



Santa Barbara Body Therapy Institute

516 North Quarantina Street Santa Barbara, CA 93103
(805) 966-5802 ~ www.sbbti.com

Where Lives Change!



A vocational training healing center
Cultivating health from the inside out

Course Catalog

January 1, 2022- December 31, 2022

Important: As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. This can be provided to you electronically, by mail or handed to you during an on-site initial meeting. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an enrollment agreement.

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Our Mission and Objectives

Our mission is to prepare students for professional practice in massage and bodywork. Our classroom provides an educational environment that illuminates how to enhance body function through presence, informed touch and holistic practices. Our whole brain approach to instruction transmits vital information through visual, kinesthetic and auditory pathways. Our longer programs prepare graduates for professional practice depending on the requirements of their local ordinance, while our short programs provide personal enrichment and continuing education opportunities.

The Institute

Santa Barbara Body Therapy Institute (SBBTI) is a private institution offering vocational and avocation bodywork training, affordable student massage and professional bodywork. We welcome students of all ethnicities, genders, and ages (provided they are over 18 due to BPPE requirements). We offer ADA accommodations to the best of our abilities. Our programs include a broad range of approaches to bodywork addressing the circulatory, neuromuscular, immune, and neuroendocrine body systems as well as the subtle fields and flows. In any given month, we have over 30 students enrolled in assorted programs, courses and clinics. Within our clinics, students provide approximately 20 massages to the general public weekly. Our classes are personal and intimate with lots of one-on-one attention and a student teacher ratio that ranges from 8-1 to 18-1 for bodywork or lecture courses. Our graduates are successfully employed in spa settings, medical centers as well as conducting their own private practice through outcall or office settings.

The Institute was founded in 1984 and ownership was transferred to Katie Mickey in October 1989. The school became incorporated in 1997 with full ownership remaining with Katie Mickey. We are approved to operate by the Bureau for Private Postsecondary Education. The school received approval to operate by the CA BPPE (its current name) in 1985 #19282 as in compliance with CA state standards, School code #4201111. Approval to operate means that this institution is in compliance with the minimum standards contained in the BPPE Act of 2009 and Division 7.5 Title V of the California Code of Regulations. www.bppe.ca.gov. The 550 hour Massage Therapist program specifically is approved by California Massage Therapy Council (CAMTC) to provide education for certification purposes effective 8/18/18- 8/17/22. School approval code is SCHOO20. In addition, our 250, 550 and 1000hr programs are approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05.

SBBTI is not accredited by any accrediting agency recognized by the US Department of Education. SBBTI participates in federal and state financial aid programs through the Department of Veteran's Affairs and the California Department of Vocational Rehabilitation and are currently applying for WOIA approval.

Location and Facility

Our office and teaching facility is located at 516 N. Quarantina St, Santa Barbara, one mile from the ocean, and 100 miles north of Los Angeles. Santa Barbara offers 20 miles of beautiful beaches, rich gardens, charming architecture, endless cultural activities and a diverse choice of outdoor activities due to the unique accessibility of mountains and seashore. The region's climate is fair year round the city's population is approximately 92,000.

Our facility is located two blocks west of Milpas Street between Haley and Cota Street, (a mere half block from Ortega Park and the Santa Barbara Junior High School/Marjorie Luke Theatre) within easy access to city bus stops, pedestrian walkways, bike lanes and the 101 Freeway.

Our facility includes a large classroom space, office and reception area, a bathroom, two treatment rooms, a print library and multimedia library with DVDs, kitchen/break room with a small retail section providing textbooks, oils and supplements.

Students have access to our reference print and visual library that is located on site in our school break room. During office hours students can borrow books by taking the item(s) to the office receptionist and signing in our rental binder, located on the reception desk, the title of the book(s) along with their phone number and date of sign-out. DVDs can only be viewed on site on our DVD and monitor located in the break room. Rental of tables and chairs are also available at the rate of \$15 per day.

Our classroom serves as a lecture space, semi-private clinic, treatment and exercise space. The classroom is well stocked with chairs, massage tables, massage chairs, exercise rollers, bolsters, blankets, heating pads, pillows, full sized skeleton model, wall charts, two large white boards, projector, screens and hanging dividers for our practicum clinics. Depending on County guidance on spatial distancing, our classroom can accommodate between 16 to 24 students during classroom hours and 6- 8 students treating 6-8 clients during clinic hours. Due to COVID restrictions some of our courses are being offered temporarily outdoors at 1201 West Valerio Street, Santa Barbara CA 93101, less than 4 miles from our school site. Please give us a call, visit us at 516 N. Quarantina Street Santa Barbara, CA 93103 or visit our website: www.sbbti.com. Tours of our facility and free intros to our programs are offered in person or via zoom.

Massage Practitioner Program (250 hours)

Our Massage Practitioner Program imparts essential methods for inducing relaxation, immune enhancement, detoxification, respiratory ease, pain reduction and heightened states of well-being. Students learn to facilitate their own mechanisms of healing through gentle movement, self-massage, deep breathing and deep relaxation. Our Practitioner training qualifies graduates to obtain a Massage Technician's Permit within the city of Santa Barbara and specific municipalities which only require 200- 250 hours of training from a BBPE approved school.

Onsite Massage Practitioner Program is offered 100% in person and is fully supervised. Our Hybrid Massage Practitioner Program is offered in person with optional interactive distance learning (IDL) following CAMTC requirements, post September 13, 2021. Clock hours within our MPP hybrid program that qualify for IDL include: Business, Ethics (9 hours only), Health and Hygiene, Kinesiology, Anatomy and Physiology, Clinical Pathology and Bodywork Theory. All assessment in the form of bodywork evaluations and written exams must be done in person. The Practitioner Modules are offered in morning, late afternoon or evening formats with 4- 4.5 hour classes twice weekly and one weekend and 18 morning or evening clinics. The program can be completed within 5 and ½ months if students attend their clinics concurrently, or 8 months if they wait to attend their clinics upon completion of their classroom hours. Completion of the program requires passing grades on bodywork evaluations, written exams and classroom presentations and 85% attendance. Students seeking to enroll in individual courses may do so, seeing individual course pricing.

Transcript Breakdown

Module Breakdown

<u>Subjects</u>	<u>Hours</u>	<u>Modules</u>	<u>Hours</u>
Bodywork Theory & Practice	148	Swedish/Deep Tissue/Chair	200
<i>Classroom</i>	88	<i>Swedish</i>	81
<i>Practicum</i>	60	<i>Kinesiology</i>	32
Kinesiology	30	<i>Deep Tissue</i>	30
Ethics	20	<i>Or Bodywork Elective from MTP</i>	
Clinical Pathology	15	<i>Clinics (18 x 3.25 hrs)</i>	58
Health and Hygiene	12	Reflexology	21
Anatomy	10	<i>Classroom</i>	18
Physiology	10	<i>Clinic</i>	3
Hydrotherapy	3	Ethics	16
Business	3	Nutrition	13
TOTAL HOURS	250	TOTAL HOURS	250

<u>Program Cost Breakdown:</u>	<u>Hours</u>	<u>Reg Fee</u>	<u>Tuition</u>	<u>Total Cost</u>
Tuition 250 MP - \$14/hr	250	\$200	\$3500	\$3700
Veterans		\$10		\$3510

The schedule of total charges for a period of attendance equals an estimated schedule of total charges for the entire educational program.

Swedish/Anatomy and Physiology (81 hrs)

Our Swedish course is foundational for all of our Massage related courses and programs. We begin with the essential methods of healing: gentle movement, massage, deep breathing and deep relaxation for the benefit of self and others. Students are guided through a succession of exercises that deepen their capacity to apply physical force, flow energy and hold presence. Once established in a state of presence, students engage in the giving and receiving of massage techniques: using gentle, big mitt contact, fluid pushing strokes, warming, and squeezing strokes. Students learn to flow progressively through each area of contact like water pouring over the body, penetrating the tissues and inducing states of deep relaxation. Building on relaxation techniques, students learn to warm, stretch and knead tissues with effective use of pressure to assist in tissue mobilization, metabolic waste removal, and nutrient absorption.

Students also learn an energizing, clothed, seated protocol integrating compression strokes and acupressure performed in a massage chair. This seated protocol releases stress in the work place or public setting through compressive work on the muscles and meridians of the back, shoulders and neck. The protocol is also specific for enhancing mental clarity, relieving stress and physical tension.

Concurrent with their developing massage skills, students are guided through an applied approach to Anatomy and Physiology. The eleven body systems are explored in relationship to the stress response and relaxation response and the benefits incurred from regular massage. As students gain proficiency with their massage skills and potency of their touch, they can effectively address a wide range of stress and pain profiles.

In addition to the benefits of vocational training, students often report that the body/mind shifts they experience throughout their training has lasting impact in their daily lives, creates greater ease within themselves and harmony between family, friends and coworkers.

Clinical Practice (58 hrs)

Students gain experience providing massage to the general public under instructor supervision. Each session includes a client intake of health history, assessment of presenting patterns and stated goals and development of a treatment plan. Based on information gathered, students then perform a bodywork session, utilizing techniques learned in Swedish, Reflexology or Deep Tissue that to support states of deep relaxation, pain relief, immune or circulatory enhancement, detoxification or energy restoration. Students qualify to begin conducting clinic session once they have completed a bodywork evaluation within a massage module. Our student clinic serves the general public and a variety of special populations. In addition to the clinic setting, students have the opportunity to practice their chair massage skills in a community setting.

Kinesiology/Deep Tissue (63 hrs) (a la carte program 70 hrs) \$1260

Students will learn the attachment sites and actions of 60+ major muscles, plus joint structure, function, and range of motion. Students will also learn about isometric/isotonic contraction, stretches, and palpation of your own body. Students will receive instruction in basic sculptural techniques and a loaner toolkit with clay and skeletal manikin.

Students will also learn a powerful protocol integrating cross fiber deep tissue session, table shiatsu, neurolymphatic scrubbing and visceral massage. Students learn to powerfully release pain diminishing endorphins, blockages within the meridian and vascular system, irritants within the tissues and binding within the fascia. The protocol includes the use of elbows, knuckles and palms, cutting across the muscles fibers for the purpose of breaking up restrictions within the fascia. In addition to myofascial pain syndromes, students will be shown how to address and assortment of visceral and immune pathologies such as congestion in the colon, liver and gall bladder and low immune function. MBLEX-type quizzes and exam included.

Reflexology (21 hrs) \$378

Our Reflexology course synthesizes the ancient art of vitalizing the whole body through reflexing the feet and hands. The protocols within this module supports tissue detoxification, lymphatic drainage, organ elimination, immune function, pain reduction, deep relaxation and stress relief. In addition to learning a Reflexology protocol, students are introduced to the adjunctive measures of earthing and nutrition. The course includes assessment of the ten zones, the vital organs, glands, lymphatic, musculoskeletal and nervous system reflexes. The course also includes bodywork evaluation, written quiz and clinic. Hybrid students may receive credit for bodywork theory, anatomy/physiology, clinical pathology and health and hygiene only if attending in IDL.

Ethics Essentials (16 hrs) \$288

Ethics Essentials provides a broad overview of the ethical issues that may arise within the context of bodywork practice. The course illuminates key bodies of knowledge within our profession: scope of practice, SB577, standards of practice, code of ethics, legal regulations, limits of practice and professionalism. The course instruction utilizes a variety of learning methods to explore personal and conceptual boundaries, negotiate agreements and establish appropriate goals and strategies for the session. Students engage in a variety of exercises including pushing hands, sensory awareness of energy fields, active listening, reflective listening, nonviolent communication, and role play in addressing challenging situations. Students learn practical skills in setting boundaries, staying in the “driver’s seat” of each client/therapist exchange, responding to conflict and emotional process. The course also prepares students for success in sitting for the ethics portion of the MBLEX exam. Hybrid students must attend a minimum of 10 hours in person including final quiz.

Nutrition for Bodyworkers (13 hrs) \$234

Our Nutrition course empowers students with nutritional measures to address common challenges that may arise in the context of practicing bodywork and working with a wide variety of presenting patterns within their clients. The course offers nutritional strategies for enhancing strength, immune function, mental focus, emotional balance, restful sleep and resolving chronic inflammation that underlies many pathologies including COVID 19 morbidities. Hybrid students may attend the course in IDL format.

Massage Therapist Program (550 hours)

Our Massage Therapist program comprises the Massage Practitioner Program (LI) and 300 additional hours (LII) in Advanced Bodywork, Holistic Adjuncts, Physiology/ Pathology and Business. It satisfies CAMTC's requirements for certification, (required by over half of California municipalities) and prepares graduates for private practice and employment in the spa or medical setting.

Our Massage Therapist Program also covers the content required to pass the MBLEX exam. SBBTI's 2017 and 2018 first time pass rates of the MBLEX exam were 90%. As of 2019 The California Massage Therapy Act, has suspended the National exam requirement through Dec 31, 2023. To our knowledge all testing SBBTI graduates in 2019-2021 to date passed the exam, 2 of 2 in 2019, 1 of 1 in 2020, and 4 of 4 in 2021. The FSMTB has not issued recent pass rate data.

Onsite Massage Therapist Program is offered 100% in person and is fully supervised. Our Hybrid Massage Practitioner Program is offered in person with optional interactive distance learning (IDL) following CAMTC requirements post September 13, 2021. 360 clock hours within our MTP hybrid program that qualify for IDL include: Business, Ethics (9 hours only), Health and Hygiene, Kinesiology, Anatomy and Physiology, Clinical Pathology and Bodywork Theory.

LII courses are offered three- four times weekly. Students may attend once they complete the 250 program in a night or day format on Monday, Tuesday and Wednesdays with occasional weekends and based on schedule frequency can complete the Level II requirements in 6 months or up to one year. Students may attend Level I and II courses concurrently. Completion of the program requires passing grades on in person bodywork evaluations, written exams and presentations, Continuing education students may enroll in individual courses.

Transcript Breakdown

Module Breakdown

<u>Subjects</u>	<u>Hours</u>	<u>Modules</u>	<u>Hours</u>
Bodywork Theory & Practice	256	Massage Practitioner	250
<i>Classroom</i>	180	Bodywork Modules	180
<i>Practicum</i>	84	Physiology/Pathology	80
Clinical Path/Contraindications	79	Holistic Adjuncts	20
Physiology	57	Business Skills	20
Kinesiology	46		
Anatomy	45		
Business	23		
Ethics	19		
Health and Hygiene	15		
Hydrotherapy	10		
TOTAL HOURS	550	TOTAL HOURS	550

Program Cost Breakdown:

	<u>Hours</u>	<u>Reg Fee</u>	<u>Tuition</u>	<u>Total Cost</u>
Tuition 250 MP - \$14/hr	250	-----	\$3500	-----
Tuition 550 MT - \$14/hr	300	\$200	\$4200	\$7900
Veterans		\$10		\$7710

The schedule of total charges for a period of attendance equals an estimated schedule of total charges for the entire educational program. Clock hours may change based on chosen electives.

REQUIRED COURSES (Hybrid students may attend IDL. Written exams and presentations must be conducted in person. MBLEX-type quizzes included)

Business Skills (20 hrs)

Offers a broad range of business skills essential for successful employment and private practice. Students begin with clarifying their purpose, priorities, short term and long term goals, followed by daily action steps for creating the practice they desire. Each class will be supported by successful graduates or employers sharing their best practices or employment opportunities. Students will also learn emotional clearing techniques when they fall short in following through with their action steps including Emotional Freedom Technique and Self Empathy. Additional topics include; business planning, strategic planning, marketing literature, online presence, resume preparation, employment interview and tax preparation, Hybrid students may attend all 20 hours IDL, with in person presentation and quiz.

Immune Physiology and Pathology (32 hrs)

This course covers the functions, pathologies, contraindications, areas of caution related to 6 key the systems involved in the immune response including the circulatory, lymphatic, skeletal, skin, respiratory, integumentary, digestive and urinary. Clinical pathologies addressed include: COVID 19, variants and comorbidities, cardiovascular disease, cancer, open wounds/sores, high blood pressure, edema, common cold, sinusitis, asthma, irritable bowel syndrome, AIDS, Electromagnetic sensitivity and assorted pathologies. Protocols specific to assisting immune response will be introduced including: acupuncture, far infrared sauna, massage and diet.

Musculoskeletal Physiology/Pathology (16 hrs) The course covers the functions, pathologies, symptoms, contraindications, areas of caution and pharmacology related to the muscular and skeletal systems. The course covers common musculoskeletal pathologies such as hypertonic/hypotonic muscles, fibromyalgia, sprains, strains, ruptures, tendinosis, tendonitis, osteoporosis, arthritis, and postural distortions. Protocols specific to assisting musculoskeletal healing will also be introduced including massage, golf ball foot reflexing and foam rollers.

Neuroendocrine Physiology and Pathology (32 hrs)

Introduces the science of body/mind medicine. The course presents the anatomy, physiology and pathologies of the nervous and endocrine systems and the chemicals that give rise to our emotional/mental states in health and disease. Students learn the importance of high vagal tone in preventing chronic inflammation and the myriad pathologies that may arise when the vagus nerve is underactive. Students learn to enhance their vagus tone through simple daily practices such as cold showers and emotional freedom technique while monitoring their Heart Rate Variability through biofeedback. Students will also practice bodywork and spa treatments specific to the Neuroendocrine systems including; acupuncture, reflexology, magnesium spray, far infra-red sauna, castor oil packs and massage.

Bodywork Modules Program students may choose from the Structural or Mind/ Body Based Modalities scheduled within the timeframe of their program's start and end dates. Each module includes a bodywork quiz, bodywork evaluation and clinic. Hybrid students may attend Bodywork Theory, Anatomy, Physiology, Clinical Pathology clock hours through IDL. Written exams and presentations must be conducted in person.

Acupressure and Myofascial Unwinding (30 hrs) \$540

Offers gentle techniques for enhancing the flow of qi and fluids. Students learn assessment of the vital organs through observation and palpation of soft tissue as well as treatment through direct pressure and myofascial unwinding techniques along the meridian channels. The course illuminates the body's development through Embryology and how that correlates with the ancient's description of the pathways and function of the meridian system. Students learn point location and actions for 36 points. Students also learn self-healing Qigong exercises.

Compressive Deep Tissue (30 hrs) \$540

Students learn deeply penetrating and effective protocols for releasing the musculature of densely muscled athletes and fit clientele, by utilizing their feet and weight of their body to transfer satisfying sustained pressure. Students learn to work with both the meridian and muscular systems, utilizing prone, supine, side lying positions. Students will also learn to effectively release key trigger points on the shoulders, back and hips.

Craniosacral Therapy I (30 hrs) \$540

Students learn 10-11 Craniosacral techniques using a process of gentle, sensitive finger touch to optimize a movement pattern within the body known as the cranial wave. The students will also become familiar with their own "stillpoint" thru meditation, poetry, and ritual, and will learn to sit in silence and deepen communication between self and client. Problems such as trauma, stress, headaches, tinnitus, sinus problems, and TMJ syndrome can create an imbalance in the cerebrospinal fluid, limiting health and clarity. Monitoring and interfacing (using the cranial wave) with the oceanic environment of the cerebrospinal fluid can offer relief, and, as deeper relaxation and revitalization develops, the body, mind, and heart find their own way to a state of health and wholeness.

Craniosacral Therapy II (30 hrs) \$540

Offers a deepening of the work begun in CS I, with further attention to decompressing tissue lesions. Students learn to be present with the variable rhythms within the body that arise from super, extremely, low frequencies within the external Qi matrix. Students also learn to shift their brainwave and heart wave states while being present with the oscillating rhythms within another. The course also covers additional holds and balances. Attunement and awareness arises for the practitioner through stillness and presence.

Cross Fiber Deep Tissue/Shiatsu (30 hrs) \$540

Students learn a powerful protocol integrating table shiatsu, cross fiber deep tissue session, neurolymphatic scrubbing and visceral massage. Students learn to powerfully release pain diminishing endorphins, blockages within the meridian and vascular system, irritants within the tissues and binding within the fascia. The protocol includes the use of elbows, knuckles and palms, cutting across the muscles fibers for the purpose of breaking up restrictions within the fascia. In addition to myofascial pain syndromes, students will be shown how to address and assortment of visceral and immune pathologies such as congestion in the colon, liver and gall bladder and low immune function.

Manual Lymphatic Drainage (30 hrs) \$540

Offers gentle lymphatic drainage techniques for detoxifying the body and enhancing the immune system. Manual Lymphatic Drainage involves a light skin technique of pulsing contact applied to the superficial lymph vessels within the extremities and torso. Lymphatic Drainage is essential for assorted immune system pathologies, low energy states and conditions of toxicity.

Medical Qigong Essentials (30 hrs) \$540

Introduces the Body Electric comprised of Energetic Channels, Flows, and Fields, Students learn Qigong self-healing exercises for enhanced practitioner potency and client self-care in between sessions. These self-healing exercises strengthen and regulate the internal organs, nervous and immune systems as well as relieve pain, regulate hormones, release deep-seated emotions and strengthen the body's protective energy field. In addition students will be introduced to traditional Chinese Medicine theory of energy tonification, purgation and regulation of the body's organs and energy channels via acupuncture, healing sounds, dietary measures and connecting with the Qi Matrix. Students will also learn a bodywork protocol for balancing the flow of chi within the channels and vital organs.

Muscle Testing Protocols (30 hrs) \$540

Offers assessment and treatment protocols for the first 14 indicator muscles within the Touch for Health System. Students learn the related organs and meridian pathways to each muscle. Students learn to evaluate and treat common client pain profiles and deficiency syndromes through re-establishing the flow of life energy to the muscular and organ systems. Balancing techniques include: Spinal Reflex, Neurolymphatic Scrubbing, Neurovascular Holding Points, Origin/Insertion technique and Muscle Spindle Cell technique.

Myofascial Release (60 hrs) \$1080

Offers a variety of techniques for releasing the fascial lines that connect muscle groups throughout the body as illuminated by anatomy trains. These include: the superficial frontal line, superficial posterior line, deep frontal line, and lateral deep lines. The course offers treatment protocols for addressing the myofascia, using classic MFR stretches and unwinding techniques as well as Proprioceptor Neuromuscular Facilitation PNF and Orthopedic assessment. Students will learn to recognize distortions in the myofascia, the mechanisms of tissue repair and healing within the myofascial system. Students will learn to do a standalone MFR session as well as how to integrate MFR techniques into a Swedish session.

Orthopedic Massage (60 hrs) \$1080

Covers Orthopedic Massage skills for assessment and treatment of pain, postural imbalances and limited range of motion. In this class students will become skilled at performing a full body postural evaluation using range of motion tests and visual analysis on each joint. Then students will learn to release restrictions in each joint using static pressure, pressure with passive motion, pressure with active motion, along with resistance stretching. Students will also make many of the muscles out of clay, for greater clarity of their layering and attachment sites. After taking this class, students will be able to reduce a client's pain by 90% in one session, and increase significantly ROM. Students will learn how to assess their clients by testing and retesting, thereby affirm the effectiveness of the work.

Polarity Therapy (30 hrs) \$540

Presents an introduction to Polarity Therapy based on the work of Dr. Randolph Stone. Students learn an overview of the wireless anatomy including: the ultrasonic core, the chakras, the bipolar, umbilical and transverse currents and the five elements as well as how these energetics interface with the blood pulse, the musculoskeletal systems and vital organs. Students also learn how to facilitate movement of fluids, fascia and energy currents with very deep touch, activating touch or light touch as indicated to balance the blood pulses. Effects can range from expansion in breathing, deep emotional release, pain relief, structural rebalancing, as well as deepening states of awareness and ease.

Process Bodywork (30 hrs) \$540

Offers effective protocols for responding to heightened emotional states that may arise within self or another within the treatment setting. Protocols include Nonviolent communication skills as taught by Marshall Rosenberg,, Emotional Freedom Technique, Emotional Stress Relief from Touch for Health and Perennial balancing from Polarity Therapy. Students will learn to identify and express their feelings and needs, hear and reflect the underlying needs of their clients, as well as make clear requests in the context of massage and the challenges of daily life. The course will also introduce neuroscience with respect to trauma and resonant language. The course will be highly interactive, with role play and current real life situations.

Trigger Point Therapy (60 hrs, elective) \$1080

Covers how to treat trigger points and injuries. Trigger points are areas of hyper-irritability within soft tissue that develop when a muscle is injured or overworked. Trigger points caused by trauma create changes in the chemical balance in the tissue, irritating the sensory systems. Trigger points are characterized by local tenderness and referred phenomena, which can include, pain, tingling, numbness, burning or itching. Students learn direct pressure techniques with fingers, thumbs and tools to assess and alleviate trigger points, as well as cross fiber friction techniques for breaking up scar tissue, releasing adhesions and speeding tissue repair. Students also learn adjunctive treatment measures such as RICE, tennis balls, Theracane® and foam roller.

Visceral Lymphatic Drainage / Chi Nei Tsang (30 hrs, elective) \$540

Introduces the five element model of health and disease, including the mental/ emotional and energetic aspects of the viscera. This approach clears the deep lymphatic channels, through freeing the fascial web that binds the vital organs, glands, arteries, veins, lymph vessels and nodes. The lymph system is an intricate waterway system that flow steadily throughout the body, cleansing and purifying the blood. Additional techniques are offered for detoxifying and balancing the vital organs, including acupuncture, scooping, spiraling and healing sounds. Students also learn Qigong exercises, meditations and healing sounds.

Holistic Adjuncts/Special Populations Program students will be given a Holistic Adjunct or Special Populations course within the timeframe of their programs start and end dates. All modules include quiz, and classroom presentation. Hybrid students may attend Bodywork Theory, Health and Hygiene, Anatomy, Physiology, Clinical Pathology portion IDL.

Essential Oils and Hydrotherapy (21 hrs) \$378

Introduces the practitioner to the therapeutic use of essential oils and hydrotherapy. Students will learn to work with over thirty therapeutic oils in singles and blends as well as therapeutic protocols for enhancing: circulation, oxygenation, nutrient delivery to cells, immune response, detoxification, pain relief and nervous system homeostasis and speeding tissue repair. The course will offer recommended essential oil applications for a variety of pathologies. Students will also be introduced to the vibrational remedies of flower essences and hydrotherapy adjuncts including the application of heat through far infrared heat lamps, castor oil hot packs and hot towel application as well as enhanced mineral absorption through foot ablutions, internal hydration and topical sprays.

Hot Stone (21 hrs) \$378

Provides training in the principles and practical application of Hot Stone Massage for Spa settings and private practice. Hot Stone is an ideal Spa adjunct for melting muscular tension prior to Deep Tissue, adding warmth to the tissue and the grounding of electrical charge built up in the tissue. The course will cover the principles and application of hot/cold therapy; indications, contra-indications, and sanitation and safety precautions; various stone shapes and sizes for specific applications.

Pregnancy /Side Posture Deep Tissue (21 hrs) \$378

Offers a diversity of protocols for working effectively with adaptations that commonly arise in each of the trimesters as the pregnant mother's body adapts to the many changes incurred by the growing fetus. Students will learn a blend of Swedish, Side Posture Deep Tissue Muscle Sculpting, Myofascial Release, Acupressure and Polarity Therapy. Trimester issues covered include: safety precautions during the first trimester, morning sickness, ligament laxity, impact of growing fetus on muscles, tendons, ligaments, digestive organs and veins, proper positioning, parental anxiety, and assorted. The course also includes the 24 forbidden pregnancy points, indicated during the menstrual cycle and labor; however contraindicated between conception and due date. The course will also offer safe hydrotherapy and complimentary agent adjuncts.



Medical Qigong Practitioner

Program (250 hours)

Our Medical Qigong Program offers training in energy work and Traditional Chinese Medicine. It is designed for the student interested in conducting a private practice in energy-based bodywork and self-healing exercises. Our Medical Qigong Program qualifies graduates to obtain a Massage Technician's Permit within the city of Santa Barbara and municipalities which only

require 250 hours of training from a BBPE approved school. Graduates will be granted a certificate of completion in our Medical Qigong Practitioner Program.

Onsite Medical Qigong Practitioner Program is offered 100% in person and is fully supervised. Our Hybrid Medical Qigong Practitioner Program is offered in person with optional interactive distance learning (IDL) following CAMTC requirements. All assessment in the form of bodywork evaluations and written exams must be done in person. The Program may be completed in three months attending 5 times weekly and two weekends or up to 8 months attending twice weekly and two weekends.

Transcript Breakdown

Module Breakdown

<u>Subjects</u>	<u>Hours</u>	<u>Modules</u>	<u>Hours</u>
Bodywork Theory & Practice	150	Chi/Swedish Massage	81
Clinical Path/Contraindications	19	Bodywork Electives (<i>choose 1</i>)	30
Anatomy	21	Acupressure and the Myofascia	30
Physiology	21	Craniosacral I	30
Ethics	19	Medical Qigong Essentials	30
Health and Hygiene	15	Shiatsu	30
Hydrotherapy	10	Thai Massage	30
Kinesiology	2	Visceral Lymphatic Drainage	30
Business	5	Physiology/Pathology	32
		Immune Phys/Path	32
		Neuroendocrine Phys/Path	32
		Essential Oils	21
		Reflexology	21
		Ethics	16
		Student Clinics (16 x 3.25 hrs)	52
TOTAL HOURS	250	TOTAL HOURS	253

Program Cost Breakdown:

<u>Hours</u>	<u>Reg Fee</u>	<u>Tuition</u>	<u>Total Cost</u>
Tuition 250 MP - \$14/hr	250	\$200	\$3500
			\$3700

The schedule of total charges for a period of attendance equals an estimated schedule of total charges for the entire educational program. Within any calendar year an assortment of the following modules will be scheduled based on Instructor availability and student interest. See 550 hour Massage Therapist Program course descriptions for above requirements.

Integrative Massage Therapist Program (750 hours)

Our Integrative Massage Therapist program offers 200 hours of advanced bodywork training, in addition to our Massage Therapist Program. Our Integrative Massage Therapist Program satisfies California Massage Therapy Boards requirements as well as qualifies graduates to sit for the MBLEX exam and the NCBTMB exam. Our Integrative Massage Therapist Program is designed for the serious student interested in conducting a private practice that integrates a variety of approaches to balancing the body's structure, distribution of fluids and vital force. This approach has profound benefits to assorted pathologies and stress related conditions.

Onsite Integrative Massage Therapist Program is offered 100% in person and is fully supervised. Our Integrative Massage Therapist Program requires a minimum of 310 hours in person training per CAMTC requirements and 440 optional IDL hours.

Students attending two times weekly following their Massage Therapist Program both night and day classes can complete the additional 200 hours within 6 months. Classes are offered in morning, afternoon or evening scheduling: Mon, Tue and Wednesdays and occasional weekends. Completion of the program requires passing grades on in person bodywork evaluations, written exams and presentations, Continuing education students may enroll in individual courses.

Transcript Breakdown

Module Breakdown

<u>Subjects</u>	<u>Hours</u>	<u>Modules</u>	<u>Hours</u>
Bodywork Theory & Practice	352	Massage Therapist Program	550
<i>Classroom</i>	245	*Bodywork Modules	180
<i>Practicum</i>	107	*Holistic Adjuncts	20
Clinical Path/Contraindications	111		
Physiology	88		
Kinesiology	46		
Anatomy	76		
Business	23		
Ethics	19		
Health and Hygiene	15		
Hydrotherapy	20		
TOTAL HOURS	750	TOTAL HOURS	750

<u>Program Cost Breakdown:</u>	<u>Hours</u>	<u>Reg Fee</u>	<u>Tuition</u>	<u>Total Cost</u>
Tuition 250 MP - \$14/hr	250		\$3500	-----
Tuition 550 MT - \$14/hr	300		\$4200	-----
Tuition 750 IMP - \$14/hr	200	\$200	\$2800	\$10,700

The schedule of total charges for a period of attendance equals an estimated schedule of total charges for the entire educational program. See 550 hour Massage Therapist Program and below for descriptions of bodywork modules. Clock hours may change based on modules.

Aroma Freedom and Trauma Release (32 hrs, elective)

Students learn a step by step process for actualizing goals, clearing limiting beliefs and releasing emotional trauma utilizing therapeutic grade essential oils. The process utilizes the olfactory pathway to bring new frequency and information to the structures within the brain that store long term memory as well as the HPA axis structures that activate the fight, flight freeze response. The process also incorporates empathic communication distinctions, visualization, affirmation, action steps and power poses.

SBBTI Faculty



Kathleen Mickey: Director, CAMTC #18289, H.H.P., R.P.P.
Bodyworker since 1983, Director since 1989

Acupressure and the Myofascia, Business Skills, Compassionate Communication Skills, Deep Tissue, Essential Oils, Ethics, Immune Physiology/ Pathology, Kinesiology, Medical Qigong Essentials, Muscle Testing Protocols Neuroendocrine Physiology/Pathology, Nutrition, Polarity Therapy, Pregnancy, Reflexology, Swedish, Table Shiatsu and Visceral Lymphatic.

Katie Mickey, owner, director and lead instructor of the Santa Barbara Body Therapy has trained thousands of students in massage therapy as well overseen tens of thousands of massages through SBBTI's student clinic and community outreach. She has also provided training for Ojai Valley Spa, Valle Verde and Hospice of Santa Barbara.

Katie's educational background includes: The Institute for Holistic Studies, The Santa Barbara College of Oriental Medicine, The School of Intuitive Massage, The Body Therapy Institute, The International Institute of Reflexology, The Alive Polarity Foundation, The International Academy of Holodynamics, The Upledger Institute, The Integral Institute of Tai Chi and Qigong, The Center for Nonviolent Communication, Access Consciousness, Landmark Education, Leadership Santa Barbara and Aroma Freedom Technique. Katie has served on the school advisory board to the California Massage Therapy Council since its inception and currently maintains a private practice. Katie is also highly active in local advocacy, as Vice President for Safe Technology for Santa Barbara County seeking to restrict exposure to microwave radiation on a local, state and federal level..



Paul Brown, CST
Craniosacral Therapy I

Certified Practitioner in Visionary Craniosacral Work since 2002
Paul has been instructing Milne Cranial I internationally since 2003 as well as Cranial I & II for SBBTI, 2004-2007. Paul's educational background includes the Milne Institute, the Santa Barbara Body Therapy Institute and certification in Family Therapy and Hypnotherapy. Paul brings to his cranial work a deep commitment to service that includes twenty years administering family support services of therapy, housing, and food. Paul currently helps students develop a sense of compassion and patience in their craniosacral work and conducts a private practice in Craniosacral Therapy.



Keld Hove, CAMTC #47659

Bodyworker since 2009

Ethics, Thai

Keld is a graduate of SBBTI's 550 hour Massage Therapist Program. Keld is involved in a variety of community building efforts. He serves as an instructor for the Police Academy in community relations and specializes in helping mentally ill and homeless individuals reconnect with society. He runs a nonprofit that teaches bread baking in natural disaster areas, such as Puerto Rico and the Virgin Islands as well as Tribal Reservations. He is also a former martial arts instructor. Keld conducts a private practice in Deep Tissue, Trigger Point, Thai and Compressive Deep Tissue.



Sean Mortland, HHP, CPT

Bodyworker since 2017

Orthopedic Massage, Compressive Deep Tissue

Sean Mortland is a graduate of SBBTI's 1000hr Holistic Health Practitioner Program with a private practice in Health & Wellness. In addition to bodywork, he holds various certifications in wellness, coaching, nutrition, yoga and personal training. He teaches yoga locally, has designed and implemented wellness programs and retreats both domestically and abroad. Currently works with Human Trafficking Victims through the Hope Refuge.



Lesley Weinstock, PA #50908

Physician Assistant since 1981, Massage Therapist since 1988, Certified in Live Blood Cell Analysis since 2012

Compassionate Communication Skills, Immune Physiology & Pathology, Neuroendocrine Physiology & Pathology

Mediator, Live Blood Cell Microscopist, Women's Health Specialist, Functional Medicine Expert, Facilitator and Teacher of Non Violent Communication (NVC), Family Constellations and the work of Byron Katie. She is a graduate of the New Mexico School of Natural Therapeutics with 1000 hours of massage school training. In her capacity as a facilitator, teacher, educator, massage therapist and health care provider, she empowers people with the knowledge necessary to improve their health and well-being.



Noah Lucas, NMT, NASM-CPT, CAMTC # 76896

Noah is a graduate with honors from The National Holistic Institute where he received both his 800 hr core and 450 hr advanced neuromuscular therapy training in the field of massage therapy. He holds the professional titles of CAMTC Certified Massage Therapist, Advanced Neuromuscular Massage Therapist and Health Educator, and National Academy of Sports Medicine Certified Personal Trainer. Noah's passion in life is to share his knowledge and skills to help people understand and change their relationship with pain and posture through education, movement, and bodywork.



Jennie Zaine CAMTC #67394

Conducting a bodywork practice since 2009

Clinic Supervisor

Jennie is a graduate of SBBTI's 1000 hour Holistic Health Practitioner Program. In her practice she offers listening through touch and mindful presence. Jennie imparts a deep respect for the being aspect of relating or engaging in the tissues within the bodywork session. Her presence is an ongoing support for the daily operations of the Institute much like fascia within the body, she brings cohesion and order to the space within. She is SBBTI's Environmental Warrior of Entropy.



Vishāl (Paul A. Slidders), L.Ac., Dipl. OM

Bodyworker since 1997

Vishāl was born and raised in Scotland. In 1997 he graduated from the University of California Santa Barbara with a degree in Communication. He then attended the SB Body Therapy Institute to complete the 200 hr Massage Technician program. In 2007 he graduated with Honors from Acupuncture and Integrative Medicine College in Berkeley, California and was Licensed to practice medicine.

While in acupuncture school he taught yoga classes and worked alongside Dr. Bruce Del Fante, a seasoned Chiropractor, administering Tui Na, the ancient practice of Chinese Therapeutic Massage. Vishāl successfully treated over 7000 patients who suffered from acute or chronic pain or other internal medical illnesses.

This inspired Vishāl to pioneer the system of combining Acupuncture, Herbal Medicine with Therapeutic Yoga and Massage. Today, Vishāl's comprehensive and integrative approach to the practice of Acupuncture distinguishes him in his field.

Policies and Procedures

Operating Schedule

Instructional Hours: Weekdays, evenings and weekends arranged by class. *Office Hours:* Meetings with admissions support, registrar or director are by appointment. Meetings by phone or zoom can be arranged in advance via email and phone for Hybrid IDL students. Scheduling information (classes, revisions, holidays, etc.) provided to students in advance. School is closed for the following holidays: Memorial Day, Independence Day, Labor Day, Thanksgiving Weekend, and December 21 thru January 4 of the following year, including Christmas and New Year's Day.

Services

SBBTI provides guidance in choices of training and have a very personal approach of interaction with students, both past, current and prospective. Current student may rent tables and chairs at the rate of \$5 per day. If the Institute is required to close in person training due to COVID 19 outbreak and move to online training per county and state requirements, students who need tables for online Bodywork Practice may borrow a table as supply allows. Students may have access to our reference print and visual library that is located on site in our school break room. During office hours students can borrow books by taking the item(s) to the office receptionist and signing in our rental binder, located on the reception desk, the title of the book(s) along with their phone number and date of sign-out. DVDs can only be viewed on site on our DVD and monitor located in the break room.

Housing

SBBTI does not currently offer long term housing to students. Santa Barbara rental prices can vary greatly. Check online listings for availability.

Job Placement

SBBTI offers a variety of resources and guidance for securing employment and building a practice. We publish a monthly email newsletter and post current listings of employment opportunities on our onsite bulletin board. Employers also present in our business skills course and students and spa tours are arranged based on student interest. When job openings come to the office staff's attention graduates are notified. SBBTI does not guarantee job placement.

Admission Requirements

Language

Admission in our training programs requires the prospective student be able to read, write and speak English we do not provide English as a second language. The student must have the ability to read and write English at the level of a graduate of an American high school as demonstrated by the possession of a high school diploma, GED or passage of the California high school proficiency exam.

In regards to the Proficiency Level Descriptors for California English Language Development Standards, students are required to communicate at an Emerging Level. Documentation of this proficiency that will be accepted is as follows: the student's ability to read and write will be based on the completion of the Enrollment Agreement and the Application; and the ability to speak by interacting in a personal interview with the Director. In addition we often have bi-lingual students that can assist those with an occasional difficulty that may arise and we have encouraged bi-lingual family members or friends (i.e., Chinese, Japanese, Russian, Spanish) to facilitate their own particular student's success by doing study time with their student. Students with marginal understanding can bring a translator to assist in the verbal aspect of the training. We are able to provide sight impaired students with volunteer tutors to read the written test at exam time.

Hearing impaired students must provide their own signer as the school does not have the capability to provide this service.

Distance Learning Assessment

Admission in our hybrid distance learning programs requires that each enrolling demonstrate that they have the skills and competencies required to succeed in a distance education environment. This assessment is accomplished by a virtual tour and interview via zoom or in person tour of our campus, demonstrating their competency in logging onto our zoom site. Students may also attend an introductory portion of a hybrid class via zoom coupled with a phone interview, email correspondence and successful completion of forms.

Age and Ability to Benefit

Age of students must be 18 years minimum or have written parental permission to attend. Students must have a high school diploma or GED equivalent as we do not currently provide an “Ability to Benefit” test administered by outside agencies for those who have not completed high school. Graduates must be at least 18 years of age to qualify for a Certificates of Completion.

Enrollment Procedure

Prospective students are encouraged to come to a free introductory class, receive massage in our student clinic, and/or meet individually with an admissions staff member. Prospective students are encouraged to review this catalog prior to signing an enrollment agreement. This can be provided to you electronically, by mail or handed to you during an on-site initial meeting. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. Enrolling students shall submit an application form and interview with our Director of Admissions to begin the enrollment process. Enrollment includes completing application form, enrollment agreement, fact sheet, STRF form, payment plan form and submitting a copy of high school diploma and a government photo ID, as well as choosing program courses and dates.

Student Visas

We welcome students from other countries but we are unable to provide student visas. We will vouch for student attendance by providing copies of attendance, transcripts and tuition statements to required agencies.

Rules of Conduct

Students are expected to be free from the influence of alcohol or recreational drugs while participating in the Institute’s courses, including classroom, clinic and community outreach settings. Students and staff are required to abide by the classroom agreements regarding presence, sharing, therapeutic intent, boundaries and responsibility, nonjudgmental and nondiscrimination. The Classroom Agreements are discussed with the start of every class, with all students confirming their commitment to practice the agreements. If a breach in the agreements arises within the classroom and is observed by the instructor or brought to their attention, it is addressed promptly by the instructor. Students are also encouraged to be inclusive when trading massage. Within the classroom round robin partner trades and active listening exercises are implemented to assure students intermingle and work with a diversity of bodies, colors, genders and ages.

Complaint Procedure

If a student, staff or member of the general public has a discrimination or improper conduct complaint that is brought to the attention of SBBTI staff. They will be asked to fill out a complaint form, to be given to the Director. The Director will research the complaint, take any necessary action and inform the party issuing the complaint on action taken.

Probation and Dismissal

If a student violates any of these agreements during their program attendance, their instructor will bring the behavior to the student’s attention and ask them to change the behavior. If the student is unable or unwilling to change the behavior they will be dismissed from that day’s classroom participation. If the student makes additional significant breaches in the classroom agreements,

the student will be required to meet with the director. The director will then inform them of what needs correcting in their behavior and that they are being placed on probation until they demonstrate satisfactory behavior and resolution to underlying problem. If the nature of the breach in agreements significantly impacts the safety and trust of fellow students or clinic clients, the Director may require outside counseling or recovery program attendance. If an additional breach occurs the Director maintains the right to dismiss a student for conduct reflecting unfavorably on the massage profession, reputation of the school, safety of those participating or which seriously limits the instructor's effectiveness to teach and the class's opportunity to learn.

Clinical Hygiene, Dress Code and Draping Policies

All students are required to dress professionally during classroom and clinic sessions.

Professional attire includes the following:

- Clean shirt (polo, button-up or conservative t-shirt) covering cleavage, side breast tissue, waistline and all undergarments. Preferable school logo or no logo.
- Clean pants that cover waistline and buttocks and upper thighs.
- Well-bathed, fingernails trimmed, and clean hair
- Removal of all jewelry.

Attendance and Completion Policy

Passing Requirements: Attendance and Assessments

Students are required to attend at least 85% of each course and 100% of the modules within their program. All required exams and evaluations must be completed within the time frame of their program to pass the course. Reinstatement required thereafter.

Students enrolling post September 13 must perform all assessments in person.

Absence for Classes and Clinics

Absence will be considered excused under the following circumstances: illness, death or birth in the immediate family, called in to work or preapproved absences due to schedule conflict disclosed at the time of enrollment. All other absences will be considered unexcused. Less than 24 hour notice for an unexcused absence to a scheduled clinic will incur a \$70 fee to secure a substitute therapist.

Tardiness

Students will be considered tardy if they arrive more than 15 minutes late or leave more than 15 minutes early. The amount of time missed will be noted and be required to be made up at a future time.

Interruption for Unsatisfactory Attendance

Students failing to maintain satisfactory attendance (two weeks of unapproved or unexcused absences) will be contacted by an administrator to let them know they are at risk of being dropped from their program. If attendance fails to improve (i.e., three weeks of unapproved or unexcused absences), the student will be dropped from their program due to unsatisfactory attendance. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected. Tuition refunds or due will be calculated based on the delivery of classes up until the time of notification of dropped program, or three weeks absence, whichever comes first.

Make-up work

Students may miss up to 15% of a course. Students who miss more than 15% of a course must make up missed classes. All makeups must be completed within the time frame of their program or reinstatement required. Students will have the following options for making up absences:

- Makeup class: Attend a makeup class when comparable class content is next offered. Unexcused make-ups will be charged at half current tuition rate.
- Makeup clinics: Attend comparable clinic hours to missed bodywork practice classroom hours, no charge incurred. (only one clinic allowed per class. Lecture based courses do not qualify for clinic makeups.)
- Instructor tutorial: Receive private or semiprivate tutorial with the instructor. Cost of tutorials varies depending on number of students attending divided into \$50/hr. For example, students may make up one 4hr class with a one hour tutorial and a three hour clinic.

Maximum Timeframe

All course make-ups and assessments (with the exception of those receiving Veteran benefits) must be completed within two years of start date. Veterans must be completed within their originally contracted length of time. Nonveterans may reinstate within 5 years of their original start date by fulfilling their outstanding course or program requirements and attending six additional clinics or four additional classes. The reinstatement fee is \$250. If over 5 years absence, reinstatement credit for prior attendance will be determined on a case by case basis by the director.

Leave of Absence/ Dropping a course within one's program

A student can request up to a year of leave of absence and not be charged an additional reinstatement fee nor be charged makeup fees for completion of missed classes that resulted post LOA. A \$50 drop fee will be charged if a program student drops an enrolled course with less than two weeks' notice.

Transcripts and Certificates of Completion

Transcripts and Certificates of Completion will be released once all tuition payments and completion requirements have been satisfied. The document to be issued upon satisfactory completion of a program is the California State approved Certificate of Completion. Qualifying for this certificate depends upon completion of all classroom training hours, all practicum hours, a passing grade on all written tests and all hands-on proficiency tests specific to each course within the program.

Students are to complete all requirements within original contracted length of time. Students who require more time may ask for an extension. Extensions will be considered on a case by case basis.

Retake Course

SBBTI reserves the right to require a student to retake a course from SBBTI if student demonstrates less than satisfactory competency in fundamental skills or knowledge required to succeed in SBBTI's curriculum. The retake or audit rate is 50% of current tuition rate.

Standard for Student Achievement/Grading

The school's grading system is Pass/Fail. Passing = 70% or higher. Failing = Less than 70%.

Progress

Progress will be monitored each month for all students receiving Veterans Benefits or Vocational Rehabilitation or Workforce Investment Act benefits. If the student grade is FAIL, or if attendance falls below 80% at the end of any given evaluation period, the student will be placed on probation for the next evaluation period. If the student's grade is not raised to PASS, or overall attendance is not raised to 80% by the end of the probation period, the Veterans and Vocational Rehabilitation administrations will be notified and benefits will be interrupted.

Unsatisfactory Evaluation for Non-Veterans

If a student receives an unsatisfactory evaluation, he/she may: retake the final evaluation up to two times and receive a passing grade, repeat the entire course or arrange a make-up program approved by the instructor. Charges for retake exams as follows: Written \$10, Bodywork \$40.

Conditions for Reentrance for Veterans

If the Director determines that the conditions, which caused the interruption, have been rectified, Veterans will be accepted to reapply benefits.

Nondiscrimination Policy

SBBTI does not discriminate on the basis of age in congruence with the Age Discrimination Act of 1975 (42 U.S.C. 6101 et seq.) or disability in congruence with section 504 of the Rehabilitation Act of 1973(29 U.S.C. 794) or sex in congruence with title IX of the Education Amendments of 1972 (20 U.S. C. 1681 et seq.) or race, color, or national origin in congruence with title VI of the Civil Rights Act of 1964 (42 U.S. C. 2000d et seq.). SBBTI's programs are accessible to visual, hearing and speech impaired individuals.

WIOA Title I Financial Assistance Program

SBBTI's Massage Practitioner, Massage Therapist, Integrative Massage Therapist, Medical Qigong Practitioner and Holistic Health Practitioner Programs are equal opportunity programs. Auxiliary aids and services are available upon request for individuals with disabilities.

Eligibility for Licensure within the State of California

CAMTC Certification Requirements for Certification for CAMTC

In order to obtain CAMTC Certification, an applicant must submit a fully completed application and meet all of the following requirements:

- Be 18 years of age or older
- Pay the \$200 fee;
- Submit fingerprints to an authorized agency in California for a Live Scan using only the CAMTC form at <https://www.camtc.org/media/1063/livescanmassagetherapistrequest.pdf> (the authorized agencies charge you a fee for this service) and pass a criminal background check;
- Have successfully completed, at a CAMTC approved school, curriculum in massage and related subjects totaling a minimum of 500 hours (or the credit unit equivalent), which incorporates appropriate school assessment of student knowledge and skills. Of the 500 hours, a minimum of 100 hours shall be in anatomy and physiology (64 hrs), contraindications, health and hygiene, and business and ethics (18 hrs).
- Have not violated any of the provisions of the California Massage Therapy Act or any policy, procedure, or regulation of CAMTC.
- **4604 (a)(3)** The applicant has passed a massage and bodywork competency assessment examination that meets generally recognized psychometric principles and standards and that is approved by the council. The successful completion of this examination may have been accomplished before the date the council is authorized by this chapter to begin issuing certificates. This paragraph shall be inoperative commencing on January 1, 2019, and shall become operative on January 1, 2023.

Locally the city of Santa Barbara requires a massage technicians' permit which requires a minimum of a 200 hour transcript. Each municipality has their own requirement, therefore therapists need to check with the business license office to the municipality they desire to practice to obtain their licensing requirements.

CAMTC's Law Related to Fair Business Practices

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

- To hold himself out or to use the title of “Certified Massage Therapist” or “Certified Massage Practitioner” or any other term, such as “licensed,” “certified,” “CMT” or “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.
- 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, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

CAMTC Applicant Disclosure Statement

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.

The CAMTC certificate is a voluntary certification and not a state license. CAMTC is a private non-profit corporation and not a state agency. The state law itself does not use the word voluntary anywhere, but it also does not require or mandate certification.

4612. (a) Notwithstanding any other law, a city, county, or city and county shall not enact or enforce an ordinance that conflicts with this chapter or Section 51034 of the Government Code. (b) Nothing in this chapter shall prevent a city, county, or city and county from licensing, regulating, prohibiting, or permitting an individual who provides massage for compensation without a valid certificate.

This allows local jurisdictions to regulate those who provide massage for compensation without a valid certificate.

Graduates who wish to practice massage in the State of California must comply with the legal requirements of the municipality in which they plan to practice. Over half the municipalities within the State of California have adopted State Certification through the CAMTC as a requirement to practice. Locally the city of Santa Barbara requires a massage technicians’ permit which requires a minimum of a 200 hour certificate of completion. It is important to check with each licensing department in any area that you plan on working in to find out their requirements.

The job classification under the United States Department of Labor’s Standard Occupational Classification (SOC) code for massage Therapist is 31-9011.

Granting of Academic Transfer Credit

SBBTI has NOT entered into an articulation or transfer agreement with any college or university.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION: The transferability of credits you earn at The Santa Barbara Body Therapy Institution (SBBTI) is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which 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 coursework at that 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 SBBTI to determine if your credits or certificate will transfer.

Evaluation Policy

Students will be given appropriate credit for previous training at Director's discretion and evaluation and with copies of transcripts. Length of courses will be adjusted for credit. In

addition, the student and the department of Veterans Affairs shall be notified. SBBTI does not award credit for prior experiential learning.

Transfer Policy

Students with transcripts from CAMTC and BPPE approved schools may transfer into:

- The Massage Practitioner Program. Students are required to:
 - a) Attend 80% of the program or more (200 or more hours).
 - b) Pay full tuition for L1.
- Massage Therapist Program. Students are required to:
 - a) Demonstrate competency through a bodywork exam (\$50 exam fee incurred)
 - b) Attend the L2 portion of the program or more (300 or more hours).
 - c) Pay full tuition for L2 and any additional hours needed from L 1
- Holistic Health Practitioner Program. Students are required to:
 - a) Demonstrate competency through a bodywork exam (\$50 exam fee incurred)
 - b) Submit transcripts with comparable course hours of attendance to SBBTI's Massage Therapist program
 - c) Attend the full L3 portion plus 50 hours or more of L2 portion of the program (500 or more hours)
 - d) Pay full tuition for L3 and required portion of L2.

Appeal for Transfer Credit Evaluations

The student may appeal transfer of credit decisions by a written request within 10 days of the receipt of the decision made by Santa Barbara Body Therapy Institute. The written request must contain compelling evidence to reverse the decision of SBBTI. SBBTI has the final decision in all appeals. Appeals shall be directed to the Director.

Records and Transcripts

Files are kept for each student. Students have the right to view their records on request. Students are advised that the Institute will not release educational records without the verbal consent of the student. A transcript will be given to each student upon certification. Additional transcripts are available for \$15.

Students are advised that this institution maintains hard copy school records only for a five- year period except for transcripts and all electronic records which will be kept in perpetuity. Backups are kept on a flash drive in a locked safe and all data is stored offsite at a secure computer company. Financial data is via QuickBooks and academic data is via FileMakerPro.

The educational records will be organized and maintained by the Santa Barbara Body Therapy Institute's office management staff at the location of the Institute: 516 N. Quarantina Street, Santa Barbara, California, 93103.

Each enrolling course will have a separate folder which includes attendance roster, student contact list, handouts, exams and promotional flyer. Each student's forms upon enrollment will be placed in separate personal folders and placed in alphabetical order by last name into locked fireproof, student file cabinets. These files are opened for filing by registrar, director or office manager only. Any new forms and paper work for the student will be filed weekly into these folders. The items that will be kept in the student's file will be: Student checklist (tracking all items), application and waiver form, financial enrollment agreement, current statements and payment plans, photocopy of government ID, copy of class attendance for each course, student's computer generated attendance sheet for entire program, bodywork critiques, written final, coaching evaluations, practicum logs, pertinent correspondence and any paperwork or transcripts from prior training.

Instructors will take attendance at the beginning of each class, Students will be given credit for the clock hour time for each class if they arrive on time and stay for the full length of class. Late students or early departure students will be noted on attendance sheet, giving credit for the time attended only. The attendance from the course sheet and daily clinic sheets will be entered into the database daily to maintain accurate and up to date attendance. Each student upon meeting all the program requirements will receive a certificate of completion and transcript.

Once two years has passed and a student has not taken a course with us their folder will be scanned electronically. We will maintain hardcopy transcripts, but all other papers will be destroyed when all pertinent information of attendance and test results have been verified as entered into the school's data base. We currently use the FileMakerPro (FMP) program to tract all attendance and exams and provide transcripts and certificates and QuickBooks Pro to maintain all financial transactions and have been very successful at providing accurate transcripts for students who have not attended for many years.

Financial Information

SBBTI is not accredited by any accrediting agency recognized by the US Department of Education. Therefore our students are not eligible for federal financial aid loan programs. However SBBTI participates in federal and state financial aid programs through the Department of Veteran's Affairs, the California Department of Vocational Rehabilitation, and currently in application for WIOA and CA Workers Compensation. Most of these agencies pay tuition directly to the school and any refunds for incomplete training are returned directly to the agencies. Students do not receive any refunds from these aid programs.

If a student is able to obtain a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund. If the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds.

Registration Fees

All registration fees are nonrefundable and due at the time of enrollment.

Full Payment Options

Payments are due by the first day of class, and we accept cash, check or credit card.

Payment Plans Options

Payment plans are available on a "pay as you go" basis. Students may make monthly payments commensurate to their rate of study. Payment plan installments are done by automatic withdrawal from a credit card, and a \$20/month processing fee is incurred per monthly. All students have equal access to payment plans and no additional interest is incurred

SBBTI does NOT have a pending petition in bankruptcy, nor is it operating as a debtor in possession, nor has it filed a petition within the preceding five years, nor has it had a petition within the preceding five years, nor has it 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.)

Refund Policies

Notice of Cancellation

You have the right to cancel this Agreement for a course of instruction including any equipment such as books, materials and supplies or any other goods related to the instruction offered in this Agreement, until midnight of the first day after the first class you attended or the seventh day after enrollment, whichever is later. Cancellation shall occur when written notice of cancellation is delivered to the address of the school shown on the reverse side, by mail, hand delivery or telegram. If notice is sent by mail, it is effective when postmarked with postage prepaid. If you cancel this Agreement by the above timeframe the School will refund any money that you paid,

less registration fee and any deduction for equipment not returned in good condition, within thirty days after your Notice of Cancellation is received.

Withdrawal from Course & Tuition Refund

You have the right to withdraw from a course of instruction at any time. If you withdraw from the course after the period allowed for cancellation of the Agreement, which is until midnight of the first business day following the first class you attended, or the seventh day after enrollment, whichever is later, the School will remit a refund less a registration fee, if applicable, not to exceed \$200.00 within thirty days following your withdrawal.

The institution shall provide a pro rata refund of nonfederal student financial aid program monies paid for institutional charges to students who have completed 60 percent or less of the period of attendance. You are obligated to pay only the registration fee, the STRF fee, the educational services rendered at the prorated hourly rate and for unreturned equipment. If the amount you have paid is more than the amount that you owe for the time you attend, then a refund will be made within 30 days of withdrawal. If the amount that you owe is more than the amount that you have already paid, then you will have to make arrangements to pay for it. For all students except Veterans, once 60% of the program is attended, tuition is due in full. Veterans maintain refund prorate throughout 100% of program. Additional information is found in the enrollment contract.

Hypothetical Refund Example

Assume that a student, upon enrollment in a 250 hour course, pays a full tuition of \$3,000, plus \$200 for non-refundable registration and \$150 for equipment as specified in the Enrollment Agreement and withdraws after completing 50 hours without returning the equipment he/she obtained. The pro rata refund to the student would be \$2400 based upon the above calculations. If the student returns equipment in good condition within thirty [30] days following his/her withdrawal, the School shall refund the charge for the equipment paid by the student.

Student Tuition Recovery Fund (STRF)

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if 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.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.

3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number."

Student Rights

If you have any questions, complaints or problems which you cannot work out with the school and for any questions regarding the STRF, write or call the State of California Department of Consumer Affairs, Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 9583. Or PO Box 980818, West Sacramento, CA 95798-0818. Telephone (888) 370-7589 or Fax (916) 263-1897 or telephone 916-431-6959 or Fax 916-263-1897. Website address: www.bppe.ca.gov.

Student Complaints:

The student may contact the Bureau at ANY time. However, persons seeking to resolve problems or complaints are encouraged to go directly to the Instructor or staff person most closely associated with the issue. If further resolution is desired, students may schedule an appointment with SBBTI's Registrar or Director. "A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7598 toll-free or by completing a complaint form, which can be obtained on the bureau's internet web site www.bppe.ca.gov."

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 Drive, Suite 400, Sacramento, CA 95833 or PO Box 980818, West Sacramento, CA 95798-0818. www.bppe.ca.gov, toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.

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 800, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5337.

Information for students Using Vocational Rehabilitation and Employment benefits (CH31) or Post-9/11 G.I. Bill® (CH33)

A student using Vocational Rehabilitation and Employment benefits (CH31) or Post-9/11 G.I. Bill® (CH33) will be allowed to enroll in and attend courses and access campus facilities while the campus awaits payment for tuition and fees from the VA. While awaiting receipt of funds from the VA the Santa Barbara Body Therapy Institute will not impose any penalty, charge late fees or require an eligible student to borrow additional funds to cover tuition or fees. This waiting period begins the date the student provides appropriate documentation and continues either until funds are received from the VA or until 90 days after the School Certifying Official has certified the student's enrollment for tuition and fees.

To demonstrate current eligibility and intent to use Chapter 31 or 33 benefits, a student must provide the following documents:

- VA Form 28-1905 (Authorization and Certification of Entrance or Reentrance into Rehabilitation and Certification of Status); **or**
- Certificate of Eligibility (COE) or Education Enrollment Status form (printed from the VA website).
- A written request to use either VA Vocational Rehabilitation or Post 9/11 G.I. Bill benefits; and
- All additional information requested by the School Certifying Official to properly certify enrollment to the VA.
- Transcript or diploma from high school or college, or proof of GED and completion of the enrollment agreement and application for the Santa Barbara Body Therapy Institute.

For more information regarding this policy, contact the School Certifying Official,

Gael Ashwood at accounts@sbbti.com or 805-966-5802.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government Web site at <https://www.benefits.va.gov/gibill>.