

FLINT SCHOOL OF
THERAPEUTIC MASSAGE, LLC

600 HOUR MASSAGE PROGRAM



2008/2009 SCHOOL CATALOG

Flint Location

2442 E Maple Ave.
Flint, MI 48507
Phone: (810) 767-1000
Fax: (810) 767-1005

Saginaw Location

3159 Christy Way
Saginaw, MI 48603
Phone: (989) 793-3786
Fax: (989) 797-3790



- **STAFF**

School Director and CEO/Instructor	Diana Morgan
Office Manager/Contact person	Cindy Riggs
Office Manager/Contact for Flint	Sandy Kotch
Student Services Director/Contact for Saginaw	Donna Flattery

- **FLINT LOCATION**

Instructors and contacts for Flint

Kristina Balish	John Earl
Sandy Kotch	Erik Hamilton
Dave Maggard	Michael Goss

GRADUATE STUDY

Shelby Snyder Jonathon Ohm

- **SAGINAW LOCATION**

Instructors and contacts for Saginaw

Saginaw School Director: Donna Flattery

Instructors:

Rachael Taschner	Aaron Haefle
------------------	--------------

Graduate Study

Michelle Munsch	Paul Hund
-----------------	-----------

- **FACILITIES**

Flint Location

We are located between Dort and Saginaw on Maple Ave, in Grand Blanc Township. The building is on the south side of the road just west of the Grand Blanc bus garage. Our building is three stories tall, with a dark brown roof and lighter brown brick. Parking can be found surrounding the building.

Saginaw Location

The Flint School of Therapeutic Massage north Campus is located at 3159 Christy Way in Saginaw, Michigan. We are located off Bay Rd (Jack's Fruit Market is on the corner).



REQUIREMENTS FOR GRADUATION (Supervised Program only)

1. Student must attend every massage therapy class.
2. Student must log at least 100 Hours in the FSTM Student Massage clinic
3. Student will be expected to pass weekly anatomy exams and practical exams, which will be given every 3 weeks.
4. Student will write a detailed Pathology Paper, which must be at least 2,500 words.
5. Student must complete the Anatomy Coloring Book.
6. Student must pass all written and practical exams.
7. Student must complete all textbook and take-home tests.
8. Student must complete a C.P.R. course (available through F.S.T.M.) Or present a current valid C.P.R. certification card.

REQUIREMENTS FOR GRADUATION (Accelerated paced only)

1. Student must attend every massage therapy class.
2. Student must log at least 70 hours of outside-of-class massage
3. Student will be expected to pass weekly anatomy exams and practical exams, which will be given every 3 weeks.
4. Student will write a detailed research paper relating to Pathology, which must be at least 2500 words.
5. Student must complete the Anatomy Coloring Book.
6. Student must pass all written and practical exams.
7. Student must complete all textbook and take-home tests.
8. Student must complete a C.P.R. course (available through F.S.T.M.) Or present a current valid CPR Certification Card.

CERTIFICATE ISSUED

After completing all tasks required, the student shall receive a 600-hour certificate with training in Basic Swedish Application, Polarity, Reflexology, Sports Massage, Trigger Point Therapy, Muscle Isolation Techniques, Myofascial Release and Basic Shiatsu from Flint School of Therapeutic Massage, a State Licensed School.

• **CAREER OPPORTUNITIES FOR A MASSAGE THERAPIST**

The graduate of our massage therapy program will be able to apply for a position in any one of the following:

1. Chiropractic Office
 2. Physician's Office
 3. Sports Medicine Clinic
 4. Tanning Salon
 5. Full-service Beauty Salon
 6. Health Spa Facility
- F.S.T.M. offers an informal job placement policy. The school will assist graduating students in job placement, but employment is NOT guaranteed.

** A Certified Massage Therapist (C.M.T.) may wish to start his/her own clinic or work out of his/her own home making private home-service calls for clientele. Working out of the home provides low overhead cost and the profit margin is very high.



F.S.T.M. EDUCATIONAL TRAINING PROGRAMS

Massage Therapist I 100 contact hours of Instruction/ 500 hours of independent study =600 hours. Completion in 16 weeks. In the Basic Massage Therapy I program the student will receive training in the following modalities: Swedish massage, Polarity, Reflexology, INIT, Trigger Point Therapy, INIT, Myofascial Release, Sports Massage, Hydrotherapy Muscle Energy techniques Seated massage, Pre-natal and Infant Massage, Basic Shiatsu, and Business and Ethics.
Total tuition cost: \$2,200.00

Advanced/Medical Massage

100 contact hours of instruction / 500 hours of independent study= 600 hours. Completion in 16 weeks. *Student must have successfully finished Basic Massage Therapy I as prerequisite* In the Advanced/Medical Massage program the student will receive instruction in the following: Orthopedic Assessment and Massage, Myofascial Osseous integration techniques, Pharmacology, Pathology, Medical Terminology.
Total tuition cost: \$1,450.00

Massage Therapy Instructor Training

500 contact hours / completion in 5-16 week semesters = 80 weeks. In the Massage Therapy Instructor Training program the student must have graduated from both the Massage Therapist I and The Advanced/Medical Massage Programs. The student will receive in class training in the instruction of the Core-Curriculum of Basic Program, This will include: 80 hours in Swedish massage application including Anatomy and Physiology, 15 hours of Chair Massage, 15 hours of Pre-natal massage, 35 hours of Trigger Point Therapy, 75 hours of INIT, 35 hours of Myofascial Release techniques, 35 hours of Sports Massage, 35 hours of Reflexology, 35 hours of Shiatsu, 35 hours of Polarity, 35 hours of Business and Ethics, 35 hours of Muscle Energy techniques, 35 hours of Course Documentation
Total tuition cost: \$500.00

NEW!! Spa Procedures Program

60 contact hours of instruction/ 40 hours of independent study= 100 Total completion in 10 weeks. Prerequisite: Massage Therapist I completion.
In this class the student will learn the following Spa treatments:
Body Wrap Massage techniques, Salt Glows, Sugar Scrubs, Dry Brush Massage, Aromatherapy, Paraffin Dips, Face-lift massage, Hot stone massage and Case studies.
Cost: \$1,750.00 which includes the cost of the kit.
This program is currently offered at the Flint location only.

A deposit of \$750 will be required at time of enrollment and applies to the total program cost. Student may make payment arrangements for tuition balance.

Flint School of Therapeutic Massage Pg. 4

NEW!!! 600 Supervised In-class hours Massage Therapist II

As the state regulations change and impending Massage Therapy legislation is upon us, we recognize the need for a Full-time Supervised program. This program will be a supervised 600 hour program with 500 in-class hours and 100 hours of clinical lab at the school. The program is a 25 week program with classes meeting 4 times per week and 5 hours each class. The student will be expected to spend 4 hours of clinical lab time per week. After completion the student will receive a 600 hour certificate with training in Basic Swedish Application, Polarity, Reflexology, Sports Massage, Trigger Point Therapy, Muscle isolation Techniques, INIT, Hydrotherapy, Myofascial Release, Basic Shiatsu and Business and Ethics. Flint Location Only Cost: \$5,000.00

"NOTE: CLOCK HOURS EARNED IN EACH PROGRAM ARE INDEPENDENT AND DO NOT TRANSFER FROM ONE PROGRAM TO THE NEXT."

FINANCIAL AID For information on Financial Aid options, please call FSTM at (810) 767-1000.

We accept Sallie Mae loans (slmfinancial.com) as well as MEAP Merit Award Scholarship, UAW-GM TAP, Michigan Rehab, and Michigan Works.

NEW!! Through F.S.T.M. a student will be allowed a 0% financing plan with a lower down payment and a longer term to pay.**

Orientation Requirements:

- \$50 registration fee
- 1/3 of tuition down (\$1,500)
- Make arrangements with Student Services Director for a payment schedule
- Sign your Payment Contract

RULES OF CONDUCT

Appropriate attire is required. No short shorts, skirts, high heels or boots. No tank tops, belly shirts, or low cut blouses. T-shirts or surgical scrubs with comfortable slacks preferred. Short sleeve shirts are best. Hygiene is a MUST. Clean, short fingernails are required (no colored polish). Students must be clean and odor free. Do not wear strong cologne or perfume due to potential allergies. If any student does not comply with these codes and rules, they will be subject to dismissal.

*Classes and workshops may be added or deleted based on interest and enrollment.

A minimum of 10 and maximum of 30 students are allowed per class. All programs are available at this time. For schedule details see page 7.

***REQUIREMENTS FOR ENROLLMENT**

Students upon enrollment must be at least 18 years of age and have a high school diploma or G.E.D. equivalent. Students must be able to speak, read, write and understand English. Students must physically be able to perform massage techniques appropriately with reasonable accommodation.

ATTENDANCE POLICY

Because this course has such a small amount of in class hours, every massage therapy class must be attended. If, for some reason, the student needs to cancel a class, arrangements must be made (at the convenience of the instructors) to make up the class they missed. A missed class fee of \$25 will be charged.

A student must not miss more than three (3) classes. This will result in dismissal of the student with NO REFUND in tuition monies or fees. If absences are a result of illness or injury and more than five (5) classes are missed, the student will have the option to complete the course the next semester at no additional charge. If the student is dismissed by one of the staff or if the student drops out after the first two (2) classes, full tuition is due as per payment arrangements made by the student and F.S.T.M. staff.

GRADING CRITERIA

Grading is on a pass/fail basis. Students must pass all practical exams and complete all required muscle charts, massage logs, class project, anatomy workbook and other related materials that may be given. Grades will be recorded on the student's Course Record Tracking sheet. The course is graded as pass/fail at 75%.

If the student is placed on academic probation for poor performance, he/she must bring his/her overall average grade to 75% within a period of no more than 30 days. The student must then maintain this level of performance thereafter. If said criterion is not met within the 30 days, the student may drop and complete the course the following semester. Tuition must be paid in full before the return date or they cannot complete the course. If the student does not meet this standard they will forfeit their certification and still be responsible for tuition balance.

The school will be closed on the following holidays (2009)

Memorial Day - Mon, May 25th July 4th - Sat, July 4th Labor Day - Mon, Sept. 7th

Thanksgiving - Thurs, Nov. 19th Winter Holiday Season - From Dec. 24th to Jan. 4th

If the school is closed due to a holiday, students must make up their missed class per special arrangements with instructor.

New Flint Location
 2442 E Maple AVE.
 Flint, Mi 48507
 Phone: (810) 767-1000



Saginaw Location
 3159 Christy Way
 Saginaw, MI 48603
 Phone: (989) 793-3786

Please choose the class and location you would like to attend: Flint: Mon/Wed AM Mon/Wed PM Tues/Thurs AM Tues/Thurs PM Saturday
 Saginaw: Tuse/Thurs AM Tues/Thurs PM Saturday

A \$40.00 application fee is required with this form to reserve your spot in class.
 \$750 is due at orientation.

Registration Form

Student Name _____ Phone _____
 (Last) (MI) (First) (home)

Street Address _____ Phone _____
 (Work)

City _____ State _____ Zip _____ Phone _____
 (Cell/other)

Student SSN _____ D. License _____ Birth Date ___/___/___

Student's email address _____

Emergency Contact _____ Relation _____

Does the potential student have a high school diploma or G.E.D. equivalent? (circle) YES NO
 Please circle any and all of the following as they apply to you. This information is important for receiving massage therapy. "I have..." :

- | | | | | |
|--------------------|-----------------|---------------------|----------------|-----------------------|
| Contact lenses | Diabetes | Frequent headaches | Dentures | High stress lifestyle |
| Spinal problems | Heart problems | Chronic back pain | Varicose veins | Radiating pain |
| Pregnancy | Muscle spasms | Known aneurysms | Arthritis | Down ligaments |
| Osteoporosis | T.M.J. Syndrome | Known tumors/cysts | Blood clots | Infectious Disease |
| Digestive problems | acute injury | High blood pressure | | |

REFUND POLICY

The tuition and fees paid by the student shall be refunded if the student is rejected by the school before enrollment. An application fee of not more than \$25.00 shall be retained by the school if the application is denied. All tuition and fees paid by the applicant shall be refunded, if requested, within 3 business days after signing a contract with the school. All refunds shall be processed within 30 days. After three days have elapsed, the following policies will apply:

If the student must cancel classes after the 72-hour period, or any other time during the course of instruction, due to any unforeseeable circumstances, FULL tuition is due as per payment arrangements made by the student and F.S.T.M. The student has up to the close of the following semester to complete the course and remain eligible for certification. If the student cannot attend a full semester of classes during the four months after original enrollment occurred, monies and instruction of classes will be forfeit. Tuition and other money owed to F.S.T.M. must be paid by the date of graduation or tuition monies will be forfeit and no certification will be issued. Payment plans must be strictly adhered to; if there is any disruption of the original payment arrangement, it becomes the student's responsibility to meet with the Student Services Director or all monies will be forfeit. If the student does not adhere to original payment agreement and neglects to meet with the Student Services Director, F.S.T.M. will seek legal restitution. If student is dismissed for improper conduct (as outlined previously) or for frequent absences, all tuition monies will be forfeit and student will be responsible for full payment.

I, _____, understand that the massage therapy given here is for the purpose of stress reduction, relief from muscular tension, muscle spasms, or for increasing circulation and energy flow. I also have read and agree to the above refund policy.

Student's Signature & Date _____ Witness Signature & Date _____
 I have received copies of all enrollment forms _____ Date _____



SCHEDULE (Supervised program only) starts January 2009 Flint Campus Only

Winter/Spring Semester 2009

Enrollment for winter orientation is Friday, January 2nd, at 11 am or 6 pm.

Day Classes - Monday - Thursday: 9:30am - 3pm

January 5th thru June 25th

Saturdays - Clinical Lab Time

Begins January 10th

Summer/Fall Semester 2009

Enrollment for fall orientation is Friday, June 26th at 11 am or 6 pm.

Day classes - Monday - Thursday 9:30 am-3pm

Monday, June 29th -December 23rd

Saturdays - Clinical Lab Time

Begins July 11th

SCHEDULE (Accelerated Paced Program Only)

Winter Semester 2009

Enrollment for Winter Orientation is Friday, January 2nd, at 11AM OR 6PM

Day Classes

January 5th - April 23rd Mon/Wed or Tues/Thurs 11Am -2Pm

Night Classes

January 5th - April 23rd Mon/Wed or Tues/Thurs 6PM -9PM

Saturday class

January 3rd - April 18th Six Hour Class on Saturday 10AM-4:30PM

Summer Semester 2009

Enrollment for Summer Orientation is Tuesday, April 28st at 11:00 AM OR 6PM

Day Classes

May 4th - August 20th Mon/Wed or Tues/Thurs 11Am -2Pm

Night Classes

May 4th - August 20th Mon/Wed or Tues/Thurs 6PM -9PM

Saturday class

May 2nd-August 15^t Six Hour Class on Saturday 10AM-4:30PM

Fall Semester 2009

Enrollment for Fall Orientation is Tuesday, August 25th at 11AM OR 6PM

Day Classes

September 1st-December 23rd Mon/Wed or Tues/Thurs 11Am -2Pm

Night Classes

September 1st-December 23rd Mon/Wed or Tues/Thurs 6PM -9PM

Saturday Class

August 29th-December 19th Six Hour Class on Saturday 10AM-4:30



•
•

REFUND POLICY

The tuition and fees paid by the student shall be refunded if the student is rejected by the school before enrollment. An application fee of not more than \$25.00 shall be retained by the school if the application is denied. All tuition and fees paid by the applicant shall be refunded, if requested, within 3 Business Days after signing a contract with the school. All refunds shall be processed within 30 days. After three days have elapsed, the following policies will apply:

If the student must cancel classes after the *72-hour period*, or any other time during the course of instruction, due to any unforeseeable circumstances, FULL tuition is due as per payment arrangements made by the student and F.S.T.M. The student has up to the close of the following semester to complete the course and remain eligible for certification. If the student cannot attend a full semester of classes during the four months after original enrollment occurred, monies and instruction of classes will be forfeit. Tuition and other money owed to F.S.T.M. must be paid by the date of graduation or tuition monies will be forfeit and no certification will be issued. Payment plans must be strictly adhered to; if there is any disruption of the original payment arrangement, it becomes the student's responsibility to meet with the Student Services Director or all monies will be forfeit. If the student does not adhere to original payment agreement and neglects to meet with the Student Services Director, F.S.T.M. will seek legal restitution. If student is dismissed for improper conduct (as outlined previously) or for frequent absences, all tuition monies will be forfeit and student will be responsible for full payment.

• SUPPLIES

The school will supply:

All massage tables, bolsters and pillows for practical application in class; all pertinent information for the Course Manual; massage log documentation forms, client intake forms and critique forms.

The student must supply:

TEXTS:

1. Massage Therapy Principles and Practice (included in tuition)
By Susan G. Salvo
ISBN13: 978-1-4160-3128-4
2. Rapid Review Anatomy OPTIONAL \$50.00 (available for purchase at F.S.T.M.)
3. F.S.T.M. Modalities Course Manual \$50.00 (included in tuition)
4. F.S.T.M. Anatomy Coloring Book (included in tuition)
5. 2 Binder for Handouts

SUPPLIES:

- *Two fitted sheets
- *Two flat sheets or towels
- *One medium towel
- *One pillowcase
- *Massage oil and/or lotion, non-scented

All extra materials not included in tuition will cost approximately \$100.

****Note: Supplies, texts and manual must be brought to EVERY CLASS!!****



- DIRECTIONS TO F.S.T.M.

SAGINAW CAMPUS

3159 Christy Way

989-793-3786

FROM SOUTH:

Take I-75 North to I-675 North. Exit at Tittabawasee Rd. Turn LEFT (east). Go to Bay Rd. and turn LEFT. Go approximately 2-3 miles to Christy Way. There is a Jack's Fruit Market at the corner. Turn RIGHT. Turn LEFT at the stop sign. F.S.T.M. is located on the LEFT.

FROM NORTH:

Take I-75 South to I-675 South. Exit at Tittabawasee Rd. Turn RIGHT (west). Go to Bay Rd. and turn LEFT. Go approximately 2-3 miles to Christy Way. There is a Jack's Fruit Market at the corner. Turn RIGHT. Turn LEFT at the stop sign. F.S.T.M. is located on the LEFT.

FLINT CAMPUS

2442 E Maple Ave.

810-767-1000

FROM US-23:

Exit at Hill Rd. from US-23 (exit 90). Coming from south Turn RIGHT onto Hill and then LEFT at the third stop light (VanSlyke.) Take Van Slyke to Maple Ave., turn RIGHT on Maple Ave; you will cross Fenton Rd. and Saginaw Rd. continue on for ½ mile watch for the building on the right side of road.

FROM I-75:

FROM SOUTH: Take I-75 to exit 109, Dort Hwy., Drive north approximately 3 miles until you see Maple Ave. Turn right (West) on Maple Ave. drive about 1/8 mile and the building is located on the left or south side of the road.

FROM NORTH: Take I-75 to US-23. Hill Rd. is the first exit after the split. Turn LEFT and then turn LEFT at the third stop light, Van Slyke, Take Van Slyke to Maple Ave. turn RIGHT onto Maple Ave. you will cross Fenton Road and Saginaw Street. Continue on approximately ½ mile FSTM is located on the RIGHT/South side of the road.

**Still having trouble finding us? Give a call during
normal business hours!**

Standard Workshops

Hot Stone Massage I (6 hrs) Cost: \$100.00

A wonderfully warm and relaxing massage treatment, in this workshop you will learn special techniques using warm, basalt lava stones. We emphasize the experiential and practical relationship of Hot Stone with Swedish massage movements.

K-Bella Face lift Massage (4 hrs) Cost: \$95.00 includes Kit

A natural approach to rejuvenating the skin and toning the muscles of the face through specific massage techniques and lymphatic Drain movements. In this workshop you will learn the art of facial Shiatsu (acupressure), Facial massage toning and thermo-Aromatherapy. This process increase circulation, removes toxins, brings nutrients and hydration to the skin while relating facial muscles, relieving stress, resulting in a fresh and happy face.

Aquamarine Stone Massage (5 hrs) Cost:\$95.00

A face massage treatment using cool aquamarine stones and warm basalt stones to relax and tone the muscles of the face, neck and décolletage.

Spa Massage I (4 hrs) Cost: \$95.00

(Seaweed Detox Body/ Wrap Massage

A unique intro to combining massage with marine wrap procedures. Includes Dry Brush Body massage and lymphatic drain techniques in conjunction with application of seaweed gel and thermo wrap. A useful technique for students interested in a Spa career.

Spa Massage II (4 hrs) Cost: \$65.00

Cellulite Massage)

An effective method for reducing the appearance of cellulite. Students will utilize a combination of modalities to address connective tissue distortion and lymphatic Drain function.

Spa Massage III (4 hrs) Cost: \$95.00

Body Glow Massage Techniques

Application of various exfoliation mediums in combination with massage to promote lymph (toxins) removal and rejuvenation of the epidermis. Students will have an opportunity to experience and practice an invigorating massage using sea salt and sugar scrubs.

Ear Candling (2 hrs) Cost: \$50.00

A natural, effective method for removing ear wax build-up, fungus and impaction from within the ear canal. his workshop is presented as an introduction to the history, practice and benefits of ear candling therapy.

Lymphatic Drainage Massage (2 hrs) Cost: \$65.00

An intro to the principles of Lymphatic Drainage Massage. Students will learn the anatomy and physiology of the lymph system in detail and specific techniques to improve health through lymph drainage massage.

FSTM STANDARD WORKSHOPS (cont.) Pg 11

Aromatherapy Massage (3 hrs) Cost: \$95.00

Learn the therapeutic effects and use of scent in massage. You will receive valuable information on essential oils and how to utilize their healing properties in your massage. Students will have the opportunity to create an aromatherapy product of their own.

Psychology of Massage (3 hrs) Cost:\$50.00

Students will learn the psychological effects of touch as well identify and understand the phenomena of emotional release of massage and bodywork and how they respond to them appropriately. Ethics and professional guidance on specific issues and ethical/personal dilemmas of massage therapy will be discussed. Discover ways for choosing methods and techniques that are both physically and psychology suited for each client, as well as examined factors that may indicate a referral is necessary.

Adult CPR (4 hrs) Cost: \$45.00

American Red Cross Adult CPR is offered by Patty Backus an authorized provider. It is a 4 hour class. Certification is mandatory for graduation.

Neuromuscular Stripping (3 hrs) Cost: \$65.00

Over use of muscles creates adhesions and scar tissue within the muscle fibers. An efficient method to remove them is a technique called Neuromuscular stripping, Clients will experience a greater range of motion and less pain when this technique is applied.

Conscious Connected Breathing (2 hrs) Cost: \$65.00

Conscious Connected Breathing is a circular breathing technique that allows the breath to move in an open and unrestricted way, taking in as much oxygen as possible and relaxing the exhale. As feelings, thoughts and physical sensations arise, total awareness, focused relaxation and acceptance of the breath allows the suppression to heal at a cellular level. It is the door to self-awareness, self-acceptance and self-love.

Reiki I (4 hrs) Cost:\$100.00

Reiki is a technique that aids the body in releasing stress and tension by creating deep relaxation. Reiki promotes healing and health. The Reiki system of healing is a technique for transmitting this subtle energy through the hands and intentions of the practitioner to enhance the human energy systems. This first session is to introduce the student to basic Reiki principles and practice.

Reiki II (4 hrs) Cost: \$100.00

This 2nd level teaches the student the use of Reiki symbols and reinforces basic the basic Reiki principles and practices.

Reiki III (4 hrs) Cost: 150.00

This 3rd level is combined with the Master Teacher techniques: The student learns the Master Teacher symbols and is able to apply all Reiki principles and techniques competently.

Chakra Clearing, Aligning & Balancing Cost: 50.00

Chakras are energy centers in the body where each chakra relates to certain areas throughout the body. Learn the characteristics of the chakras as well as the color, elements, tones, stones and how they relate to the chakras. Students will learn hands-on aligning and clearing of the chakras.