

Course Listing

800-HOUR MASSAGE THERAPY PROGRAM

The 800-hour (66.2 academic credit) Massage Therapy Program meets all of the Commission on Massage Therapy Accreditation (COMTA) accreditation requirements and is designed to give students an excellent education in the fundamentals of therapeutic massage and bodywork, preparing them to take the state board exams for which they qualify, obtain a massage license, and start practice. The program includes two elective courses that provide skills and knowledge to enhance a student's ability to succeed as a professional massage therapist.

The program can be completed in 12 months or in 15 months by following one of the course progressions described below. It can also be completed in ways other than those published in this catalog as long as all course prerequisites are met. Applicants should consult an Admissions Representative to discuss scheduling options. Current students should consult with the Registrar.

SCIENCE COURSES

Learning the sciences that relate to massage therapy is essential for students who wish to become successful and well-rounded practitioners.

Kinesiology

99 clock hours; 8.3 academic credits

Kinesiology introduces students to the skeletal and muscular systems. They learn the basic names and landmarks of the bones and joints as well as the origins, insertions and actions of the major muscles of the body. Students also learn how to demonstrate muscle locations and how to palpate each of the muscles studied.

Prerequisites: none

Anatomy & Physiology

99 clock hours; 9.9 academic credits

In Anatomy & Physiology, students study the structure and function of the human body from the smallest cells to the largest systems. The course provides a general introduction to epithelial, connective, muscular and nervous tissue as well as to the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems. Students also explore scientific research in the field of massage and bodywork.

Prerequisites: none

Pathology

66 clock hours; 6.6 academic credits

Pathology addresses the disorders and conditions typically encountered in a massage practice. Students learn how to recognize the major diseases as well as the appropriate uses of and contraindications to

massage, movement therapy and hydrotherapy for clients with those conditions. The focus of the course is on developing critical decision-making skills regarding massage for clients with medical conditions.

Prerequisites: Anatomy & Physiology, Assessment & Treatment of the Lower Body

MASSAGE COURSES

The required massage courses emphasize developing the knowledge and skills required to give a high-quality massage therapy treatment for the purpose of enhancing wellness, reducing stress, relieving muscle tension and improving overall flexibility, movement and fitness.

Swedish Massage

66 clock hours; 5.0 academic credits

Swedish Massage explores the purposes, effects, precautions, basic strokes and variations of Swedish relaxation massage as well as issues associated with touch and trust. Students learn how to perform a full-body massage that includes the five basic Swedish massage strokes plus compression and fascia release. Proper draping, lubrication, bolster use and turning procedures are also taught, as are appropriate uses of pressure, rhythm and movement to enhance the massage's effects. Students learn centering, grounding, efficient body mechanics, good hygiene and effective self-care while performing massage. Introductory record-keeping techniques are also taught.

Prerequisites: none

Corequisite: Therapeutic Relationships

Assessment & Treatment of the Lower Body

66 clock hours; 5.0 academic credits

In this course, students combine their knowledge of the muscular system gained in Kinesiology with the bodywork skills learned in Swedish Massage as they develop the ability to assess client tension and provide massage. The general principles of deep tissue massage are addressed, including how to work deeply without causing pain, apply a variety of advanced strokes, and use fingers, knuckles, fists, forearms and elbows as massage tools. Focusing on the lower body, students learn how to identify tension in the major muscles; analyze joint range of motion for stiffness and restriction; and apply massage, movement therapy and hydrotherapy to relieve these conditions.

Prerequisites: Kinesiology, Swedish Massage, Therapeutic Relationships

Corequisite: Treatment Planning

Assessment & Treatment of the Upper Body

66 clock hours; 5.0 academic credits

In this course, students continue to develop the skills in assessment and treatment introduced in Assessment & Treatment of the Lower Body. Focusing on the upper body, students identify tension in the major muscles; analyze joint range of motion for stiffness and restriction; and apply Swedish massage, Deep Tissue Massage, movement therapy and hydrotherapy to relieve these conditions.

Prerequisites: Assessment & Treatment of the Lower Body, Treatment Planning

Survey of Eastern Modalities

33 clock hours; 2.5 academic credits

This course provides a brief overview of a variety of bodywork modalities including Shiatsu, Tui Na, Thai Massage, Polarity Therapy and Reflexology, all of which are based on Eastern theories of meridians and the flow of energy in the body. The first part of the course addresses the concepts of meridians, acupoints and energy flow. Students then learn basic techniques for each of the modalities. The course material prepares students to make informed choices of electives, to take state licensing exams and to choose appropriate continuing education workshops after graduation.

Prerequisites: Swedish Massage, Kinesiology

Survey of Western Modalities

33 clock hours; 2.5 academic credits

This course provides a brief overview of a variety of bodywork modalities that developed in the West. The first part of the course addresses the history of massage and the primary bodywork modalities in use in the Western world. Students then learn basic techniques for a selection of these modalities, including Muscle Energy Techniques, Trigger Point Therapy, Neuromuscular Therapy and Myofascial Techniques. The course material prepares students to make informed choices of electives, to take state licensing exams and to choose appropriate continuing education workshops after graduation.

Prerequisites: Swedish Massage, Assessment & Treatment of the Lower Body

Massage for Special Populations

33 clock hours; 2.5 academic credits

Massage for Special Populations introduces how to develop treatment plans that address the needs of clients based on their age, activity level, setting or medical conditions. The course begins with a review of a general massage for a healthy, moderately active adult. Students then consider the adjustments to make for a variety of special populations such as pregnant women, infants and children, seated clients, athletes, elderly clients, individuals with chronic medical conditions, individuals who are dying, and others.

Prerequisites: Treatment Planning, Assessment & Treatment of the Upper Body, Pathology

PROFESSIONAL DEVELOPMENT COURSES

Students have the opportunity to apply their skills in a clinical setting and identify or create professional employment settings that provide a place for their practice.

Therapeutic Relationships

37 clock hours; 3.7 academic credits

Therapeutic Relationships introduces the knowledge and skills needed to develop successful client-therapist relationships. The course begins by examining the role and effects of touch, including cultural differences, personal touch history, establishing trust and emotional responses to touch. Students learn about the legal and ethical requirements for massage therapists, including licensing regulations, standards of practice, scope of practice and professionalism. In addition, students explore the issues that contribute to effective communication with clients, including boundary setting, active listening,

assertive communication and managing transference and countertransference. The course includes a four-hour weekend class on understanding learning styles and strategies.

Corequisite: Swedish Massage

Treatment Planning

33 clock hours; 2.5 academic credits

Treatment Planning addresses the question “How do I design a treatment that will successfully respond to my client’s concerns?” Students learn to conduct effective intake interviews, perform assessments, make decisions about where and how to work, record notes about the treatment session, conduct useful exit interviews and plan for ongoing treatment. Throughout the course, students are introduced to a variety of visual and palpatory assessment tools, including postural and gait analysis, range of motion and palpation. Students also learn about documentation issues, including confidentiality, working with other health care providers, HIPAA privacy requirements and insurance billing requirements.

Prerequisites: Kinesiology, Swedish Massage, Therapeutic Relationships

Corequisite: Assessment & Treatment of the Lower Body

Business for Massage Therapists

33 clock hours; 3.3 academic credits

All massage therapists, whether they choose to work as an employee, be an independent contractor or open their own massage practice, need a basic understanding of the principles and practices of business. This course provides the basic skills and knowledge students will need to make an informed choice about their career options, obtain employment, launch and manage a successful practice, maintain financial records, attract and retain clients, and engage in self-care practices that lead to success. By the end of this course, students will have a plan for creating a massage career that meets their individual goals.

Prerequisite: Therapeutic Relationships

Clinic

70 clock hours; 4.4 academic credits

Clinic gives students the opportunity to provide massage to the general public under the supervision of an experienced instructor. Students handle all aspects of a massage treatment, including giving intake and exit interviews, performing appropriate physical assessments, developing a treatment plan, preparing a hygienic and comfortable massage area, performing massage and movement therapies, and applying suitable hydrotherapy treatments to their clients. Students also create and maintain client charts to record the specifics and results of all treatments, and they also receive evaluations from both their clients and the instructor. Throughout the course, students present client cases for classroom discussion and learning. The Student Clinic is the highlight and culmination of the East West College curriculum and prepares students to start their practice as professional massage therapists. This course includes a four-hour weekend class on preparing for the Oregon Board of Massage Therapists practical exam.

Prerequisites: Pathology, Assessment & Treatment of the Upper Body, Massage for Special Populations (may be taken concurrently)

ELECTIVE COURSES

East West College's elective courses are designed to enhance students' ability to perform massage therapy at a high level. Completion of Swedish Massage, Kinesiology, and the pertinent Survey of Modalities course or holding a current massage license are prerequisites.

Craniosacral Therapy

33 clock hours; 2.5 academic credits

Craniosacral Therapy is a gentle yet powerful type of bodywork that is used to ease pain and improve health by directly affecting the central nervous system. A Craniosacral Therapist evaluates the motion of cerebrospinal fluid by monitoring the craniosacral rhythm at various locations in the body. Using very light touch, restrictions in the craniosacral rhythm are released, stimulating the body's own healing mechanisms. Its techniques are safe and effective for almost any population. In this course, students will enhance their palpation skills and deepen their intuitive perception as they learn to palpate the craniosacral rhythm and assess and release restrictions in the craniosacral system. By the end of the course, students will be able to perform a full craniosacral therapy bodywork session and blend craniosacral techniques with other bodywork modalities.

Prerequisites: Swedish Massage, Kinesiology, and Survey of Western Modalities or L.M.T.

Chinese Massage (Tui Na)

33 clock hours; 2.5 academic credits

Traditional Chinese Medicine (TCM) uses massage, acupuncture, and herbs to encourage healing. The massage aspect of this healing approach is called Tui Na, which means "push, grasp." In this course, students will learn how to use soft tissue manipulation, joint mobilization techniques and acupressure point treatment to enhance energy flow and increase client health and well being. In this process, they will apply the TCM concepts of Qi, the Five Element cycle, the fourteen meridians, and the Qi points. By the end of the course, students will be able to perform a basic full-body Tui Na routine that can be easily integrated into a general massage practice.

Prerequisites: Swedish Massage, Kinesiology, Survey of Eastern Modalities or L.M.T.

Japanese Massage (Shiatsu)

33 clock hours; 2.5 academic credits

Shiatsu is an Asian bodywork modality developed in Japan to help clients increase their energy and well-being. It is based on TCM (Traditional Chinese Medicine) and is increasingly popular in the West. The course begins with a review of the functions of the meridians and the theory of Kyo and Jitsu. Students learn how to use finger pressure on specific points as well as stretching and movement exercises to move energy through the meridians. By the end of the course, students will be able to give a basic full-body Shiatsu session.

Prerequisites: Swedish Massage, Kinesiology, Survey of Eastern Modalities or L.M.T.

Spa Therapies

33 clock hours; 2.5 academic credits

This course teaches the historical roots of effective spa therapies and traces them forward to their modern applications. Students become familiar with each branch of spa therapy, practicing basic aromatherapy,

exfoliation, body wraps, foot treatments, fangotherapy, thalassotherapy, ayurvedic techniques and stone massage.

Prerequisites: Swedish Massage, Kinesiology, and Survey of Western Modalities or L.M.T.

Structural Bodywork

33 clock hours; 2.5 academic credits

Based on the pioneering work of Ida Rolf, PhD, Structural Bodywork introduces structural integration. Its basic premise. First, if the body is balanced well in gravity, it functions more smoothly, has better ease of motion and often feels more spacious. Second, fascia functions in the body as an organizing force. A structural bodyworker identifies where the bony segments of the body have distorted relationships and works with the fascia to bring segments into a better relationship. During this course students assess posture to discern where the fascia has become shifted, shortened or otherwise distorted. Then they manipulate the fascial system of the body to achieve a more balanced orientation in the gravitational field. Body mechanics and communication will also be emphasized.

Prerequisites: Swedish Massage, Kinesiology, and Survey of Western Modalities or L.M.T.

Thai Massage

33 clock hours; 2.5 academic credits

In its present form, Thai massage can be traced back for over 2,000 years. It is a flowing and rhythmic form that uses palm, foot, thumb and elbow pressure plus a wide variety of stretching techniques to encourage relaxation, stress reduction and health enhancement for clients. Students learn Thai massage and movement techniques that can be practiced by themselves or in combination with other forms of massage. By the end of the course, students will be able to give a basic full-body Thai massage session.

Prerequisites: Swedish Massage, Kinesiology, and Survey of Eastern Modalities or L.M.T.

Trigger Point Therapy

33 clock hours; 2.5 academic credits

Trigger Point Therapy is a powerful tool that focuses on pain relief, performance enhancement and rehabilitation. Trigger points in muscles or fascia can cause pain and tension as well as decrease sports, recreational and occupational performance. They can also refer pain sensations to other areas of the body, creating problems that are difficult to analyze and treat. This course teaches students how trigger points develop and persist, how to assess for them, how to map and track their pain referral patterns, and how to relieve them with safe, effective and comfortable techniques.

Prerequisites: Swedish Massage, Kinesiology, and Survey of Western Modalities or L.M.T.