

## **COURSE DESCRIPTIONS**

### **CPR/First Aid/HIV**

All MSTM students are required to take the Cardio-Pulmonary Resuscitation First Aid class. This class is presented by a certified instructor and provides the student with practical instruction on CPR/First Aid. This increases the student's competence and confidence with regard to the welfare of the massage client. Additionally, decisions and precautions about the treatment of HIV-positive individuals are increasingly a part of any therapeutic practice. (10 Hours)

### **CranioSacral Therapy**

This course provides an intensive introduction to a profoundly gentle healing art. The student will learn the structure and function of the CranioSacral system, how to palpate the CranioSacral movement, and be taught the theory behind the step by step protocol for releasing strain patterns in the body. This treatment deeply affects and relaxes the core of the central nervous system. (24 Hours)

### **Deep Tissue Massage**

This course is a natural continuation of Swedish Massage. Myofascial release techniques and neuromuscular integration are emphasized. Deep Tissue massage provides an invaluable link between Anatomy and Physiology and introductory massage techniques. Movements, bony landmarks, joints, muscle origins, insertions and functions are explored, discussed, and located on the body. Regardless of the type of bodywork in which the student chooses to specialize, this conceptual system and technique is extremely valuable. (36 Hours)

## **Energetics**

Students will learn to sense, experience and describe the human energy fields and their relation to modern scientific principles. They will learn, demonstrate, and develop the concepts of touching therapeutically, and will further develop a daily practice of energy field expansion, movement, and personal development. Students will discuss and use the body/mind connection and become familiar with significant contributions in the field of holistic health and energy based therapies. (22 Hours)

## **Ethics and Professionalism**

Ethics is the discipline concerned with right or wrong conduct. During this course the MSTM student will learn the importance of understanding and establishing personal and professional boundaries. Also the morals and responsibilities that a massage therapist should possess in order to best serve the client and the profession will be discussed. This course explores issues that are most encountered by massage therapists and include role playing of situations where professional and ethical practice may be tested. Professionalism is a MSTM commitment! (18 Hours)

## **Hydrotherapy**

Water, in its many manifestations, has long been used with great therapeutic effects. This course covers the effective and appropriate use of various forms of hydrotherapy, including saunas, hot and cold packs, sitz baths, salt glows, wet compresses, hot stone therapy and a hands on lab in aromatherapy. Completion of this course will enable the student to make effective use of hydrotherapy as part of the comprehensive therapeutic program. (25 Hours)

## **Neuromuscular Therapy**

The introduction to this powerful therapeutic method focuses on myofascial anatomy, anatomically precise hands-on applications, and therapeutic muscle stretching. The student learns postural assessment and specific systematic techniques for treatment of the chronic and acute muscle pain and spasm which contributes to postural distortions. (60 Hours)

## **Palpatory Anatomy Kinesiology**

This hands on lab accompanies Anatomy, Physiology and Pathophysiology with an emphasis on the identification of bony landmarks and the origins and insertions of muscles. The student will develop a comprehensive practical knowledge of muscle types and structure, the names and location of the bones and muscles of the human body, and the principles and modes of muscular extension and flexion, particularly as this knowledge relates to the practice of massage therapy. (60 Hours)

## **Reflexology**

This course is an introduction to the theory that there are specific points on the hands and feet which reflex to all the organs, glands, and regions of the body. Students will learn both the theory and technique of this ancient art. (15 Hours)

## **Self Care**

Work in the healing arts requires a deep knowledge of and a healthy relationship with self. This experimental course focuses on emotional awareness, body awareness and the dynamics of interaction. Exercises include journaling, visualization, communication skills and the importance of professional support. (14 Hours)

## **Sports Massage**

During this course, students will become well-grounded in one of the fastest growing and most visible specialties within the field of massage. Students will learn and practice the major components of sports massage, including pre-event and post-event massage techniques, preventive and therapeutic massage for athletes, corrective exercises, and much more. (20 Hours)

## **Review Class**

Upon graduation, students are required to take the National Certification Exam (NCE) to receive their registration from the state of Mississippi to be a massage therapist. For this reason we have developed a review class which will assist the students in preparation for the NCE. (12 Hours)

## **Swedish Massage**

This course is every student's introduction to hands-on massage techniques, and therefore includes instruction in such fundamentals as proper draping, therapeutic sensitivity, the use of oils and creams, and related issues.

Swedish Massage, recognized as the basis for massage by many, stimulates circulation, increases muscle flexibility, and fosters general balance in the structure and function of the muscular and skeletal systems. Through a combination of lecture, demonstration and hands-on practice, the student will learn the seven manipulations of Swedish Massage: effleurage, petrissage, friction, tapotement, vibration, joint mobilization, and stretching. The student will gain confidence in techniques of manual therapy and learn to perform a complete Swedish Massage. (60 Hours)

## **Supervised Clinical Practice**

Technique courses are accompanied by supervised clinical practice, which allows the student to gain clinical experience through the performance of Massage Therapy on the public in a clinical setting; these clinical experiences also allow the student to develop a unique technique or style in a supervised setting conducive to self-critique. Students have the opportunity to develop a professional attitude concerning such things as punctuality, appearance, client rapport, confidentiality, and communication skills. During clinic, students also develop skills in such areas as completing a massage within a given time frame, draping, working with the public, experiencing different body types, and individual massage preferences. Students gain experience with the practical part of a massage therapy practice: contacting the public, making, confirming, and canceling appointments, maintaining client files, and record keeping. (100 Hours)

## **Tai Chi**

Effective treatment requires a certain dynamic aspect of body mechanics perhaps best experienced through the study of Tai Chi. During this course, the student will learn Tai Chi as a technique which facilitates the proper relationship between movement and bodywork. (16 hours)

## **Anatomy & Physiology / Pathophysiology**

These courses, previously taught separately, are now combined to allow students a solid understanding of the development, structure and function of each system in the body, as well as a comprehensive study of the disease process that affects each specific system. A & P application was added as part of the course to address the application of the extensive body of knowledge toward the practical use of the acquired knowledge base with emphasis on pathology and contraindications for massage. (112 Hours)

## **Basic Shiatsu**

Developed in Japan in the early part of this century, Shiatsu is a system of bodywork which combines eastern and western techniques to address the body/mind/spirit. The five transformation theory of traditional Chinese medicine provides a framework for the treatment of the meridians of Qi (chi, Ki) in the body. Techniques taught include the use of the hand, thumb, elbow, knee and foot pressure of varying intensity and direction on the twelve primary meridians. Students learn joint mobilization techniques as well as proper body mechanics for working on mat on the floor and on a massage table. Qi exercises are introduced and practiced. (60 Hours)

## **Business / Legislation**

This course is designed to teach students the history of massage therapy and the laws and legislation that govern its practice. Students will learn specific regulations that will affect them and will also learn how to set up their own practice by discussing issues such as pricing, media use, marketing and business location. (27 Hours)

## **Clinical Preparation**

This course is designed to prepare students for the clinical experience. The instructor will focus on clinic guidelines, communication skills, and professionalism in appearance, demeanor and presentation. This course is to initiate the student as to MSTM's expectations of each student during his or her preparation, implementation and conclusion to clinic. (4 Hours)

## **Chair Massage**

Students enjoy learning how to provide a fifteen minute on site chair massage routine which is highly effective in a variety of settings. Chair massage training is designed to equip the student with a wide variety of techniques useful in providing clients with relatively quick treatment. The student will learn how to use chair massage as an effective tool for marketing and increasing public awareness of massage therapy. (12 Hours)

## **Charting**

During this course, the student will develop an understanding of the subtle modes of communication which exist between practitioner and client and learn to employ therapeutic modes of communication. The student will develop proper interview techniques based on the SOAP model for data collection and will develop fundamental charting skills. (18 Hours)