



**Therapeutic Connections**  
SCHOOL of MASSAGE

# Student Information Packet

## WINTER START 2019-2020

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WINTER SESSION 2019-2020



# Therapeutic Connections

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## PROGRAM TITLE & OBJECTIVE

Therapeutic Connections School of Massage offers a program titled:

### ***“Professional Massage Therapist Program”***

The objective of this program is to provide 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 practitioner.

Students will receive a diploma and become a **“Certified Massage Therapist”** at the end of this program.

After graduation, students will take the Massage and Bodywork Licensing Exam (MBLEx) offered through the Federation of State Massage Therapy Boards (FSMTB). Upon passing the exam, students will apply through the Department of Health to become licensed in the State of Washington.

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

## PROGRAM DESCRIPTION

### ***Provides training in:***

- **Practice and Theory of Massage:** Hands-on Massage Trade – 2x/Week
- **Therapeutic Massage Skills:** Hands-on Massage Trade – 2x/Week
- **Anatomy and Physiology:** Musculoskeletal and Systems of the Human Body
- **Pathologies:** Musculoskeletal and Systems of the Human Body
- **Kinesiology:** Body movements, Body Mechanics, Assessment and Range of Motion
- **Business:** Business Journals, Professional Development, Client Communication, and Clinical/Business Practices
- **Student Clinic:** Practicing Massage Therapy in the Community

### ***Includes different learning styles:***

- Auditory
- Visual,
- Kinesthetic
- Verbal

## SCHOOL LICENSURE

- Workforce Training Board **State Approved and Licensed**
- Washington Department of Health **State Approved**
- Federation of State Massage Therapy Boards (FSMTB) **Accepted**
- **Assigned** School by the National Certification Board for Therapeutic Massage and BodyWork (NCBTMB)



## PROGRAM OPTIONS

**Day Program**  
**OR**  
**Day/Evening Program**  
(Transfer to Day Program on February 18<sup>th</sup>, 2020)

750 Hour Program

11 Months - Four Sessions  
(11weeks each)

## START, END AND GRADUATION DATES

### First Official Day of Class

*Start Date:* Tuesday, November 19<sup>th</sup>, 2019

### Official End Date

*End Date:* Thursday, November 12<sup>th</sup>, 2020

### Graduation

Saturday, November 14<sup>th</sup>, 2020 12:30pm – 3:00pm

## YEARLY SCHEDULE AND HOLIDAYS

<p><b>WINTER SESSION (1)</b> November 19<sup>th</sup>, 2019 – February 13<sup>th</sup>, 2020</p> <p><b>No School</b> November 28, 2019</p> <p><b>Winter Break</b> December 22, 2019 – January 6, 2020</p>	<p><b>SPRING SESSION (2)</b> February 18<sup>th</sup>, 2020 – May 7<sup>th</sup>, 2020</p> <p><b>Spring Break</b> March 30, 2020 – April 3, 2020</p>
<p><b>SUMMER SESSION (3)</b> May 12<sup>th</sup>, 2020 – July 23<sup>rd</sup>, 2020</p> <p><b>Summer Break</b> July 26, 2020 – August 30<sup>th</sup>, 2020</p>	<p><b>FALL SESSION (4)</b> September 1<sup>st</sup>, 2020 – November 12<sup>th</sup>, 2020</p> <p><b>No Break</b></p>



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## **REQUIRED DATES**

### **Introduction to Therapeutic Applications Workshop**

Sunday, February 9<sup>th</sup>, 2020 11:00am – 4:30pm

The purpose of this 1-day workshop is for students to learn the basic tools of deep tissue and therapeutic skills, and to apply that knowledge in the hands-on Therapeutic Applications Class.

### **Professional Development Workshops**

**Two Fridays each Session: 8:30 am – 11:30 am**

The purpose of this course is to develop personal and professional skills to practice massage utilizing a current and effective business approach.

### **WINTER Session Workshop dates**

December 13<sup>th</sup>, 2019

January 24<sup>th</sup>, 2020

### **SPRING Session Workshop dates**

March 20<sup>th</sup>, 2020

April 17<sup>th</sup>, 2020

### **SUMMER Session Workshop dates**

June 12<sup>th</sup>, 2020

July 10<sup>th</sup>, 2020

### **FALL Session Workshop dates**

October 2<sup>nd</sup>, 2020

October 30<sup>th</sup>, 2020



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## PROGRAM CLASSES: DAY OPTION

\*Classes are subject to change

### Tuesday 8:30am – 10:20am

**Structure and Function:** The purpose of this course is to understand the structure and functions of the human body and how they relate to massage therapy, and to learn and evaluate different systemic **Pathologies**.

### Tuesday 10:30am – 11:30am

**Business and Body Assessment:** The purpose of this course is to learn, identify and apply ethical and professional business strategies through client communication, client assessment, common pathologies and professional organization.

### Tuesday 12:00pm – 2:30pm

**Practice and Theory Hands-on:** The purpose of this course is to learn the professional and foundational skills for the direct application of massage therapy. Students will learn basic Swedish skills, including assessment tools, with an emphasis on **Kinesiology**.

#### New Students Only

**Introduction to Massage Class:** The purpose of this course is for new students to learn the foundational skills and knowledge of massage therapy, and to facilitate a smooth transition of the new students into each of the classes with the current students.

### Wednesday 8:30am – 11:30am

**Massage Lab:** The purpose of this course is to focus on kinesiology; all body movements (self and clients) and active, passive and resisted range of motion. Movements are related to the current muscles learned with an emphasis on common pathologies.

### Wednesday 11:30am – 3:30pm (Fourth Session Only)

**Student Massage Clinic:** The purpose of student clinic is for students to provide massage therapy to people of the community and to acquire professional experience.

### Thursday 8:30am – 9:30am (2, 3, & 4 Session Only)

**Therapeutic Applications Class:** The purpose of this course is to learn deep tissue and therapeutic skills that focus on client care and injury treatment.

### Thursday 9:40am – 11:30am

**Musculoskeletal:** The purpose of this course is to identify and palpate the muscular, skeletal and joint systems, and to learn and evaluate different musculoskeletal **Pathologies**.

### Thursday 12:00pm – 2:30pm

**Practice and Theory Hands-on:** The purpose of this course is to learn the professional and foundational skills for the direct application of massage therapy. Students will learn basic Swedish skills, including assessment tools, with an emphasis on **Kinesiology**.

#### New Students Only

**Introduction to Massage Class:** The purpose of this course is for new students to learn the foundational skills and knowledge of massage therapy, and to facilitate a smooth transition of the new students into each of the classes with the current students.



# Therapeutic Connections

SCHOOL of MASSAGE

## **PROGRAM CLASSES: DAY/EVENING OPTION**

\*Transfer to Day Program in Spring Session, on February 18<sup>th</sup>, 2020.

### **Tuesday 8:30am – 10:20am**

**Structure and Function:** The purpose of this course is to understand the structure and functions of the human body and how they relate to massage therapy, and to learn and evaluate different systemic **Pathologies**.

### **Tuesday 10:30am – 11:30am**

**Business and Body Assessment:** The purpose of this course is to learn, identify and apply ethical and professional business strategies through client communication, client assessment, common pathologies and professional organization.

### **Tuesday 5:30pm – 8:30pm**

**Massage Lab:** The purpose of this course is to focus on kinesiology; all body movements (self and clients) and active, passive and resisted range of motion. Movements are related to the current muscles learned with an emphasis on common pathologies.

### **Wednesday 5:30pm – 7:20pm**

**Musculoskeletal:** The purpose of this course is to identify and palpate the muscular, skeletal and joint systems, and to learn and evaluate different musculoskeletal **Pathologies**.

### **Wednesday 7:30pm – 9:30pm**

**Practice and Theory Hands-on:** The purpose of this course is to learn the professional and foundational skills for the direct application of massage therapy. Students will learn basic Swedish skills, including assessment tools, with an emphasis on **Kinesiology**.

#### **New Students Only**

**Introduction to Massage Class:** The purpose of this course is for new students to learn the foundational skills and knowledge of massage therapy, and to facilitate a smooth transition of the new students into each of the classes with the current students.

### **Thursday 5:30pm – 7:50pm**

**Practice and Theory Hands-on:** The purpose of this course is to learn the professional and foundational skills for the direct application of massage therapy. Students will learn basic Swedish skills, including assessment tools, with an emphasis on **Kinesiology**.

#### **New Students Only**

**Introduction to Massage Class:** The purpose of this course is for new students to learn the foundational skills and knowledge of massage therapy, and to facilitate a smooth transition of the new students into each of the classes with the current students.

### **Thursday 8:00pm – 9:10pm (2, 3, & 4 Session Only)**

**Therapeutic Applications Class:** The purpose of this course is to learn deep tissue and therapeutic skills that focus on client care and injury treatment.



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## **SPECIALTY PROGRAM CLASSES**

Outside of Regular Class Hours (required)

### **MASSAGE EVENTS (16hrs/year)**

The purpose of massage events is to provide massage therapy to people of the community, to gather professional experience, and to learn important business skills. Massage events may include business on-site massage services, industry trade shows, and school events.

### **SCHOOL PROJECT**

The purpose of the school project is for students to receive two massages from two different licensed massage therapists and practice massage therapy on two clients per session, outside of the classroom.

### **CREDIT RETRIEVAL**

The purpose of this course is to retrieve credit hours when a student has missed more than three absences per class. \*This is only required for students who need make-up hours.

### **ADDITIONAL CLASSES, ONSITE AND GUEST SPEAKERS**

Human Anatomy Lab at WSU Medical School  
Onsite visit to an Acupuncturist  
Onsite visit to a Chiropractor  
Thai Massage  
Barefoot Massage  
Other On-site visits and Guest Speaker to be Announced