**The Body Therapy Center and School of Massage**

**4 Executive Woods Court, Swansea, Illinois 62226**

**2023 Massage Therapy Programs**

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***618-239-6400***

**Certificate in Massage Therapy**

Fast Track – 600 clock hrs

Tuition 10,200.00

January – July, 2023

**Massage Therapy Mastery Program**

1 year – 750 clock hrs

Tuition $15,000.00

Certificate in Massage Therapy

and Myofascial Release Therapy

Approved by Veterans Affairs

January – December, 2023

**Class Schedule**

**Massage Therapy Classes meet Weekends 9:30-5:30**

February 4, 5,18 and 19

March 11,12,25 and 26

April 1,2,22 and 23

May 6,7,20 and 21

June 3,4,17 and 18

July 8,9,22 and 23

**Anatomy and Pathology Classes**

January 19 – July 27

Tuesday 3-5pm (zoom) and Thursdays 6-8pm (zoom or face to face)

An additional 4 hours zoom each week in June and July (tba)

**Clinical Practicum**

Clinical Internship Experience (supervised, hands-on practical)

Students sign up by appt only

**Massage Therapy Mastery Program**

Continues through December 10, 2023

Friday 1-7pm, Saturday and Sunday 9:30-5:30pm

August 11-13

September 8-10

October 13-15

November 10-12

December 8-10

**Private Program Course Descriptions**

**MT 100 Therapeutic Massage I:** This course will introduce students to the historical overview of massage therapy as a therapeutic modality. Historical influences will be presented from a cultural, spiritual, therapeutic, and holistic perspective. Knowledge of the history of massage therapy will teach students to develop a sense of professional identity and pride in their profession. Building upon the foundational techniques of Swedish massage, students will learn to give and receive a full body European style massage. Topics covered include: overview of the major categories of massage movements, rhythm and pressure as applied to therapeutic massage, proper draping and positioning procedures, elements and quality of touch, presence, indications and contra-indications, proper use of body dynamics, the professional environment and therapist self-care. Current research will be presented on the physiologic and anatomic effects of therapeutic massage when applied by a skilled practitioner. Through the mastery of skilled touch techniques and intuition, students will begin to develop a deeper sense of the therapeutic process as it relates to the massage therapy profession.

**MT 110 Body, Structure and Function I:** This course is designed to be content-specific for the massage professional. The student embarks on a journey of the human body from a multi-dimensional approach. Elements include the following physical systems of the body: muscular, skeletal. Students will participate in a laboratory field trip to complete their studies with the viewing and dissection of human cadavers.

**MT 200 Movement and Massage:** An advanced study of the fundamental aspects of muscle action and movement provides a kinesthetic approach to the musculoskeletal system. Students will study the structure, function, origins, insertions, pathological aspects, and whole system interrelationships of joints, musculotendinous groups, ligaments, and connective tissue. Development of confidence in palpatory skills and locating major structural and anatomical structures will increase the effectiveness in the clinical setting.

**MT 210 Business Practices in Massage Therapy:** This business course focuses on preparing the massage practitioner for a successful professional career. Instruction and guidance from massage professionals currently in practice will allow each student to clarify their career goals. Entrepreneurial skills will be discussed in detail as this rapidly changing field offers a wide variety of career alternatives. Elements include: conscious listening and communication skills, fee structure, marketing skills, business ethics, bookkeeping procedures, filing insurance claims, taxation, laws and regulations, and owner/therapist vs. employee. Development of a business plan and networking skills will prepare students for a rewarding career as a massage professional.

**MT 220 Pathology**: This course is designed to provide the student with an overview of basic pathologic concepts and processes with a clinical emphasis. Components of each disease covered include: etiology, incidence, risk factors, manifestations, and special implications for the Massage Therapist. Concepts on health and aging pertaining to the various systems are included to achieve a clinical awareness of life span changes. Signs, symptoms, and recognition of common cancers, skin disorders, infectious disease, cardiovascular disease, and referral procedures will give the student the confidence to handle such situations as they arise.

**MT 300 Therapeutic Massage II**: Students will gain an informed sense through the practice of embodiment of the deeper structures of the body and how psychological and energetic habits affect these structures. Through the study of trigger point, neuro-muscular therapy, joint mobilization, stretching, myofascial release techniques, psychosomatic theory, basic postural analysis, refinement of palpatory skills, supervised clinical training and methods of integration, students learn to access the deeper structures of the body in a safe manner. Assessment procedures are refined by the bringing together of all techniques of massage to provide a treatment plan specific for patient’s symptoms and complaints. Presence, awareness, and conscious communication skills are reinforced to enhance clinical effectiveness. Students will learn techniques used to prepare athletes for upcoming events and aid in recovery from competition. Instruction will include pre-post event protocols, case studies, event co-ordination, and on-site preparation and set-up.

**MT 310 Body, Structure and Function II**: This course is designed to be content-specific for the massage professional. The student embarks on a journey of the human body from a multi-dimensional approach. Elements include the following physical systems of the body: nervous, integumentary, endocrine, cardiovascular, lymphatic, respiratory, digestive, reproductive, and excretory. Students will participate in a laboratory field trip to complete their studies with the viewing and dissection of human cadavers.

**MT 320 Complimentary Practices**: This course consists of multi-disciplinary overview of the theories and systems of traditional Oriental healing arts including, the historical roots and modern applications. Oriental philosophy of Chi, yin and yang theory, meridian theory, concepts of acupressure/acupuncture, energy systems, and Qigong will expand the student’s view of the body from an eastern perspective. Students learn to give a full body Shiatsu session on the table utilizing prone, supine, and side lying positions. This course is designed as a comprehensive introduction to Holistic Aromatherapy for the massage professional. Students will develop an appreciation and understanding of the nature of essential oils through application and inhalation. This class explains the history of Aromatherapy, properties, proper storage and safe application of pure essential oils. This class includes hands-on blending of Aromatherapy products and olfactory exercises to delight, heal, and nurture the body-mind-spirit. As healthcare practitioners and educators, students must first learn the importance of nutrition, fitness, and self-awareness exercises to develop health maintenance programs for themselves and to better serve clients in their professional practice. This course also includes the study of the physiological effects of the application of hot and cold treatments as they relate to clinical practice.

**MT 001 Clinical Practicum:** This module is the heart of The Body Therapy Center’s certification program, providing students, the opportunity to experience working in a clinical practice allows them to develop the confidence needed to promote and maintain a healthy professional practice. Participants begin to encounter the professional environment and synthesize their clinical skills and procedures, refine technique, re-define professional goals and discuss case profiles under clinical supervision. The unique aspect of The Body Therapy Center’s student clinic is that upon graduation students have developed a client base that they may take with them into their private practice or location where they will offer their services.

**MT 500 Advanced Myofascial Release:** A comprehensive functional approach to MFR will be taught. In addition to looking at specific structures, the metabolic function of the fascia will be acknowledged. By such means as improving respiratory function, vestibular function, joint flexibility, mobility and vascular health because the blood is the active element in fascia. Students will learn assessment strategies to address common complaints and injuries.

***Required Textbooks with estimated cost***

Salvo Massage Therapy Principles and Practice $97

6th Edition ISBN # 978-0-323-58128-8

Biel, Andrew Trailguide to the Body $84

6th Edition ISBN # 978-0-9987850-6-6

Biel, Andrew Trailguide Handbook $30

6th Edition ISBN # 978-0-9914666-7-2

Werner MT’s Guide to Pathology $80

Edition 7 ISBN 978-0-9982663-4-3

Mastery Program add:

Clinical Applications for Myofascial Release: $40

ISBN 978-1-58394-845-3 Shea / Pinto