



**Elements of Healing
School of Massage**

**Student Handbook
Course Catalogue**

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Asian Bodywork Program Course Catalog

Welcome to Elements of Healing School of Massage!

Elements of Healing School of Massage started in 2004 as a 300 hour shiatsu program. It quickly grew by demand to the current 625 hour practitioner training it is today. The foundation of this bodywork program is to train students to become competent and compassionate practitioners of the effective healing paradigm of Chinese medicine. With a strong and thorough study of western anatomy and physiology along with pathology, students will be able to effectively communicate with western practitioners as well.

Philosophy

It is our belief that healing happens within each individual. We all possess this capacity for healing. Students will learn that as bodyworkers we merely facilitate healing for people. Students learn how to create space for people to access their own healing potential with unconditional positive regard. Asian Bodywork is a valuable healing therapy that is needed. It is our mission to bring ABT to the forefront of the American health care system.

Mission Statement

Our mission in the field of Asian Bodywork Therapy is to:

1. Provide the highest quality instruction in massage and Classical Chinese medicine.
2. To raise the level of Asian Bodywork as a therapy and a profession in the health and healing modalities in America.
3. To teach students to become competent and compassionate leaders in the field of complimentary and alternative medicine.
4. To promote the highest standards of ethical practice in the field of massage therapy.
5. To teach students that through the cultivating practices of qi gong and meditation, healing comes from within each individual.

Elements of Healing is dedicated to offering equal educational opportunities to all persons without regard to race, gender, sexual orientation, marital status, or handicap.

Teaching Method

Elements of Healing takes a holistic approach to education. We weave together the 9 core competencies as identified by ELAP (Entry Level Analysis Project) into an integrative experience that is unlike traditional schooling. There are no individual classes, but rather each of the 9 core competencies is taught at the appropriate time within the year and always with an awareness of the relationship to the larger goal of training competent Asian Bodywork Therapists.

Asian Bodywork

Asian bodywork and Chinese medicine has a history of over 5000 years. The oldest medical text in the world, *The Huang Di Nei Jing* (The Yellow Emperor's Classic of Internal Medicine), has many theories that are still practiced today. Its long history is a testament to its clinical effectiveness.

Elements of Healing's 625 hour/ten month certificate program teaches the fundamentals of Chinese Medicine within the context of two effectively therapeutic forms of massage. Amma and Shiatsu are different styles, but equally powerful healing modalities. The program will also provide students a strong foundation in western anatomy & physiology, pathology. This will provide students the ability to work along side and communicate with western medicine practitioners. This program offers a **Certificate of Completion**. Our school **does not** offer college credits, nor does it offer a degree at the commencement of the program. For Board certification and the Licensing exam please refer to the sections regarding the FSMTB and NCBTMB. Massage is not a licensed profession in the state of Vermont. However, having Board certification may have its benefits for employment opportunities.

Amma

Amma massage is a form of therapeutic bodywork that stimulates the energetic meridians and improves the circulation of Qi, blood, and lymphatic fluid through the use of circular pressure. By utilizing amma's gentle rocking and vibrational techniques the fundamental substances of the body flow more freely. This will improve a body's ability to heal itself. Sensitivity to the patient's needs is developed through different hand exercises and cultivation of one's own energy is accomplished through the practice of qi gong and tai ji.

Zen Shiatsu

Shiatsu is a complete health care modality that works to correct an individual's physical and energetic system. Through diagnosing energy imbalances and identifying and addressing disharmonies with the use of pressure along the channels/meridians of the body, greater balance and well-being is achieved. Shiatsu is very effective at treating pain and injuries as well as internal imbalances. It is a form of acupressure that combines pressure with application of gentle stretching, joint rotations and manipulations. By utilizing these methods shiatsu can balance one's qi, body and spirit.

Student Admission Information

Elements of Healing is committed to enrolling the highest qualified and motivated students. It is important that a candidate for admission to the program understands and complies with the licensure requirements of all states in which he or she intends to practice.

New students are admitted to the program each September. Applicants are encouraged to submit their application early because space is limited to 15 students each year.

Vermont Student Assistant Corporation (VSAC) non-degree grants are available for students who qualify. Contact their office at 1(800) 642-3177 and ask for their non-degree granting office. New applications are available in June/July of each year.

Applicants for admission to the program should proceed as follows:

Application

1. Complete an application and send it to Elements of Healing 21 Essex Way Suite 109, Essex Jct. VT 05452.

2. An interview will then be set up between the applicant and one of the directors of the program.
3. The applicant will then be notified of their status regarding acceptance.
4. A non-refundable \$500 deposit and signed contract will then guarantee the space in the class for the applicant.
5. A detailed calendar for the year is then sent to the enrolled student, and again reviewed the first day of class.

Student Tuition

Tuition is \$6,000.00. In addition students will need to purchase required textbooks. Required textbooks:

1. Zen Shiatsu: How to Harmonize Yin and Yang for Better Health, Shizuto Masunaga
2. Amma Therapy, Tina Sohn and Robert Sohn
3. Foundations of Chinese Medicine, Maciocia
4. Trail Guide to the Body, Andrew Biel
5. Anatomy & Physiology in Health and Illness, Ross and Wilson.
6. A recommended reading list will be provided throughout the class.

A shiatsu mat is recommended and can be purchased for approximately \$125.00. During the Amma portion of the course massage tables are provided during class time but students will need to have access to a table for outside practice. Tables range from \$199- \$650.

Refund Policy/Withdrawal Procedure

Students who cancel their contract by notifying the school within 3 business days of the school receiving it are entitled to a full refund of all tuition and fees paid.

Students, who withdraw in writing after three business days, but before the commencement of classes, are entitled to a full refund of all tuition paid less the \$500.00 deposit.

Withdrawals must be in writing and either sent by certified mail or given in person to the Director.

In the case of students withdrawing after the commencement of classes, the school will retain the \$500.00 deposit plus a percentage of tuition paid, which is based on the percentage of contact hours attended according to the table below:

Percentage of Program Completed	Refunded Amount
10%	90% less deposit
10-25%	75% less deposit
25-50%	50% less deposit
50-75%	25% less deposit
75%+	No refund

Dismissal

Elements of Healing reserves the right to ask a student to leave the training for violation of the Code of Ethics & Conduct, failure to fulfill financial obligations, unsatisfactory course work, or for insufficient attendance.

Leave of Absence

If a student must take a leave of absence from the program for any reason, they may return the following year in the section where they left at no additional cost. Students who return after one year must retake the entire program at full cost.

Code of Ethics & Conduct

Be committed to a safe and supportive environment by conducting yourself with honesty and integrity.

Be honoring, respectful and accepting of others as well as yourself and treat others with unconditional positive regard.

Be respectful of physical and emotional boundaries and refrain from any harassment and/or sexual conduct in the classroom.

Be confidential and respect the privacy of others. What is said here stays here.

Be responsive to feedback and give appropriate feedback to others.

Be personally responsible for stating your needs clearly.

Be as present as possible and be attentive to others.

Be mindful of personal hygiene and present yourself appropriately (clean and rip-free clothing if possible, loose clothing tucked in, long hair tied back, clean paint-free and trimmed nails, clean fragrance-free body, jewelry-free hands and wrists).

Be smoke, illegal substance and alcohol free when in and around the school/clinic.

Be professional and positive in attitude and manner in order to promote the field of Asian Bodywork Therapy as a valuable health care modality.

Elements of Healing has expanded to incorporate the Entry-Level Massage Education Blueprint. This is the blueprint that the **FSMTB** recognizes for eligibility to sit for the Mblex (Massage licensing exam) There are 9 core competencies identified for students entering the massage profession. Elements of healing's program teaches these fluidly through the year and always within the context of its stated goals.

625 Hour Asian Bodywork Therapy Program

The 9 Core Competencies:

- 1. Massage Theory**
- 2. Professional Practices**
- 3. Therapeutic Relationship**
- 4. Western Sciences**
- 5. Assessment and Documentation**
- 6. Massage and Bodywork Application**
- 7. Palpation and Movement**
- 8. Adapting Sessions for clients**
- 9. Career Development**

Core Competencies Description:

Massage Theory: 27 Hours

Throughout the course Students are taught the basic theory of massage. This will include a study of the history of Chinese medicine and how it is applied to bodywork. The beneficial effects of massage on a physical and psychological level are also covered in detail. Contraindications and areas of the body where extra caution is required is also covered throughout the course.

Professional Practices: 20 Hours

This competency covers the safe practice of massage therapy as a profession. Students will learn proper body mechanics, hygiene, and numerous self-care strategies that will allow them to practice in a safe and healthy way for many years. Understanding laws and regulations with regards to massage will also be discussed.

Therapeutic Relationship: 40 Hours

Creating and maintaining the therapeutic relationship is perhaps one of the most important aspects of asian bodywork therapy. Students will be taught what a healthy therapeutic relationship looks like, and how to maintain professional boundaries as well as understand the principles of transference and countertransference. Ethics and standards of practice will be studied across several organizations as well.

Western Sciences: 80 Hours

Throughout the course students will learn the organization of the body from a western prospective. There will be a detailed study of anatomy and physiology as well as pathology. Topics will include a study of the major systems of the body including: Skeletal, muscular, integumentary, nervous, cardiovascular, respiratory, digestive, lymphatic, immune and reproductive system. Pathology will be studied in the context of what is called syndrome analysis. This is a comprehensive approach to understanding imbalance and disease within the organ systems.

Assessment and Documentation: 50 Hours

The 4 assessments of Chinese medicine include looking/observation, palpation, listening, and Inquiry. Students will learn how to assess the body through these skills as well as understand how to assess range of motion of the joints. Learning how to chart and document correctly will also be discussed as these skills are necessary for maintaining continuity for clients.

Massage and Bodywork Application: 175 Hours

Throughout the entire course students will learn two effective forms of Asian bodywork, shiatsu and amma massage. There will also be time spent learning adjunctive techniques of cupping, Gua Sha, moxibustion, Tui Na. Students will first learn a form of massage and then they will learn how to create a therapeutic session which will be tailored to the individual client's needs.

Palpation and Movement: 71 Hours

Palpation and movement is the study of the function of muscles, range of motion of the joints of the body, bony anatomy, as well as developing palpation skills. This program teaches this skillset within the context of the Tendino muscle channels. Students will learn how the muscles work together to accomplish tasks as well as be able to identify and isolate individual muscles through palpation.

Adapting Sessions for Clients: 80 Hours

This competency is taught throughout the class. Students will study the inflammatory response of the body as well as how the body heals tissues. Students will leave having an understanding of how to treat specific conditions, as well as how to work with different populations of clients.

Career Development: 82 Hours

This competency teaches the student how to work a massage practice from the business side. Learning how to develop a detailed business plan and how to organize and run a clinic will be a focus and team building project that the class will work on together. Identifying goals as well as strengths and weaknesses will also help students be directed towards what they want to accomplish once they graduate.

50 Documented Treatments:

Students are required to document 50 treatments by the end of the course. Having students do this outside of class time has many benefits. Students can begin to become responsible for building a practice, it ensures that students will practice skills learned in class, and students take ownership in their learning process outside of classroom hours.

Grading Scale

Grade	%Range
A	96-100
A-	90-95
B+	87-89
B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	<60

Course Requirements

- Attendance- 90% required
- Quizzes-10%
- Midterm Cumulative Exam-30% Final
Project Presentation-10%
- Final Cumulative Exam-30%

*Percentages represent amount of Final Grade for Program

Note:

- 70% final grade required to pass course
- Students must retake exams until 70% is reached
- Tardiness 5 times of 15 minutes or more equals one absence
- Students must attend 90% of classes to pass
- If more absences are required, there will be make-up possibilities on a case-by-case basis
- Students will need to submit written materials in order to show understanding of the missed material

Graduation Requirements

In order to graduate and receive the Certificate of Completion students must:

1. Pay tuition in full and all fees.
2. Satisfactorily complete all quizzes and tests (70% or greater final grade)
3. Have attended 90% or greater of the entire program.
4. Complete 50 documented treatments.

Student Information Policy

Students have the right to access their file at any time. Information collected about a student is completely confidential and Elements of Healing will not share any information obtained about a student with a third party without the written consent of the student.

Complaints

If a student has a complaint he/she can speak directly to the director of the program. All complaints will be taken seriously and a resolution will be attempted in a timely fashion. If the student has a complaint that cannot be resolved then they can contact the Secretary of State's office at (802) 828-2191.

Directors

R. Scott Moylan, M.S, L.Ac, Dipl. Ac. has a Bachelors Degree in English & Applied science, a Masters Degree of Science, and is a Licensed Acupuncturist. He has been practicing Chinese medicine since 2001 and has been teaching since 2003. Teaching is his passion, and he has been guiding this program since 2004. Scott is also a teacher and practitioner of Martial arts, Tai ji chuan, qi gong, and Chinese herbal medicine. He and his wife Barbara started Elements of Healing in 2003, and welcomed their daughter, Annaliese, into this world in 2006.

Barbara A. Moylan, M.S., L.Ac. has an Associates Degree in Biology, a Bachelors Degree in Anthropology & Applied Science, a Masters Degree of Science, and is a Licensed Acupuncturist. She has been practicing Acupuncture since 2001 and now supplies administrative support to the program. Barbara is very proud to be a full time Mother to her daughter. She is patient and kind and brings that with her to help students with their administrative needs.