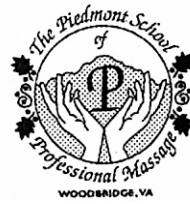


THE PIEDMONT SCHOOL OF PROFESSIONAL MASSAGE

STUDENT HANDBOOK AND COURSE CATALOG



1. PUBLICATION DATE: JANUARY 1ST, 2007

2. STATEMENT OF PHILOSOPHY

As the recognition for the need of touch in our culture combined with the need for alternative, conservative health care therapies has brought the massage therapy profession into the cultural mainstream, the demand for skilled and knowledgeable professional massage therapists has increased dramatically. The Piedmont School of Professional Massage exists in order to train highly qualified, motivated persons in the art and science of modern therapeutic massage. The Piedmont School of Professional Massage is dedicated to providing a high quality, individualized training for those persons who desire to enter the massage therapy profession.

The training program at The Piedmont School of Professional Massage is as much an opportunity towards personal growth as it is a preparation for entering a new profession. We recognize the holistic nature, the indivisible nature of the body and the mind. We believe that massage therapy should be touch that is healing. We believe that through the power of touch, human beings can learn to live more harmoniously with their bodies, their emotions and with each other. The training program is grounded in scientific principles from the somatic standpoint as well as the unfolding scientific research into the interactions of body and mind. We believe that a massage therapist should be a helping, healing professional with an emphasis on natural, conservative treatments, which are seen as alternative and/or adjunctive to the practices of modern medicine. In addition, we believe that a massage therapist should learn how to be healthy in body, mind, and spirit and put these principles to work in the professional's daily life. The training program at the Piedmont School of Professional Massage provides the basic information, instruction, and practice needed to enter the profession. We also provide a unique experiential environment in which to grow into a greater harmony and to increase one's own capacity for better health and healing of others. This is accomplished in small classes with individualized attention and encouragement of self-awareness and self-reliance in a relaxed and nurturing environment.

3. STATEMENT OF HISTORY

The Piedmont School of Professional Massage was founded in January of 1995 by Alan Coyne and James D. Weiler as a private vocational technical school to provide professional training in massage/bodywork. In April of 1995, the school received a certificate to operate as a vocational proprietary school by the Commonwealth of Virginia, Department of Education. The co-owners and directors are James D. Weiler and Renate Grooms. In August of 1997, the school was incorporated in the Commonwealth of Virginia. In November of 1999, the Piedmont School was approved by the Department of Education to receive Veteran's Educational benefits. The beginning of the April 2002 class will mark the beginning of the ninth class of the school. The September 2002 class will represent the school's tenth class.

Jim Weiler, C.M.T., is the director and primary instructor for all courses. He brings over 20 years of experience in the profession into the classroom. Classes are highly interactive and hands on; the director and other qualified instructors work with students individually during the hands-on practice.

All hands on instructors are graduates of the school with at least two years of experience in the field and have been trained and supervised by the director.

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4. GENERAL DESCRIPTION OF THE SCHOOL'S FACILITIES AND EQUIPMENT

Located at 1690 Old Bridge Rd, Suite 200, Woodbridge, Virginia 22192,.

The Piedmont School of Professional Massage is housed in a modern 3,000 square foot office facility. The school utilizes modern equipment such as massage tables and chairs, massage oils, chalk board, skeletons and anatomical models, wall charts, a TV/VCR, a video camera and overhead projector for audio/visual presentations, hydrocolator, and reference books. The school also operates Professional Therapeutic Massage, a busy professional clinic that is staffed by certified massage therapists.

Class size is between 10 to 18 students.

5. EDUCATIONAL OBJECTIVES

The training program offered by the Piedmont School of Professional Massage is geared to those who wish to become working professional massage therapists. The 530-hour program provides a comprehensive, sequential and personalized training in the knowledge and skills necessary to enter the massage therapy profession. The theoretical, practical and hands-on experience offered by the school is designed to enable the graduate of the program to become a confident, capable, and successful massage therapist in a variety of professional settings. In addition to the basic knowledge and skills needed to enter the profession, the Piedmont School emphasizes a holistic understanding of the body mind relationship. The course is geared toward individual, quality instruction in a relaxed, healing environment that encourages personal growth and exploration. The objectives for the program are:

1. To prepare the students to become qualified massage therapists. Graduates seek employment as entry-level massage therapists.
2. To qualify for and pass the National Certification Examination for Therapeutic Massage and Bodywork.
3. To develop in students the skills necessary to meet the needs of the health care profession, business, and the personal service industry.
4. To give the graduate a thorough working knowledge of the structure and function of the human body and the theory and application of therapeutic massage.
5. To give the students an understanding of the role of the massage therapist in modern day society.
6. The graduate massage therapist should be:
 - a. Competent in the performance of stress reduction massage sports massage, deep tissue/trigger point massage, and seated massage.
 - b. Knowledgeable and skilled in the use of techniques to help specific problems
 - c. Knowledgeable in the use of adjunctive wellness modalities
 - d. Knowledgeable in business practices, promotion and professionalism, ethical standards, and the legal aspects of the massage therapy profession
 - e. Acquainted with allied professions to which a massage therapist may interact.

6. ADMISSION REQUIREMENTS:

The application and admissions process is designed to determine if the applicant is suitable for the program. The applicant must:

- be a minimum of 18 years of age
- have a high school diploma or GED
- have received two professional massage sessions, ***one from a male and one from a female massage therapist with 500 hours or more of training each.***
- be capable of community-college-level academic course work
- be physically capable of performing massage therapy/bodywork and must be free of communicable diseases that are likely to be spread to others in the massage therapy school or clinic setting
- be emotionally mature and stable
- agree to fully comply with student standards of conduct and all school policies and procedures
- demonstrate an understanding of and agreement with professional and ethical standards of practice
- have a clear and specific financial plan demonstrating how the applicant will meet his/her financial obligations to the school
- be able to manage the demands of the program along with family, work, and other obligations
- have a genuine interest in personal health and wellness

- demonstrate a sincere desire to be of service to the public through providing caring, competent massage therapy/bodywork.

7. ADMISSION PROCEDURES:

The applicant should complete and submit the enclosed application with a non-refundable deposit of \$50.00 and all other required materials. The directors of the school will then contact the applicant to arrange a time for a personal interview. If accepted, the applicant should complete and sign an enrollment agreement that will be supplied with acceptance.

8. TEXTS AND SUPPLIES

Massage Therapy Principles and Practice 2nd Edition

Susan G. Salvo
W.B. Saunders
ISBN: 0-721-60028-X
\$72.95

Heath and Healing

Andrew Weil, MD
ISBN: 0395377641
\$9.75

Active Isolated Stretching, The Mattes Method

Aaron Mattes
\$35.00

The Bodywork Entrepreneur

David A. Palmer
ISBN: 0-944172-00-8
\$27.95

A Massage Therapist's Guide to Pathology, 3rd Edition

Ruther Werner, LMP, NCTMB
ISBN: 07817-3293-X
\$46.95

The Medical Massage Office Manual for Insurance Billing, 3rd Edition

David Luther, L.M.T
\$59.95

The Massage Connection Anatomy & Physiology, 2nd Edition

Kalyani Premkumar
ISBN: 0-7817-3476-2
\$69.95

2 wooden pressure bars

\$24.00

3 face cradle covers

\$18.00

Subtotal: \$364.50

\$ 18.22 VA Sales tax

Total: \$382.72

9. TUITION AND OTHER CHARGES:

Cost of tuition: **\$6,500.00**

Cost of textbooks and supplies required for purchase from the school: **\$382.72 (including tax)**

Payment for texts and supplies is due on the first day of class

Non-refundable application fee: **\$50.00** (to be included with application)

Student membership/insurance in Associated Bodywork and Massage Professionals: **\$49.00**

Total cost of program: **\$6,882.72**

Other Charges:

Financing fee for late tuition payments: **15% per each payment**

Late penalty fee for make-up time not made up within two weeks of absence: **\$50.00 per hour**

Equipment Rental: **\$15.00 per day**

Library Rental: **\$1.00 per day**

Additional original transcripts (after the first two): **\$15.00 per transaction**

Additional original diplomas: **\$15.00 per diploma**

Anatomy and Physiology tutorials: **\$20.00 per hour** (Arranged with instructor by appointment)

Make up and/or tutorial with instructor: **\$20.00 per hour** (Arranged with instructor by appointment)

10. CANCELLATIONS AND REFUND POLICY

A student applicant who wishes to cancel enrollment has three business days after signing the enrollment agreement to cancel and receive a full refund for any tuition paid except for the \$50.00 application fee. After that time period and before classes begin, if a student applicant wishes to cancel, the applicant is entitled to a refund of any tuition paid less a maximum tuition fee of 15% of the cost of the program or \$100.00 which ever is less. A student is considered a student as of the first day of class.

The refund policy for a student who cancels or is terminated after the first day of class, and who has paid tuition in full by the first day of class is as follows:

1. A student who enters the school but withdraws or is terminated during the first one-fourth of the program shall be entitled to a minimum refund amounting to \$4,875.00 (75% of the cost of the program).

2. A student who withdraws or is terminated during the second quarter of the program shall be entitled to a minimum refund amounting to \$3,250.00 (50% of the cost of the program).

3. A student who withdraws or is terminated during the third quarter of the program shall be entitled to a minimum refund amounting to \$1,625.00 (25% of the cost of the program).

4. A student who withdraws or is terminated after completing three-fourths of the program shall not be entitled to a refund.

The refund policy for a student who cancels or is terminated after the first day of class, and who is paying tuition by monthly installments is as follows:

1. A student who enters the school but withdraws or is terminated during the first quarter of the program shall be responsible for tuition payments of \$1,625.00 (25% of the program). Any tuition payments by the student in excess of \$1,625.00 (25% of the program) shall be refunded.

2. A student who enters the school but withdraws or is terminated during the second quarter of the program shall be responsible for tuition payments of \$3,250.00 (50% of the program). Any tuition payments by the student in excess of \$3,250.00 (50% of the program) shall be refunded.

3. A student who enters the school but withdraws or is terminated during the third quarter of the program shall be responsible for tuition payments of \$4,875.00 (75% of the program). Any tuition payments in excess of \$4,875.00 (75% of the program) shall be refunded.

4. A student who enters the school but withdraws or is terminated after completing three quarters of the program shall be responsible for tuition payments of \$6,500.00 (100% of the program). A student who withdraws or is terminated after completing three quarters of the program is not entitled to a refund.

If the student withdraws from the school, the school requests notification in writing, via certified mail. Any money due the student shall be refunded within 45 days from the date of withdrawal or termination. If the school does not receive notice of termination in writing, the student will be considered terminated after failure to appear in class after seven (7) scheduled class days.

11. LENGTH OF COURSE AND CLOCK HOURS

424 hours of study Massage Therapy.... 9 months/36 weeks

Satisfactory completion including prerequisite courses totaling 106 hours and passing final examinations, will graduate receiving a diploma for 530-hour program in Professional Massage Therapy

12. SATISFACTORY PROGRESS AND GRADING SYSTEM

Progress is monitored on a continuous basis. Students are expected to maintain no less than a C average for the duration of the course. If a student drops below a C average, the student will have an interview with the director and be given one month to bring grades up to a C average. The grading system is as follows:

A = 90%-100%

B = 80% -89%

C = 70% -79%

D = 60% -69%

F = 59% - below

13. POLICY RELATING TO TARDINESS

Students are expected to be on time for each class. Students will be considered tardy after class begins. Tardiness of 15 minutes or more will be considered a one-hour absence. Students who display consistent tardiness from class will have an interview with the director. A student who is unable to attend class on time will be terminated from the course. (See policy relating to termination).

14. POLICY RELATING TO ATTENDANCE

Students are expected to attend every class from beginning to end, unless an excused absence is obtained. An excused absence is a missed day by pre-arrangement or illness, (A doctors note may be required), injury, car problems, inclement weather conditions or other unforeseen circumstances. Due to the experiential and participatory nature of the training program, regular attendance is essential. A student who displays consistent unexcused absence will have an interview with the director. A student who is unable to attend classes on a consistent basis will be terminated from the course. (See policy relating to termination).

15. POLICY RELATING TO MAKE UP WORK

Absences must be made up in class or by homework assignment as determined by the directors. A student who misses class whether by tardiness or absence will be issued a make up assignment for each subject missed. Make up assignments are required to be completed within two weeks of absence. **Missed practical instruction must be made up by private tutoring with an approved instructor at a rate of \$20.00 per hour. A student who fails to make up absences within two weeks will be charged and administrative fee of \$5.00 per hour for each hour not made up. All absences must be made up to the satisfaction of the directors prior to graduation. All charges related to absences and make up work must be paid in order to graduate.** In the event that a student has difficulty making up for absences or tardiness, the student will be asked to have a conference with the director. The student will be given the opportunity to present a plan for making up for missed time in order to graduate with the class.

16. POLICY RELATING TO CONDUCT

Students are expected to be committed to learning by being attentive and conscientious. Students are to maintain proper hygiene. Students are expected to be civil, courteous and to respect each other's differences. A student who displays consistent disruptive conduct will have an interview with the director. A student who is not able to maintain behavior appropriate to the educational environment shall be terminated from the program. (See policy relating to termination).

17. POLICY RELATING TO TERMINATION

The following will be considered grounds for termination:

1. Failure to fulfill the academic requirements.
2. Failure to pay tuition on time or in a timely manner.
3. Possession, use, or distribution of illegal drugs, alcohol, firearms, or weapons on school property or as part of a school function.
4. Attending class under the influence of drugs or alcohol.
5. Absences for which make up work has not been completed.
6. Having four (4) consecutive days or seven (7) days of unexcused tardiness.
7. Having seven (7) days of unexcused absence.
8. Behaving in a manner potentially dangerous to students, clients, or staff.
9. Not wearing full clothing at all times during attendance except when otherwise directed by the training program.
10. Behaving in a manner that may be harmful to the reputation of the school.
11. Emotional instability as determined by the directors
12. Inappropriate or disorderly behavior that is disruptive to the educational process.

18. EMPLOYMENT ASSISTANCE

The school provides an employment advisement service. The school also keeps a file of all notices of available employment positions sent to the school. These services are available to any graduate of the school at any time in their career. The school does not guarantee employment placement to any student or graduate.

19. HOUSING, TRANSPORTATION, AND ADVISORY ASSISTANCE

The school does not provide housing or dorms to the students. The school does not provide transportation to the students. Students are responsible for their own housing and transportation. Members of the staff are available to assist or advise students upon request.

20. STATEMENT OF NON-DISCRIMINATION

The Piedmont School of Professional Massage does not discriminate in admission, training or in doing business on the basis of race, color, sex, sexual orientation, national or ethnic origin, religion or beliefs.

21. COMPLAINT RESOLUTION PROCEDURES

A student with a complaint may present such complaint in writing to the directors of the school. If the student feels that the directors do not address the student's complaint to the student's satisfaction, the student may write to the Commonwealth of Virginia Department of Education Proprietary Schools; PO Box 2120 Richmond, Virginia 23216-2120. The phone number is: 804-225-2100.

22. TRANSFER OF CREDITS:

The Piedmont School of Professional Massage will accept credit for relevant education on the basis of documented training, documented experience and/or testing as approved by the directors. Transcripts must be sent directly to the Piedmont School from the institution where the courses being considered for credit were taken. The directors of the school will determine if credit for training or experience shall be accepted, and may require additional testing for approval of credit. The Piedmont School of Professional Massage makes no claim as to the transferability of its program to any other school or training program. **The Piedmont School of Professional Massage will not approve the transfer of transcripts for any student who has not met their financial obligation to the school.**

23. MEMBERSHIP IN ASSOCIATED BODYWORK AND MASSAGE PROFESSIONALS:

The Piedmont School of Professional Massage is an institutional member of Associated Bodywork and Massage Professionals, (ABMP). ABMP is an international professional membership association dedicated to promoting ethical practices, protecting the rights of practitioners, and educating the public as to the benefits of massage and bodywork. The Piedmont School of Professional Massage adheres to the professional code of ethics of the Associated Bodywork and Massage Professionals. The ABMP also provides valuable services and information for the practicing massage therapist as well as \$4,000,000 combined aggregate professional liability insurance.

Students are required to obtain liability/malpractice insurance through either ABMP, IMA, AMTA or massage magazine. This includes insurance coverage while in class and during school events. After the first 100 hours of training, the student may join as a practitioner member for \$199.00 per year. This includes insurance and is recommended if the student intends on working for pay while still in school (where allowed by law). After successfully completing the 530-hour training program at The Piedmont School of Professional Massage, the graduate may become a professional member of ABMP for \$199.00 per year or a certified level member for \$229.00 per year. The school will provide students with brochures and applications to ABMP. The ABMP can be contacted by writing to :

1271 Sugarbush Drive, Evergreen, Colorado 80439-9766
Telephone: 1-800-458-2267 Fax: 1-(800)-667-8260
Website: www.abmp.com

24. THE AMERICAN MASSAGE THERAPY ASSOCIATION COUNCIL OF SCHOOLS

The Piedmont School of Professional Massage has been a member of the American Massage Therapy Association (AMTA) Council of Schools (COS) since December 2000.

25. THE NATIONAL CERTIFICATION EXAMINATION FOR MASSAGE AND BODYWORK

The Piedmont School of Professional Massage prepares the graduate to be eligible to sit for and pass the National Certification Examination. The National Certification Board for Therapeutic Massage and Bodywork administers the National Certification Examination for Therapeutic Massage and Bodywork. The purpose of The National Certification Examination to establish a minimum standard for entry-level competency. This certifying examination is required by many states and jurisdictions for application for licensure, governmental certification, or local permits for the practice of massage therapy. Currently, the commonwealth of Virginia, the District of Columbia, as well as other states and localities, require a passing score on the National Certification Examination for Therapeutic Massage and Bodywork in order to apply for licensure or certification.

Although many other states require the National Certification Examination for licensure or certification, the Piedmont School of Professional Massage makes no claims of transferability of our training program to other states, counties, or jurisdictions. As of this writing, the National Certification Examination is not reciprocal in all states and jurisdictions.

Certification from the National Certification Board for Therapeutic Massage and Bodywork is for a four-year period. Recertification may be accomplished by either retaking the examination every four years or by completing 50 hours of continuing education within the four-year certification period. Contact the National Certification Board for current recertification requirements.

The National Certification Board for Therapeutic Massage and Bodywork can be contacted by writing to 8201 Greensboro Drive, Suite 300, McLean, Virginia 221102 and by telephone at (800) 296-0664 or (703) 610-9015.

26. CALENDAR

- 1st Quarter: Basic Massage**
- 2nd Quarter: Intermediate Massage**
- 3rd Quarter: Advanced Massage**
- 4th Quarter: Clinical Massage**

27. GRADUATION

Students must satisfactorily complete all courses within each quarter with a C average or above. Students must demonstrate to the directors a practical mastery of the massage techniques taught within each quarter of instruction. A written and practical final examination is required to graduate from the program. Students must score a C or higher on both written and practical exams. Students must have met all financial responsibilities, including tuition, late penalty and additional fees, and have made up any absences to the satisfaction of the directors.

1. 6 hours of Adult CPR and First Aid certification from valid provider. Student must provide valid certification for verification. The Adult CPR/First Aid course provided by The American Red Cross is an example of a valid program. Adult CPR/First Aid Certification courses provided by other organizations, totaling 6 hours may be accepted upon approval of the directors. Documentation of successful completion in the form of certification is required. Although costs for this course may vary, The American Red Cross of Prince William County charges \$60.00

2. At least 424 hours of training in massage therapy. A passing score on both written and practical examinations of a C or better as well as satisfactory completion of prerequisite courses totaling at least 106 hours, is required in order to receive a diploma for Professional Massage Therapy with 530 total hours completed.

28. COURSE DESCRIPTIONS AND OBJECTIVES

The program of The Piedmont School of Professional Massage is divided into four 8-week quarters in progression followed by a 16-hour Review and Certification course.

The first quarter is basic massage, which introduces the student to the massage profession she/he will be entering. Basic knowledge and performance of basic strokes is stressed. The second quarter introduces the student to the study of the effects of stress and modern massage techniques for stress reduction. Practical performance of a full body stress reduction massage routine is stressed. In the third quarter the emphasis is on remedial massage techniques that are of benefit not only to athletes but also to the public at large. Business practices and professional presentation to the general public are also stressed. The fourth quarter focuses on the clinical application of massage therapy. Advanced techniques for pain and dysfunction as well as clinical reasoning and professional interaction are stressed. Students must pass each quarter to the satisfaction of the directors in order to enter the next quarter.

The course includes a review of all areas of commonly accepted knowledge required of entry-level professional massage therapists, proper application of massage techniques, and testing through written and practical examination conducted by the school directors. Successful completion earns a diploma of completion of a 530-hour program in Professional Massage Therapy.

Each student receives individualized instruction, participates in class lectures and discussions, completes all assignments and receives hands-on evaluation by the directors. The objective of the program is to provide a well-rounded education in professional massage therapy to enter the massage therapy profession as a confident, knowledgeable massage therapist.

1st Quarter: Basic Massage ... 100 hours

Focus on Introduction to Professional Massage Therapy, basic strokes and self-care.

Courses:

Orientation and history of the profession ... 8 hours

Beginning students will be exposed to the massage/bodywork and related professions through lectures and role-playing exercises. Students will study the history of the profession from ancient times to the current resurgence and proliferation of techniques, theories and philosophies. Students will be expected to be able to communicate in writing their philosophy as to the place of the profession in this modern era. Lectures that compare eastern and western philosophy and application of health care are presented. The concepts and locations of acupuncture meridians, points and chakra energy centers used in Chinese and Ayurvedic medicine are explored.

Professional and Legal Issues ... 6 hours

Students will be introduced to governmental regulation of the massage/bodywork profession on national, state and local levels. Students will be introduced to the NCBTMB and several national and specialized associations as well as professional liability insurance. Students will develop confident, professional level communication skills through role-playing. Students will research and outline a plan for complying with local and state regulations concerning the practice of the profession.

Ethics ... 4 hours

Ethical issues for massage and bodywork professionals are presented in lectures, role-playing and testing. The codes of ethics of the NCBTMB, the ABMP, and the AMTA are reviewed.

Indications and Contraindications ... 6 hours

In this course the imperative of knowing how to think clinically in order to determine possible contraindications to massage and bodywork is stressed. Students will become acquainted with the endangerment sites of the human body, learn to identify visible skin conditions, and understand the value of proper client intake forms for the assessment of possible contraindications to massage/bodywork. Students will be expected to be able to determine indications and contraindications for massage and body work in role-playing, testing and presentation of the benefits of massage to the general public.

Hygiene, Sanitation and Safety ... 3 hours

The importance of hygiene, sanitation and safety for the working massage/bodywork professional is presented in lectures, demonstration and role-playing.

HIV/AIDS ... 3 hours

A course of lectures followed by a test on issues related to HIV/AIDS and the general public, health care workers and in particular massage therapists.

Equipment for the professional ... 6 hours

Introducing students to the range of available professional massage equipment. Students receive catalogs of most major brands and instruction on proper use and maintenance of their equipment. Massage tables, chairs, stools, bolsters, oils and lotions and other related items are reviewed for their utility and affordability. Students will also be exposed to use of business equipment and will formulate a plan for their business office space.

Nutrition and Self-care ... 16 hours

Lecture and demonstrations of proper nutrition, healthy food selection, healthy cooking and serving techniques are presented. The value of nutrition and eating habits for the professional allied health care provider are stressed. A wide variety of currently available common nutritional supplements are surveyed. Lecture, discussion, projects, videos and demonstrations on a variety of topics including lifestyle, burnout, physical exercise, and mental/emotional health issues of providing health care are included.

Basic massage strokes ... 40 hours

Students will be introduced through Individualized instruction and practice, basic massage skills including touching skills, stroke production, body mechanics, and draping in a relaxed, comfortable atmosphere. Students will be expected to be able to describe and perform the basic Swedish type massage strokes. Students will receive hands-on evaluation by instructors.

Community Events ... 8 hours

Supervised community events held throughout the program give students practical experience with the general public to receive feedback for their techniques as well as to display a positive image of the massage therapy profession.

Marine Corps Marathon: The last Sunday in October (date subject to change)

2nd Quarter: Intermediate Massage ... 100 hours

Focus on Stress Theory, Stress Reduction and Seated Massage

Courses:

Stress Theory (General Adaptation Syndrome) ... 2 hours

The second quarter focuses on stress, stress reaction and stress reduction. In this course the theory of stress, General Adaptation Syndrome, first proposed by Hans Selye and later expounded upon by many researchers and authors, is presented and studied in lecture, experiential exercises and audio and video tapes.

Basic Meditation ... 2 hours

In this course basic non-religious meditation for stress reduction is taught. Students will be guided through a series of experiential exercises evoking the relaxation response through simple meditation techniques.

Introduction to Mind/Body Interaction ... 5 hours

In this course readings from "Health and Healing" by Andrew Weil, M.D. are assigned and discussed in class. Topics include: attitudes towards health, illness and healing, varieties of healing practices and the placebo response.

Introduction to Allied Professions ... 3 hours

This course introduces the student to allied professions the working professional massage therapist may come into contact and interact with. Allopathic Medicine, Homeopathy, Osteopathy, Chiropractic, Naturopathy, and Traditional Chinese Medicine are studied.

Introduction to Adjunctive/Specialized Techniques 1 ... 5 hours

This course provides an introduction to various modalities often used in conjunction with massage therapy, and/or specialized forms of massage therapy. Included are presentations on Aromatherapy, Reiki, Pre and Peri Natal Massage, Chi Qong

Full body stress reduction massage ... 60 hours

Students will put together their skills and knowledge of the basic strokes and bodymechanics into a full body stress reduction massage routine. Students practice to develop their routines into a marketable professional massage for the reduction of stress, increased circulatory efficiency and to promote the feeling of well being in their future clients. Students will receive hands-on evaluation by instructors.

Seated Massage ... 8 hours

Seated, on-site massage has continued to flourish as a viable marketable tool, as well as full time practice for the working professional massage therapist. In this course a seated massage routine using modern massage chairs is taught and practiced. Students also learn marketing seated massage and proper use of massage chairs.

Stress reduction clinical practicums ... 10 hours

A series of supervised clinical practicum's will be focusing on their full body stress reduction massage routine with the general public. Students are expected to attend two clinics and perform three one-hour sessions per clinic. Experience is gained through simulation of a professional massage therapy clinic.

Community Events ... 5 hours

Supervised community events held throughout the program give students practical experience with the general public to receive feedback for their techniques as well as to display a positive image of the massage therapy profession.

Seated Massage at Potomac Mills Mall ...Black Friday (subject to change)

3rd Quarter: Advanced Massage ... 100 hours

Focus on Sports Massage, Stretching and Exercise, and Business Development

Courses:

Hydrotherapy ... 10 hours

Hydrotherapy, the therapeutic application of water in its various forms and temperatures is often used in conjunction with massage therapy. In this course, students will learn the history, and indications and contraindications for hydrotherapy applications. The proper uses of moist heat and ice, including ice massage, and paraffin treatments will be demonstrated and practiced.

Athletic training and sports specific injuries ... 4 hours

Active isolated stretching techniques are safe and efficient for both therapist and clients of all walks of life, and particularly athletes in order to prevent injuries. This course details the physiological reasoning and results of this type of myofascial elongation. Students will be expected to demonstrate proper stretching as well as teach others proper stretching technique.

Injury rehabilitation and conditioning exercise ... 6 hours

This course deals with the course of rehabilitation for common injuries as well as the physiology and results of proper conditioning exercise. Conditioning exercise dealing with injury rehabilitation and prevention is stressed.

Therapeutic Massage for Athletics ... 50 hours

The course gives instruction in specific massage techniques appropriate for sports and athletics during all phases of participation, pre-event, post-event and maintenance/remedial. The course presents a study of injury due to training and/or competition and their pathological significance to the overall health and optimal performance of an athlete. Students will be expected to demonstrate proper application and reasoning for specific massage techniques taught. Students will receive hands-on evaluation by instructors.

Business Development ... 10 hours

A major reason why new massage therapists do not succeed is ignorance of how to develop a steady profitable business. This course deals with practical set up and development of a profitable and satisfying small business. Issues relevant to the development of a practical, realistic business plan, such as initial investment, liability insurance, promotion, record keeping and taxes and others are addressed through reading, written and practical lessons and lecture.

Introduction to Adjunctive/Specialized Techniques 2 ... 10 hours

This course provides an introduction to various modalities often used in conjunction with massage therapy, and/or specialized forms of massage therapy. Included are presentations on Lomi-Lomi, Traditional Thai Massage, Acupuncture, Feldenkrais, and Trager Approach

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3rd Quarter ... Advanced Massage continued

Sports clinical practicums ... 10 hours

A series of supervised clinical practicums and outside events will be focusing on application of sports and athletic massage/remedial techniques with the general public. Students are expected to attend one of the clinics and perform three one-hour sessions per clinic. Experience is gained through simulation of a professional massage therapy clinic.

4th Quarter: Clinical Massage ... 108 hours

Focus on Clinical Massage, Advanced Neuromuscular and Connective Tissue Techniques, and Medical Massage practice building

Courses:

Pathology ... 10 hours

This course deals with the clinical pathological conditions that may be encountered by a professional massage therapists working in a clinical setting. Practical application clinical reasoning and indications and contraindications for a variety of pathologies are studied through lecture, reading assignments and role-playing.

Clinical massage introduction and theory ... 4 hours

This course serves as an introduction to the medical massage field. Topics such as medical terminology, clinical reasoning, integration of adjunctive techniques and outcome based approaches to therapy, as well as psychological issues pertaining to chronic injury, pain and dysfunction, and litigation are presented through lecture, role-playing and practical assignments.

Professional communication, assessment and documentation ... 6 hours

In the field of clinical/medical massage, recognized clinical documentation as well as communication with medical doctors, physical therapists, occupational therapists may be required. In this course medical style documentation is presented and practiced through lecture, exercises and practice documentation.

Insurance billing and medical massage practice development ... 10 hours

The specialized field of medical massage involves a greater degree of documentation required by for third party reimbursement. In this course insurance billing and development of a medical massage practice is covered. Lecture, book assignments, exercises for business development and promotion, and computer program operation for billing are employed.

Myofascial trigger point pain and dysfunction ... 7 hours

This series of lectures focuses on the pathology, clinical characteristics, and factors leading to the development and perpetuation of myofascial trigger point pain and dysfunction.

Clinical Therapeutic Massage ... 40 hours

In this course the practical application of deep tissue massage techniques to improve circulation, and mobility, as well as techniques specific for deactivation of active myofascial trigger points, and normalization of soft tissue tension are taught and practiced. Students will be expected to explain the clinical reasoning behind the application of specific techniques as well as demonstrate the proper

use of the techniques to common areas of tension and pain. Students will receive hands-on evaluation by instructors.

Muscle Energy Technique ... 4 hours

Muscle Energy Technique as a practical technique for muscle lengthening and as an adjunct to other techniques is taught and practiced.

Introduction to Adjunctive/Specialized Techniques 3 ... 7 hours

This course provides an introduction to various modalities often used in conjunction with massage therapy, and/or specialized forms of massage therapy. Included are presentations on Cranio-Sacral Therapy, Manual Lymphatic Drainage, Structural Integration, and Myofascial Release techniques

Medical clinical practicums 20 hours

A series of supervised clinical practicums will be focusing on clinical massage techniques to address myofascial pain and dysfunction with the general public. Students are expected to attend four of the clinics and perform three one-hour sessions per clinic. Experience is gained through simulation of a professional massage therapy clinic

1. 6 hours of Adult CPR and First Aid certification from valid provider. Student must provide valid certification for verification. The Adult CPR/First Aid course provided by The American Red Cross is an example of a valid program. Adult CPR/First Aid Certification courses provided by other organizations, totaling 6 hours may be accepted upon approval of the directors. Documentation of successful completion in the form of certification is required.

2. At least 424 hours of training in massage therapy. Students who successfully complete 424 hours of training at The Piedmont School Of Professional Massage, and who meet the above prerequisites, are qualified to take the 16-hour Review and Certification at no additional charge. Students completing at least 424 hours from another massage training program, and who meet the above prerequisites, may be eligible to take the 16-hour Review and Certification course. Documented verification of a passing grade of "C" or better, in the form of an official transcript is required.

Cost is \$110.00 for graduates of other programs that meet prerequisites.

Review consists of lecture, discussion, and question and answers concerning all areas of professional massage therapy required for examination and national certification including Anatomy and Physiology, Pathology, Massage Theory and Application, Professionalism and Business Practices, Allied Professions and Adjunctive Techniques. Review also consists of practical review of all massage/bodywork, draping and positioning techniques taught in the program as well as clinical reasoning for their application.

Written examination consists of 265 multiple choice questions on 5 areas; Anatomy and Physiology, Pathology, Massage Theory and Application, Professionalism and Business Practices, Allied Professions and Adjunctive Techniques. Students must score a 70% or higher in order to pass.

Practical examination consists of proper demonstration of all massage/bodywork, draping and positioning techniques taught in the program as well as clinical reasoning for their application. Students must demonstrate competency on all techniques instructed and taught throughout the course.

We offer our **EARN WHILE YOU LEARN PROGRAM** to give the students a chance to practice on real clients and earn money after their first 100 hours of school.

Piedmont Students have the opportunity to work part or full time at Piedmont Massage Clinic after graduating. Only graduated Therapists from Piedmont School of Professional Massage will be accepted to work at Piedmont Massage Clinic.