colleges as part of your business.
- How incorporating massage at the workplace can decrease stress and depression, increasing productivity.
- Avoiding injuries when performing onsite massage.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 11 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Build Your Massage Practice E407

CE HOURS: 3

Whether you are in private practice or working for someone else, there are some basic requirements and concepts that will help you to do well. While being skilled in the various techniques and modalities of massage therapy is important, it is also very important to know what is required if you need financing, want to file for insurance reimbursement, have to pay your own income taxes or intend to grow beyond a private practice. Learning about the importance of creating a business plan, maintaining accurate client records, paying taxes and thinking about the future are all vital for a successful career in this competitive profession.

Equally valuable to new graduates of massage school, as well as those who have been out in the field for a while, this course will introduce you to basic business structures, vision statement development, costs involved in starting a business, insurance options, legal requirements, record keeping, marketing and options for a future in the massage therapy profession.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 47 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Cancer & Massage E301W

CE HOURS: 1

Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this program is intended to provide an overview for the massage therapist covering the following areas related to cancer:

- types of breast cancer surgeries and the role of massage therapy with regard to breast cancer surgery
- the prevalence of skin cancer and five criteria used to identify possible skin cancer
- primary risks and symptoms of cancer therapy as well as the protocols for massage therapy
- precautions and potential efficacy of essential oils with regard to cancer patients



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 15 page downloadable text
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Cardiopulmonary Health and Illness E1091

CE HOURS: 5

Learn about common cardiopulmonary symptoms and causes, cardiopulmonary medications and indications and contraindications for specific massage techniques. The information in this course is applicable to general practitioners as well as those who work in specialty practices.

In this course, you will:

- Learn about a wide variety of cardiopulmonary disorders, including assessment, common signs and symptoms, contraindications and indications
- Recognize when to refer to other healthcare professionals
- Discover specific techniques, positioning and hygiene practices for clients with cardiopulmonary problems



TUITION: \$66.00

COURSE MATERIALS:

- Manual - 50 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED



## Chair Massage Fundamentals E514

CE HOURS: 12

This home study program is presented by David Palmer, the 'father' of Chair Massage according to *Massage Magazine* and the developer of the first massage chair. Based on Japanese acupressure techniques, this program presents a complete chair massage sequence for the neck, shoulders, back, hips, arms, hands and scalp. This step-by-step presentation teaches practitioners three complete, upper body acupressure sequences.

You'll explore DVDs describing acupressure points, massage techniques, a complete chair massage sequence and the Kenko Taiso self-care exercises, an audio-CD with three different lengths to guide you through the chair massage sequence and a manual describing each technique, acupressure point location and sequence.

After completing this course, you will be able to complete a seated massage sequence in 15-minutes and execute the transitions in the sequences smoothly and without hesitation.



TUITION: \$160.00

COURSE MATERIALS:

- Videos
- Audio
- Manual - 63 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Chronic Pain & Massage E303W

CE HOURS: 1

In a recent survey, more than half of American's that had a massage said that they did so to relieve pain. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The categories of chronic pain and how lifestyle impacts its development.
- The definition of complex regional pain syndrome and how massage therapy may reduce symptoms.
- Two natural topical pain relievers and the protocol for use in massage therapy.
- How a massage practitioner can influence a client's perception of pain.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 11 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Chronic Pain Management E1020

CE HOURS: 5

To study pain and its alleviation is to journey into the relationships between the body, mind and spirit. Get a quick review of the most essential points all massage therapists need to know to be more grounded, compassionate and effective in their work with people in chronic pain.

In this course, you will learn:

- how a client's mind, body and spirit can affect his or her relationship with chronic pain
- the key neurological elements involved in chronic pain
- the "relaxation response" and why it's useful in chronic pain management
- pain regulation therapies and their possible benefits for clients in chronic pain
- the primary relationship between nutrition and chronic pain



TUITION: \$66.00

COURSE MATERIALS:

- Manual - 27 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Comfort Touch® - Massage for the Elderly & Ill E637

CE HOURS: 12

Developed in 1989 by Mary Kathleen Rose through her work with hospice patients, the modality of Comfort Touch® enables you to bring the benefits of massage to the elderly and individuals suffering from chronic illness or injury. Through this continuing education program you'll learn the principles of Comfort Touch® and gain a greater understanding of the physical and emotional needs this population. Through this program you will also:

- Identify the primary intention of Comfort Touch and who can benefit from this modality including physical and psychosocial benefits.
- Discover ways to adapt to the client's needs based on functionality as well as pain and discomfort.
- Determine Comfort Touch considerations for special populations including those with psychological issues and trauma, infants and children, pregnant and post-partum clients, medical/surgical patients, and clients with chronic and terminal illnesses.



TUITION: \$160.00

COURSE MATERIALS:

- Video - 34 minutes
- Text - 185 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Common Pathologies & Complaints E324W

CE HOURS: 1

Through this brief program you will learn how massage can affect specific pathologies and client complaints. This includes:

- Recognizing alopecia areata (hair loss) and identifying the autoimmune conditions associated with alopecia areata.
- Appropriate massage techniques to help alleviate constipation.
- Discovering TCM meridians associated with eye health.
- The association between deep vein thrombosis and peripheral arterial disease (PAD), as well as appropriate massage techniques for clients with PAD.
- Learning about popular theories of ganglion cysts and where they most commonly occur.
- Summarizing the effects of alcohol and bodywork on the body and determining legal and ethical responsibilities if clients are served alcohol in the massage setting.
- Vital steps you should know before beginning bodywork on a client who has cancer.
- Safety concerns and appropriate massage therapy techniques for use on diabetic clients.



TUITION: \$15.00

COURSE MATERIALS:

- 8 MPU Original Articles - 24 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Common Sports Injuries E316W

CE HOURS: 1

Learn how massage therapy can assist in common sports injuries. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Causes, solutions and sports massage techniques for achilles tendonitis.
- The proven efficacy of petrissage for improving athletic performance and reducing muscle fatigue.
- Massage for anterior shin splints.
- Iliotibial Band Syndrome.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 13 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Communicable Disease Package ES1011

CE HOURS: 3

This package contains two courses: Infectious Disease: HIV/AIDS (1 CE hour) and Infectious Disease: Hepatitis (2 CE hours).

With the Infectious Disease: HIV/AIDS course you'll learn about modes of transmission, infection control procedures, clinical management and prevention of HIV and AIDS, as well as its impact on testing, confidentiality of test results and treatment. This continuing education course also covers information with regard to Universal Precautions and implications for the massage therapist.

In Infectious Disease: Hepatitis you'll learn about the history, etiology and pathophysiology of hepatitis, as well as how to differentiate between several viral hepatitis types, their associated symptoms, modes of transmission, preventive measures, treatments and risks. Of particular value to massage therapists are the guidelines pertaining to Universal Precautions, including hand washing, laundering and equipment sanitization.



TUITION: ~~\$43.00~~ **\$37.00**

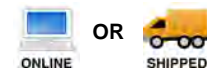
COURSE MATERIALS:

- 2 Manuals - 32 pages total
- Multiple-choice tests
- Certificate upon completion of each course

### MATERIALS



### TEST



## Cranial-Sacral Fundamentals E510

CE HOURS: 16

With cranial-sacral therapy techniques, a trained practitioner can balance the rhythm of the cerebral-spinal pulse and treat numerous ailments. This continuing education program teaches the history of the work, including Dr. Sutherland's contributions to the development of cranial-sacral techniques.

In this introductory course, you will learn about specific techniques to evaluate and free bones in the sacrum and skull, including: Sacral Release Technique, Sacro-iliac Decompression, Cranial Base Release, 4th Ventricle Technique, Sphenoid Release Technique, Ear-Pull Decompression, Palming-Decompression Technique, The Parietal Hold and Lift, Frontal Decompression, Balancing the Glabella and Bregma, Zygoma Palpitation and Mandible Compression/Decompression.

Along with the cranial-sacral techniques covered, participants will also learn to distinguish between the possible outcomes: tracking, release, unwinding, still point and no change.



TUITION: **\$209.00**

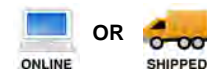
COURSE MATERIALS:

- Video - 77 minutes
- Manual
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Cupping for Massage Therapists E318W

CE HOURS: 1

Introduce yourself to the practice of cupping. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Cupping history and theory.
- Cupping variations and tips.
- Evidence regarding the benefits of cupping.
- Cautions and contraindications.

As an introductory to the background of cupping, this course does not present cupping techniques. For more advanced information review Cupping Therapy: A Step-by-Step Approach.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 11 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Cupping Therapy: A Step-by-Step Approach E647

CE HOURS: 9

As a massage therapist you are constantly looking for new techniques to add to your practice in order for you to keep improving and widening your skill set and to provide more choices for relief, relaxation, and healing to your clients. One technique, cupping therapy, has recently become a topic of discussion. Whether the client is simply curious about what cupping entails, its benefits, or whether it would be an appropriate treatment for them, you should want to be able to answer your client's questions with confidence and certainly provide the treatment, too!

Explore the role of cupping in a variety of clinical contexts - ranging from the treatment of children to the effective management of sports injuries and myofascial pain. Our well-established, highly successful course text provides you with a a useful step-by-step approach to the effective application of traditional cupping techniques with special emphasis on issues of safety, expectation and theoretical principles of action.



TUITION: \$120.00

COURSE MATERIALS:

- Online Text - 321 pages
- Online Video - Approximately 17 minutes
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Deep Tissue Massage E501

CE HOURS: 12

This rich, valuable educational program can enhance the work of even the most experienced massage therapists, physical therapists, chiropractors, acupuncturists and naturopathic doctors.

State-of-the-art computer graphics, anatomical illustrations, clearly presented demonstrations and three-dimensional teaching aids enhance the video presentation and provide vital insights on how to more effectively help clients.

With thorough, clear cautions, 55 different procedures are introduced and demonstrated, and the user-friendly, photographic, text closely follows the video program. Recommended practice sessions with a colleague or family member are facilitated with a guided exercise included in the workbook.



TUITION: \$160.00

COURSE MATERIALS:

- Video - 90 minutes
- Text - 55 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Deep Vein Thrombosis E452

CE HOURS: 1

Complications from deep vein thrombosis (DVT) kill more people in the United States per year than AIDS and breast cancer combined.

Clients with this potentially life-threatening condition rarely knows or report to their therapist that they have DVT. What is more likely to happen is that a client visits a massage therapist hoping he or she can "work out" the intense pain in his or her leg.

In this course, massage therapists will learn how to recognize the symptoms and risk factors associated with deep vein thrombosis and to distinguish a muscular problem from a much more dangerous scenario.



TUITION: \$15.00

COURSE MATERIALS:

- Manual - 15 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Delta Wave Massage E650

CE HOURS: 4

What if - in addition to the wonderful benefits from the usual relaxing massage - you could create a massage that incorporates a whole new approach to touch? A massage that communicates trust and relaxation in an environment that eliminates distractions? A massage that is centered upon reaching and maintaining the Delta state of relaxation, so crucial to every aspect of healing? As you can imagine, the therapeutic benefits would be profound.

Delta Wave Massage is designed to bring the body and mind into a delta relaxation state, which is the state in which nearly all physical, emotional, and nervous system healing takes place. The potential for dramatically improving every aspect of a person's well-being should make achieving Delta through massage an aspect of every massage no matter what the modality. What is more - it should be a key component of every patient's recovery plan.



TUITION: \$53.00

COURSE MATERIALS:

- Manual - 166 pages
- Online Videos - 1.75 hours
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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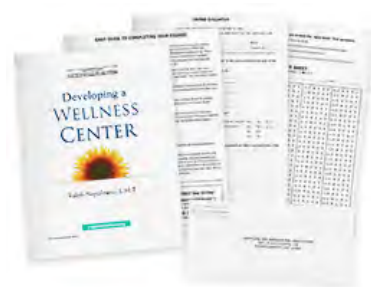


ONLINE

## Developing a Wellness Center E450

CE HOURS: 3

Launching and growing a successful solo or group practice can be a daunting task, unless you have a guide to help you actualize your vision. In this course, you will learn about creating your plan, locating an appropriate site, negotiating with a landlord, hiring support staff, finding and working with like-minded practitioners and successfully developing your own wellness center.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 34 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Digestive Ailments E314W

CE HOURS: 1

Discover ways to assist your clients in alleviating the discomfort of various digestive issues. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The pathology of irritable bowel syndrome and simple methods of reducing symptoms.
- Relieving symptoms of heartburn through massage and the difference between heartburn symptoms and those of a heart attack.
- Common digestive ailment disorders and their symptoms as well as how massage therapy can be used to ease discomfort.
- The function of the triple burner meridian as well as its disharmonies.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 12 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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ONLINE

## Diversity: Cultural Competence E415

CE HOURS: 1

Massage therapists are increasingly working in various medical settings - physician's offices, long term care facilities, hospitals - and the population of the United States continues to become more ethnically diverse. As a result, it is important that as health care providers working as part of a multi-disciplinary team we become more familiar with the cultural differences of our clients to become more sensitive to their perspective so that we may provide the best care.

Through this course you will:

- determine what cultural competence means, how one becomes culturally competent, and distinguish between cultural sensitivity and cultural competence.
- review how culture and socioeconomic status affect quality of health care.
- discover strategies for establishing a more culturally sensitive environment.
- learn differences in cultural behavior.
- examine ways to avoid pitfalls when working with various clients from diverse cultures.



TUITION: \$15.00

COURSE MATERIALS:

- Manual - 24 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Equine Massage E1010

CE HOURS: 10

This course presents equine anatomy and physiology, assessment strategies, safety issues for both horse and therapist, the theory behind appropriate massage techniques, a discussion of how the author applies techniques in various situations, how he uses stretches to benefit the horse and how to he uses attention when touching horses.

The easy-to-use format of the course text provides margins on each page for note taking, at-a-glance tables in the applications and anatomy sections and clearly understood photos. A guide for the professional as well as a starting point for the layperson or aspiring therapist, the methods described in the course text are safe for both horse and owner.

**Note: Check with your state massage board regarding animal massage regulations and scope of practice in your state.**



TUITION: \$132.00

COURSE MATERIALS:

- Text - 197 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Essential Oils & Therapeutic Uses E311W

CE HOURS: 1

Discover various therapeutic uses for essential oils. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Tips for maintaining essential oils.
- Essential oils for digestive complaints.
- The use of essential oils for easing the discomfort of sciatica.
- Using aromatherapy as an alternative to conventional head lice treatments.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 11 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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ONLINE

## Ethics for Communication & Connection E408

CE HOURS: 5

There is one thing that stands between a person and success, it is connection. The course text, *Everyone Communicates: Few Connect*, teaches you how to make every communication an opportunity for a powerful connection.

While it may seem that some are just born with the ability to connect with others, the fact is that anyone can learn how to make every communication an opportunity for a powerful connection. Included are the Five Principles and Five Practices to develop the crucial skill of connecting including:

- Finding common ground
- Keeping your communication simple
- Capturing people's interest
- Inspiring people
- Staying authentic in all your relationships

With *Ethics for Communication & Connection* you'll learn the principles and practices to develop the crucial skill of connecting with everyone, not just your clients.



TUITION: \$66.00

COURSE MATERIALS:

- Text - 262 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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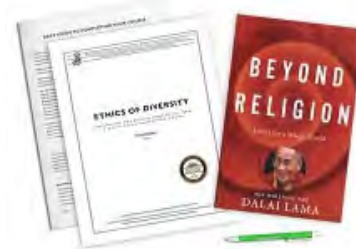
## Ethics of Diversity E461

CE HOURS: 4

In *Beyond Religion*, the Dalai Lama proposes the development of a secular system of ethics that transcends religion and focuses on our shared humanity and our interdependence as a key part of that humanity. His Holiness discusses the importance of global tolerance and rejection of violence, as well as the need for morality to be included in education.

In this course, participants will:

- Define secular ethics and what it means to enjoy mutual tolerance and respect for all.
- Explain the role of discernment in creating our own inner value system and generating our own personal level of ethical awareness.
- Analyze key inner values of patience, forbearance, contentment, self-discipline and generosity, consider how they impact our system of ethics and integrate these values into our practice.
- Discuss the purpose of diversity training as it pertains to the massage therapy industry.



TUITION: \$53.00

COURSE MATERIALS:

- Text - 188 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics Refresher E1012

CE HOURS: 1

The NCBTMB Standards of Practice are designed to ensure that Nationally Certified massage practitioners uphold high standards of practice for the massage profession as well as inform the general public of the duties and responsibilities of Nationally Certified massage therapists.

This course was designed as a quick review of the basics related to the NCBTMB's Standard V: Roles and Boundaries, including professionalism, transference, counter-transference, consent and boundaries, and their application in important practice situations, sexuality issues and cultural respect.

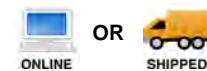


TUITION: \$15.00

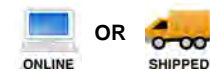
COURSE MATERIALS:

- Manual - 17 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Ethics: Boundaries & Time Management E427

CE HOURS: 1

We try our best to satisfy our client's needs, sometimes without realizing the toll it is taking on us. Do you have a few client's that you feel you've given too much time and are struggling in trying to figure out how to reel it back in?

Through this video-based course you will:

- Recognize the feelings of boundary crossing to begin to understand when "hazy" time boundaries become uncomfortable.
- Identify how to reorganize your massage appointments and how to get your boundaries back in line with appropriately scheduled appointment lengths.
- Discover how to talk with clients about appointment lengths to re-establish the boundaries of starting and ending massage within the agreed time frame.

In just one hour, you'll learn ways to be able to easily implement a healthy change in ethical behavior - boundary re-setting - improving your practice and professional relationships with your clients.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 55 minutes
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Ethics: From the Dalai Lama E1057

CE HOURS: 6

Based on the book Ethics for the New Millennium by His Holiness the Dalai Lama, this course presents a moral system of ethics for your consideration, including universal principles of compassion for oneself and others and restraint from causing harm.

While exploring ethics for the individual and for society, this course will improve your ability to treat each person with respect, dignity and worth, adhere to ethical boundaries and safeguard the therapeutic relationship. Applicable to all practice settings.

This course discusses the practice of inner discipline, levels of compassion and the properties of each level, essential elements involved in our experience of suffering, resolution and the application of ethical discipline and our development of a sense of universal responsibility.



TUITION: \$83.00

COURSE MATERIALS:

- Text - 237 pages
- Multiple-choice test
- Certificate upon completion

**MATERIALS**



SHIPPED

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## Ethics: Health Professionalism E1053

CE HOURS: 4

This course gives massage therapists and bodyworkers an opportunity to reflect on their own professionalism and several important ethical considerations that relate to the health professions.

This course reviews:

- the roles and boundaries of your practice
- commonly misunderstood questions about the scientific method and how to apply them to setting the boundaries of your practice
- the correct application of each component of the therapeutic process: assessment, referral, therapeutic action and outcome evaluation
- important ethical considerations that relate to the roles and boundaries of professional massage and/or bodywork



TUITION: \$53.00

COURSE MATERIALS:

- Manual - 54 pages
- Multiple-choice test
- Certificate upon completion

**MATERIALS**



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## Ethics: Law & Documentation E1054

CE HOURS: 4

Take this opportunity to reflect on your professionalism while reviewing several ethical issues within the massage therapy and bodywork profession.

This course covers:

- negligence and malpractice and the four elements of negligence
- main reasons why independent contractors and employed healthcare professionals both need professional liability insurance
- components of a typical professional liability policy
- consent and recognizing examples of it
- identifying the healthcare professional's obligations regarding the informed consent process
- circumstances that may involve special consent rules
- purposes and major uses of the medical record
- components of SOAP charting
- implications of releasing confidential information about the client



TUITION: \$53.00

COURSE MATERIALS:

- Manual - 19 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics: Legal & Ethical Issues E1059

CE HOURS: 6

Examine key legal and ethical concepts related to massage and bodywork including professional roles and boundaries in the health field. Learn essential tips for medical record keeping and professional liability insurance.

This course covers:

- intentional and quasi-intentional tort
- examples of breach of confidentiality
- essential roles, rights and responsibilities that are required in order to be recognized as a professional
- transference, countertransference, consent and boundaries and applying them to practice situations
- healthcare professional's obligations regarding the informed consent process and special consent rules
- the purposes and major uses of the medical record
- components of SOAP charting



TUITION: \$83.00

COURSE MATERIALS:

- Manual - 38 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics: Massage Etiquette & Communication E429

CE HOURS: 1

Have you ever heard about a massage therapist that talked too much or not enough? Perhaps one that wasn't really mindful of the client's time? Your relationship with your client is extremely important and based on trust. Without trust, your clients will seek out another therapist to carry out their massage.

Through this video-based course you will:

- Observe and reflect on ways in which you can communicate appropriately with your client by creating and maintaining verbal boundaries
  - NOT talking about yourself
  - Table Etiquette - the rules of talking
  - The importance of talking
  - How to talk with people

Discover how you might be missing the mark when it comes to the right amount of communication, appropriate massage etiquette, and how your polished professionalism can keep clients coming back again and again.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 56 minutes
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



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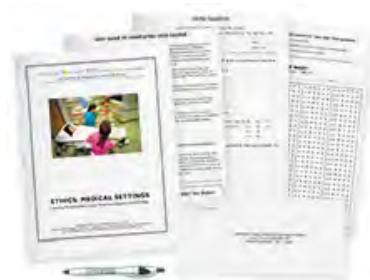
## Ethics: Medical Settings E1056

CE HOURS: 6

This course addresses some of the challenges involved in caring for people who are ill, injured or dying. It gives tools to help integrate your practice into hospitals, nursing facilities and home care settings, including topics such as ethical dilemmas, dissonance, mentorship and boundaries.

Also covered:

- common ethical dilemmas that occur when working with people in illness care environments and strategies to reduce or cope with ethical dissonance
- appropriate ways to present yourself as a professional in hospitals, nursing facilities and home care settings
- recommended approaches to working with people who are seriously ill or dying



TUITION: \$83.00

COURSE MATERIALS:

- Manual - 45 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics: NCBTMB Standard V E1035

CE HOURS: 2

A concise, easy-to-read review of the National Certification Board for Therapeutic Massage and Bodywork's (NCBTMB) Standard V: Roles and Boundaries in the Standards of Practice.

Each section of the course reviews each of the nine points of Standard V and helps you consider how each item relates to your practice.



TUITION: \$28.00

COURSE MATERIALS:

- Manual - 24 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics: Neutral Space, Client Care & Boundaries E428

CE HOURS: 1

There may be times in your career that you encounter clients that are in need of extra support. You may even find yourself trying too hard to provide that support. Instead, learn skills that will allow you to regain and maintain healthy boundaries between you and your client.

- Observe the difference between trying too hard to help a client vs. how to offer your skills in a neutral and helpful way for their benefit.
- Learn to recognize your own behavior and be able to step back, observe, and regain healthy boundaries allowing the client to work through their own mental and emotional needs while still performing the massage.
- Know how to create a "neutral space" and how to "hold space" for a client in support of their emotional and physical needs.

By following the steps in this course you will be able to simply create a space for clients to feel supported and safe, with your demeanor and hands, providing a feeling of unconditional support to that person.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 46 minutes
- Online Guidebook/Manual - 24 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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ONLINE

## Ethics: Practice Management E406

CE HOURS: 3

Establishing and managing a professional practice involves knowledge of local, state and federal requirements pertinent to business licenses and permits, insurance coverage and legal business relationships. Successful massage practices provide clear policies and procedures that define the services offered, how appointments are scheduled as well as a competitive fee structure.

This home study program provides an overview of professionalism and scope of practice for massage therapists from the legal, educational, competency and self-accountability standpoints. The roles of professional codes of ethics and standards of practice with regard to ethical behavior and business practices are discussed within the parameters of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

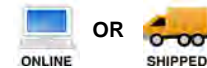


TUITION: \$39.00

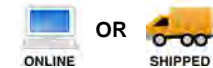
COURSE MATERIALS:

- Manual - 17 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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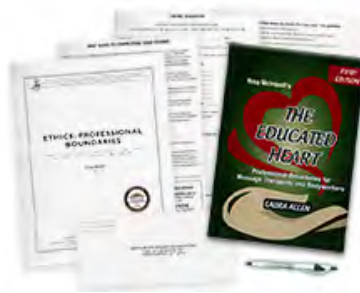
## Ethics: Professional Boundaries E1092

CE HOURS: 6

Recognize "red flags" that can indicate ethical decision points. Learn how to create a safe and consistent therapeutic environment and minimize problems related to client transference.

This course covers topics such as:

- Identifying ways to create a safe and consistent therapeutic environment
- Minimizing problems related to client transference
- Addressing ethical issues and challenges presented by the Internet and social media



TUITION: \$70.00

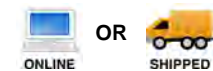
COURSE MATERIALS:

- Text
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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## Ethics: Professional Conduct E1052

CE HOURS: 3

Standards of Practice provide massage therapists with clear, written expectations of professional conduct that can protect both the client and the practitioner and safeguard the therapeutic value of the relationship.

This course reviews the National Certification Board for Therapeutic Massage and Bodywork's (NCBTMB) Standard I: Professionalism and Standard V: Roles and Boundaries in detail and helps you consider how they relate to your practice.

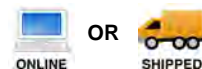


TUITION: \$39.00

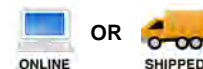
COURSE MATERIALS:

- Manual - 37 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Ethics: Resolving Workplace Conflict E446

CE HOURS: 1

Conflict is an inevitable aspect of both personal and professional life, often arising from differing perspectives and unmet expectations. In this online course Amy Bradley Radford, experienced massage therapist and educator, provides a comprehensive understanding of conflict resolution techniques and the application of professionalism in the context of the massage therapy practice. Drawing upon personal experiences and ethical decision-making principles, participants will learn to navigate conflicts with co-workers, supervisors, and clients effectively.

This course focuses on ethical training and conflict resolution tailored specifically for massage professionals. Participants will examine topics such as ethical problem-solving, boundary setting, professionalism, and effective communication strategies. You'll gain insights into navigating workplace conflicts with confidence and professionalism.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 59 minutes
- Online Manual - 42 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Ethics: Roles & Boundaries E1050

CE HOURS: 2

This general, practice level course provides massage and bodywork professionals with a discussion of the major legal and ethical concepts and terms related to roles and boundaries, so that one may better understand how these concepts are applied in the health professions today.

This course provides short and concise reviews of:

- definitions for assault, battery, sexual assault, false imprisonment, defamation, invasion of privacy and intentional infliction of emotional distress
- examples of breach of confidentiality and the healthcare professional's obligations regarding the informed consent process
- transference, countertransference and boundaries and application in practice situations



TUITION: \$28.00

COURSE MATERIALS:

- Manual - 31 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Ethics: Therapeutic Environment E1051

CE HOURS: 3

Expand your understanding of ethics and learn how to build a safer therapeutic environment for yourself and your client.

This course reviews:

- essential roles, rights and responsibilities that are accepted in order to be recognized as a professional
- the concepts transference and countertransference and how they apply to your practice
- definitions of ethics, ethical dilemma, ethical dissonance, confidentiality and boundaries, and their application in important practice considerations



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 40 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Ethics: Therapeutic Relationships E401

CE HOURS: 3

This ethics program will provide you with a structure for ethical decision-making that will serve your clients, yourself, your profession and your community.

State licensing boards and professional associations set forth professional codes of ethics to define standards of professional conduct that ensure the highest good for the client in our therapeutic relationships. The first step in practicing ethically is to become aware of these established regulations and to implement them within your professional practice.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 38 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Fascia: The Endless Web E1014

CE HOURS: 13

Myofascia is a flexible network of tissue that surrounds, cushions and supports muscles, bones and organs. It also acts as a "riverbed" containing the flow of interstitial fluid and is a critical influence on the immune and hormonal systems. Thus, it is an underlying determinant of movement quality, mood, alertness and general well-being. Before birth and during early childhood, movement patterns and structural imbalances may develop.

Learn how to read structural imbalances and variations in the body and address fascial imbalances through this comprehensive guide to understanding and working effectively with the myofascial system.

The fully illustrated course text demonstrates how myofascia works, its supportive role within the body's anatomy and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention that can be integrated into any bodywork practice.



TUITION: \$182.00

COURSE MATERIALS:

- Text - 126 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Finding Your Why: How to Recover from Massage Therapist Burnout and Keep Going E448

CE HOURS: 4

When you have forgotten WHY you are doing what you are doing every day, this class helps you find it again. "Finding Your Why: How to Recover from Massage Therapist Burnout and Keep Going" offers a pathway to rediscovering passion and purpose in your massage work, stemming from the instructor's own journey of overcoming setbacks as an educator and business owner.

Over four comprehensive modules, you'll explore the depths of your core values, passions, and purpose, culminating in the creation of a personalized dream statement that serves as your guiding compass for daily living and decision-making.



TUITION: \$53.00

COURSE MATERIALS:

- Online Video - 3.5 hours
- Online Manual - 42 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Florida Mandatory Programs Set (#2) ESFL415

CE HOURS: 7

Our second set of Florida Mandatory Programs provides you another choice in your ethics program.

Set #2 contains:

- Ethics: Practice Management (3 CE hours)
- Medical Errors (2 CE hours)
- Law and Legal Issues - Florida (2 CE hours)

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$95.00~~ \$80.00

COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Florida Mandatory Programs Set (#3) ESFL416

CE HOURS: 8

Our third set of Florida Mandatory Programs contains:

- Ethics: Professional Conduct (3 CE hours)
- Preventing Medical Errors (3 CE hours)
- Law and Legal Issues - Florida (2 CE hours)

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$106.00~~ \$86.00

COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Florida Mandatory Programs Set (#4) ESFL417

CE HOURS: 8

Our fourth set of Florida Mandatory Programs contains:

- Ethics: Therapeutic Environment (3 CE hours)
- Preventing Medical Errors (3 CE hours)
- Law and Legal Issues - Florida (2 CE hours)

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$106.00~~ \$86.00

COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Florida Mandatory Programs Set (#5) ESFL418

CE HOURS: 6

Our fifth set of Florida Mandatory Programs contains:

- NCBTMB Standard V: Professional Roles and Boundaries (3 CE hours)
- Medical Errors (2 CE hours)
- Law and Legal Issues - Florida (2 CE hours)

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$84.00~~ \$69.00

COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



### TEST



## Florida Mandatory Programs Set (#6) ESFL419

CE HOURS: 6

Our sixth set of Florida Mandatory Programs contains:

- Ethics: Roles & Boundaries (3 CE hours)
- Medical Errors (2 CE hours)
- Law & Legal Issues (2 CE hours)

Individual descriptions of each program can be found within this catalog.

**Ethics: Roles & Boundaries course contained in this package meets the NCBTMB requirements for 2 hours in Standard V: Roles and Boundaries.**

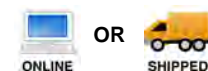


TUITION: ~~\$84.00~~ \$69.00

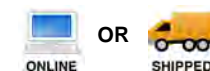
COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



### TEST

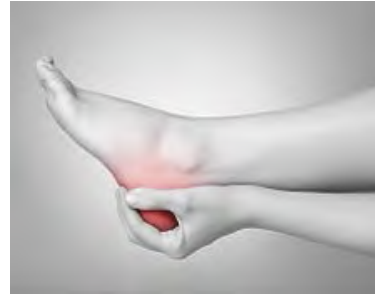


## Foot Pathologies E313W

CE HOURS: 1

Discover ways you detect and/or alleviate common foot pathologies. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Identifying and helping clients affected by heel spurs.
- Bodywork techniques for plantar fasciitis.
- How discomfort from Morton's Toe can be eased using massage therapy.
- Recognizing a potential case of plantar warts.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 14 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Forearm Massage - Auth Method E635

CE HOURS: 12

Save your hands and wrists - review the theory and use of the forearms as a primary massage tool. The Auth Method® of forearm massage, developed by Shari Auth, LMT, L.Ac., MA, demonstrates that by massaging with the forearms one can benefit from the advantages of this practice including more durability, more leverage, a larger surface area of contact and reduced wear and tear on the more fragile joints of the hands and wrist.

Through text and video you will review how to massage the body in supine, prone and side lying position using the forearms. These techniques can be used for relaxing spa massage, deep tissue massage, medical and prenatal massage. The program also demonstrates Chi Gong (or Qi Gong) exercises for better body mechanics during massage.



TUITION: \$176.00

COURSE MATERIALS:

- Videos - 117 minutes
- Text - 164 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Geriatric Precautions E306W

CE HOURS: 1

Learn how to support your older client base. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Eight common medical issues with geriatric clients and their massage implications.
- Six less invasive, yet effective modalities for frail elders as well as 5 precautions for these clients.
- Identifying the early states of a stroke.
- Three complementary therapies for stroke rehabilitation



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 15 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Gift Certificate Sales Mastery E436

CE HOURS: 2

Most massage and spa therapists have "gift certificates available" but smart therapists have a marketing plan and know that gift certificate sales can be a significant source of income and new clients, without discounting. Imagine checking your email and realizing you made sales while you were sleeping!

Building your business with gift certificate sales can help you spend more time in the treatment room and less time worrying if the phone will ring.

Learn how to suggest and sell Gift Certificates to your existing clients without being pushy, the best way to promote your services as The Perfect Gift, unique packaging and presentation tips that will increase sales, and make your Gift Certificates the "go to" gift, how to create high value specials that will SELL, and simple and effective marketing and networking tips to maximize your Gift Certificate sales

Get your plan together, start marketing, and have the best gift certificate season ever!



TUITION: \$28.00

COURSE MATERIALS:

- Online Audio - 85 minutes
- Online Video - 5 minutes
- Online guide - 15 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST





## Headaches, Facial Pain & Massage E327W

CE HOURS: 1

Headaches are extremely common and nearly everyone has had this type of pain on occasion. In some cases the pain is more frequent and debilitating. Discover ways to assist your clients with recurring headaches. In this brief course you will:

- Differentiate between the various types of headaches.
- Explain the known causes of each type of headache.
- Review a detailed client intake to determine history of headaches and massage therapy compatibility.
- Determine appropriate massage techniques for clients with acute or chronic headaches.
- Examine the categorization of headaches by the International Headache Society and National Institute of Health.
- Identify facial pain and its causes.
- Ascertain appropriate massage therapy techniques for clients with facial pain.
- Recognize symptoms of a stroke and apply emergency procedures.



TUITION: \$15.00

COURSE MATERIALS:

- 5 MPU Original Articles - 18 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Health Maintenance - Body & Mind E325W

CE HOURS: 1

Combining articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- How to apply healthy, professional boundaries with clients and ways to deal with countertransference.
- Causes and symptoms of burnout and strategies for staying healthy - both body and mind.
- Avoiding emotional traps.
- Safety precautions during outcall massage appointments.
- Whether the level of compassion you have for your clients is healthy.
- Improving the health of your client's mind and body.



TUITION: \$15.00

COURSE MATERIALS:

- 9 MPU Original Articles - 24 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## HIV Update for Massage Therapists and Bodyworkers E1023

CE HOURS: 3

Today we find people with HIV infection among our clientele, our circle of friends and our families. HIV-infected persons are seeking healing modalities that enhance the physical, psychological and spiritual aspects of their being. Touch is in the forefront of these modalities. This course will greatly assist you in providing your skills with greater awareness and sensitivity for people who have HIV infection.

In this course, you will learn:

- the history of HIV and AIDS and the global impact
- opportunistic infections
- diagnosis, treatment and transmission
- Universal Precautions for preventing infection
- contraindications for HIV-infected clients
- the benefits of bodywork for HIV and AIDS positive clients
- emotional impact to the practitioner

**This course meets the communicable disease requirement for most states.**



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 52 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Hospice-Based Massage E1038

CE HOURS: 10

As more people reach beyond conventional medicine for healing, massage and bodywork practitioners are being invited to aid and comfort dying persons and those who care for them. In this profoundly intimate course, internationally acclaimed practitioner Irene Smith shares openly about the multidimensional challenges and personal healing nature of this work. The textbook, 2 CDs and 2 DVDs in this course clearly present Irene's practical and philosophical framework developed from 25 years' experience.

The course discusses important self-care elements for the touch practitioner in hospice care, elements needed for ill or dying clients to receive a safe, comforting touch experience in hospice care, the importance of confidentiality and building trust and emotional challenges of working with the dying.

This course is for any massage therapist or bodyworker who is considering working with dying persons. It will inspire you to learn new skills.



TUITION: \$132.00

COURSE MATERIALS:

- Manual - 82 pages
- Video - 131 minutes total
- Audio Presentation - 85 minutes total
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Human Trafficking (for Florida) E437

CE HOURS: 1

In this one-hour comprehensive online course designed for Florida massage license renewal, we explore the world of human trafficking, debunking myths, and uncovering hard-hitting facts. Through a blend of textual insights and video presentations, participants will gain a profound understanding of the complex issue of human trafficking, empowering them to recognize, prevent, and report instances of trafficking in their communities.

This course is designed to equip participants with the knowledge, skills, and resources necessary to become agents of change in the fight against human trafficking. By the end of the session, learners will be empowered to take proactive steps towards recognizing, preventing, and reporting instances of trafficking, ultimately contributing to the effort to eradicate this heinous crime.



TUITION: ~~\$15.00~~ \$0.00

COURSE MATERIALS:

- Online Video - 62 minutes
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Hypertension, Cholesterol & Massage E319W

CE HOURS: 1

Discover how massage can affect hypertension and cholesterol levels. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Causes of hypertension and bodywork modalities that can increase and decrease blood pressure.
- Reasons hypertension is thought to be a massage contraindication and how to practice sensibly.
- The side effects of statins and considerations for massage.
- Massage therapy's impact on cholesterol levels.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 11 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Infant and Child Massage E1093

CE HOURS: 6

For generations, mothers the world over have known that the soft stroke of their hands soothes, calms and communicates their love to their babies. Now scientific research proves that massage can do all that and more. The course text, written by the founder of the International Association of Infant Massage, helps you master the techniques of infant massage so you can incorporate this joyful and wonderful healing art into your practice. Each step of the massage process is explained with easy-to-follow instructions and delightful photographs demonstrating each stroke.

In this course, you'll learn why massage is important to infant development and well-being, along with specific routines tailored to help relieve colic, fever and congestion. Discover the many benefits of massage for children: easing discomfort, releasing tension, helping premature infants gain weight and helping asthmatic children improve breathing function.

Modified instructions are provided for premature infants and babies with special needs.



TUITION: \$83.00

COURSE MATERIALS:

- Text - 303 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Infection Control - Bacteria E310W

CE HOURS: 1

Discover ways you can prevent the spread of infection in your practice and exposure to yourself and your clients. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- How antibiotics may impact bodywork.
- Ways staph infections are transmitted and how to prevent exposure.
- Proper hand cleansing.
- Situations when medical gloves may be appropriate for massage.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 15 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Infectious Disease: Hepatitis E405

CE HOURS: 2

With over six million Americans infected with one or more forms of viral hepatitis, practitioners must understand the impact this growing problem has on both their clients and their practice.

Learn about the history, etiology and pathophysiology of hepatitis, as well as how to differentiate between several viral hepatitis types, their associated symptoms, modes of transmission, preventive measures, treatments and risks. Of particular value to massage therapists are the guidelines pertaining to Universal Precautions, including hand washing, laundering and equipment sanitization.

By learning about viral hepatitis, this course meets the increased demand for knowledgeable practitioners administering safe and cognizant bodywork on all clients.

**This course meets the communicable disease requirement for most states.**



TUITION: \$28.00

COURSE MATERIALS:

- Manual - 21 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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SHIPPED

### TEST



ONLINE

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SHIPPED

## Infectious Disease: HIV/AIDS E456

CE HOURS: 1

Learn about modes of transmission, infection control procedures, clinical management and prevention of human immunodeficiency virus and acquired immune deficiency syndrome, as well medical prevention and treatment. This continuing education course also covers information with regard to Universal Precautions for healthcare workers and implications for the massage therapist.

**This course meets the communicable disease requirement for most states.**



TUITION: \$15.00

COURSE MATERIALS:

- Manual - 24 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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SHIPPED

### TEST



ONLINE

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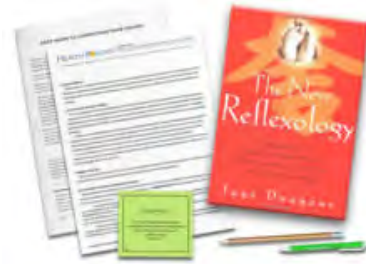
## Integrating Reflexology and Five-Element Theory E1034

CE HOURS: 12

Reflexology has been an effective way to relieve stress, alleviate pain and combat ailments. Integrating Traditional Chinese Medicine and standard Western reflexology practice, this continuing education course identifies reflexology points and the corresponding Chinese meridians on the foot for a unique and proven method to getting even better results.

In simple and straightforward terms, the course text explains why the meridians are essential for reflexology, how to use meridian therapy and the 5 elements for effective assessment and treatment, how to relate structural foot problems to imbalances in the rest of the body and much more.

Dozens of illustrations are included to guide readers step-by-step through the treatments.



TUITION: \$160.00

COURSE MATERIALS:

- Text - 324 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Integrative Massage Program Collection ES500

CE HOURS: 42

Learn all three routines - Earth, Fire and Spirit - in this three course collection and begin creating your own integrative approach to therapy.

The Earth massage routine integrates massage techniques from deep tissue therapy, neuromuscular therapy, myofascial release and Swedish massage to help ground your clients into a body that is free from fascial restrictions created from physical and mental tension.

Fire massage is a revitalizing and rejuvenating massage designed to loosen blocks, relieve stress and energize the body integrating techniques from sports massage, active resistance stretching, neurolymphatic reflex massage, breath work, deep tissue therapy and Swedish massage.

Adapting techniques from lymphatic drainage, myofascial release, guided imagery, energy balancing and Swedish massage, the Spirit course is designed to quiet the mind and get the receiver in touch with his/her own healing rhythms.



TUITION: ~~\$561.00~~ \$545.00

COURSE MATERIALS:

- 3 Videos - 241 minutes total
- 3 Manuals - 142 pages total
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Integrative Massage: Earth E512

CE HOURS: 13

The Earth massage is a deep, muscular massage designed to help ground your clients into a body that is free from fascial restrictions created from physical and mental tension.

The course integrates deep tissue, neuromuscular therapy, myofascial release and Swedish massage. Using the side posture primarily, the Earth massage routine employs deep, compressive techniques that soften adhesions and muscle fibrosis, reducing the activity of myofascial trigger points, increasing the mobility of connective tissue and joints and improving posture.

Benefits also include muscle lengthening, increased range of motion and improved posture. Perform this massage on clients with muscle tension, limited range of motion or on people who can't lie facedown or face up for long.

The course video also includes a five-minute Yoga routine for the practitioner.



TUITION: \$176.00

COURSE MATERIALS:

- Video - 73 minutes
- Manual - 40 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Integrative Massage: Fire E517

CE HOURS: 15

The Fire massage is a revitalizing and rejuvenating massage designed to loosen blocks, relieve stress and energize the body. This massage is most beneficial for anyone who is tired, lethargic or has limited vitality.

The routine presented in this course integrates massage techniques from sports massage, active resistance stretching, neurolymphatic reflex massage, breath work, deep tissue therapy and Swedish massage. Benefits include increased circulation, increased vitality and activation of body systems.

The course video also includes a five-minute Chi Gung self-care routine for the practitioner.



TUITION: \$198.00

COURSE MATERIALS:

- Video - 87 minutes
- Manual - 50 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Integrative Massage: Spirit E522

CE HOURS: 14

The Spirit massage is a gentle stress relieving massage designed to quiet the mind and get the client in touch with his/her own inner healing rhythms.

This course integrates lymphatic drainage, guided imagery, energy balancing, myofascial release and Swedish massage. Benefits include stress relief, deep relaxation and increased mental, emotional and spiritual clarity.

Perform this routine on receivers who are stressed, scattered, or in emotional turmoil. Gentle, energy-based techniques, coupled with guided imagery, induce a meditative state where excessive "mental noise" is quieted and a sense of inner balance and harmony is attained.

This video also includes a five-minute Kundalini Yoga routine for the practitioner.



TUITION: \$187.00

COURSE MATERIALS:

- Video - 81 minutes
- Manual - 52 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Interpretive Touch Massage E656

CE HOURS: 9

The Interpretive Touch Massage course introduces therapists to a new approach that combines the structured techniques of Delta and Pulse Wave Massage with creative, client-centered elements. Building a solid foundation in the Delta Wave philosophy, therapists will learn to incorporate the flowing strokes and deep techniques of Pulse Wave Massage into a choreographed sequence that includes "interpretive spaces." These intentional pauses allow the therapist to personalize the session by improvising within the framework, adapting to the client's needs, and drawing upon their own strengths and style.

This course emphasizes the importance of proper sequencing and session choreography, teaching therapists how to blend flexibility and structure. By learning how to integrate interpretive spaces strategically within a one-hour massage session, therapists will be able to maximize therapeutic benefits, meeting each client's unique needs while enhancing the effectiveness of every moment.



TUITION: \$120.00

COURSE MATERIALS:

- Manual - 294 pages
- Online Videos - Approximately 3 hours
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE



## Introduction to Infant Massage E1037

CE HOURS: 3

Studies have shown that the immediate benefits of infant massage include not only the promotion of sounder, longer sleeping patterns, but also a baby with a more comforted and soothed disposition.

This continuing education course presents the research-backed benefits of massage for newborns, a description of more than 50 common infant health disorders and how they affect each body system, an aromatherapy guide for infants and toddlers, Internet links for further study and support and a bonus section with step-by-step illustrations of how to conduct infant massage routines for the hands, arms, chest, abdomen, face and back.

Bonus: An Internet link is provided with each ailment, giving you an opportunity for further research as well as support.



TUITION: \$45.00

COURSE MATERIALS:

- Text - 125 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Kinesio Taping Techniques for Massage Therapists E652

CE HOURS: 5

Add another dimension of effective pain relief for your clients! Delivering more than 25 kinesio taping protocols for all areas of the body, these techniques are easy to learn and integrate into your massage sessions.

By applying kinesio tape (a specially designed elastic tape with hypoallergenic adhesive) in specific patterns you can provide support and stability to muscles, tendons, ligaments, and joints. Video demonstrations, images, and instructions of proper taping techniques are presented for various indications.

Kinesio taping also assists in manipulating soft tissue, prolonging the benefits of your massage - the perfect adjunct to your skills for helping your clients reduce and manage pain.



TUITION: \$66.00

COURSE MATERIALS:

- Online Video - 2 hours
- Online Manual - 100 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Law and Legal Issues (Florida) E444

CE HOURS: 2

How do codes, laws, rules and regulations affect your practice of massage and bodywork? In this course, you are presented with a detailed view of the laws and rules of the Florida Board of Massage Therapy and how they apply to the massage therapy business. The course covers chapters 480, 456 and Rule Chapter 64B7 required per the continuing education rules as presented by the Florida Board of Massage Therapy.

**NOTE:** This course is required for Florida Massage licensure renewal.



TUITION: \$28.00

COURSE MATERIALS:

- Manual - 24 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



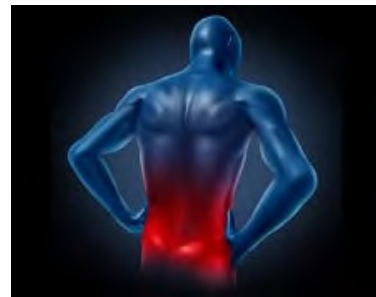
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## Low Back Pain E308W

CE HOURS: 1

Discover ways to support your client in relieving low back pain. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- How heat therapy, core strengthening, stretching and cranial-sacral therapy can prolong relief from pain.
- Boosting quality of life through tips that help prevent back pain.
- Breaking the chain of events that can follow a lumbar strain.
- Why postural evaluations can extend the benefits of massage.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 12 page downloadable text
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Lymphatic Drainage Massage E620

CE HOURS: 17

Lymph drainage massage can be extremely beneficial to clients who suffer from allergies, have had recent surgery, or suffer from edema. The treatment is quite relaxing to the client as it has a highly calming effect on the body.

In this exclusive course based on Dr. Emil Vodder's method of manual lymph drainage, you will learn the anatomy of the lymphatic system, including lymph nodes, vessels and angions. You will also master the locations of the basic nodes and the drainage patterns the lymph follow. The causes and types of edema are explained as well as the indications and contraindications of lymphatic massage.

Instructor Sean Riehl leads you through more than 60 step-by-step techniques, which cover the face and body.



TUITION: \$226.00

COURSE MATERIALS:

- Video - 90 minutes
- Manual - 51 pages
- Text - 184 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Manual Lymphatic Drainage Massage E612

CE HOURS: 4

Looking to elevate your massage therapy practice? This Manual Lymphatic Drainage course was designed exclusively for dedicated massage therapists seeking to expand their skill set. This course aims to introduce you to the benefits of lymphatic drainage massage, equipping you with specialized knowledge and techniques that will elevate your practice.

By the end of this course, you will:

- Articulate the therapeutic benefits of lymphatic drainage massage with confidence.
- Understand the workings of the lymphatic system and its impact on human physiology.
- Educate your clients about the benefits of lymphatic drainage massage, fostering informed choices.
- Recognize and assess the effects of lymphatic drainage massage on the body, enhancing treatment precision.
- Make informed decisions regarding the suitability of lymphatic drainage massage based on contraindications.
- Observe and apply lymphatic drainage massage techniques.



TUITION: \$53.00

COURSE MATERIALS:

- Online video - Approximately 3 hours
- Online manual - 29 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Marketing Massage and the Economy E302W

CE HOURS: 1

During tough economic times, business owners look for ways to continue to thrive and avoid having to close their doors. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- the importance of massage therapy as a cost effective healthcare option
- product sales to serve client needs and the relationship between ethical sales, product integrity and education
- good expense cutting versus cutting expenses that may hurt business
- seven beneficial habits that can be incorporated to create a successful massage business



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 8 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Marketing Massage in Four Easy Steps E1017

CE HOURS: 3

Marketing doesn't need to be scary. It can actually be inspiring, empowering and FUN! When you market your business effectively, you give people a much clearer understanding of who you are and how you can help them. Discover easy, affordable ways to communicate your unique message to your ideal clients using the four organizing steps described in this course.

In this course, you will learn:

- ways you can adopt a holistic, honoring approach to marketing
- how to honor your unique gifts in your massage practice
- methods to tell people who you are and how you can help them
- to measure your marketing results and improve your marketing effectiveness



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 56 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Maryland Mandatory Programs Set (#1) ESMD425

CE HOURS: 7

Specially priced set of Maryland Mandatory Programs.

Set #1 contains:

- Diversity: Cultural Competence (1 CE hours)
- Ethics: Professional Conduct (3 CE hours)
- HIV Update for Professionals (3 CE hours)

Individual descriptions of each program can be found within this catalog.

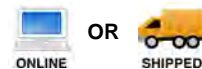


TUITION: ~~\$95.00~~ **\$79.05**

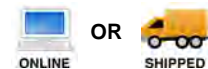
COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



### TEST



## Maryland Mandatory Programs Set (#2) ESMD426

CE HOURS: 7

Specially priced set of Maryland Mandatory Programs.

Set #2 contains:

- Diversity: Cultural Competence (1 CE hours)
- Ethics: Therapeutic Relationships (3 CE hours)
- HIV Update for Professionals (3 CE hours)

Individual descriptions of each program can be found within this catalog.

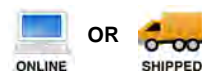


TUITION: ~~\$93.00~~ **\$79.05**

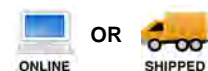
COURSE MATERIALS:

- 3 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



### TEST



## Maryland Mandatory Programs Set (#3) ESMD427

CE HOURS: 7

Specially priced set of Maryland Mandatory Programs.

Set #3 contains:

- Diversity: Cultural Competence (1 CE hours)
- Ethics: Therapeutic Environment (3 CE hours)
- Infectious Disease: HIV/AIDS (1 CE hours)
- Infectious Disease: Hepatitis (2 CE hours)

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$101.00~~ **\$83.00**

COURSE MATERIALS:

- 4 Manuals
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



### TEST



## Massage & Retail Sales E323W

CE HOURS: 1

Discover ways to expand your practice. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Deciding how to expand your practice.
- Selecting and offering products for resale.
- Helpful hints for selling products.
- Key components of soft selling techniques.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 10 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Massage Cupping Techniques E655

CE HOURS: 3

This introductory course designed for massage therapists, covers how and why to use massage cupping, including specific reasons for performing it on certain clients.

- Learn how to seamlessly integrate massage cupping into various massage techniques, whether targeting specific areas or providing a full-body treatment.
- Understand how massage cupping can enhance pain relief and relaxation, adding a valuable dimension to your therapeutic repertoire.
- Gain insights into the benefits of cupping, recognize contraindications, and client intake procedures to ensure safe and effective treatments.
- Follow a complete cupping treatment protocol, equipping you with the skills to confidently apply massage cups and offer clients an additional method for pain management and relaxation.

By the end of this course, you'll be equipped with the knowledge and skills to begin incorporating massage cupping into your practice, providing enhanced therapeutic outcomes for your clients.



TUITION: \$45.00

COURSE MATERIALS:

- Online videos - 132 minutes
- Online handouts
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Massage Enhancements E434

### That Your Clients Will Love!

CE HOURS: 2

Massage can be hard, physical work. What if you could easily add a variety of customized mini spa services that your clients will love all while helping you make more money and give your hands a well-deserved break?

Instructor Gael Wood gives you everything you need to get started incorporating massage add-ons, or enhancements, that can be added to your regular massage sessions designed to enhance your client's massage experience, provide a variety of added benefits for your clients, and increase your income!

These add-ons can include scrubs, masks, aromatherapy facial massage, hot stones, body brush, paraffin wax treatments, and back and neck tension reduction enhancements.

You'll receive detailed supply lists, instructions, product resources, sample menu wording, ideas for marketing an booking massage enhancements, treatment combinations, spa recipes, and quick notes for each enhancement.



TUITION: \$28.00

COURSE MATERIALS:

- Online Video - 56 minutes
- Online manual - 67 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Massage for Edema E1021

CE HOURS: 3

Learn the concepts underlying massage and bodywork for clients who have edema, including an overview of lymph drainage and important steps to preventing lymphedema.

In this course, you will learn:

- the major anatomical components of healthy immune and lymphatic systems
- how to distinguish between the body's normal inflammation process and abnormal edema
- indications and contraindications for working with clients who have edema
- how to provide clients with information on prevention and management of lymphedema



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 20 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Massage for Headaches & Neck Pain E628

CE HOURS: 9

Headaches and neck pain are both extremely common and nearly everyone has had this type of pain on occasion. In some cases the pain is more frequent and debilitating. Through this continuing education course, discover how you can assist clients in alleviating frequent headaches and neck pain.

Through text and video, authors Sandy Fritz and Leon Chaitow will:

- Identify types and causes of headaches and name contributing factors in the development of headaches and neck pain.
- Describe assessment tools for identifying signs and features of headache and neck pain dysfunctions.
- Match massage applications with the specific pain management goals.
- Select specific massage strategies for treating vascular and tension headaches and neck pain.



TUITION: \$105.00

COURSE MATERIALS:

- Online Text - 155 pages
- Online Videos - Approximately 50 minutes
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE



## Massage for Lower Back & Pelvic Pain E624

CE HOURS: 6

Responsible for over 90% of all reported backaches, "non-specific" backache has no actual associated pathology. Massage therapy and soft tissue and exercise methods have been shown to be the most effective way of treating - and preventing - this widespread problem. Through online text and video with Sandy Fritz and Leon Chaitow, you will discover the evolution of "non-specific" backache as well as assessment and treatment methods ideal for use in combination with massage therapy derived from physical therapy, osteopathic and chiropractic sources. The supplemental videos demonstrate the palpation and treatment methods for learning enhancement.



TUITION: \$70.00

COURSE MATERIALS:

- Online Text - 150 pages
- Online Videos - Approximately 64 minutes
- Annotated Text & Video Guide
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Massage in Healthcare Package ES1005

CE HOURS: 25

This package contains 4 courses:

- Touch for the Seriously Ill (14 CE hours): This course provides a rare depth of experience and sensitivity toward giving massage to seriously ill persons. This course meets the communicable disease requirements of most states.
- Massage for Edema (3 CE hours): Deepen your understanding of the concepts underlying massage therapy with clients who have edema.
- Chronic Pain Management (5 CE hours): To study pain and its alleviation is to journey into the relationships between the body, mind and spirit. Learn the most essential points all massage therapists need to know to be more grounded, compassionate and effective in their work with people in chronic pain.
- Ethics: Therapeutic Environment (3 CE hours): Expand your understanding of ethics. Learn how to build a safer therapeutic environment for yourself and your client.



TUITION: ~~\$331.00~~ \$308.00

COURSE MATERIALS:

- 4 Manuals - 174 total pages
- Multiple-choice tests
- Certificate upon completion of each course

### MATERIALS



OR



### TEST



OR



Individual descriptions for each program are provided within this catalog.

## Massage Referral Systems E449

CE HOURS: 1

Are you tired of pouring time and money into social media advertising with little to no return? Are you searching for a reliable strategy to fill your massage therapy schedule with eager clients?

In Massage Referral Systems you'll discover proven methods and strategies that will revamp the way you attract clients to your massage table. From understanding why social media and massage therapy services don't mix to mastering the art of word-of-mouth marketing, this video-based course is designed to equip you with the tools you need to thrive in today's competitive market.

- Build your practice volume in as little as 90 days
- Create your new referral system
- Put the right tools into your current client's hands to promote YOU
- Learn to leverage your referral program to flood your practice with new clients

Build your massage therapy practice through the power of word-of-mouth marketing and client referrals.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 57 minutes
- Online Manual - 35 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Mastering Chair Massage E615

CE HOURS: 12

Presented in a format that will educate, inspire and prepare you to integrate seated massage into an existing practice, create a new business exclusively with seated massage or develop classes to educate practitioners in this modality, Mastering Chair Massage begins with simple techniques and progresses to enhanced skills while emphasizing good body mechanics throughout.

Mastering Chair Massage demonstrates easy to follow, step-by-step instructions on applying over 50 techniques, important anatomical terms and self-care. A segment of the course materials is devoted to additional techniques and adaptations giving you more tools to work with, such as special considerations for working on clients in wheelchairs, elderly clients, or those with certain injuries and physical limitations, as well as specific techniques for treating low-back pain, its causes, when to perform chair massage, and when it is contraindicated. By following along with the video you will be able to incorporate many techniques and ultimately develop personalized chair massage sessions for clients.



TUITION: \$135.00

COURSE MATERIALS:

- Video - 91 minutes
- Manual
- Text - 241 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Mastering Pregnancy Massage E645

CE HOURS: 13

Explore the unique needs of the pregnant client while learning about the stages of growth and what to expect in each trimester of pregnancy. Leslie Stager, RN, LMT guides you through text and video focusing on general soft-tissue and Swedish massage while also integrating some myofascial release and trigger point techniques for your pregnant and laboring clients. In addition to the clear charts and illustrations included throughout the course text, the in-depth course video demonstrates proper draping and the techniques in a coherent flow.

This course shares essential knowledge and practical skills that a massage therapist needs to provide safe, competent, and nurturing bodywork to women during one of the most emotionally and physiologically challenging times of their lives. Observing the appropriate precautions, practitioners can feel confident that their work will never harm a pregnant, laboring or post partum client or her baby.



TUITION: \$175.00

COURSE MATERIALS:

- Video - Approximately 3 hours
- Text - 255 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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### TEST



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## Mastering Thai Massage E630

CE HOURS: 11

Traditional Thai massage techniques date back to the 17th century. Thai massage offers techniques that combine various stretches and presses which address many of the pathologies presented by clients.

The Mastering Thai Massage program gives you a systematic, easy-to-follow guide to traditional Thai massage. Follow along with master Richard Gold, PhD, LAc, as he explains and performs a Thai massage session. The course covers:

- Rules, methods and techniques used in traditional Thai Massage.
- Basic body mechanics and stances as well as the rhythm, flow and patterns used in Thai Massage.
- Various Thai Massage sequences and stretches for the entire body.
- Techniques used in 60, 90 and 120 minute Thai Massage sessions.

Mastering Thai Massage is one of the most comprehensive programs available.



TUITION: \$143.00

COURSE MATERIALS:

- Video - 197 minutes
- Text - 224 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



OR



ONLINE

SHIPPED

## Maximize Your Massage Business E451

CE HOURS: 3

Drawing from 30 years of experience, instructor Amy Bradley Radford covers key aspects of business management specific to the massage industry.

This course is divided into three sections where you learn how to design your business to meet your personal life.

- Section #1: The Math of Business: Making Your Schedule and Budget Match
- Section #2: Managing Your Clientele
- Section #3: How to Increase Your Hourly Rate

Overall, you will discover valuable tools and strategies for building a thriving massage therapy business. By mastering these principles, you can enhance your income, confidence, and overall success in the industry.



TUITION: \$45.00

COURSE MATERIALS:

- Online Video - Approx 3 hours
- Online Video Guides - 90 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Medical Errors E460

CE HOURS: 2

This course benefits all practicing massage therapists as healthcare providers. It is intended to help massage therapists understand the importance of medical errors as healthcare providers to the public.

This course covers the scope of problems regarding medical errors. You will be introduced to the types of medical errors that commonly occur, including medication, surgical and diagnostic errors and system failures. Recommendations for limiting or possibly eliminating these types of errors are also included, as are the processes for Root Cause Analysis (RCA) to provide a system for error recognition and solutions.

Finally, you will find out how this attention to medical errors affects massage therapists and determine the types of errors that may take place in the massage practice.



TUITION: \$28.00

COURSE MATERIALS:

- Manual - 26 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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SHIPPED

### TEST



ONLINE

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SHIPPED

## Meet Client Expectations with Massage Your Market Training E433

CE HOURS: 6

There's a secret to getting a client to reschedule with you. Knowing this secret could save you a lot of time, effort, and frustration whether you are right out of school or much further on in your career.

What's that secret? It's simply meeting your client's expectations about how they think the massage is supposed to feel, understanding their needs, and meeting those needs with massage.

Sounds simple right? Well... it is... when you know HOW to get their expectations out on the table (so to speak).

This course will break down each step of the contact you have with your client - from the moment they make their appointment to the moment they walk out the door. You'll master each step of this process so that your clients want to keep coming back to you again and again.



TUITION: \$83.00

COURSE MATERIALS:

- Online Video - Approx 5 hours
- Online Video Guides - 180 pages
- Online 6 Question Form
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Myofascial Release E578

CE HOURS: 20

Explore the therapeutic benefits of myofascial release and discover how to use this excellent modality to help free fascial restrictions, increase range of motion, evaluate and improve postural distortions and breathing capacity in your clients.

In this home study program you will discover the anatomy of fascia and the location of the fascial lines running throughout the body, including the transverse diaphragms. You will also learn myofascial release techniques that you can easily integrate into your massage practice to help ease your client's pain and restriction of motion.

Myofascial release gets great results and can be integrated into any treatment protocol by massage therapists, physical therapists, occupational therapists and chiropractors.



TUITION: \$264.00

COURSE MATERIALS:

- Videos - 150 minutes total
- Manual
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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### TEST



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## Nerve Mobilization E610

CE HOURS: 20

Peripheral nerves are embedded in a myofascial, joint and bony matrix that intimately affects their function. Nerve symptoms can range from tingling, numbness and weakness to aching, pulling and pressure. It is common for nerve problems to coexist with myofascial tension and pain.

This home study program is centered on Doug Alexander's superb Nerve Mobilization DVD, which covers the upper extremities. The anatomy of each of the median, ulnar and radial nerves is explored. Upper limb movement patterns, which preferentially place tension on each individual nerve, are also taught. You'll learn nerve tension tests enabling you to determine which region of the nerve is most sensitive. Discover a variety of therapeutic techniques designed to free restrictions along the nerve path and normalize tissue function from the neck to the hand.

This course will help any clinically-focused massage professional, and is the perfect complement for anyone who administers cranial-sacral therapy.



TUITION: \$264.00

COURSE MATERIALS:

- Video - 127 minutes
- Manual - 94 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

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SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Nervous System Disorders E315W

CE HOURS: 1

Learn how massage and bodywork can affect certain nervous system disorders. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The benefits of bodywork for epileptic clients.
- How massage and bodywork can be powerful tools in helping those with dementia.
- The benefits of massage therapy on Parkinson's Disease.
- The value of touch therapy for autistic clients.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 13 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Neuromuscular Therapy & Advanced Deep Tissue E525

CE HOURS: 20

Based on the work of Drs. Janet Travell and Raymond Nimmo, these techniques are appropriate for medical massage as well as sports massage applications. In this video- and text-based course, you will learn how to: alleviate pain with 100 highly effective neuromuscular techniques, assess injuries, evaluate and balance posture, identify 50 trigger points and recognize referral pain patterns, stretch muscle fibers, release joints in a plane of motion and apply focused friction.

For clearer understanding, video demonstrations include computerized visuals and clay models of individual muscles.



TUITION: \$264.00

COURSE MATERIALS:

- Videos - 133 minutes total
- Manual
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## New York 36 Hour Massage CE Package 1 ESNY101

CE HOURS: 36

Four packages to choose from to gain the 36 CE hours needed for New York license renewal.

Package #1 contains:

E1085 Oncology Massage - 10 CE hours E637 Comfort Touch - 12 CEUs \$160 E1013 Orthopedic Massage - 13 CEUs \$140.00 E415 Deep Vein Thrombosis - 1 CEU \$17.00

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$447.00~~ **\$379.95**

COURSE MATERIALS:

- 3 Texts
- 1 Manual
- Video
- Multiple-choice tests
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

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SHIPPED

## New York 36 Hour Massage CE Package 2 ESNY102

CE HOURS: 36

Four packages to choose from to gain the 36 CE hours needed for New York license renewal.

Package #2 contains:

- E501 Deep Tissue Massage -12 CE hours
- E636 Side Lying Massage - 6 CE hours
- E595 Sports Massage - 17 CE hours
- E412 Deep Vein Thrombosis - 1 CE hours

Individual descriptions of each program can be found within this catalog.



**Includes:**

Deep Tissue Massage - 12 CE Hours  
Side Lying Massage - 6 CE Hours  
Sports Massage - 17 CE Hours  
Deep Vein Thrombosis - 1 CE Hour

TUITION: ~~\$484.00~~ **\$411.40**

COURSE MATERIALS:

- 3 Texts
- 1 Manual
- 3 Video programs
- Multiple-choice tests
- Certificate upon completion

**MATERIALS**



**TEST**



OR



## New York 36 Hour Massage CE Package 3 ESNY103

CE HOURS: 36

Four packages to choose from to gain the 36 CE hours needed for New York license renewal.

Package #3 contains:

- E626 Advanced Prenatal Massage -14 CE hours
- E645 Mastering Pregnancy Massage - 13 CE hours
- E1037 Introduction to Infant Massage - 3 CE hours
- E1093 Infant and Child Massage - 6 CE hours

Individual descriptions of each program can be found within this catalog.



**Includes:**

Advanced Prenatal Massage - 14 CE Hours  
Mastering Pregnancy Massage - 13 CE Hours  
Introduction to Infant Massage - 3 CE Hours  
Infant and Child Massage - 6 CE Hours

TUITION: ~~\$452.00~~ **\$384.20**

COURSE MATERIALS:

- 4 Texts
- 1 Manual
- 1 Chart
- 2 Video programs
- Multiple-choice tests
- Certificate upon completion

**MATERIALS**



**TEST**



OR





## Oncology Massage: Fact vs. Myth E1085

CE HOURS: 10

This practical continuing education course deconstructs common myths about the use of massage in cancer treatment. Focusing on the use of touch techniques to provide comfort and ameliorate the side effects of conventional cancer treatment, the course text also provides the most recent research, the use of bodywork techniques to strengthen the body during and after treatment and the importance of gathering detailed information about a client's medical history. Charts for the adjustment of massage techniques according to the treatment a client is undergoing and appendices summarizing research on oncology patients and massage are also included.

Touch is vital to cancer patients' health and well-being and massage is a proven way to receive the benefits of touch. This CE program clearly informs therapists how to adjust their massage techniques in order to give massage sessions in a safe, effective manner for those with cancer as they receive treatment and during their recovery process.



TUITION: \$132.00

COURSE MATERIALS:

- Text - 225 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Orthopedic Assessment E625

CE HOURS: 30

Learn classic assessment techniques for the neck, shoulder, elbow, ankle, knee, hip, spine and more. This course introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction.

You'll learn specific orthopedic conditions of the human body and discover how various massage therapy techniques can help ease pain and dysfunction of soft tissue. Specific pathologies regarding mobility, posture, injuries and diseases are included as examples of what can be addressed by massage therapists and which conditions are seen as contraindications. Several methods which help to promote proper alignment of soft tissue including wave mobilization, muscle energy technique and joint mobilization are defined, explained and demonstrated in the course materials.



TUITION: \$396.00

COURSE MATERIALS:

- Text - 512 pages
- Videos - 4.5 hours total
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Orthopedic Massage E1013

CE HOURS: 13

Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities or chronic pain. Learn important evidence-based approaches to safe, effective and cost-effective orthopedic massage through this continuing education program. It is written for those interested in understanding and applying massage as an intervention for soft-tissue disorders.

Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. The course text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments that are most effective for their relief including step-by-step photographs. Providing validation for the role of massage in treating orthopedic conditions, the text also aims to help the therapist understand the relationship between the soft tissues to which techniques are applied and the overall orthopedic disorder affecting their clients.



TUITION: \$140.00

COURSE MATERIALS:

- Text - 320 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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### TEST



OR



## Pathology: Digestive and Endocrine Systems E1008

CE HOURS: 5

Go beyond what you learned in school. This course includes anatomy and physiology of the digestive and endocrine systems, a description of the essential nutrients for human health - including their source - benefits and deficiencies on the human body and massage indications and contraindications for specific digestive and endocrine disorders.

In this course, you will learn:

- various attributes of the digestive and endocrine systems
- how to differentiate between hyperglycemia and hypoglycemia
- the primary danger from diabetic crisis
- the benefits that massage and bodywork give to the endocrine and digestive systems
- contraindications for therapeutic actions in relation to the endocrine and digestive systems
- signs and symptoms of issues regarding the endocrine or digestive system and when referring out to another provider is recommended



TUITION: \$66.00

COURSE MATERIALS:

- Manual - 44 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Perfectly Booked E438

CE HOURS: 3

Did you know that the most common reasons massage clients don't come back to a massage therapist have nothing to do with the massage? It's true! Usually it's small details that were overlooked or they were simply not invited back. Don't let your clients leave unhappy or wondering what they should do. You are the expert!

Discover the key to client retention and business growth in this 3 hours course. Learn the art of expert consultations, seamless rebooking, and personalized service, ensuring clients return and refer others.

Uncover the secrets to boosting income through retail sales, effective communication, polished phone skills, and leaving a lasting impression through and expert follow-up techniques. Overcome limiting beliefs and create abundance while building a loyal clientele, whether you work independently or with others. Master the strategies to educate clients about the value of regular visits, securing their loyalty. Elevate your bookings, turning clients into enthusiastic fans eagerly awaiting their next session.



TUITION: \$39.00

COURSE MATERIALS:

- Online Audio/Video - 1 hour 45 minutes
- Online manual - 45 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Polarity Therapy E589

CE HOURS: 18

Based on the groundbreaking work of Dr. Randolph Stone, Polarity Therapy is a powerful energy healing modality. The three principles of polarity therapy: the Female or Water Principle, the Male or Fire Principle and the Etheric or Joint Principle, including how to evaluate the five elements: ether, air, fire, water and earth and how they relate to your client are discussed. You will learn the three currents of energy: Transverse Current, Bipolar Current and Umbilical Current. Also covered are the three modes of touch: Satva, Rajasic and Tamas.

You will learn techniques for balancing the flow of the body's energy currents in various areas (or positive and negative poles) of the body. You will see video demonstrations of how to balance your clients using the Five Pointed Star, the Six Pointed Star and the Joint Balancing Session.

The video presentations clearly demonstrate the techniques and give you a variety of close-ups detailing the work.



TUITION: \$237.00

COURSE MATERIALS:

- Video - 120 minutes
- Manual
- Multiple-choice test
- Certificate upon completion

### MATERIALS



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### TEST



OR



## Positional Release Techniques E1090

CE HOURS: 24

Positional release techniques are gentle manual treatments to relieve pain and discomfort, improving the overall health and functioning of the body by correcting imbalances of the musculoskeletal system. This advanced course covers all methods of spontaneous release by positioning. Theories and history of many different approaches are discussed and techniques are described in detail through illustrations and photographs in the text and video demonstrations.

Also included in this continuing education course:

- comparisons of all major positional release methods, from strain/counterstrain to functional osteopathy
- use with other manual approaches, such as muscle energy techniques
- treatment of both muscle and joint problems
- characteristics of trigger points, the causes for trigger points and types of trigger points
- uses of positional release methods for post-operative conditions



TUITION: \$280.00

COURSE MATERIALS:

- Text - 251 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

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SHIPPED

## Post Traumatic Stress Disorder (PTSD) & Massage E317W

CE HOURS: 1

Learn how massage therapy can positively impact clients suffering from Post Traumatic Stress Disorder (PTSD). Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The symptoms of Post Traumatic Stress Disorder and treatment plan.
- How the therapeutic relationship can help clients with PTSD.
- The healing energy of essential oils and blends for PTSD.
- Helping clients trust your touch.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 16 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Pour Don't Push E649

### How to Massage with Greater Depth and Ease

CE HOURS: 14

Un-learn the counterproductive habits that you have accumulated and re-learn that passion you used to have for your work.

Let instructor David Lobenstine guide you in facilitating change, rather than force change, in your clients. In this online video and text based home study course you will rediscover your most powerful therapeutic tools - your breath and your body weight. These innate tools are what make us great therapists, and yet are the same tools we so often forget.

By learning the "pouring principle" you will contact your client with ease, help your client become an engaged partner in the work and, in turn, you can put the "deep" back in deep tissue massage, but without strain or pain.



TUITION: \$252.00

COURSE MATERIALS:

- Manual - 140 pages
- Online Videos - 8.5 hours
- Multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



## Pre- and Perinatal Massage E651

CE HOURS: 10

Expectant mothers endure many changes as their bodies adjust to accommodate and sustain another life. Prenatal massage is of great benefit to clients who are expecting.

Through this course you will build a comprehensive foundation to safely and effectively support the mother in pregnancy and childbirth. Clinical protocols and relevant procedures, supplemented by abundant references, photos and illustrations, the course text covers the techniques and benefits of therapeutic massage and bodywork throughout pregnancy, labor and the postpartum period.

General guidelines for effective, safe therapy are presented, with specific contraindications and precautions relevant to each trimester.



TUITION: \$132.00

COURSE MATERIALS:

- Text
- Multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



OR



## Prenatal & Pediatric Massage E321W

CE HOURS: 1

Review the benefits of massage for pregnant clients, their infants and children. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Differentiating between a massage caution and massage contraindication when working with high-risk, pregnant clients.
- Providing parents with help for their colicky infant.
- Myofascial release providing ways to improve common childhood problems stemming from myofascial restrictions.
- How massage therapy can be used to reduce aggression.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 14 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Preventing Medical Errors E1040

CE HOURS: 3

Learn why medical errors contribute to high healthcare costs and why it's so important to design your work to increase safety for your clients and yourself.

In this course, you will:

- identify the Institute of Medicine's safety recommendations,
- describe ways to simplify key work processes and avoid over-reliance on memory and vigilance
- apply the Code of Ethics and Scope of Practice to sample cases



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 16 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Professionalism Ethics Package ES1013

CE HOURS: 6

This package contains two courses:

- Ethics: Therapeutic Environment (3 CE hours) - Covers essential roles, rights and responsibilities that are accepted in order to be recognized as a professional, transference and countertransference, ethical dilemma, ethical dissonance, confidentiality and boundaries and their application in important practice considerations.
- Ethics: Professional Conduct (3 CE hours) - This course reviews NCBTMB Standard I: Professionalism and Standard V: Roles and Boundaries in detail and helps you consider how they relate to your practice.

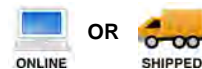


TUITION: ~~\$77.00~~ \$70.00

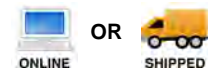
COURSE MATERIALS:

- 2 Manuals - 70 pages total
- Multiple-choice tests
- Certificate upon completion of each course

### MATERIALS



### TEST



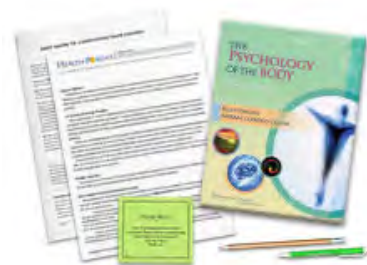
## Psychology of the Body E1004

CE HOURS: 12

As a massage therapist, bodyworker, somatic practitioner or any type of manual therapist, you hold more than a client's physical body in your hands; you also contact a person's psychological and emotional dimensions.

For both bodywork students and practitioners, this course is designed to provide a greater understanding of the psychological issues that can arise from using touch in massage therapy sessions. The corresponding course text, [The Psychology of the Body](#), explores the connection between the body and the mind, how touch affects this connection, the client's emotional reaction and release, the profound dynamics of armoring, how to respond to the client in an appropriate manner, the underlying psychological factors that influence the massage therapist-client relationship and the outcome of your work.

Filling a gap in the knowledge base of the profession, this course addresses topics of great interest to massage therapists, but for which little training is usually received or available.

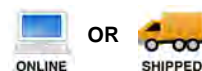


TUITION: \$160.00

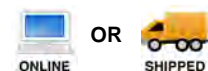
COURSE MATERIALS:

- Text - 304 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Psychoneuroimmunology for Bodyworkers E1042

CE HOURS: 15

The science of psychoneuroimmunology (PNI) investigates the mind/body link. This course focuses on PNI in relation to body memory and provides radical feeling-centered, body-focused awareness tools for both professionals and general health seekers. In the text, the latest findings are transformed from the mind/body science of psychoneuroimmunology into practical deep-feeling techniques for busting dysfunction, mobilizing the healing system, quickening recovery and breaking out of ruts.

Full of illuminating and moving case studies, this course will help you better understand the emotional component of your work and facilitate longer-lasting positive results.



TUITION: \$198.00

COURSE MATERIALS:

- Text - 320 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Pulse Wave Massage E653

CE HOURS: 5

Are you causing client's pain in an effort to relieve their soreness? Clients can feel discomfort not only during deep tissue massage, but also soreness afterward - and it isn't always a "good pain".

Pulse Wave Massage, is a profoundly deep massage that does not cause pain or bruising. This technique is based upon his theories on Delta Wave relaxation, which is the state in which nearly all physical, emotional, and nervous system healing takes place. Pulse Wave Massage allows for deep work that actually penetrates deeper than traditional techniques without causing pain and triggering the client's defensive reflex.

If you could create a massage that doesn't cause pain, but instead relieves the pain your client is experiencing and providing relaxation while achieving greater depths than traditional deep techniques, wouldn't you want to use it?



TUITION: \$66.00

COURSE MATERIALS:

- Manual - 148 pages
- Online Videos - 1.46 hours
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST





## Reflexology E639

CE HOURS: 17

Reflexology works with subtle energy flows, revitalizing the body so that the natural internal healing mechanisms of the body can do their own work. Laura Norman teaches us how reflexology can reduce pain, improve circulation, bolster immunity and provide a sense of balance, relaxation and well-being.

Through text and video, you will learn reflexology techniques (based primarily on the theory of zone therapy) to enable you to begin practicing on yourself and with others.

This course is designed to provide sufficient knowledge to begin safe practice within the scope of personal needs or licensure qualifications of the certified health practitioner.



TUITION: \$226.00

COURSE MATERIALS:

- Online Video - 95 minutes
- Text - 319 pages
- Foot Chart
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Reiki: An Introduction E322W

CE HOURS: 1

Gain an introduction into the use of Reiki. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The history and origin of Reiki, its three degrees of attunement and the basics of Reiki theory.
- How Reiki practitioners use various hand positions during a typical Reiki session.
- Effectively using Reiki in a hospital setting and the importance of proper documentation of the session.
- Reiki's use in reducing the effects of physical and psychological trauma.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 13 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Research E416

CE HOURS: 3

As a massage therapist, it is vital that we keep up to date with recent studies regarding the effects of massage or any other topic that affects our ability to assist clients. Unfortunately, research and how to search for it or how to assess and question the results of research studies is not consistently taught in massage school.

Through this course you will:

- review the history of research.
- discover the ethical considerations of research - working with human subjects and HIPAA issues.
- differentiate types of research - compare and contrast qualitative vs. quantitative research.
- examine the issues of research including researcher bias, questions of interpretation, and informed consent.
- learn the steps in the research process.
- evaluate research studies based on evidence presented.
- recognize resources for research and locate primary sources.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 57 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Roles & Boundaries Ethics Package ES1012

CE HOURS: 6

This package contains two courses:

- Ethics: Health Professionalism (4 CE hours) - This course gives massage therapists and bodyworkers an opportunity to reflect on their own professionalism and several important ethical considerations that relate to the health professions.
- Ethics: Roles & Boundaries (2 CE hours) - This general practice level course provides massage and bodywork professionals with a discussion of the major legal and ethical concepts and terms related to roles and boundaries, so that one may better understand how these concepts are applied in the health professions today.

Individual descriptions of each program can be found within this catalog.



TUITION: ~~\$81.00~~ \$77.00

COURSE MATERIALS:

- 2 Manuals - 85 pages total
- Multiple-choice tests
- Certificate upon completion of each course

### MATERIALS



OR



### TEST



OR



## Shiatsu Anma Therapy E536

CE HOURS: 22

Learn the art and practice of a specific style of clinical Shiatsu called Shiatsu Anma. Based on both the theory of acupressure energetics originating from Chinese medicine and massage techniques of Japanese origin, Shiatsu Anma Therapy addresses illnesses and painful conditions in the body stemming from blockages in the flow of energy, or chi, within the acupuncture meridian (channel) system.

You will learn how to assess the body's energy channel system with regard to deficiency and excessive states and apply appropriate techniques that restore the balance of chi within the body. As the flow of chi is re-established in the channel system, pain is relieved and the healing process of the body begins.

The manual that accompanies the DVD presentation in this instructional program contains pertinent information with regard to the theory, application, and specific treatment techniques and sequences for several painful conditions.



TUITION: \$286.00

COURSE MATERIALS:

- Video - 120 minutes
- Manual - 52 pages
- Acupuncture Points and Meridians Chart
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Side Lying Massage E636

CE HOURS: 6

Usually thought of mainly for pregnancy massage, side lying techniques can also be used for any clients who may be unable to lie comfortably in prone or supine positioning. Individuals with recent surgeries, obese clients or simply for easier access to certain areas of the body are all potential recipients of side lying massage techniques. It can easily be integrated into traditional massage techniques and often provides the best access to shoulder, neck, low back and hip areas as well as allowing for more effective stretches in those areas.



TUITION: \$83.00

COURSE MATERIALS:

- Videos - 100 minutes
- Text - 63 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Skin Pathologies E312W

CE HOURS: 1

Discover ways you identify and prevent common skin pathologies. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- Techniques for removing scar tissue.
- Identify common skin rashes to determine when massage is contraindicated.
- Avoiding dry skin due to frequent hand washing.
- Helping clients cope with sunburn.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 14 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Skin Pathologies II E320W

CE HOURS: 1

Review various skin pathologies including herpes, shingles, cellulitis and poison ivy. Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- How herpes simplex is spread from person to person and the importance of Universal Precautions in the massage setting.
- Easing symptoms of shingles through bodywork.
- Techniques to enhance the body's ability to reduce the likelihood of developing cellulitis.
- Options for helping to ease the discomfort of poison ivy and precautions.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 14 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Spa Massage Options E309W

CE HOURS: 1

Combining four articles written especially for the Institute's Massage Professionals Update E-newsletter, this brief program will provide insights into:

- The benefits and challenges of working in a spa.
- Integrating spa services into your massage practice.
- The impact of color and your massage office.
- Increasing business through at-home spa parties.



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 10 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Sports Massage E595

CE HOURS: 17

Learn essential sports massage techniques through this graduate-level home study program presented by renowned instructor James Mally, ND, LMT.

In this course, you will learn:

- PNF stretches
- reciprocal inhibition
- trigger point and strain/counterstrain techniques
- injury evaluation and treatment
- cross fiber friction
- common sports injuries
- pre- and post-event massage techniques

In addition, you will also learn 12 tests for assessing the causes of shoulder pain. You will get a form created to record and interpret the results of these assessments, which you can use in your massage practice to help you plan your client's treatment.



TUITION: \$226.00

COURSE MATERIALS:

- Video - 150 minutes
- Text - 106 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Staying Well - Naturally E1099

CE HOURS: 3

Got that tired, run-down feeling? Learn easy, effective ways to support and strengthen your immune system through nutrition, dietary supplements, herbs and lifestyle choices.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 36 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Stone Massage E565

CE HOURS: 16

In this dynamic home study program, you will gain new skills and learn a complete, basic hot stone massage, a cool moonstone facial massage and six advanced restorative protocols covering a variety of dysfunctions. You will also discover various types of stones, textures and shapes, acquire evaluation skills so you can determine placement of stones and study how to trace each meridian to balance the body.

The video presentations, by instructor Carollanne Crichton, will demonstrate stone massage techniques and give a variety of close-up views detailing the work. The course manual gives specific explanations of the theory behind and techniques used to perform stone massage.



TUITION: \$209.00

COURSE MATERIALS:

- Video - 80 minutes
- Manual
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Stress Reduction Through Bodywork E1048

CE HOURS: 4

Stress is part of life. All biological organisms, including people, require some stress in order to maintain well-being. However, long-term or chronic stress is particularly damaging if not interrupted with periods of rest, relaxation and nurturance. Through this home study course, improve your ability to communicate how your practice of massage or bodywork helps your clients' stress relief.

Discover appropriate ways to respond to clients who dissociate and clients who become emotionally upset, therapeutic actions that massage therapists and bodyworkers can provide to help their clients' stress levels and research findings that support the benefits of massage and bodywork for stress relief.



TUITION: \$53.00

COURSE MATERIALS:

- Manual - 31 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Structural Integration and Wellness E1018

CE HOURS: 14

Providing an advanced introduction to the field of structural bodywork, this valuable program offers extensive information on the theory of structural bodywork related to human anatomy and clinical presentations. Focusing on issues related to dysfunctions of structure, posture and gait, the reader-friendly, illustrated and photographic course text also discusses the background of structural bodywork, how it has developed and how it is understood today.

Also included:

- key principles in Hellerwork, postural integration and Zen bodywork
- reasons for musculature injuries or disorders that may lead to structural adaptation and/or structural dysfunction
- numerous techniques and models for a variety of musculoskeletal problems
- rules for strategizing structural bodywork sessions
- protocols for addressing imbalances
- theories of Rolf and Feldenkrais



TUITION: \$187.00

COURSE MATERIALS:

- Text - 256 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Structural Massage E648

CE HOURS: 7

Massage therapists don't often conduct a full-body, range of motion assessment because there are so many types of tests that it becomes daunting! Sean Riehl breaks it down into an easy assessment that you can do with every client. Your clients will love this work because they can see where they are stuck and when you retest at the end of the session they can see how much your work has helped.

The demonstrations in this course begin with a range of motion, full-body assessment, testing each joint's motion in each direction. Once a restriction is discovered you'll learn techniques for increasing range and decreasing pain.

This course allows you to master body evaluation and experience a high degree of clinical mastery with incredible outcomes.



TUITION: \$100.00

COURSE MATERIALS:

- Videos - 5 hours total
- Manual - 52 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Swedish Massage for Professionals E555

CE HOURS: 12

In this program, James Mally, ND, LMT, explains and demonstrates over 90 different Swedish massage techniques to help you enhance your skills.

The photographic manual describes each technique demonstrated in the DVD. The manual is designed to stand on the massage table, making it easier to refer to the text as you practice techniques. The importance of taking a client history, using correct body mechanics, and massage cautions and contraindications are all reviewed.

According to a *Massage Magazine* review: "In a logical, well-thought-out routine, we learn preliminaries to the massage session, efficient use of the massage table, tactful draping of the client, an entire full-body therapeutic massage routine, finishing touches, and a brief introduction to deep-tissue massage."

Swedish massage has been shown to reduce stress and alleviate common body aches and pains.



TUITION: \$160.00

COURSE MATERIALS:

- Videos - 90 minutes
- Text - 85 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

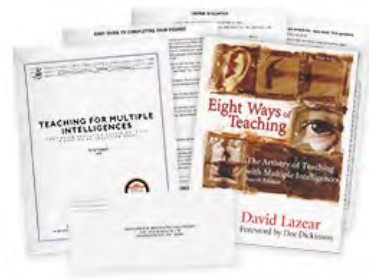


## Teaching for Multiple Intelligences E1049

CE HOURS: 18

This course introduces teaching practices for eight forms of multiple intelligences, including verbal, mathematical, visual, kinesthetic, rhythmic, interpersonal, intrapersonal and naturalist. It provides insight into the diversity of learning and includes many clearly designed examples of multiply-intelligent ways to design learning experiences. While the textbook was written for teaching children K-12, the concepts and strategies are clearly applicable to all forms of communication.

For those massage therapists interested in offering massage classes, teaching at a massage school or public speaking - these techniques will help you understand how people learn in different ways. Also helpful for gaining strategies to instruct a client when in exercise or stretch "homework."



TUITION: \$237.00

COURSE MATERIALS:

- Text - 200 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Teaching Infant Massage E447

### How to Design a Class for New Parents and Caregivers

CE HOURS: 2

Are you interested in supporting new parents on their journey of bonding with their babies? Are you looking for ways to add to your services in the community? Begin teaching infant massage that nurtures both babies and their caregivers.

In this course, you'll learn how to confidently teach infant massage to pregnant couples, new parents, and caregivers in a variety of settings. From community centers to home visits, you'll explore diverse avenues to share this invaluable gift of touch.

Obtain the skills and resources to make a profound difference in the lives of new parents and their precious little ones. Let's nurture bonds, alleviate stress, and create lasting memories through the power of touch.



TUITION: \$36.00

COURSE MATERIALS:

- Online videos - 76 minutes
- Online handouts
- Online manual - 26 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Thai Yoga Massage E1029

CE HOURS: 12

In this unique healing system of Thai Yoga Massage based on yoga, ayurveda and the martial arts, the massage therapist guides the client through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.

The course text leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed, step-by-step photographs. Techniques for performing a one-hour massage are also demonstrated in the accompanying DVD.

Concepts presented include the history, benefits and key elements of the practice, such as anatomy and physiology, contraindications from the Thai viewpoint and tips for integrating Thai concepts with Western health theory.



TUITION: \$135.00

COURSE MATERIALS:

- Text - 149 pages
- Video - 45 minutes
- Multiple-choice test
- Certificate upon completion

MATERIALS



TEST



OR



## The Ethics of Professional Relationships E419

CE HOURS: 1

So, you are employed as a massage therapist or have massage therapist employees. What happens to the clients when an employee leaves? How is it handled? What do we tell our clients? Delve into the ethical dilemmas surrounding clients when working in an employed position as a massage therapist and transitioning to a new place of employment or self-employment.

Through this program you will:

- Understand expectations of the employer so that employees acquire and attain repeat clientele as part of their hired requirements.
- Demonstrate how to ethically and professionally transition to a different place of employment without creating conflict with any of the parties involved: Employer, employee, and client.
- Discuss communication with clients about leaving that supports the employer, employee, and client and observe the perspective of the client in this professional relationship.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 52 minutes
- Online multiple-choice test
- Certificate upon completion

MATERIALS



TEST



## The Impact of Fibromyalgia E326W

CE HOURS: 1

Discover how you can begin assisting those clients diagnosed with fibromyalgia. Through this brief program you will:

- Understand the criteria used by physicians for the diagnosis of fibromyalgia as well as difficulties in such a diagnosis - widespread pain, severity of pain, and pain for three months or more.
- Identify possible causes of fibromyalgia - autonomic nervous system dysfunction, sleep disorders, trauma, and infection.
- Recognize the symptoms experienced by fibromyalgia patients - difficulty with daily living, depression, limited ability to care for self and family.
- Summarize ways to help fibromyalgia patients accept their pain.
- Distinguish between chronic fibromyalgia pain and flare-ups that occur for fibromyalgia patients.
- Determine appropriate massage therapy techniques for use on fibromyalgia patients.



TUITION: \$15.00

COURSE MATERIALS:

- 6 MPU Original Articles - 27 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## The Mind/Body Connection E1007

CE HOURS: 6

Touch is emotional. Although bodyworkers primarily focus on the treatment of the soft tissue of the body, they are, in fact, treating the whole person and often encounter an expression of emotion and/or memories triggered by touch. In this home study course, learn how psychoneuroimmunology (PNI) validates the mind/body link so you can better support your clients and help them facilitate positive changes that last over time.

In this course, you will:

- identify the three levels of the human brain and how they each contribute to "body memory"
- distinguish between psychological, physiological and structural tension in yourself and your clients
- identify the elements of fragmented feelings in your own and your client's experience



TUITION: \$83.00

COURSE MATERIALS:

- Manual - 85 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## The Practice of Shiatsu E627

CE HOURS: 8

Develop the skills you'll need to become a successful practitioner. Through video and text you'll discover the differences between shiatsu and massage in both philosophy and technique, identify different styles of shiatsu, review meridians, various shiatsu treatments, and proper body mechanics. The video portion of this program reinforces the treatments described in the textbook so that you can see specific applications and techniques being performed as well as review a sample pre-treatment interview.

This program provides comprehensive coverage of all shiatsu essentials along with nearly 2 hours of video showing specific applications and techniques for you to practice along.



TUITION: \$90.00

COURSE MATERIALS:

- Video - Approximately 2 hours
- Text - 256 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## The Value of Touch E1094

CE HOURS: 7

The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy, well into childhood. Touch is critical for children's growth, development and health, as well as for adult's physical and mental well-being.

Review significant research results on a variety of touch therapies, such as massage therapy, demonstrating its importance for various conditions, including asthma, cancer, autism and eating disorders.

In this course, you will investigate:

- why touch and touch therapies are so important for people of all ages
- why touch is essential for normal development
- specific benefits for a variety of infants, children, adolescents and adults, including those with special needs



TUITION: \$94.00

COURSE MATERIALS:

- Text - 224 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Therapeutic Stretching E654

### Techniques for Massage Therapists

CE HOURS: 3

Through online video presentations you can absorb the material at your own pace and explore a range of stretching techniques, from static and passive stretching to proprioceptive neuromuscular facilitation and traction techniques, all designed to facilitate a full body stretch.

Learn how to effectively communicate the advantages of correct stretching to your clients, and discover how therapeutic stretching techniques can enhance flexibility, alleviate discomfort, and restore balance.

Whether you're looking to integrate these techniques into a full-body stretching routine or choose specific techniques to utilize with individual clients, this course equips you with the knowledge and skills to improve client outcome.



TUITION: \$45.00

COURSE MATERIALS:

- Online video - Approximately 2 hours
- Online manual - 75 pages
- Online multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



## Therapeutic Techniques of Deep Tissue Massage: Part I E1066

CE HOURS: 12

Based on Art Riggs' outstanding book [Deep Tissue Massage, a Visual Guide to Techniques](#), this course clearly defines the core principles necessary for deep tissue massage and presents safe, sensitive and efficient approaches to postural analysis, treatment and exercise with numerous photos and illustrations. The textbook is relevant to any type of massage practice in any environment. This continuing education course explores:

- cultivating touch and biomechanics to work safely for yourself and your clients
- techniques using fingers, knuckles, fists, forearms and elbows to work tissues with maximum efficiency and minimum effort
- body positioning and techniques for release of tension
- specific treatment suggestions for common complaints and injuries, including stretching and strengthening protocols for your clients to use at home



TUITION: \$130.00

COURSE MATERIALS:

- Text - 263 pages
- Multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



OR



## Therapeutic Techniques of Deep Tissue Massage: Part II E1067

CE HOURS: 28

Based on the popular 7-DVD set by Art Riggs, Certified Advanced Rolfer, CMT, this advanced home study course clearly demonstrates the principles necessary for deep tissue massage that's safe, sensitive and efficient.

This program also delves into the complex issues of soft tissue restrictions, osseous articulations and strategies for working with the multitude of different issues we face as therapists. This extensive training series not only shows countless strokes and techniques but, more importantly, will demonstrate the qualitative art of working with deep tissues to effect profound change.



TUITION: \$369.00

COURSE MATERIALS:

- DVD Set - 11 hours
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## There's No Such Thing As "Business" Ethics E418

CE HOURS: 3

How is it possible that "business" ethics doesn't exist? The course text, *There's No Such Thing As "Business" Ethics*, demonstrates that there is but one single standard of ethics - the Golden Rule. Through this course you'll discover how this revered ideal works everywhere and how it brings amazing dividends in business.

With this course, you'll delve into stories from history that illustrate how talented leaders invoked the Golden Rule, examples of difficult business decisions, and how the Rule applies to each. Now you'll know the most common reasons people will compromise their ethics and how you can prevail over these moral obstacles, realizing how applying the Golden Rule to business builds morale, increases productivity, and keeps clients coming back.

Backed by flawless research and the ideas of history's best thinkers, this engaging course demonstrates how doing the right thing fosters a winning situation for all, with positive results for employees, clients, and even your own state of mind.



TUITION: \$39.00

COURSE MATERIALS:

- Text - 182 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



OR



## Touch and Roles & Boundaries Package ES1014

CE HOURS: 10

This package contains two courses: The Value of Touch (7 CE hours) and Roles and Boundaries Related to Touch (3 CE hours).

Based on a book written by Tiffany Field, PhD, the world-renowned Director of the Touch Research Institute at the University of Miami School of Medicine, this course package examines the value of touch from sociological, anthropological and physiological perspectives. She presents recent research results on touch therapies and emphasizes the need for change in social attitudes.



TUITION: \$133.00

COURSE MATERIALS:

- Text - 224 pages
- Multiple-choice tests
- Certificate upon completion of each course

### MATERIALS



### TEST



OR



## Touch for the Seriously Ill E1086

CE HOURS: 14

Written by experts in the field, this course provides a depth of experience and sensitivity for working with seriously ill clients.

In this course, you will learn about:

- common stressful issues of illness care
- support systems and mentors
- responding appropriately when you feel overwhelmed
- full-body massage for bedridden clients
- creating a healing environment that meets the needs of your clients and yourself
- considerations for working with people who are HIV-positive
- sexuality issues that might arise
- comforting people who are dying
- contraindications when working with seriously ill clients
- ethical dilemmas when working with clients in illness care settings
- saying goodbye and coping with the death of a client



TUITION: \$187.00

COURSE MATERIALS:

- Manual - 127 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



OR



### TEST



OR



## Touch Interpretations E435

CE HOURS: 1

### Understand client expectations and meet those expectations with your own blend of touch intuition!

There is a gap that naturally exists between learning massage techniques and how your touch becomes 2nd nature to you and your clients. While that gap closes the longer you practice and understand your skills, there are ways that you can close that gap faster. The answer to bridging this gap is finally trusting your hands to tell you what to do.

Touch Interpretation is bridging the gap between how you interpret touch and how you interpret your client, then bringing them together. The closer you get to creating the *feel* of the mental image that your client has in their mind of the massage experience, the sooner you will have a repeat client.

In this course you'll be walked through intuition and skill-building tools to develop this intuition more easily. In just one hour, you can learn to change how you touch people and shift your very next massage finding yourself loving what you do and feeling like you created an experience, not just gave a massage.



TUITION: \$20.00

COURSE MATERIALS:

- Online Video - 53 minutes
- Online multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



## Trigger Point Therapy E1088

CE HOURS: 10

Trigger point therapy is a proven approach for the relief of soft-tissue pain and dysfunction. This continuing education course provides a uniquely specific study of trigger point location and alleviation as well as specific cautions and contraindications. This course serves practitioners who want to better understand and reduce their own pain as well as those who want to help their clients.

In this course, you will learn:

- the prevalence and physiology of trigger points
- how to find many central and attachment trigger points
- "referred pain" and how to identify it in a client
- self-massage techniques that clients can use to continue their therapy at home
- how to treat your own trigger points and how to prevent their return



TUITION: \$132.00

COURSE MATERIALS:

- Text - 376 pages
- Multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



OR





## Universal and Standard Precautions E1087

CE HOURS: 3

Do you know how to guard yourself and your clients from infectious diseases? Learn how in this clear course.

In this course, you will:

- Identify four pathogens responsible for communicable diseases.
- Describe three routes used by pathogens to create contamination.
- Explain the role of standard precautions for body-centered therapists in reducing the risk of pathogen transmission from contact, airborne and droplet sources of infection.
- Recognize methods of transmission and signs and symptoms of common viral, bacterial, fungal and parasitic communicable diseases.
- Determine symptoms of communicable diseases where standard precautions must be followed as body-centered therapies are contraindicated.



TUITION: \$39.00

COURSE MATERIALS:

- Manual - 25 pages
- Multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

OR



SHIPPED

### TEST



ONLINE

OR



SHIPPED

## Using the Breath to Massage Better E604

CE HOURS: 3

Most of us are oblivious to how our clients are breathing, or not breathing ? even though these fixed habits of respiration contribute to a cascade of aches and pains, including a lot of the upper body tension that causes so many of our clients to come for massage in the first place!

In this course you will practice techniques to enhance the client's awareness of their own breathing patterns, and the tendency to rush the inhalation and not allow the full extent of the exhalation as well as perform techniques to encourage a breath of greater ease, thereby reducing muscle tension throughout the upper body.



TUITION: \$54.00

COURSE MATERIALS:

- Online Manual - 39 pages
- Online Videos - 2 hours
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



ONLINE

### TEST



ONLINE

## Using Your Thumbs Wisely E601

### How to Keep Your Thumbs Happy

CE HOURS: 2

Our thumbs are often the massage tool that we value most; our thumbs are also what get us into the most trouble. Our thumbs make it possible for us to do deep, specific work. Our thumbs make our clients happy. And yet our thumbs are one of the most oft-injured parts of the massage therapist's body.

In this course, you will review the most common use patterns for our thumbs when we massage - the things we do that lead to pain and strain and injury. Then you will explore an alternative way of using the thumbs. In the process, you will learn to rely on our thumbs less, and rely on the easy use of your whole body more. And as we do that, we will learn how to use the thumbs more effectively when they are the best option for a given stroke, how to support our thumbs and keep them in line with the rest of the body, thus creating a way of using the thumbs (and the body as a whole) that is both safe and effective.



TUITION: \$36.00

COURSE MATERIALS:

- Online Manual - 34 pages
- Online Videos - 1.5 hours
- Online multiple-choice test
- Certificate upon completion

#### MATERIALS



#### TEST



## Utilizing Massage Therapy Research E1045

CE HOURS: 10

Written by the Director of the world-renowned Touch Research Institute, Tiffany Fields, PhD, the course text examines the practical applications of important massage therapy research findings and describes the conceptual application of those results to practice.

Each chapter of this comprehensive text provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions, such as depression, pain management, movement problems and functioning of the immune system. Coverage also includes the benefits of massage to specific populations, such as pregnant women, neonates, infants and adolescents.

This course provides a thorough yet concise review of research related to the importance of touch.



TUITION: \$120.00

COURSE MATERIALS:

- Text - 272 pages
- Multiple-choice test
- Certificate upon completion

#### MATERIALS



OR



#### TEST



OR



## Women & Massage E300W

CE HOURS: 1

Through the years, a woman's body goes through many changes. By broadening your understanding of these different phases, you can assist your female clients through some of these interesting, but sometimes stressful, times.

In the Women & Massage program we've combined four articles written especially for the Institute's Massage Professionals Update. Through these articles, you will:

- educate yourself so you can educate your clients on peacefully managing the last week or two of one's menstrual cycle
- learn what modalities to use in helping those clients debilitated by menstrual cramps
- understand why prenatal massage is of great benefit to clients who are expecting - from aiding circulation to balancing hormones
- discover how the appropriate application of certain bodywork methods can therapeutically ease the challenges of this monumental life change - menopause



TUITION: \$15.00

COURSE MATERIALS:

- 4 MPU Original Articles - 10 pages
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



## Working the Rib Cage E602

CE HOURS: 4

As massage therapists, we spend a lot of time working on our clients' backs. And yet because we are so focused on all the big, beautiful muscles that spread across the back, we often forget what is underneath - the ribs. These small bones, and the even smaller muscles that run in between them, are essential to nearly everything we do each day. They protect and support every breath we take, and they provide the foundation that enables every movement we make with our arms and our head. This is a neglected part of the body. It shouldn't be.

In this course students will:

- Practice clear and effective draping to expose the rib cage while keeping breast tissue covered, when the client is in supine.
- Demonstrate clear communication with the client both before and during work on the rib cage.
- Observe and apply techniques in both prone and supine.
- Practice contacting this sensitive area both with confidence and ease.



TUITION: \$72.00

COURSE MATERIALS:

- Online Manual - 25 pages
- Online Videos - 3 hours
- Online multiple-choice test
- Certificate upon completion

### MATERIALS



### TEST



**WE  
GUARANTEE  
YOUR TOTAL  
SATISFACTION**

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