PROFESSIONAL MASSAGE THERAPIST - HYBRID PROGRAM
INFORMATION PACKET

OBJECTIVE

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

PATH TO CERTIFICATION AND LICENSURE

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

BOARD EXAM

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

STATE LICENSURE

Students will apply to the **Department of Health** for a health professions license in the State of Washington. The DOH will combine the board exam results with the application. Once approved from the state, the graduate will officially become a **"Licensed Massage Therapist."**

Massage Therapist Name, LMT

ONLINE TRAINING SCHEDULE

Students will follow the online curriculum alongside the in-person classes. While the online courses are not live, they are structured with weekly content that aligns directly with the in-person classes.

- Online training 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.

IN-PERSON TRAINING SCHEDULES
11-Months, 4 Sessions, 11-Weeks/Session, & 930 Hours

DAY Option

ALL SESSIONS

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

SESSION 4 -Add an extra day.

MONDAY   - 11:30 AM – 4:00 PM

*Students will complete their STUDENT CLINIC, in the fourth session.

EVENING Option

ALL SESSIONS

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

SESSION 4 -Add an extra day.

MONDAY   - 5:30 PM – 9:30 PM

*Students will complete their STUDENT CLINIC, in the fourth session.

SCHOOL LICENSURE

Workforce Training Board   **State Approved & Licensed**
Washington Department of Health   **State Approved**
Federation of State Massage Therapy Boards (FSMTB)   **Accepted**

IN-PERSON Program Classes

Fundamentals of Massage Therapy (FUND)

1st Session -New Students Only

Tuesday & Wednesday: (Day: 11 AM – 2:30 PM) or (Evening: 7 PM – 9:30 PM)

The purpose of this course is to learn and practice 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 therapy.

Musculoskeletal (MSK)

Tuesday: (Day: 9:30 AM – 11 AM) or (Evening: 5:30 PM – 7 PM)

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)

Wednesday: (Day: 9:30 AM – 11 AM) or (Evening: 5:30 PM – 7 PM)

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)

Tuesday & Wednesday: (Day: 11 AM – 2:30 PM) (DAY) or (Evening 7 PM – 9:30 PM)

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)

4th Session Students Only

Monday: (Day: 11:30 AM – 4 PM) or (Evening: 5:30 PM – 9:30)

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.

ONLINE Program Classes

Introduction to Massage Therapy (INTRO)

1st Session -New Students Only

*This online class starts three weeks before in-person classes begin.

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)

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)

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.

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WORKSHOP Introductory Program Classes

Tuesday & Wednesday: Weeks 5 & 9 each session

Cupping

Craniosacral

Thai Massage

Barefoot Massage

Lymphatic Drainage

Chair Massage

Pregnancy Massage

Onsite Events

Open House Events…and more!

ONLINE BUSINESS COURSE
<u>BONUS MATERIAL</u>

ENTREPRENEURSHIP – A SELF-STUDY COURSE (ESS)

If you have an entrepreneurial spirit and want to build your own massage therapy business or want to work for someone else or both, our video lecture series and resources will help you get started.

The purpose of this entrepreneurial, self-study course is to expand your knowledge and provide you with the necessary information to build your massage therapy business and/or to become a top employee for your employer. Our video series focuses on business mindset, marketing, and money/financial.

VIDEO SERIES

- Business Essentials: Basic Business Concepts and Tools

- Marketing: Do it Yourself (DIY) **and/or** Hiring a Professional

- Money/Finance: Money Mindset, Budget, Rates, Records, Taxes, etc.