



Therapeutic Connections  
SCHOOL of MASSAGE

## **PROFESSIONAL MASSAGE THERAPIST HYBRID PROGRAM - INFORMATION PACKET**

**11-MONTHS, 4 SESSIONS, 11-WEEKS/SESSION, & 930 HOURS**

The objective of the hybrid program is to provide online and in-person training, not limited to, but including knowledge of the human body, hands-on massage skills and in-class experience to create a foundation for students to succeed as a professional, ethical, and qualified massage therapist.

Upon completion of the program, students will receive a diploma and become a **“Certified Massage Therapist.”**

Following graduation, students will take the **Massage and Bodywork Licensing Exam (MBLEX)**, which is offered through the **Federation of State Massage Therapy Boards (FSMTB)**.



After passing the exam, students will then contact the **Department of Health** to apply for licensure in the State of Washington.

Upon receiving the proper license from the state, the graduate will officially become a **“Licensed Massage Therapist”** and be eligible to use the abbreviation “LMT” behind their signature, e.g. **Your Name, LMT**.



Massage Therapist Name, LMT

Massage License Number

## Program - ONLINE TRAINING

- Online training is **in conjunction with In-Person classes** to guide the student through the curriculum and is **concurrent** throughout the 11-month Massage School Program.
- Students will use the Google Classroom platform for the online training portion of massage school.
- Students will join their online courses each session (quarterly) and lessons are assigned weekly, in preparation for and supplemental to In-Person classes.
- Students will study the online material at their own scheduled times.
- Training tools consist of: Video, PDF, and handout materials.

## Program – IN-CLASS TRAINING/SCHEDULES

### DAY Option

**TUESDAY - 9:30 AM – 2:30 PM**  
**WEDNESDAY - 9:30 AM – 2:30 PM**

**MONDAY - 11:30 AM – 4:00 PM**

**\*Students will have an additional class, STUDENT CLINIC, in the fourth session.**

### **Detailed Class Schedule**

Tuesday MSK: 9:30 AM – 11:00 AM

Wednesday MLAB: 9:30 AM – 11:00 AM

Tuesday & Wednesday P&T: 11:00 AM – 2:30 PM

### EVENING Option

**TUESDAY - 5:30 PM – 9:30 PM**  
**WEDNESDAY - 5:30 PM – 9:30 PM**

**MONDAY - 5:30 PM – 9:30 PM**

**\*Students will have an additional class, STUDENT CLINIC, in the fourth session.**

### **Detailed Class Schedule**

Tuesday MSK: 5:30 PM – 7:00 PM

Wednesday MLAB: 5:30 PM – 7:00 PM

Tuesday & Wednesday P&T: 7:00 PM – 9:30 PM

## SCHOOL LICENSURE

Workforce Training Board  
Washington Department of Health  
Federation of State Massage Therapy Boards (FSMTB)  
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

**State Approved & Licensed**  
**State Approved**  
**Accepted**  
**Approved**

## **ONLINE PROGRAM CLASSES**

### **Introduction to Massage Therapy (INTRO)**

(New students - 1<sup>ST</sup> Session Only, the first three weeks before in person classes)

The purpose of this course is to learn and practice medical terminology, sanitation, hygiene, table set up, body mechanics, grounding, centering, and the professional and foundational skills for setting up for the direct application of massage therapy, to include, ethics, basic physiology and to identify the indications and contraindications of massage applications.

### **Structure and Function (S&F)**

(All students)

The purpose of this course is to understand the structure and function (anatomy & physiology) of the systems of the human body, how they relate to massage therapy and to learn and evaluate different systemic pathologies.

### **Professional Development (ProD)**

(All students)

The purpose of this course is to learn and develop professional and organizational skills in client communication, goal setting, ethical business practices and self-care.

---

## **IN PERSON OR ONSITE PROGRAM CLASSES**

### **GUEST SPEAKERS/EVENTS**

(All students)

Human Anatomy Lab at WSU Medical School, Introduction to Acupuncture, Introduction to Chiropractic, Introduction to Cupping, Introduction to Thai Massage, Introduction to Barefoot Massage, and more!

## **IN-PERSON PROGRAM CLASSES**

### **Fundamentals of Massage Therapy (FUND)**

(New students - 1<sup>ST</sup> Session Only during the Practice & Theory Class)

The purpose of this course is to learn and practice the professional and foundational skills for the direct application of massage therapy basics, to include all fundamental techniques, practice and theory of massage therapy and the history of massage.

### **Musculoskeletal (MSK)**

(All students)

The purpose of this course is to identify and palpate the muscular, skeletal, and joint systems, learning the anatomy and physiology of these systems, and to learn and evaluate different musculoskeletal pathologies.

### **Massage Lab (MLAB)**

(All students)

The purpose of this course is to learn and practice common musculoskeletal pathologies and therapeutic applications, to include deep tissue, injury treatment, and an emphasis on kinesiology with a focus on all types of range of motion.

### **Practice and Theory Hands-On (P&T)**

(All students)

The purpose of this course is to learn and practice client communication, body mechanics, assessment, hands-on Swedish massage skills and therapeutic applications during weekly trades sessions.

### **Student Massage Clinic (SMC)**

(Graduate students - 4<sup>TH</sup> Session Only)

The purpose of Student Clinic is for students to provide massage therapy to people within our community so they may acquire professional experience, while practicing boundaries, ethics, client communication and direct hands-on experience.