

Atlanta School of Massage

LifeLong Learning

Summer 2010

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Courses have not been offered before in the Atlanta area.

Now you can register online with your credit card!

Visit our secure site at

www.atlantaschoolofmassage.com

NCBTMB APPROVED PROVIDER

See page for description.



FOR CONTINUING EDUCATION

Atlanta School of Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

Continuing Education

Ortho-Bionomy

Henry Roth, DC

May 1 or July 24

10am-6pm

Fee: \$ 285 (For Ortho-Bionomy and Table Stretch Your Client, together.)

14 credit hours (For both classes)

This weekend introduces two very powerful and highly effective manual therapies. The combined workshop intensives present several of the best tools and resource material for client and therapist self care approaches. Starting with Osteopathically based Ortho-bionomy also known as Strain/Counterstrain and Positional Release Therapy, you will acquire the skill of effectively and immediately releasing chronic pain and stress patterns. Ortho-bionomy employs the homeopathic concept that what cannot be cured from within cannot be cured from without. Self-healing occurs as the client remembers their natural ability to move away from long term discomfort to a position of ease directed by the massage therapist. You are correcting the body's experience of pain through the laws of nature. If you have had client episodes where pain has been ongoing after trying several therapies than you owe it to yourself to participate in the integration of Ortho-bionomy with the Table Stretch workshop on Sunday. You will be enlightened with a new way to correct myofascial pain disorders.

Table Stretch Your Client : Muscle Normalization Technique

Henry Roth, DC

May 2 or July 25

10am-6pm

Table Stretch Your Client(Muscle Normalization Technique) is a compilation of stretching applications performed using the early concepts of PNF, with the Osteopathically based science of Muscle Energy Technique, and the emphasis of fascial based stretching as opposed to muscle stretching. The key aspects is in the mental focus, breathing and time duration with the spiral-diagonal fascia mobilization approach on the torso head, neck, and extremities. Discover the dynamics of stretch for your clients and most importantly yourself. Dr. Roth provides the Zen method of achieving a supple, calm and flexible anatomy. Clients will be amazed at how quickly they can achieve increased range of motion(ROM) and reduce and eliminate chronic spasms.

Dr. Henry Roth's career in bodywork spans 37 years beginning his career as a kinesiotherapist at a Veterans hospital, where he spent over 16 years in the rehabilitation recovery of disabled veterans who incurred surgical, medical, neurological and spinal cord injuries. In 1983 he embarked his career as a massage therapist working in many clinical settings including Carnegie hall where he learned "body tuning": an effective therapy to eliminate and retrain classical musicians and dancers with repetitive overuse syndromes. He was selected from a nationwide search to become a US Olympic Team Therapist at the 1988 Winter Olympics in Calgary, Canada. It was there that he was inspired to study with Paul St. John and Judith Walker myofascial pain and disorders and become a certified neuromuscular therapist. At the age of 46 he became a full time doctorate student at Life University in Marietta, Georgia and graduated with a Doctorate of Chiropractic degree at the age of 50. Dr. Roth has been teaching massage therapists a wide variety of manual therapies for close to 16 years. His burning passion is in teaching and he considers himself a performer sharing incredible knowledge and wisdom compiled with humor and a zest for increasing the potential of each massage therapist to fulfill their professional endeavors in the arena of massage and bodywork.

CPR

4 credit hours (Extra \$5)

Fee: \$40

May 1

10am -1pm

July 12

5pm - 8pm

June 7

10am -1pm

July 24

10am -1pm

In this class, the American Heart Association will certify you in CPR. You may pay a \$5 processing fee and receive massage CEUs for the class if you are a professional massage therapist. Open to friends and family members.

21 Deep Tissue Techniques to Enliven Your Practice

Eric Stephenson

May 8-9 9:30am-5:30pm
14 credit hours
Fee: \$ 295

A dynamic package of NEW techniques your client's will love! These are all of our favorites combined into one hands-on workshop. Therapists will learn a variety of myofascial release, trigger point, and joint mobilization techniques to all regions of the body. These can be immediately integrated into a massage practice.

Students will learn:

1. Fresh approaches for addressing common complaints. 2. To address the fascial system safely and effectively. 3. How adjusting key variables improves therapeutic results. 4. Body mechanics to optimize pressure levels while avoiding injury. 5. Creative methods to save the therapist's wrists and thumbs from overuse.

Eric Stephenson, LMT, NCTMB. As the Director of Education for imassage, Inc., Eric is a national presenter passionate about providing continuing education focused on career longevity. A graduate of the Body Therapy Institute of NC, he has additional training in Kinesis Myofascial Integration, Myoskeletal Alignment Techniques, and is a graduate of The Spirit of Learning, a massage educator training. He strives to create a positive, creative class environment honoring each student's learning style. Please visit www.imassageinc.com to learn more.

Touch for Health Pt. 3

Earl Cook

May 1-2 9am-5pm
15 credit hours
Fee: \$ 315

Learn an additional 14 muscles along with more techniques for balancing the body's energy. Learn techniques for dealing with chronic and recent pain along with deeper understanding of the Five Elements theory. The interaction of muscles is studied further and the topic of interactive muscles is presented coupled with Circuit Retaining Mode.

Earl Cook has been working with Touch for Health (TFH) energy kinesiology since 1976 when an old injury was repaired in only minutes using TFH. He and his wife, Gail, worked closely with TFH founder and author, Dr. John Thie, in the development of their eTouch for Health software, which is currently being used in homes and clinics in over 65 countries. Earl is also Chairman of the Research Committee for TFH in the U.S. in addition to speaking and teaching internationally. For more information, please go to www.

Tools for Effective Deep Tissue Pt. 1

Matthew Howe

May 7-8 9am - 4pm
July 17-18 9am - 4pm
August 14-15 9am - 4pm

12 credit hours
Fee: \$ 240

Tools for Affective Deep Tissue 1 is a workshop designed to give new perspective to the massage therapist. The tools that are taught in this workshop will help the massage therapist begin working deeper with less effort while increasing the effectiveness of the session. The therapist will be able to work in directions that decrease the affects of gravity on the joints. Positioning of the client and application of the tools will be brought together so the student will be able to perform these techniques in almost any situation.

Matthew Howe has been a licensed therapist since 2000. During his time as a massage professional he has worked for the biggest and the best in the Spa World. He has been an instructor at the Central Florida School of Massage Therapy for 5 years. These experiences allow him to bring the best of massage therapy and spa together. His knowledge translates into real world application. Touch Education was created in 2005, to help Mr. Howe educate massage professionals. Touch Education's workshops teach the ins and outs of spa treatments as well as deep tissue tools that will extend the career of massage therapists.

Subtle Muscle Testing

Dr. Camden Clay, DC

Part 1 May 15
Part 2, May 16
Part 1, October 23
Part 2, October 24

9 am - 4 pm

Part 1 and 2 are required to be taken together
12 credit hours
Fee: \$ 250 for Part 1 and 2 together

Enhance your position as a muscle expert! Learn how to find weak muscles and make them strong within your scope of practice! Subtle Muscle Testing is a muscle palpation technique which quickly discovers subtle variations in muscle tone, between strong and weak parts of muscles. This skill allows the Massage Therapist to focus his or her massage techniques where clients need them most, on weak parts of muscles! Most people, even athletes have significant weaknesses in their muscles. These muscles are not weak because the person needs more exercise. These muscles are weak most often because of disruptions in the movement of blood, lymph, cerebral spinal fluid, nerve and/or acupuncture meridian energy flow. Making weak muscles strong clinically validates your Massage Therapy procedures. Your clients will be amazed! This course also focuses on teaching clients how to maintain improvement of muscle strength with self-help stretching and self-help massage techniques.

Dr. Camden Clay graduated from Life Chiropractic College in 1983. Dr. Clay is a master at finding weak muscles and making them strong. He has been consistently studying the art and science of muscle testing for over 30 years. Dr. Clay has taught muscle testing regularly over the past 25 years.

National Certification Board Review

Fee: \$95 (Includes newly updated book)
This class does not offer ceus.

May 10	10 am - 5 pm	August 30	10 am - 5 pm
June 14	10 am - 5 pm	October 2	9 am - 4 pm
July 26	10 am - 5 pm	October 4	10 am - 5 pm

Introduction to Esalen Massage

Char Pias

June 5-6 9:30am-5:30pm
14 credit hours
Fee: \$ 250

The Esalen Institute was founded in 1962 as an alternative educational center devoted to the exploration of the "human potential". Esalen massage developed within this unique environment created by the studies in Body, Mind, Spirit connection and the extraordinary beauty of the Big Sur, California coast. A creative, intuitive form of bodywork, Esalen Massage provides a feeling of deep relaxation and wholeness through its nurturing contact, long integrating strokes, and detailed attention to the whole body.

Through brief lectures, demonstrations, and hands-on practice, you will be introduced to the flowing style that is the signature of Esalen Massage. Draping will be taught. The focus will be on presence, quality of touch and effortlessness. The workshop will also emphasize self-care, breath awareness, and meditation practice. By developing the inner state of healing consciousness from which to make contact and by finding ease of movement in your own body, you'll find that giving a massage can be as pleasurable as receiving one. Char welcomes individuals and partners of all levels of experience; beginners, students, and professionals.

Char Pias is a senior member of the Esalen Institute Massage Staff with 27 years of professional experience. Her areas of expertise are the energetic, emotional, and spiritual aspects of bodywork, incorporating meditation and self care practices for a holistic approach. Char is also a Reiki Master Teacher, a licensed graduate of The Center for Spiritual Healing, a certified Hypnotherapist as well as, a Circle of Life Facilitator/coach. Char teaches nationally and in Japan.

Professional Ethics for Body Workers

Pripo Teplitsky

June 19 10am- 5pm
6 credit hours
Fee: \$110

September 24 9am -12pm
3 credit hours
Fee: \$55

This class is designed to fulfill the continuing education requirements for the NCTMB Ethics (Standard V). Referencing the NCTMB code of ethics, participants will learn the basics of client-practitioner dynamics and why professional boundaries are so important to protect both our clients and ourselves. They will learn how to create safe relationships with clients. Subjects include: common dilemmas and how to solve them, dealing with sexual issues, boundaries, confidentiality, fees, draping, scope of practice and dual relationships, to name a few.

Pripo Teplitsky, MA, LPC, LMBT, NCTMB offers a diverse practice that balances the connection between mind, body and spirit. He is a licensed massage and bodywork therapist, as well as holding a national certification. He also holds a master's degree in psychology & counseling (graduate coursework in human sexuality, sexual identity, sex therapy) and is a Licensed Professional Counselor in North Carolina. He lived, studied and worked at the Esalen Institute, a renowned human potential learning center in Big Sur, CA. He is a certified Esalen massage practitioner. Pripo has a private practice in Asheville, NC in massage as well as a counseling practice specializing in relationship issues. His main goal is to help support people to live in their truth and authenticity.

Assisted Yoga Postures From Thai Massage

Dr. Camden Clay, DC

Part 1 June 26 or October 9
Part 2 July 24 or October 10
Part 3 September 11 or October 16
Part 4 October 2 or October 17

9 am - 4 pm
6 credit hours per part
Fee: \$125 per day

Attend parts 1 - 4 in any order. Parts 1-4 are prerequisites for attending Part 5. This 5-day series covers over 100 carefully chosen assisted yoga postures from Thai Massage and how to integrate them into a massage therapy routine on the massage table and massage chair when applicable. Traditionally, Thai Massage is performed with the client fully clothed on a floor mat. These postures are assisted stretching of muscles, fascia, tendons and ligaments at its best! Assisted yoga is within the soft tissue scope of Massage Therapy; focusing on connective tissue stretching which is very different from muscle massage. Expand your Horizons!

Anatomy Trains Manual

Simone Lindner

June 25-27

Friday	5pm-9pm
Saturday	9am-5pm
Sunday	9am-5pm

18 credit hours

Fee: \$345

One short course. . . long-lasting results for you! Set your anatomy knowledge free! Thomas Myers' Anatomy Trains® weekend intensives are holistic, fun and very useful. Completely transform your view of myofascial anatomy and expand your ability to assess your clients. The Anatomy Trains concept moves beyond mechanical "cause and affect" actions of muscles to the integrative relational connections of real-life functional movement. This is a revolutionary map for analyzing soft-tissue patterns, and developing strategies for unwinding these patterns via fascial and myofascial work. Anatomy Trains offers skills that hands-on therapists, regardless of their modality, can use to see their clients more clearly and work more effectively.

Workshop Format:

The workshop is split into equal time on 1) lecture/presentation, 2) BodyReading™ and postural analysis, and 3) fascial plane and myofascial plane techniques from Tom's KMI Structural Integration and movement education library.

This course helps you:

- 1) BodyRead your client's postural and movement patterns with greater accuracy and integration.
- 2) Gain access to effective treatment strategies for resolving postural distortions, which may occur some distance from the site of pain or limitation.
- 3) Make distinct changes in your clients' structure in a few short moves.

Course Objectives:

- 1) Understand basic properties and connected nature of fascia, and tensegrity applied to fascia and human movement.
- 2) A succinct and relevant introduction to geometry/character of the connective tissue, and the topology of fascial planes.
- 3) Be able to identify and trace the 6 major and 6 supplemental fascial meridians along which movement, tension, and postural distortion travel.
- 4) Be able to BodyRead™ postural patterns based on analysis of Anatomy Trains lines.
- 5) Apply knowledge to construct a bodywork session appropriate for the specific pattern of each client.
- 6) This course also serves as a prerequisite for entry in the KMI 500-hour Certification Training.

Learning Environment:

- 1) Illustrated lecture
- 2) Open inquiry atmosphere; questions encouraged; vitality and humor welcome
- 3) Participants will exchange and practice, on one another, BodyReading (visual assessment) under supervised analysis of instructor and assistants while learning manual therapy techniques

Makeup Boot Camp

Kat Flynt

July 5-7 10am - 5pm

Fee: \$2,150 with all supplies included or \$1,585 if you bring your own supplies. It is your choice.

The Atlanta Makeup Academy, an assemblage of Atlanta's Premier Makeup Educators, is having their 1st Annual Boot Camp. This professional development opportunity will give you the understanding and tools you need to enhance and strengthen your cosmetic application techniques and abilities. For more information and registration, go to: www.atlantamakeupacademy.com.

Infant Touch and Massage Instructor Certification Training

Wayne Mathias

July 16-19 9am - 5pm

30.2 credit hours

Fee: \$595.00 (includes a \$100 non-refundable deposit.)

This course is a very full experience designed to train instructors to teach infant massage to parents and caregivers. The methodology includes lectures, audio-visual presentations, experiential learning, observation of demonstration classes taught by the trainer and student practicum teaching of parent-baby classes. A comprehensive instructor manual is included with the course. Participants in this course become Certified Infant Touch and Massage Instructors through the International Institute of Infant Massage by completing the certification process, which includes participation in the 4 day course, successful completion of a peer review take-home exam, and practicum teaching with 5 families during the following 4 month period.

Participants in this course will learn to:

- Design infant massage instruction for a parent-baby class.
- Facilitate infant massage instruction for families.
- Comprehend the benefits of infant massage and massage for the growing child.
- Demonstrate the infant massage stroke sequence for the well baby.
- Identify infant cues and adapt basic strokes appropriately.
- Demonstrate effective facilitator skills for parent education.
- Teach handling and massage techniques for babies with gas and colic.
- Discriminate infant release crying & demonstrate skills in providing family support during this process.

Wayne Mathias, MS has been a certified infant massage instructor since 1986. During that time, while managing the administrative affairs of The International Institute of Infant Massage, he created experiential inputs and assisted at instructor trainings and continuing education offerings, becoming a trainer of instructors in 2005. Wayne has facilitated infant massage classes for fathers and their babies at the Father and Family Center in Albuquerque, as well as piloting an infant massage program for incarcerated young men and their babies. His many contributions have included years of consulting with instructors, as well as creating infant massage materials and writing articles to increase public awareness of touch and massage.

Two Day Laser workshop

David Kurkoski

July 18 - 19

9am - 5pm

Fee: \$1,500

0 credit hours

This is a hands-on laser training workshop. Lasers that will be discussed are: Fractional, Alexandrite, YAG, Q-Switch-Tattoo Removal, CO2, & IPL.

When completed you will: Gain experience for employment, Understand laser physics, Be able to apply your knowledge to any laser, and gain hands-on experience with industry lasers.

David Kurkoski, is the founder and President of Aesthetic Solutions. He has more than 20 years of management, and Sales experience in the aesthetic capital equipment field. He has been a featured speaker at multiple medical seminars. He has lectured on the subject of, creating, implementing, and maintaining a profitable aesthetic practice throughout the United States. Working in many medical markets has enabled Mr. Kurkoski to gain added insight and knowledge that he has utilized to ensure client success. He is a graduate of the State University of New York at Albany.

Advanced Makeup for Weddings

Kat Flynt

July 26-28

10am - 2pm

Fee: \$695

This makeup course is great for the makeup artist who wants to specialize in bridal makeup as well as Cosmetologists and Aestheticians in salons that want to increase their bridal makeup business. The course covers how to handle the bride's "trial run" to collecting payment for your services in addition to advanced makeup techniques for corrective makeup and distinctive bridal makeup looks, false lashes and even an intro to actual lash extensions!!

Prerequisite: Must have completed our Private Mentorship Makeup Artist Training- OR - our 3-Day Essentials for the Freelance Makeup Artist Course - OR - hold license as either an Esthetician or Cosmetologist - OR - certificate of course completed that included business ethics, etiquette of makeup artists working together, anatomy of the face, and structure and function of the skin - OR - student currently enrolled in Esthetician or Cosmetology Program. For more information and registration, go to: www.flyntmakeupacademy.com.

Burn Scar Massage Therapy

Jen Hartley

July 31 9am - 6pm
8 credit hours

November 20 - 21
Saturday 9am - 6pm
Sunday 9am - 1pm

12credit hours
Fee:\$350 (\$100 non-refundable deposit)

Burn Scar Massage Therapy is a hands on experience with actual burn survivors. Be inspired while learning a new modality that will benefit those you “touch”. Learn not only to have confidence in your ability to work in a more medical based massage but also heighten your compassion for those that society may deem untouchable. This class offers the following learning criteria: Learn to identify the varying degrees of burns and the body systems they affect. Learn various psychological and emotional issues faced by burn survivors that can potentially lead to an “emotional release” during massage. Learn the positive indications as well as the negative contraindications posed by massaging burn survivors. Learn the proper burn scar massage protocol to treat the various degrees of burns in the different stages of recovery.

Jen Hartley is a Nationally Certified Massage Therapist and a burn survivor herself. Jen has been a burn survivor for over 36 years and is one of only two instructors in the country that teach this modality. Jen was scalded by hot water at 15 months old and has third degree burns over the lower 56% of her body.

Atlanta School of Massage

Name _____

ASM or AIA class code (current students only) _____

Address _____

City/State/Zip _____

Telephone(H) _____ (W) _____

I have moved. My new address and phone # are listed above.

E-mail address: _____

Please register me for:
Name and date of class _____

Name and date of class _____

Total amount enclosed \$ _____ Check Money Order

MC Visa Discover Amount to be charged \$ _____

Name on Credit Card _____

Account # _____ Exp. Date _____

Signature _____

How can I register?

By Mail: Atlanta School of Massage,
2 Dunwoody Park, Atlanta, GA 30338

By Fax: 770.454.7367 (credit card payments only)

By Phone: 770.454.7167 ext. 141

Online: www.atlantaschoolofmassage.com

In person: Our office hours are 9 am to 5 pm

Monday through Friday. No cash, please.

Please note: Your tuition must be paid in full or must be current as stated in the payment plan for admission to a class. Please remember to include your completed registration form with your payment.

Refunds and Withdrawals:

Of course we hope this information will be unnecessary, but here are the rules: If a class is canceled due to low enrollment, you will receive a full refund within 2 weeks of the cancellation. If you withdraw with a 2-week notice, you will receive a full refund, less a \$35 processing fee unless otherwise stated.

Failure to attend or missing portions of a class do not constitute official withdrawal - no refunds or credits will be issued.