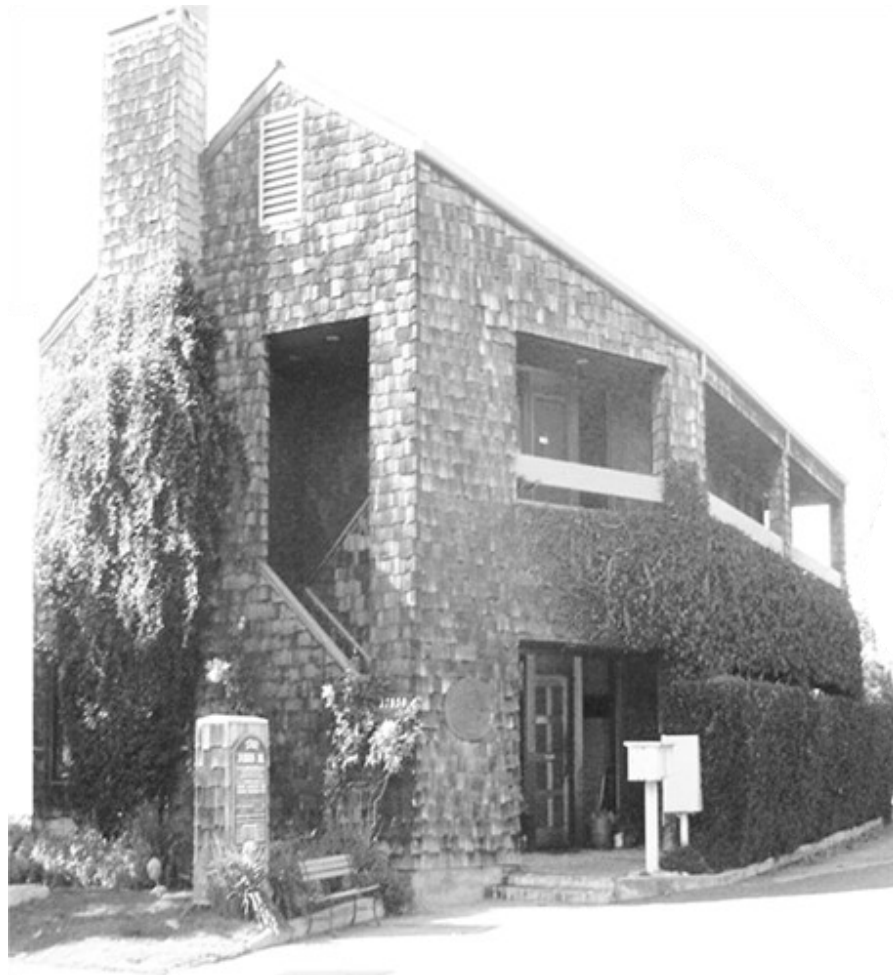


*Monterey Institute of Touch*  
*Quality Education in the Healing Arts*



*Catalog*

*CAMTC Approval Code: SCF0072*

*“The teacher opens the door,  
But you must enter by yourself.”  
-Unknown Author*

# *Monterey Institute Of Touch*

## *An Introduction*

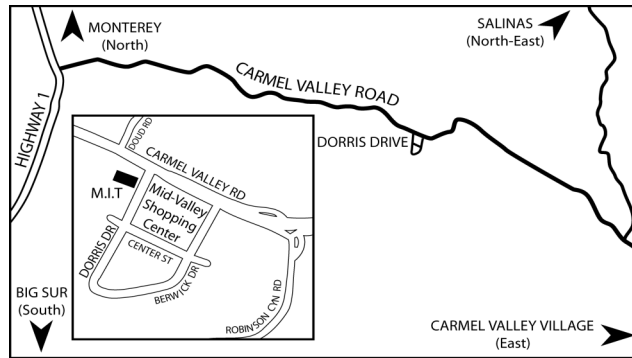
**M**assage as a profession has gained increasing recognition within the last decade, both from the general public and the medical community. In order to play our part in maintaining this valid acknowledgment, we at the Monterey Institute of Touch strive to provide our students with in-depth massage technique training and a solid foundation of anatomy and physiology. And that is where we begin. In addition, the methods and practices of various healing modalities and the skills of successful body workers are collectively examined and applied as a broad basis for learning. The best procedures are selected and combined to create a base from which students are encouraged to build an individual style. This leads to the discovery within each student of true personal power and the recognition that therapeutic effectiveness makes massage a healing art.

**I**nspired by this belief the Monterey Institute of Touch, MIT, was founded in 1983. Over the years a continuing series of advanced workshops and seminars were added to the basic curriculum to create a program which offered the advances in the holistic health care field. MIT is well known for providing hands-on training in a variety of courses that range from basic introductory massage to advanced programs for the professional body-worker. The program continues to grow and offers two tiers, consisting of a 250 hour Massage Practitioner program, and a 500 hour Massage Therapist program. In addition, MIT offers many unique specialization opportunities attracting students and teachers worldwide. The Monterey Institute of Touch is an approved provider of continuing education by the National Certification Board for Therapeutic Massage and Bodywork and the State of California Board of Registered Nurses.

**T**hose considering a course of study at MIT are invited to visit the facility and to discuss their objectives and study plans with the administrative staff. Whether the education is to be used for entering into the field of Massage, or for personal growth, family health care or as a stepping stone into another health-related career, the techniques and processes taught will be valuable life skills which will continue to benefit you and those you touch throughout your lives. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

## ABOUT THE INSTITUTE

**THE MONTEREY INSTITUTE OF TOUCH** located at 27820 Dorris Drive, Carmel, CA 93923, is a private institution approved to operate by the Bureau for Private Postsecondary Education, located just six miles from Highway 1 (15 minutes from Monterey). All class sessions will be held at this address. We offer easy access by bus or car with ample parking. Housing, not associated with the school, is available in the nearby community for out-of-town students. A library of related textbooks are available for purchase, as well as massage supplies, i.e. lotions, oils and creams.



## ADMISSION

Students are encouraged to visit the facilities and may enroll any time in advance of each term, provided the class has not been filled. To be admitted a student must:

- \* be at least 18 years of age and a High School graduate or equivalent.
- \* be able to read and write English language at a High School level, must be able to pass an English Language Proficiency Test such as ELPT or TOEFL if necessary. All classes are taught in English. No English language services are provided.
- \* be physically capable of performing and receiving massage techniques as taught in the program.
- \* complete a personal interview to assess academic and financial readiness, as well as personal philosophy, motivation and goals.
- \* complete MIT's Discover Massage workshop or equivalent.
- \* complete application found in the middle of this catalog and submit all requested documentation, i.e. autobiography, two letters of personal character reference and a recent photograph

## NON-DISCRIMINATION POLICY

Enrollment is open to all students who demonstrate a desire to receive an education in the healing arts regardless of sex, race, religion or national origin.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Dr, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.

## **MESSAGE PRACTITIONER PROGRAM 250 Hours**

**THIS COURSE** includes instruction in basic Swedish massage, Shiatsu, Reflexology, Polarity, Sports Massage, Range of Motion, Self-Care and Movement Awareness, Business & Professional Ethics, Anatomy and Physiology, as well as 30 individual internship practice massages. Required clinic hours provide a portion of these documented practicum hours, offering the hands-on experience that is required of all students prior to certification completion. Instruction is in residence with class sizes limited to 20 students to maximize educational opportunities.

**THIS COURSE** is the 1st level required for the Massage Therapist Certification Program. It satisfies the CAMTC's 100 hr core requirements.

**MESSAGE INTERNSHIP/PRACTICE SESSIONS** provide students with practical experience and documented evaluations that enable the student and their instructor to observe their progress, as well as note areas where additional instruction is necessary. The variety of training includes work with classmates, graduates, and persons with special needs. The Massage Practitioner Program enrollee learns how to properly document each massage session using a client intake form and is introduced to clinical style "SOAP" notes. Students emerge with a solid foundation of training.

**THE PURPOSE** of the core program is to provide students with viable techniques to use in community health care by encouraging self-confidence and an integrated understanding of life and health. The directors of the institute hold that education at its best should allow students to draw from within themselves in order to manifest their own potential. This is accomplished by teaching both the technology of bodywork and an introduction to knowledge of the life force.

**COURSE APPROVAL** is granted by the Bureau for Private Postsecondary Education. The Bureau's approval means the Institute and its operation comply with the minimum standards established under law for occupational instruction by private postsecondary educational institutions. MIT has approval from the Bureau to grant a Certificate of Completion upon successful completion of the course. The Institution is not accredited by an accrediting agency recognized by the United States Department of Education

**THE MESSAGE PROFESSION** provides an opportunity to offer service to our communities through safe and compassionate touch. Massage training also offers a profound opportunity for the practitioner to experience continuing personal growth and awareness. Whether you enter this field in search of a new career, or to add to your existing skills, our program can help you successfully attain these goals.

## COURSE SCHEDULE

Please see enclosed flyers for current certification classes

This catalog covers the time period from January 1st, to December 31st. The school will be closed on the following days: New Year, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. At this time we do not offer English as a second language instruction.

**\*fees and schedule subject to change\***

## COURSE CONTENT AND TUITION

SUBJECTS	HOURS
Discover Massage Workshop	PRE-REQUISITE
Therapeutic Massage Techniques (Includes 12 hours of Health and Hygiene)	80
Adjunct Modalities:	
Polarity	8
Shiatsu	16
Reflexology	12
Sports Massage	8
Anatomy & Physiology	44
Kinesiology with Movement Awareness	20
Pathology/Contraindications	16
Hand, Wrist & Forearm	4
Business Practice & Ethics	16
Supervised Internship Sessions	<u>26</u>
<b>Total Class Hours</b>	<b>250</b>

### TUITION and FEES:

Discover Massage workshop \$ 125.00

### 250 hr Practitioner Course

Registration Fee (Non Refundable) \$ 100.00

STRF Fee (Non Refundable, \$.00 for every \$1000, rounded) 00.00

Tuition Fee (Includes \$70 Final Evaluation Fee) 2,970.00

Student Liability Insurance 45.00

Books & Supplies 180.00

**Total Cost for 250 Hour Course \$3,295.00**

Total Charges for the Current Period of Attendance **\$3,420.00**

Estimated Total Charge for the Entire Educational Program **\$6,800.00**

**See Page 11 for cost and information on the advanced portion of the Massage Therapist Program.**

## **COURSE DESCRIPTION - MASSAGE PRACTITIONER**

### **Massage as a Career - Discover Massage Workshop:**

This class is for people with no massage experience who are exploring this growing field for a possible career in the healing arts or who wish to learn how to massage friends and loved ones. We will explore the fundamental techniques of Swedish massage using effleurage, petrissage, stretching, and connecting strokes. Appropriate draping is emphasized as well as proper body posture. This class is easy and fun. A great class for couples! This class is the pre-requisite for entrance into the massage practitioner program.

### **Therapeutic Massage Techniques:**

Students will be taught the basic foundation of massage as needed for a professional practice. A variety of strokes and styles will be introduced based on the theory of Swedish Massage (effleurage, petrissage, kneading and percussion) as well as stretches, joint mobilization and long connecting strokes. In addition to technical expertise, these classes focus on developing the students sensitivity and ability to tune in, be present and grounded and how to handle emotional content which may come up in a practice.

### **Anatomy & Physiology:**

**Anatomy:** This basic Anatomy class is a unique hands-on approach to the neuro-muscular-skeletal system and its supportive and integrative systems. Students learn to feel, visualize and understand the body's interrelationships, in an integrated way and will be able to approach massage with a working knowledge of structure and function of the body.

**Physiology:** This is a basic introduction to the science of the functions of the living organism and its components and of the chemical and physical process involved. Instruction will include study of the systems of the body and how the art of massage impacts the entire body.

### **Kinesiology with Movement Awareness:**

Kinesiology, the study of motion, plays a critical role in understanding patterns of movement and structure in the human body. Students are taught how to move and work without stressing their own bodies. They learn that the massage must be an exchange and healing experience for both giver and receiver. (These principles are emphasized throughout the program by all the teachers). Included are exercises and stretches for self care.

**Pathology:**

Pathology is the study of anatomic and functional manifestation of disease. Students are given instruction in order to begin to recognize various pathologies; and when massage therapy is indicated or contraindicated.

**Shiatsu:**

Shiatsu is a classic oriental form of body therapy which uses connecting stretches and finger pressure on acupuncture points along the body meridians.

**Polarity Therapy:**

Polarity is a subtle, yet powerful bodywork technique which relaxes, revitalizes and balances the body and mind energies. By using the natural currents that flow through the hands, blockages of energy that accompany symptoms of illness can be released, so that massage recipients feel connected and energized; thus better health is promoted.

**Reflexology:**

Reflexology is a healing art built on the principle that certain areas (reflexes) in the hands and feet correspond to all of the glands, organs and parts of the body. An increase the flow of vital energy and blood throughout the body is obtained by locating appropriate reflex areas, applying pressure, then massaging these reflexes.

**Sports Massage:**

This class provides a brief introduction to this growing field. Students will become familiar with the differences between pre and post event massage and learn compression techniques and stretches.

**Business Practices and Ethics:**

Students are taught marketing strategies and self promotion in order to create a successful massage practice. Business ethics and the responsibilities of operating a business are taught, as well as record keeping and professional conduct.

**Final Practicum Exam:** Student will select an instructor (list provided) and perform a minimum of 1 hour practicum massage. Students are evaluated on their ability to skillfully demonstrate the variety of techniques learned in class and be able to discuss their uses, applications and contraindications.



## **SCHEDULE OF PAYMENTS**

A registration fee is due at the time of your personal interview and is non-refundable. At that time, a payment schedule will be arranged with the full payment or first installment due no later than the first day of class. Payment in full must be received by the final day of class. An enrollment agreement detailing the payment arrangements must be signed at the time of the personal interview. Students have the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. Refund rights are described in the enclosed application form and your enrollment agreement.

## **STATE OF CALIFORNIA STUDENT TUITION RECOVERY FUND**

The Student Tuition Recovery Fund (STRF), is a special fund established by the California legislature to reimburse California resident students who might otherwise experience a financial loss as a result of untimely school closure. Institutional participation is mandatory. It is important that students keep a copy of any agreement, contract or application to document enrollment, tuition receipts or canceled checks to document the total amount of tuition paid, and records which will show the percentage of the course which has been completed. Such records would substantiate a claim for reimbursement from STRF, which, to be considered must be filed within one year following school closure. For further information or instruction contact: the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Dr, Suite 400, Sacramento, CA 95133.

You must pay the State-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third Party

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

However, no claim can be paid to any student without a social security number or taxpayer identification number.

### **STUDENT CONDUCT POLICY**

All students are expected to comply with accepted standards of professional conduct and ethics. Any student may be dismissed at the discretion of the Director for the following behavior: (1) student under the influence of alcohol or illegal drug on school premises (2) possession or distribution of alcohol or any federally controlled substances on school premises (3) MIT is a non-smoking environment. Smokers must refrain from smoking 1 hour before class and during the duration of class (including breaks and lunch). No smoking is permitted on school grounds (4) behavior creating a safety hazard to other persons, and (5) any other stated or determined infraction of the rules of conduct.

### **ATTENDANCE**

Our Certificate is based on clock hours, all 500 Hrs of the Massage Therapist program must be attended. As the Institute and its programs are directed towards professional training, attendance reflects a professional attitude. All classes begin promptly, tardiness is defined as missing five minutes or more of any class. Tardiness of fifteen minutes or more are logged and make up time is accumulated in hour increments. Leaving early or tardiness after a break is counted the same. Students failing to maintain satisfactory attendance will be counseled by the Director. A fee will be charged for each make-up class.

All material and equipment required e.i. massage tables, chairs, stools, and other furnishings are provided at no extra cost.

### **STANDARDS OF SATISFACTORY PROGRESS**

Each student is required to maintain satisfactory progress in order to remain enrolled at MIT. Student progress will be monitored throughout the course. Records will be reviewed at a minimum of 33%, 66%, and completion of the course. Failure to maintain the following standards is reason for dismissal, suspension or probation: (1) students must pass all tests with a minimum score of 60% (2) all 30 internship massage practice sessions must be completed during the course of the program and scheduled clinic practicum hours. (4) all homework assignments must be completed in accordance with the teachers' instructions. (5) students must make tuition payments on time. (6) weekly reports must be submitted and classroom student file maintained. Each student is required to submit a schedule of completion to her/his teacher on the last day of class.

### **GRADUATION REQUIREMENTS**

Students will be evaluated both in the various massage techniques learned as well as written examination for the anatomy and physiology classes, massage theory and contraindications. Practical evaluation will be conducted during the massage portion of each class. For all examinations a score of 60% or above will be considered passing. In addition, prior to each student receiving her/his *Certificate of Completion* all students must: (1) complete all required course homework and makeup any absences, (2) complete the required documented internship sessions, (3) give a passing final practicum massage to an instructor and (4) pay all tuition and fees in full.

### **STUDENT COMPLAINT PROCEDURES**

From time to time differences in interpretation of school policies may arise, usually due to a miscommunication or misunderstanding. We urge both students and staff to communicate directly to the individual(s) involved. Any grievance that cannot be resolved should be reported directly to the office staff, either orally or in writing, Monday through Friday between 11:30 AM and 5:00 PM, or Saturdays by appointment. Investigation of a complaint will be completed by the school Director and presented to the student either verbally or in writing within ten days.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the Institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Dr, Suite 400, Sacramento CA 95833 or PO Box 980818, West Sacramento CA 95798-0818, [www.bppe.ca.gov](http://www.bppe.ca.gov), (916)431-6959, (888)370-7589 or by fax (916)263-1897.

A student or any member of the public may file a complaint about this institution with the Bureau of Private Postsecondary Education by calling the toll free number 1-888-370-7589, or by completing a complaint form, which can be obtained on the bureau's website [www.bppe.ca.gov](http://www.bppe.ca.gov).

### **SUSPENSION, DISMISSAL AND PROBATION POLICY**

In the event of suspension, dismissal or probation, students will be notified in writing, including the reasons for such action. Length of probation/ suspension and deficiencies and/or behaviors that must be displayed in order to regain regular student status will also be included. A student will be allowed ONE probation during her/his enrollment. In the case of student suspension a formal hearing between the students' instructor and the Director must be held to determine eligibility for reinstatement. Students will be notified in writing of dismissal from MIT and the reasons for such action. In the case of student dismissal a formal hearing between the students teacher and the Director must be held to consider reinstatement. A student who has been dismissed from enrollment by decision of the Director may not reapply for one calendar year. A student may appeal the Director's decision of probation, suspension or dismissal, and must be submitted in writing to the Director within 10 days of the dismissal action.

### **DROPOUT/LEAVE OF ABSENCE**

Due to the structure and scheduling of each class, no leave of absence will be granted. A student may withdraw/dropout of a class at any time.

### **CANCELLATION, WITHDRAWAL, AND REFUND POLICY**

1. The Student shall have the right to cancel the enrollment agreement or withdraw from the course of instruction and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.
2. Cancellation shall occur when the student gives *written notice of cancellation* to the school.
3. The written cancellation notice need not have a particular format, however, the expressed desire of the student to terminate the agreement must be clearly stated.
4. If the student withdraws from a course of instruction after midnight of the day on which the student attended the first class of the course of instruction, and before 60% of the course is completed, the school will remit a refund, as per the following refund formula. The amount of the refund shall be calculated on a prorated basis, less the registration and STRF fees and the cost of any books and/or equipment the School provided the student which was not returned within ten days following the date of the student's withdrawal.

#### **TOTAL TUITION COST - HOURS NOT RECEIVED = REFUND TOTAL**

If 60% or more of the clock hours are completed, no refund is granted.

5. For the purpose of determining a refund, the Student shall be deemed to have withdrawn when any of the following occur:
  - The Student notifies the School of the Student's withdrawal or of the date of the Student's withdrawal, whichever is later.
  - The School terminates the Student's enrollment as indicated in the provisions of this catalog and the enrollment agreement.

- The Student has failed to attend five consecutive classes without notifying the school administration. For the purpose of this paragraph, the date of the Student's withdrawal shall be deemed the last day of recorded attendance.

### **ADVANCED CLASSES AND CONTINUED EDUCATION**

These courses represent an ongoing commitment by MIT to provide continuing support for massage practitioners interested in advancing their education. They are continually updated and augmented to reflect the ever-changing demands of the industry. The pace and format of our advanced course work allows the student time to work with clients, integrate new material into their private practice and complete the 500 hour massage therapist program. These classes are also acceptable for continuing education credit. MIT has been awarded the designation of NCBTMB, National Certification Board for Therapeutic Massage and Bodywork, approved provider for continuing education. For detailed information concerning individual course content and cost, please contact the administrative office. A massage practitioner status is the prerequisite for most advanced course work.

### **CONTINUING EDUCATION FOR NURSES**

The MIT curriculum is approved by the Board of Registered Nurses (provider #53333). Training provided in advanced workshops allows nursing professionals an opportunity to expand their effectiveness as caregivers

### **MASSAGE THERAPIST PROGRAM - 500 Hours Minimum**

The 500 hour program is for the body worker who has successfully completed our 250 hour Massage Practitioner level. This program is ongoing and can be entered each quarter and can be completed in as little as an additional 6 to 8 months. The program is designed to give the student an opportunity to continue her/his education with a goal of producing a student with solid, in-depth knowledge of theory and practice in keeping with AMTA (American Massage Therapy Association) guidelines. The program blends bodywork techniques with integrated Anatomy and Kinesiology; develops awareness techniques using body/mind metaphors, music, movement, listening and seeing. This advanced training provides body workers with an opportunity to broaden their skills and deepen their insights. Minimum requirements for a completion certificate as a Massage Therapist (without Specialization) are:

250 hours in the *1st level Massage Practitioner Program*

160 hours of *Required Classes*

\*64 hours of Anatomy & Physiology

\*52 hours of Massage Level II

\*32 hours of Pathology with Clinical Application

\*8 hours of Thumbless Therapy

94 hours of *Electives*. A variety of choices are available. Not all courses are offered at all times. **Total number of hours is 500.**

**Fees:** Tuition \$6200, Books \$500, Registration Fee \$100.

**Total Tuition and Fees \$6800.00**

## ADVANCED REQUIRED AND ELECTIVE COURSES:

Advanced Anatomy & Physiology	Massage II
Acupressure/Energy Workshop	Myofascial Release
Ayurvedic Massage	Orthopedic Massage
Chair Massage	Pathology with Clinical Application
Craniosacral Therapy I & II	Polarity Therapy Foundations
Deep Tissue	Prenatal Massage
Feldenkrais Movement Workshop	Reiki I & II
Geriatric Massage	Shiatsu
Intermediate Reflexology	Spa Treatments
La Stone™ Therapy	Sports Massage
La Stone™ Deep Stone Therapy	Thai Massage
Lomi Lomi Massage Intro	Thumbless Therapy
Lymphatic Massage I & II	Trigger Point Therapy

Not all courses are offered at all times.

## SPECIALIZED PROGRAMS

The Specialization Programs are part of the Massage Therapy Program and are designed to offer the student the opportunity to specialize in their particular area of interest. At completion, students receive a certificate with the respective specialization listed. Requirements for completion are the same as the Massage Therapist program with the exception of the elective courses listed. A minimum of 100 elective hours must be completed. Elective course substitutions are permitted.

## BREAKDOWN OF SPECIALIZED MASSAGE THERAPIST PROGRAMS REQUIRED COURSES, Total Hours 410

250 hour Massage Practitioner Program (See Page 4 for class breakdown)

64 hours of Advanced Anatomy & Physiology

52 hours of Massage Level II

32 hours of Pathology with Clinical Application

8 hours of Thumbless Therapy

A minimum of 100 hours are required for the specific specialization as follows:

### ELECTIVE COURSES FOR THE SPA & RESORT SPECIALIZATION (100 Hrs)

16 hours Spa Treatments for the Private Practice

20 hours Lymphatic Massage

32 hours LaStone Therapy™

32 hours Ayurveda Abhyanga and Shirodhara or LaStone Deep Stone Therapy™

**Total number of hours is 506 (406+100).**

**Fees:** Tuition \$6270, Books \$480, Registration Fee \$100.

**Total Tuition and Fees \$6850.00**

### ELECTIVE COURSES FOR THE SUBTLE ENERGY SPECIALIZATION (104 Hrs)

32 hours Craniosacral Therapy

24 hours Shiatsu

16 hours Polarity Therapy Foundations

16 hours Reiki Levels I & II

16 hours Acupressure/Energy Workshop

**Total number of hours is 510 (406+104).**

**Fees:** Tuition \$6365, Books \$425, Registration Fee \$100.

**Total Tuition and Fees \$6890.00**

**ELECTIVE COURSES FOR THE SPORTS MASSAGE SPECIALIZATION (104 Hrs)**

- 40 hours Advanced Sports Massage
- 40 hours Orthopedic Massage for the Upper and Lower Extremities
- 24 hours Trigger Point Therapy

**Total number of hours is 510 (406+104).**

**Fees:** Tuition \$6300, Books \$400, Registration Fee \$100.

**Total Tuition and Fees \$6800..00**

**COURSE DESCRIPTION – 500 hr MASSAGE THERAPIST  
(Class costs and hours subject to change)**

**Advanced Anatomy & Physiology, 68 Hours, \$870**

Students will gain an in-depth knowledge of anatomy and physiology and will become familiar with relationships between systems, kinesiology and the role muscles play. This course fulfills the requirements for the National Certification exam and is a requirement for the 500hr program.

**Ayurvedic Massage: Shirodhara, 8 Hours, \$95 and Abhyanga, 21 Hours, \$295**

Learn Ayurvedic massage techniques. Understand how to determine your clients' energies, and how to decide what type of bodywork they need to help balance and create health in their life.

**Chair Massage, 7 Hours, \$125**

Designed for practitioners and therapists interested in increasing their business with this increasingly popular method of massage. You will learn how to combine acupressure with muscle oriented techniques, proper body mechanics to make deep pressure smooth and easy, and to customize a routine to suit your client's needs.

**Craniosacral Therapy I & II, 20 Hours (each), \$275 (each)**

Craniosacral therapy is gentle, safe, and powerful method used for treating traumas and dysfunctions of the spine and cranium, as well as addressing underlying imbalances of the body, mind, and spirit. In this course, you will develop and refine your skills to listen, explore, and interact with all dimensions of the individual through investigations of the cranial wave.

**Deep Tissue, 36 Hours, \$425**

Deep tissue massage refers to softening, stretching, and freeing the fascia to relieve chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy that requires anatomical precision and skillful palpation.

**Geriatric Massage, 8 Hours, \$125**

Learn powerful but gentle moves for your elderly clients. This class will assist you in expanding your practice by adapting to your aging clients' needs, and provide a healing touch to a population that may not be receiving regular massage.

**Hot/Cold Stone Therapy, 32 Hours, \$495**

Hot/Cold Stone Therapy combines traditional Swedish massage with the healing power of stones and temperature. Using hot rocks and cold stones, learn to offer methods on how to bring deeper relaxation, clear congestion and thermal therapy on the body.

**Lymphatic Massage I & II, 20 Hours (each), \$275 (each)**

Lymphatic Massage is a very light and gentle method for mechanically moving fluids through tissue. Using the hands, fluids are propelled forward through the lymphatic vessels, mimicking the action of the lymphatic system itself, and away from the sites where fluid has pooled. Profound effects are achieved through this light and gentle work. Lymph I is a prerequisite for lymph II.

**Massage II, 52 Hours, \$525**

This course is designed to build your confidence, trust your unique talent, and develop your own style. Deepen your understanding of techniques learned in the practitioner program. Enhance intuitive sensing skills and clinical applications for clients with specific problems. Business and marketing skills are also broadened.

**Myofascial Release, 24 Hours, \$365**

Gentle stretching of the elastic fiber of connective tissue releases holding patterns in all major body areas. You will learn to how to affect a change in body structure. We use standing evaluation to determine areas of strain & imbalance. Expect to experience changes in your own structure during class as a result of these highly effective manipulations.

**Orthopedic Massage for the Upper Extremities, 24 Hours, \$325**

This workshop will cover the theoretical model of massage therapy that muscles, tendons, and ligaments have a normal position. The affects of dysfunction and injury to joints create abnormal position or misalignment in the soft tissue surrounding the joints. Learn specific techniques to affect a change in structure and function of neuromuscular skeletal soft tissue of the upper extremities.

**Orthopedic Massage for the Lower Extremities, 24 Hours, \$365**

Learn the essential principles for the assessment and treatment of soft tissue pain and injury. By integrating concepts, assessments and specific techniques for various lower extremity injuries, you will learn to use accurate assessment tests, palpate injured structures, treat the injury with clearly detailed techniques and incorporate exercise and therapy for injury rehabilitation.

**Polarity Therapy Foundations, 16 Hours, \$245**

Add energy to your bodywork! Learn a complete protocol that supports emotional balance and overall health while reducing stress and pain. Develop greater sensitivity and intuition to better understand your clients.

**Pathology with Clinical Application, 28 Hours, \$395**

In today's world, Massage Therapists are expected to be familiar with a variety of pathologies. By having studied A&P, students should come to Pathology prepared to build on those foundations by developing a deeper understanding of human anatomy. Having achieved this, students should be able to communicate and work more effectively with clients and the medical profession.

**Prenatal Massage, 20 Hours, \$245**

Learn how to massage expecting moms throughout their pregnancy by using various modalities and support systems. Become familiar with psychological and physical changes in the pregnant client. Pre-natal clinic sessions are included in class in order to practice techniques learned.

**Intermediate Reflexology, 16 Hours, \$245**

Traditionally, Reflexology has been used to address physical concerns in the body by palpating reflexes, areas on the feet and hands, that correspond to all parts of the body. In this course, we will review the basics of Reflexology. We will discuss the 11 systems of the body: (Endocrine, Lymphatic, Digestive, etc.). You will then get information, demonstrations and sequences on how to address each of the 11 systems and the Meridians that affect those systems.

**Reiki I & II, 8 Hours (each), \$125 & \$175**

Reiki is a non-invasive, hands-on form of bodywork where the client is fully clothed. Integrating Reiki into your massage practice is a great way to benefit clients and increase your skills! Reiki I is a prerequisite for Reiki II.



**Shiatsu II, 24 Hours, \$280**

Deepen your knowledge of Shiatsu techniques for the kneeling and sitting client and learn body stretches on the floor and table. We will also explore techniques for working with specific pathological conditions such as sciatica, migraines, whiplash, and herniated discs.

**Spa Treatments, 16 Hours, \$245**

Learn spa treatments that can be done without a wet room! You will walk away from this class able to use the supplies you purchased and the knowledge you've gained to perform spa treatments in your very own office.

**Sports Massage, 40 Hours, \$455**

Techniques taught in the class can be adapted to any massage style and address the unique needs of clients who are active/athletic, including those who work with computers, massage practitioners, musicians, etc. Students will use visual assessment skills to design specific massage routines, tailored to the client's needs. Clinic session includes attendance to the Big Sur International Marathon.

**Thai Massage I and II, 16 Hours (each), \$245 (each)**

The goal of Thai Massage is to enhance flexibility and restore harmony to the body. It's a great workout for the practitioner. The class will focus on proper body mechanics as she teaches traditional Thai Massage on mats. Ways to incorporate it to table work and massage will also be addressed.

**Thumbless Therapy, 8 Hours, \$125**

This class will focus on discovering and developing new methods of using the body to provide deep and effective massages without stressing your thumbs. You will learn to release major muscle groups using hands, fists, forearms and elbows.

**Trigger Point Therapy – Upper Crossed Syndrome and Lower Crossed Syndrome, 24 Hours (each), \$365 (each)**

Trigger Point Therapy is the movement and release of Myofascial tissue by means of soft, deep contact with pressure points. Learn how to work with specific pathologies, make changes and how to stop pain spasm cycles. Identify pain patterns caused by Trigger Points and learn about nerve entrapment, hydrotherapy, deep tissue and myofascial release.

**ESTIMATED COSTS**

Estimated costs for Massage Therapist Program is \$6800.

(Includes Massage Practitioner Program cost)

Estimated cost for Massage Therapist Program with Specialization is from \$6800.00 to \$6890.00.

**STUDENT RECORDS**

Permanent records for all students including personal information, enrollment agreements, financial and academic records are maintained in the administrative office and are available during business hours for inspection and copying by the Bureau and any entity authorized to conduct investigations. Students may view their own academic records by appointment. Transcripts are provided along with completion certificates at no charge. Subsequent transcripts are available for a \$25.00 fee. Student records are maintained for a period of five years from the date of completion or withdrawal, student transcripts are held permanently.

### **CREDIT FOR PREVIOUS TRAINING AND EDUCATION**

Credit for equivalent education or training earned at other institutions or through challenge examinations and achievement tests may be approved at the discretion of the Director. A review of documentation and/or practical examinations may be required; it is the responsibility of students to deliver such documentation to the Institute along with application forms. The institution has not entered into an articulation or transfer agreement with any other college or university.

MIT does not award credit for prior experiential learning.

### **FINANCIAL AID**

MIT does not offer financial aid and does not participate in federal or state financial programs, however, MIT is in the State of California Employment Development Department ETPL eligible training program list, as part of the WIA Work Force Investment Act. Prospective students can visit [etpl.edd.ca.gov](http://etpl.edd.ca.gov) for additional information.

If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

The institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, nor has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

### **HYGIENE, DRESS CODE, and DRAPING POLICIES**

Students attending class must be clean and neatly groomed and free of offensive odors such as body odor, bad breath and cigarette smoke.

Fingernails must be clean and clipped shorter than the end of the finger. Hair must be pulled back and out of the way. No rings, dangling earrings, necklaces with long chains, bracelets or watches shall be worn. Visible body piercings should be removed prior to start of class.

No low cut or revealing necklines, no tank tops. Shirts must cover the entire abdomen. Clothing must always cover undergarments. Shorts and skirts must be at least knee length.

Students must be draped at all times and only those areas being worked on are to be uncovered. Private changing areas are available for changing clothes. Students exhibiting inappropriate behavior may be subject to dismissal.

## **NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION**

The transferability of credits you earn at MIT is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Massage Therapy is also at the complete discretion of the institution you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your course work at the institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending MIT to determine if your certificate will transfer. At present, MIT does not have transfer or articulation agreements with any college or university.

## **LICENSING**

The State of California does not presently have Licensing Requirements for Massage Practitioners or Therapists. The California Massage Therapy Council, CAMTC, by authority of the State of California, issues certification at the Massage Therapist level, CMT (Minimum 500 hrs). Students are encouraged to visit [www.camtc.org](http://www.camtc.org) for detailed information regarding certification.

Pursuant to California Business and Professions Code section 4611, it is an unfair business practice for a person to do any of the following:

(a) To hold himself or herself out or to use the title of “certified massage therapist” or “certified massage practitioner,” or any other term, such as “licensed,” “certified,” “CMT,” “CMP,” in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

(b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, or registered by a governmental agency as a massage therapist or massage practitioner

“Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. Seq.”

“ A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, [www. Camtc.org](http://www.Camtc.org), phone (916) 669-5336 or fax (916) 668-5337”

## **FOREIGN STUDENTS**

MIT admits students from other countries, however no visa services are provided. MIT will vouch for student status, and any associated charges.

## **STUDENT SERVICES**

### **Standards for Student Achievement**

Students must attend all classes, pass all quizzes and tests, complete all homework, massage internships and/or massage clinics in order to be rewarded with class hours and a certification of completion. Once a student has received a certificate of completion, he or she can apply to the California Massage Therapy Council (CAMTC) for certification as a Certified Massage Therapist (CMT).

If a student has absences, missed quizzes or outstanding homework, the school office will work with the student to complete these items before class hours and a certification of completion will be awarded.

### **Facilities, Equipment, and Materials**

The school is located in a 1778 sq. ft facility, which has two classrooms, two administrative offices, a store, and a patio for student gathering. Classroom 1 capacity is 20 students and classroom 2 capacity is 30 students.

Classrooms are equipped with massage tables, chairs, stools, bolsters, blankets, oils and lotions as well as video equipment for instruction use.

A library of textbooks, videos, and periodicals related to the massage field are available for the students to review and check out at no charge. A small store selling massage products such as creams, oils, and table warmers, etc. the store also sells learning tools, such as books, flashcards, posters, etc. Massage tables and bolsters are also available for purchase.

The school rents massage tables, massage chairs, and pregnancy support cushions by the day, week, or month for past or present students who do not have their own equipment.

### **Placement Services**

MIT does not offer placement services. A bulletin board is located at the lobby where available positions at spas, salons, chiropractic and physical therapist offices are routinely advertised.

### **Housing Information**

MIT does not have dormitory facilities under its control and does not provide on-site or off-site housing or housing assistance. Costs for local hotels vary depending on location, time of the year or special events happening at the time. Availability is all year round and hotel rooms range from \$75/night and up.

## **MIT INSTRUCTORS**

Instructors are carefully chosen for their high level of professionalism, as well as their effectiveness as experienced teachers. To meet the needs of a quality program, we require that our instructors be successful in their own private practices and exceptional in their ability to teach their particular specialty. The Institute, the facility it occupies, and the equipment it utilizes, comply fully with all federal, state, and local ordinances and regulations, including requirements of fire safety, building safety, and health.

## **TEACHING STAFF**

**DARCI D'ANNA, CMT ID # 10190** – Polarity and Reflexology instructor, has over 16 years experience in the healing Arts as a Massage Therapist and Polarity Practitioner. Darci also completed 675 hours of RPP training at Berkeley Polarity Center.

**MARILYN DRAPER, CMT ID # 61294** – Lomi Lomi Hawaiian Massage Instructor. Teaches Lomi Lomi Massage in several Spas and Schools in California. Maintain a private practice in Cambria CA.

**LINDA DOWNEY, CMT ID # 27149** – Massage Certification and Craniosacral Instructor. Has 14 years as an NCBTMB certified massage therapist. Also a yoga instructor and athletic coach. Works at a local SPA.

**DAYA FISCH, CMT ID # 12817** – Master in Nutrition, Lymphatic Massage instructor. Maintains a private practice specializing in lymphatic massage and eastern therapy, and is the founder of the Breast Health Project.

**KENNETH GRISALES, CMT ID # 10777** – Owner/Director. Business Principles & Ethics instructor. An MIT graduate. Maintains a private practice in Carmel.

**DR. ERIK HAAG, D.C.** – Myofascial Release instructor. A Chiropractor since 1983 maintains a private practice in Monterey.

**DEBORAH ARDELL HILL, CMT ID # 18659** – Certified La Stone™, Stone Sole™ & Reflexology instructor, and author of Spiritual Reflexology.

**JOSEPH HUTCHINSON, BA, NCBTMB, CMT ID # 35847** - Anatomy, Physiology and Chair Massage instructor. Certified Sports Massage Therapist by the American Massage Therapist Association. Maintains a private practice in Pacific Grove.

## TEACHING STAFF

**JULIA HUTCHINSON, CMT ID # 15147** – Spa Treatments and Thumbless Therapy instructor. She has studied and practiced Ayurveda for several years. She is certified as a Clinical Ayurvedic Specialist from the California College of Ayurveda and a certified teacher from the International Sivananda Yoga Vedanta Center.

**PAULINE KIRBY, R.N., M.S.** – Acupressure/Energy Workshop instructor. She has been a healer and teacher for the past 40 years practicing acupuncture since 1977. She combines her knowledge of western medicine with healing practices such as Traditional Chinese Medicine, homeopathy, herbal medicines, gestalt, deep tissue, and emotional release work.

**LARISSA McSHANE, CMT ID # 25287, NBCMT** - Massage, Anatomy and Physiology instructor. An MIT graduate, maintains a private practice in Carmel

**CHARLOTTE REDSTONE, CMT ID # 34755** – Massage, Shiatsu, Geriatric and Prenatal Instructor, has an M.Ed. in Education, a B.A. in Psychology, a B.S. in Chemistry and is an MIT graduate, maintains a private practice in Pacific Grove.

**ARIEL SERRE, CMT ID # 26099** – Thai Massage instructor. She has 15 years experience as a yoga teacher, she is a Nationally Certified Massage Therapist, a certified Thai Massage instructor and has an Associates Degree in Massage.

**JOHN STELLA, CMT ID # 64924** – Advanced Anatomy & Massage instructor, an MIT graduate, maintains a private practice in mid-Carmel Valley specializing in Sports Massage & athletic training.

**AME WELLS-HARTZELL, CMT ID # 57646, BA, MA, RN** – , Pathology, Physiology instructor. MIT graduate, has a BA in Social work and is a Registered Nurse specializing in Multiple Sclerosis and Pediatrics.

**KIM YALDA** – Reiki instructor. Has a holistic healing practice in Pacific Grove. and earned credentials as a Holistic Aromatherapist, Reiki Master Teacher, Ayurvedic Practitioner, and Precognition Re-Educator. Also holds a doctorate in Spiritual Studies.

**PATRIC ZITO, CMT ID # 62189, MEd, GCFP, NCBTMB** - Shiatsu, Kinesiology/Movement Awareness and Massage instructor. He is a Guild Certified Feldenkrais Practitioner/Teacher. Has been working in the Somatic Field since 1983 and maintains a private practice in Mid Carmel Valley specializing in Movement Therapy, Education and Rehabilitation.

*“The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind.”*  
*- Khalil Gibran*

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