

CATALOG

Classic Touch

School of
Therapeutic Massage



915 South Durkin Drive, Suite B
Springfield, Illinois 62704
(217) 546-6605

www.SpringfieldMassage.com
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Mission Statement

The mission of Classic Touch School of Therapeutic Massage is to provide quality educational experiences in the field of healing arts.

School Philosophy

Classic Touch School of Therapeutic Massage is a career-training institute specializing in various techniques of massage. It prides itself on setting the standard to integrate massage therapy into a traditional healing environment. We are able to do this by combining Oriental massage techniques with Western practices that are complementary to both the traditional or alternative massage practice.

Approvals

Member of the Associated Bodywork and Massage Professionals (ABMP)

Member of the International Massage Association

Classic Touch School of Therapeutic Massage is an approved Private Vocational School by the Illinois State Board of Education

Therapeutic Massage

For those interested in a career in massage therapy. Classic Touch offers:

- A comprehensive massage therapy program
- An accredited, experienced faculty
- Career planning
- A commitment to cultural diversity; the pursuit of life-long learning, as well as personal professional growth
- Physical surroundings that are conducive to learning
- A student clinic, which enables students to combine formal educational with, related work experience

Objectives

Upon graduation a student a student shall:

- Demonstrate proficiency in massage therapy techniques.
- Show an understanding of the foundations and history of massage therapy and its effectiveness.
- Demonstrate appropriate preparation for massage
- Show a working knowledge of anatomy and physiology as it applies to massage therapy
- Show an understanding of professional standards, business practice and ethics as they apply to massage therapy
- Demonstrate procedures for developing a plan of care based on assessment of client's needs
- Qualify to take the National Certifying Exam for Therapeutic Massage and Bodywork given by NCBTMB, and to apply for an Illinois license



Photo courtesy of Associated Bodywork & Massage Professionals.

Admission Requirements

Age: Applicants must be at least 17 years of age, although students will not qualify to take the National certifying Exam for Therapeutic Massage and Bodywork given by NCBTMB, or to apply for an Illinois license until they reach their 18th birthday.

Education: Applicants must submit proof of high school graduation via transcripts or GED certificate, and be proficient in the English language, both written and verbal. No previous massage training is required for Therapeutic Massage 512.

Health: Applicants must be in good health and free of any communicable diseases. Students must be physically able to perform movements required for massage therapy.

Application: Submit completed application form with \$150 registration fee to Class Touch School to secure a position in the class. Classic Touch will conduct applicant interviews and notify prospective students of admittance.

Academic Calendar

Class Touch School of Therapeutic Massage is open to students Monday through Thursday during scheduled class times. The school is closed on the following holidays: New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas break.

Student Activities & Handbook

The students will experience various speakers, videos, and presentations related to massage therapy and holistic techniques followed by group discussion and possible hands on application of presented material. Field trips relative to course content are offered. A Student Handbook will be provided with details on school policies at enrollment.

Therapeutic Massage

512-Hour Program

General Description: (detailed syllabus available)

The course is designed to build on the student's basic knowledge of massage therapy as taught first in the Primary Skills Massage Therapy. The student then will be presented with advanced Anatomy and Physiology, advanced massage modalities, reflexology, chair massage, sports and infant massage techniques. Included supervised hands-on instruction technique.

This 512-hour course qualifies the student to take the National Certifying Exam for Therapeutic Massage and Bodywork given by NCBTMB, required for state license.

Prerequisite: High School diploma, GED or the equivalent.

A pass/fail designation will be given on all written and clinical exams. To obtain a pass designation on written exams, a student must have a minimum of 75% correct answers on the exam.

All coursework and clinical hours are performed at the school under the supervision of qualified instructors.

Textbooks (cost included in tuition)

Clay, James H.; Pounds, David M. *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*. Lippincott, Williams and Wilkins, 2003. ISBN 0-683-30653-7

Salvo, Susan. *Massage Therapy Principles and Practice*. W.B. Saunders Company, 1999. ISBN 0-7216-7419-4

Crane, Beryl. *Reflexology: A Basic Guide*. Barnes and Nobles Publications, 1998. ISBN 0-7607-1248-4



Photo courtesy of Associated Bodywork & Massage Professionals.

The Course Modules

Five modules comprise the course. The student must take the Primary Skills module first, then each module may be taken in whatever sequence his/her schedule permits.

Module 1: Primary Skills (112 hours)

- Basic massage techniques and strokes
- Accurate record keeping using proper medical terminology
- Plan of care development
- Proper sanitary techniques and hygiene
- Patient evaluations for contraindications and indications

Module 2a: Anatomy and Physiology of Body Systems (60 hours)

- Foundations of clinical massage therapy, pain referral zone, and appropriate treatment
- Note-taking medical terminology; anatomical prefixes and suffixes
- Anatomy and physiology appropriate to clinical massage

Module 2b: Pathology for the Massage Therapist (24 hours)

- Pathologies as they apply to massage therapy
- Indications and contraindications of specific pathologies as they apply to massage therapy
- Charting abbreviations
- Anatomy and physiology appropriate to pathology

Module 2c: First Aid and CPR (6 hours) taught by the Red Cross

Module 3: Sports Massage Techniques Modules (100 hours)

- Sports massage using techniques specific for the athlete
- Pre and post event sports massage
- Evaluate and massage clients with acute and post-acute injuries
- Evaluate and massage clients with musculoskeletal injuries
- Balance muscle tension with strain, counter-strain technique
- Anatomy and physiology appropriate to sports massage

Module 4: Acupressure & Reflexology Massage Module (100 hours)

- Body mapping
- Reflexology points and acupressure points
- Protocol development
- Energy meridians and reflexive conditions
- Treatment of acute and/or chronic conditions
- Anatomy and physiology appropriate to body reflexology

Module 5: Clinical Remedial Massage Techniques Module (100 hours)

- Hot stone massage
- Fibromyalgia massage
- Massage for carpal tunnel syndrome
- Lymphatic drainage massage
- Clinical remedial techniques
- Seated massage
- Infant massage
- Pregnancy massage
- Anatomy and physiology appropriate to clinical remedial massage techniques
- Business practices
- Developing a Plan-of-Care



Photo courtesy of Associated Bodywork & Massage Professionals.

Advanced Clinical Massage

200 hours

General Description:

This 200-hour course is designed for students desiring to enhance their current massage skills and build a clinical practice.

The course is an evidence-based approach to assessing and treating myofascial dysfunction, using thumb-finger applications that are a proven method of releasing muscular tension. The trigger point method also will be presented for the treatment of myofascial release. Student also will learn health team communication and billing for bodywork reimbursement through private practice and medical office. Note: This course not required for License

Subjects include:

- Patient interview
- Patient Plan of Care
- Stages of tissue healing
- Treatment of inflammation and edema
- Tissue repair and remodeling
- SOAP notes
- Basics of filing insurance
- Successful billing techniques
- Communication with a wellness team
- The variety of reflexive trigger points
- Neuromuscular techniques in clinical use
- Advanced complementary massage clinical

Prerequisite: Therapeutic Massage 512 or equivalent, or hold a license in massage therapy, or by permission of the instructor. All licensed massage therapists must submit a current copy of their license with their application.

Textbooks:

Chaitow, Leon. *Modern Neuromuscular Techniques*. Church Livingstone, 2003. ISBN 0-443-07158-6.

Thompson, Diana L. *Hands Heal*. Lippincott Williams & Wilkins, 2006. ISBN 0-7817-5757-6.

Instructors

Linda L. Burlison, MsT, CMT, CNC, RM, Director of Education Classic Touch School of Therapeutic Massage — Linda has an extensive background in complimentary alternative medicine and the healing arts of Body work and Energy Therapies. She has been a certified, licensed massage therapist for 18 years and an educator in Therapeutic Massage for 10 years. She guides students through the learning process by developing their unique gifts, which bring them to a level of professional competence.

James Sullivan, M.Ac, L.Ac. — James holds a Master's degree in acupuncture from Northwest Institute of Acupuncture and Oriental medicine (NIAOM). He is a licensed and nationally certified acupuncturist. He also completed a certification program in Qi Gong from NIAOM, is a licensed massage therapist, and has had extensive training in craniosacral techniques. He currently practices acupuncture full time at the Center for Living at the Prairie Heart Institute at St. John's Hospital in Springfield. He is president of the Illinois Acupuncture Society, is an adjunct instructor for the Southern Illinois University School of Medicine and teaches craniosacral therapy for the Upledger Institute.

Dave Mikus, R.Ph., CNC — Dave has an extensive background in holistic health, including nutrition, herbs, and homeopathy. Dave is a charter member of the Society of Natural Pharmacists. He is the owner, president and compounding pharmacist of the Medicine Shoppe Pharmacy and the Wellness Store in Springfield, Illinois. Dave will teach specialized short courses customized for the professional massage therapist and body worker.

Ryan Tosh, MS, NCTMB, ATC, CSCS — Ryan has a Master's degree in exercise physiology and is a Licensed/Certified Massage Therapist, a Certified Athletic Trainer and a Certified Strength and Conditioning Specialist. He has over 10 years of experience working in sports medicine and outpatient physical therapy. He blends biomechanics, soft tissue mobilization, and corrective exercise into a comprehensive approach to dealing with soft tissue dysfunction. Ryan currently serves as the Head Athletic Trainer and Strength Coach at the University of Illinois at Springfield.

Marlene Marshall, MA, CIMT — Marlene holds a Master's degree in Dance/Movement Therapy and currently works in the field of education and learning disabilities. She is a Certified Interactive Metronome trainer and formerly owned dance studios in Illinois and California. She is owner of Smart Moves, a home-based business where she works with students who struggle with learning.

Graduation Requirements

A certificate is awarded to students who successfully meet all the following requirements:

- Completion of class hours with satisfactory attendance.
- Completion of clinical hours.
- Completion of required supervised clinical massage techniques.
- A minimum of 75% correct answers on written exams.
- Fulfillment of all financial obligations.
- Performance of coursework and clinical hours at the School under supervision of our instructors.

Grading and Attendance

Students must complete all written exams and assignments and must have a minimum of 75% correct answers to gain a pass designation. If a student is given a fail designation on an exam, the student will have one opportunity to repeat the exam of different but equivalent material to gain a pass designation.

Chronic tardy or excessive absences are grounds for failure of the course. Students are required to make up all missed classes. Exceptions will be made in extraordinary circumstances. Classic Touch School of Therapeutic Massage has the right to cancel class due to severe weather or illness and reschedule class as it sees fit to accommodate scheduling needs.

Professionalism will count for 15% OF THE OVERALL GRADE. Failing to demonstrate professional conduct and demeanor could result in dismissal from the program. Such factors include (but are not limited to): cheating, plagiarism, and suggestive, vulgar, or discriminatory remarks or actions.

Student Transcripts

Students requiring transcripts should send a written request to:

Classic Touch School of Therapeutic Massage
915 S. Durkin Drive, Ste. B
Springfield, IL. 62704

Conditions for Dismissal

Classic Touch School of Therapeutic Massage administration reserves the right to dismiss any student prior to completing the course for any of the following reasons:

- Failure to fulfill financial commitments
- Cheating
- Unsatisfactory attendance
- Attendance under the influence of drugs or alcohol
- False information on the application
- Unprofessional behavior

A student who is dismissed will be refunded tuition according to the refund policy on page 12.

Refund Policy—BUYERS RIGHT TO CANCEL (complies with Illinois Compiled Statutes 105 IL CS 425/15.1A)

If a student gives written notice of cancellation, the school will give a refund under the following conditions:

- When notice of cancellation is given before midnight of the 5th business day after the date of enrollment, but prior to the first day of class, all registrations fees, supply fees, and tuition shall be refunded to the student.
- When notice of cancellation is given after midnight of the 5th business day following acceptance, but prior to the close of business on the student's first day of scheduled class attendance, the school will retain no more than the registration fee of \$150.
- When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to 5% of the course hours taught, the school will retain the registration fee, and an amount not to exceed 10% of the tuition and other instructional charges or \$300, whichever is less.
- When a student has completed in excess of 5% of the course of instruction, the school may retain the registration fee but shall refund a part of the tuition and other instructional charges in accordance with whichever of the following applies:
 - When less than 60% of the class hours have been taught, the school shall retain the registration fee and prorated amount of 10% of the class hours taught, divided by the total course hours, multiplied by the tuition and any other instructional charges.
 - When 60% or more of the class hours have been taught, the school will retain the registration fee, the entire tuition and other charges.
 - The refund policy for short courses up to 20 clock hours shall refund prorate up to 60% completion of the course.
- Applicants not accepted by the school shall receive a refund of all tuition

and fees paid within 30 calendar days after the determination of non-acceptance is made.

- Registration fees shall be chargeable at initial enrollment and shall not exceed \$150 or 50% of the cost of tuition, whichever is less.
- Deposits or down payments shall become part of the tuition.
- The school shall mail a written acknowledgement of a student's cancellation or written withdrawal to the student within 15 calendar days of the postmark due of notification. Such written acknowledgement is not necessary if a refund has been mailed to the student within the 15 calendar days.
- The school shall make all student refunds within 30 calendar days from the date of receipt of the student's cancellation.
- A student must give notice of cancellation to the school in writing. The unexplained absence of a student from a school for more than 15 school days shall constitute constructive notice of cancellation to the school. For purpose of cancellation the date shall be the last day of attendance.
- The school shall refund all monies paid to it in any of the following circumstances:
 - The school did not provide the prospective student with a copy of the student's valid enrollment agreement and a current catalog or bulletin.
 - The school cancels or discontinues the course of instruction in which the student has enrolled.
 - The school fails to conduct classes on days or times scheduled, detrimentally affecting the student.
- The school must refund any book or materials fees when the book and materials are returned to the school unmarked; and the student has provided the school with a notice of cancellation.

Payment for each course or module must be made in full by the completion of 60% of the course hours.

Therapeutic Massage	512 hours
Advanced Clinical Massage	200 hours

Complaints regarding the school may be made to the

- Illinois State Board of Education: ISBE Private Business and Vocational School Unit, 100 North First Street, Springfield, IL. 62777-0001, (217) 782-2948
- ISBE Private Business and Vocational School Unit, 100 West Randolph Street, suite 14-300, Chicago, IL. 60601-3407, (312) 814-5818

Cancellation

The student has the right to cancel the contract until midnight of the 5th business day after the contract is signed by the student and is accepted by the school or until the first day of the scheduled class, whichever is sooner. Notice of cancellation must be made in writing to Classic Touch School of Therapeutic Massage, 915 S. Durkin Drive, Ste. B, Springfield, IL. 62704.

Continuing Education Courses

- Classes are for Licensed Massage Therapists
- Certificates of hours earned will be distributed at the end of the final session of each course.

Licensed Massage Therapists in the State of Illinois must complete 24 hours of Continuing Education over the course of two years (after obtaining the state license). Massage Licensing Act, Section 1284.90 Continuing Education.

Ethics for the Massage Therapist (A required course for MLA compliance.)

This class is a review of the Code of Ethics as put forth by the NCTMB and AMTA. The class will also create a framework for dealing with ethical challenges. The course instructor is Linda Burlison, director of Classic Touch School of Therapeutic Massage.

Deep Tissue Massage

A two-day course covering the fundamentals of learning deep tissue technique will provide 12 hours towards compliance with the MLA. The instructor is Jim Sullivan, a Certified Massage Therapist and Acupuncturist. Students will participate in a classroom session and a clinical session.

Advanced Deep Tissue Massage

A one-day course expanding the techniques of deep tissue massage. This class will provide 6 hours of Continuing Education hours. The instructor, Jim Sullivan, will take students who have completed the Deep Tissue Massage course further in their abilities to provide bodywork for massage clients.

CranioSacral Therapy

Jim Sullivan, an approved Upledger instructor, will give an introduction to Craniosacral Therapy, taught in a CE hour type format course. This would also be an Upledger approved event. Students will receive a certificate of completion from Upledger at the end of the classes. The manual is provided with the cost of this class.

Total Body Structural Assessment for the Massage and Bodywork Professional

A two-day course covering the principals of structural assessment for the professional massage therapist. Instructor Ryan Tosh is an exercise physiologist and the Athletic Director at University of Illinois at Springfield as well as a practicing MsT.

Posture Assessment for the Massage and Bodywork Professional

Continuing the assessment process instruction, Ryan Tosh will provide a 6 hour, one-day class for those who completed his two-day course. Students will be able to delve more deeply into their understanding the physiology of the human body and how posture affects assessment of massage needs.

The Warrior Within

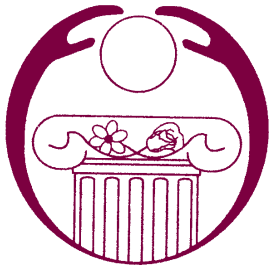
A one-day course taught by Linda Burlison in which the student learns the function of the immune system and techniques that support the body's immune system. Six hours will be awarded for attendees who complete the day's work.

Kinesiology: Motion and Emotion

The psychology of the body is explored with reference to massage therapy and how practitioners can assess, respond, and reconstruct physical armoring. Marlene Marshall is a Dance/Movement Therapist who works with students who struggle with learning by incorporating movement into the learning process. This one-day course will include assessment of emotional armoring, techniques for release of armoring and how to respond to emotional release.



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