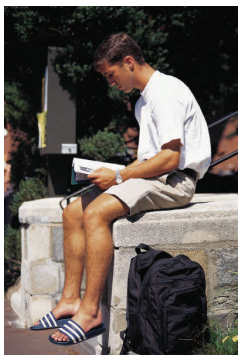


CLINICAL MASSAGE THERAPY DIPLOMA PROGRAM



PROGRAM OVERVIEW

Arbor Institute of Massage offers a 638 hour diploma program in Clinical Massage Therapy. Our lock-step curriculum is organized sequentially and is designed so that the courses integrate with one another. In the first half of the program, we establish a solid foundation in fundamental hands-on skills, optimal body mechanics, knowledge of the musculoskeletal system, and awareness of the mind-body connection. In the second half, we present additional hands-on modalities, deepen the understanding of the client/therapist relationship, and explore the elements necessary for creating a successful professional practice. Classroom time is calculated on the basis of a 50-minute clock hour. The diploma program meets the licensing requirements of most state laws presently enacted, and exceeds the education requirements for the National Certification Exam for Therapeutic Massage and Bodywork, as well as the licensing requirements for the State of Tennessee.



The diploma program is a well-planned series of courses, with each course supporting and expanding the student's understanding of massage therapy. To ensure a high level of personal attention and feedback from the instructors and teaching assistants, the school offers just two classes per year with limited enrollment.

In each program, students stay together from beginning to end, forming a supportive and close-knit community of learners. We provide an educational experience for our students that is both challenging and enjoyable. The teaching format combines lectures, discussions, practical demonstrations, interactive exercises, and supervised massage practice. In the technique classes, students learn through giving, as well as receiving hands-on work. The curriculum is designed to meet a wide range of learning styles and students are encouraged to identify and strengthen their strategies for success. Upon successful completion of the program the student will receive a diploma.



CURRICULUM OUTLINE

<u>Life Science</u>	<u>Hours</u>	<u>Practice Management</u>	<u>Hours</u>
LS100 Anatomy & Physiology	80	PM100 Practice Development	20
LS101 Kinesiology	80	PM101 Marketing and Business Promotion	18
LS102 Pathology	40	PM102 Community Service	07
LS103 HIV/AIDS	08	PM103 Ethics for Massage Therapist	10
Total	208	PM104 Tennessee Massage Law	05
		Total	60
<u>Massage Science</u>		<u>Miscellaneous</u>	
MS100 Introduction to Massage	50	PH100 Pharmacology for Massage Therapist	10
MS101 Intuitive Massage	20	CR100 CPR/First Aid	06
MS102 Clinical Massage	40	EW100 Energy Work-Reiki	24
MS103 Sports Massage	20	CM100 Survey of Complementary Modalities	30
MS104 Hot Stone Massage	20	Total	70
MS105 Myofascial Massage	30		
MS106 Reflexology	20	<u>Clinical Practicum</u>	
Total	200	CP100 Clinical Practicum	100
		Total Clock Hours	638



AUTHORIZATION

Arbor Institute of Massage is authorized by the Tennessee Higher Education Commission. This authorization must be renewed each year and is based on an evaluation by minimum standards concerning quality of education, ethical business practices, health and safety, and fiscal responsibility. Arbor Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as an Assigned School.

COURSE DESCRIPTION

LS100 Anatomy & Physiology

This course imparts a fundamental knowledge of the structure and function of the human body. Special emphasis is placed on the healthy dynamic of the major body systems, as well as, their common pathologies in regards to therapeutic massage. **80 hrs**

LS101 Kinesiology

This course offers an in-depth study of the structural component of the musculoskeletal system including the actions, origins, and insertions of the muscles and their corresponding bone landmarks. In addition, the course analyzes the dynamics of movement and the potential for mobility restrictions and decrease in range of movement. **80 hrs**

LS102 Pathology

This course focuses on the development, signs, and symptoms of selected pathologies of each major body system. Special emphasis is placed on contraindications and on recommended massage therapy protocols for the treatment of a variety of conditions and disorders. **40 hrs**

LS103 HIV/AIDS

This course is designed to allow the student to obtain information that pertains to working with people living with HIV/AIDS. The student will gain an understanding of how the Center for Disease Control defines HIV/AIDS, its modes of transmission, methods for prevention, and the principals of Universal Precautions. **08 hrs**

MS100 Introduction to Massage

This course provides an introduction to the key principles and techniques necessary for entering the field of massage therapy such as the benefits of massage, indications and contraindications for massage, endangerment sites, necessary equipment, safety and sanitation issues, documentation and communication, body mechanics, positioning, bolstering, and draping, as well as, centering and grounding. In addition, the basic strokes and sequence of flow for a full body massage are demonstrated. **50 hrs**

MS101 Intuitive Massage

This course builds on the techniques gained in Massage Technique I and explores the intuitive, artistic, and energetic aspects of massage creating a nurturing and profoundly comforting routine. **20 hrs**

MS102 Clinical Massage

This course examines the clinical approach to common conditions encountered by massage therapists and includes the use of general assessment and hydrotherapy. Specific massage techniques are applied and combined with therapeutic intent of relieving various types of soft tissue pain and dysfunction. **40 hrs**

MS103 Sports Massage

This course is an introduction to the profession of athletic and sports massage. This course includes how to assist athletes in training to perform optimally with pre-event massage, athletes in competition in intra- and post-event massage, and athletes in injury recovery and rehabilitation. **20 hrs**

MS104 Hot Stone Massage

This course is designed as a gateway training program in the art and science of hot stone massage. The participant will gain knowledge of the varied techniques of applying hot stones to the body while using proper body and hand mechanics. In addition, students will learn the proper care and handling of stones and all other equipment necessary to perform a hot stone massage. **20 hrs**

MS105 Myofascial Massage

This course explores the therapeutic benefits of Myofascial Massage discovering how to use this excellent modality to help free fascial restrictions, increase range of motion, evaluate and improve postural distortions and breathing capacity. The student will learn the anatomy of fascia and the location of the fascial lines running throughout the human body. Myofascial Alignment Technique can be easily integrated into the massage practice to ease the client's pain and restriction of motion. **30 hrs**

MS106 Reflexology

This course is designed to provide a basic overview of zone therapy. The focus of this course is on theory and technique of reflex points and their healing effects on the human body. In addition, students will learn how to incorporate the foot reflexology techniques into a general massage. **20 hrs**

PM100 Practice Development

This course covers a broad spectrum of business practices and methods vital to establishing and maintaining a successful massage therapy practice. Detailed discussions of finances, business forms, and the business plan are all

designed to prepare the student therapist to manage the business aspect of a career in massage therapy. **20 hrs**

EW100 Energy Work-Reiki

This course is designed to introduce the students to the fundamental and rudimentary principles of energy work. Although the primary modality presented will encompass a comprehensive study of Reiki through level three, a variety of other methods of energy work are discussed and demonstrated throughout the course and students are encouraged to appropriately incorporate methods of energy work into a general massage. **24 hrs**

CM100 Complementary Modalities

This course is designed to introduce and expose the student to a wide variety of massage, bodywork and complimentary wellness modalities. The student will gain a better understanding of the foundational concepts of the mind, body, spirit connection and body awareness and self image. Students will research, investigate, and experience many different forms of therapeutic modalities enabling them to make informed decisions regarding specialization of their massage practice. **30 hrs**

CP100 Clinical Practicum

The course affords the student the experience of working in a professional massage therapy clinic. The course offers faculty supervision of student massages performed in the student clinic allowing the student to integrate all prior training. Interns experience both administrative and practitioner roles in a professional massage therapy clinic while building self-confidence through hands-on experience with a wide range of clients. **100 hrs**

ADMISSION REQUIREMENTS

Admission to the Clinical Massage Therapy Certificate Program is entirely at the discretion of the school. Class size is limited in order to maximize the quality of training and personal interaction. Due to the individualized nature of instructions, enrollment is limited and all applicants must meet certain basic requirements:

1. Age- All applicants must be 18 years old or older. Education – High School diploma or its equivalent. Two years of college study is beneficial to the student, but not required.
2. Application – A completed application form along with personal references, a medical history form, two completed essays (topics of essays on application form), and official copy of your high school transcript or equivalent, and college transcript (if applicable) must be submitted prior to the scheduled interview. High school transcript is not required if you submit official transcripts of graduation of a 2 or 4 year college.
3. Interview – A personal interview with the Director to discuss the program in depth and to tour the facility.
4. Massage – A professional massage is required for admission. If you would like a referral in your area, please call the school and we would be glad to assist you.

Arbor Institute of Massage is seeking students who genuinely recognize massage as a healing art, who enjoy caring for people, and who demonstrate a responsible and professional attitude toward their work. A determination on acceptance is made based on the information described above, and you will be notified in writing as to whether or not you have been accepted.



ARBOR
INSTITUTE
SCHOOL of MASSAGE

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