



Therapeutic Connections
SCHOOL of MASSAGE

PROFESSIONAL MASSAGE THERAPIST HYBRID PROGRAM INFORMATION PACKET

OBJECTIVE

The objective of the program is to combine online learning through TCSM's **video library** with active, **HANDS-ON** classroom instruction, providing students with a strong foundation in anatomy, massage therapy, therapeutic and clinical skills, and professional practice, while preparing them to become ethical, confident, and qualified massage therapists.

PROGRAM COMPLETION

Upon completion of the program, students will receive a diploma.

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

Graduates will apply to the Washington State Department of Health for licensure. MBLEx results are sent directly to the Department of Health and combined with the licensure application. Once approved, the graduate will become a **Licensed Massage Therapist (LMT)**.



Massage Therapist Name, LMT

YEARLY SCHEDULE

11-Months, 4 Sessions, 11-Weeks/Session, & 930 Hours

ONLINE TRAINING SCHEDULE

Google Classroom

Online coursework is not live. Students complete weekly lessons through TCSM's online video library in Google Classroom, following the curriculum concurrently with each session's in-person classes throughout the program.

IN-PERSON TRAINING SCHEDULES

<u>DAY Option</u>	<u>EVENING Option</u>
ALL SESSIONS	ALL SESSIONS
TUESDAY - 9:30 AM – 2:30 PM WEDNESDAY - 9:30 AM – 2:30 PM	TUESDAY - 5:30 PM – 9:30 PM WEDNESDAY - 5:30 PM – 9:30 PM
All Classes	All Classes
4th SESSION Only	4th SESSION Only
<u>Add</u> MONDAY 11:30 AM – 4:00 PM	<u>Add</u> MONDAY 5:30 PM – 9:30 PM
Student Clinic	Student Clinic

SCHOOL LICENSURE

Workforce Training and Education Board
Washington State Department of Health
Federation of State Massage Therapy Boards (FSMTB)
American Massage Therapy Association Member and Insured (AMTA)

State Approved & Licensed
State Approved
Approved
Member

ONLINE PREREQUISITE PROGRAM COURSE

Introduction to Massage Therapy (INTRO)

New students - 1ST Session Only, the first three weeks before in-person courses

The purpose of this course is to provide students with foundational knowledge and skills necessary for entry into massage therapy training and professional practice. Instruction includes an introduction to medical terminology, sanitation, hygiene, table setup, body mechanics, grounding and centering techniques. Ethics, professional conduct, anatomy, physiology, pathology, indications, contraindications, and endangerment sites for massage therapy.

IN-PERSON PROGRAM COURSES

Fundamentals of Massage Therapy (FUND)

1st Session New Students Only

Tuesday & Wednesday: Day: 11 AM – 2:30 PM or Evening: 5:30 PM – 9:30 PM

The purpose of this course is to learn and practice the professional and foundational skills necessary for the direct application of massage therapy, including Swedish massage strokes and techniques, the practice and theory of massage therapy, introductory skeletal identification, 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 while learning the anatomy and physiology of these structures and their relationship to movement and function. Students will learn the origins, insertions, and actions of muscles and develop an understanding of kinesiology by studying how muscles generate movement in the body.

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 therapeutic applications related to musculoskeletal conditions, including deep tissue techniques, injury treatment, and range of motion applications. The course emphasizes kinesiology and the relationship between muscular function, movement, and therapeutic treatment while identifying common musculoskeletal pathologies.

IN-PERSON PROGRAM COURSES CONTINUED

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 trade sessions.

ONLINE PROGRAM COURSES

- **Online training is integrated throughout the entire 11-month Massage Therapy Program** and runs concurrently with in-person instruction.
- Students are enrolled in Google Classroom each session, where weekly assignments prepare them for upcoming **HANDS-ON** classes and reinforce classroom learning.
- Students complete online coursework on their own schedule while meeting assigned due dates.
- Learning materials include video lectures, demonstrations, PDFs, presentations, handouts, quizzes, and other educational resources.
- TCSM's extensive video library is available throughout the program as a year-long study resource and is an excellent tool for reviewing techniques, reinforcing concepts, and preparing for the MBLEx. You will have access to Google Classroom for up to six months after graduation.
- **HANDS-ON classroom time is reserved for ACTIVE learning**, allowing students to practice techniques, develop clinical skills, receive instructor feedback, and apply what they have learned online.

Structure and Function (S&F)

Online

The purpose of this course is to learn the anatomy, physiology, and pathologies of the human body and understand how these systems and conditions relate to the safe and effective application of massage therapy.

Professional Development (ProD)

Online

The purpose of this course is to develop professional and organizational skills related to client communication, goal setting, ethical business practices, professionalism, and self-care within the massage therapy profession.

STUDENT MASSAGE CLINIC COURSE

Student Massage Clinic (SMC)

4th Session Students Only

Monday Day: 11:30 AM – 4 PM or Monday Evening: 5:00 PM – 9:30 PM

The purpose of the Student Clinic is to provide students with supervised professional experience through direct hands-on application of massage therapy within the community. Students practice professional boundaries, ethics, client communication, clinical skills, and therapeutic techniques while developing confidence and competency in a clinical setting.

INTRODUCTORY PROGRAM COURSES

Workshop Weeks

Tuesday & Wednesday: Weeks 5 & 9 each session

Cupping

Craniosacral

Thai Massage

Barefoot Massage

Trauma-Informed Massage

Lymphatic Drainage

Chair Massage

Chiropractic and Massage

Pregnancy Massage

Onsite Events

Open House Event

and more!

ONLINE BUSINESS COURSE

BONUS MATERIAL

ENTREPRENEURSHIP – A SELF-STUDY COURSE (ESS)

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.

SCHOOL VOLUNTEER OPPORTUNITIES

Sports Massage Team

Bloomsday Onsite

POST GRADUATION

TCSM Onsite Massage Team

Job Placement and Opportunity Board

Human Anatomy Lab - Onsite

Continuing Education Courses