



Program Outline

Bodywork Therapy

Brief Program Description

Our 700-hour holistic Bodywork Therapy Program is tailored to equip graduates to meet the demands of the spa industry and to start their own practice. It includes:

- A strong foundation in the human sciences,
- Cross-cultural perspectives on healing through manual skills and spa modalities,
- Professional development to refine one's vision and prepare students for working long term in the field.

Our two hallmark programs, Body-Mind Integration and Integrative Bodywork, aid in professional and personal development allowing the student to create, customize, and flourish as Bodywork Therapists.

Career Occupation

Bodywork Therapist

Admission Requirements

- High school diploma or equivalent or 19 years of age prior to the start of the program
- Fluency in English
- No disability or disease that could impede the learning process of the individual or jeopardize the health and safety of fellow students/clients
- Personal interview with an Admissions Advisor
- Have received at least one professional massage/bodywork treatment

Learning Objectives

Upon completion of this program the successful student will have reliably demonstrated the ability to:

- Start their own Bodywork Therapy business or work in the field
- Safely apply massage techniques to the full-body within a specified time-frame
- Identify the Anatomy, Physiology, Pathologies and Kinesiology commonly related to Bodywork Therapy practice
- Perform a full-treatment in the following Manual Skills Modalities: Swedish Massage, Deep Tissue Massage, Joint Release, Shiatsu,



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| | <p>Reflexology, Indian Head Massage, Integrative Bodywork, Hot Stone Massage, Hydrotherapy, and Pregnancy Massage</p> <ul style="list-style-type: none">● Demonstrate and recite knowledge and theory in the following modalities: Self-Care, Aromatherapy, Business Skills, Professional Development, CPR and Body-Mind Integration |
| Methods of Evaluation | <ul style="list-style-type: none">● Competency (Quizzes & Exams, Assignments, Documented Treatments, Hands-On Assessments, Group & Individual Presentations)● Professionalism & Engagement Rubric |
| Completion Requirements | <ul style="list-style-type: none">● Attendance of no less than 80% of classes● Attendance of no less than 80% of any one course● Competency - passing grade (65%) in each course● Completion of financial obligations● Completion of course and program feedback |
| Program Duration | 700 hours, 32 weeks |
| Homework Hours | On average students will need to complete 1 hour of homework for every 4 hours of instruction. |
| Program Format | <p>This program will include a variety of teaching methods that coincide with students' various learning styles and the skills required for employment in the helping profession. In addition, class size is small in order to provide students with individual feedback and attention.</p> <p>Specific instructional methods include the following:</p> <ol style="list-style-type: none">1. Lectures2. Role plays3. Instructor demonstrations4. Writings5. Readings6. Group discussions7. Group on group analysis |



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8. Consultation sessions with the instructor(s).

Required course materials

- *Trail Guide to the Body Student Workbook* 5th Edition
- *Trail Guide to the Body* – by Andrew Biel, LMP, 5th Edition
- *Massage Therapist's Guide to Pathology: Critical Thinking and Practical Application* by Ruth Werner, 6th Edition
- *Your Irresistible Life: Four Seasons of Self Care* – by Glynnis Osher and Madhuri Phillips

Program Organization

| Title of Course | # of Hours |
|---|------------|
| Anatomy/Physiology /Pathology /Kinesiology | 128 |
| Swedish Techniques | 70 |
| Deep Tissue Massage | 68 |
| Joint Release | 16 |
| Integrative Bodywork | 62 |
| Sports Massage | 8 |
| Pregnancy Massage | 18 |
| Hydrotherapy | 12 |
| Hot Stone | 26 |
| Aromatherapy | 20 |
| Shiatsu | 32 |
| Reflexology | 16 |
| Ayurvedic Head Massage | 18 |
| Body-Mind Integration | 42 |
| Professional Development | 24 |
| Business Skills: Spa Employment Preparation | 24 |
| Business Skills: Self-Employment | 12 |
| Ethics | 12 |
| Self-care | 20 |
| CPR | 3 |
| Student Clinic | 65 |
| Orientation | 4 |
