

Course Descriptions

It's Time to Get Your Tape On! Drew Freedman and Rick Garbowski, instructors, (6 CE hours) - (Saturdays Course Repeats itself on Sunday)

This course uses Learn2Tape's exclusive K-Cuts Taping System™ to explain the basic principles and applications of kinesiology taping. This systematic approach provides you with all the skills you will need to effectively enhance the clinical outcomes of clients suffering from pain, joint instability, swelling and increased/decreased muscle tone. Our vision here at Learn2Tape® is to help you easily understand the appropriate way to effectively incorporate kinesiology taping into your practice, regardless of the brand of tape you choose. **Supplies: Loose, Comfortable clothing, Massage Table**

Fully Exposed Ethical Dilemmas, Us vs Us, Nathan Nordstrom and David Otto, instructors (3 CE hours)

This class has been compared to an "ethical group confessional, a "stand-up comedy act," and an "afternoon with Abbott and Costello – but a lot more educational." We will include NCBTMB's Standards of Practice: Standard V in the presentation. From The Blame Game to the ultimate Transference issues, we'll explore unique perspectives and establish a 'best practice' for handling even the toughest of ethical dilemmas in the massage therapy profession through exercises that will be sure to make you go Hmmm... but, most importantly, will help the attendee align personal and business/professional ethics Standards. **Supplies: none required**

Active Isolated Stretching (AIS): Intro to Clinical Application, Bruce Baltz, instructor (3 CE hours)

This introductory course will introduce you to the principles of AIS as we look at imbalances of both the upper and lower body with a clinical approach. You will learn and practice stretches that will enhance your current treatments. Reach the deepest tissues of the body with less discomfort to your client with increased accuracy. **Supplies: Loose, Comfortable clothing, Massage Table**

Active Isolated Stretching (AIS), The Spa Method, Upper Body (6 CE hours) and Lower Body (6 CE hours) Bruce Baltz, instructor

The Spa Method was developed from Aaron Mattes' clinical approach to stretching and reformatted by Bruce Baltz from SpiriPhysical®. This format can be adapted into the spa setting and bring more depth to any menu or enhance the deep tissue or sports related treatments. This six-hour segment covers the lower body. You will learn how to reach the deepest tissues of the body with less discomfort to your client while minimizing the stress on your body. **Supplies: Loose, Comfortable clothing, Massage Table**

Massage Therapy, Being a Leader in Healthcare, Nathan Nordstrom, instructor (3 CE hours)

Being a leader in health care takes more than just helping clients. It takes pristine focus on client communication, ethics and the importance of being a health care advocate. What do you to get doctors referring? How do you get your clients to start connecting with you when they need a massage? It is time to Build your own success. It is time to get rid of the baggage and building something that can be an example to healthcare. **Supplies: none required**

Fibromyalgia and the “Invisible” Diseases, Ruth Werner, instructor (3 CE hours)

Fibromyalgia is the second most common diagnosis of musculoskeletal pain, but its etiology remains elusive. Further, it overlaps several other conditions, leading to confusing signs and contradictory treatment options. This class covers the definition, demographics, etiology, signs and symptoms, treatment options, current research, and role of massage for the following: *fibromyalgia, myofascial pain syndrome, chronic fatigue syndrome, irritable bowel syndrome, hypothyroidism*, and others as time permits. **Supplies: none required, internet-ready device might be helpful**

Touching the Mind: Mental and Mood Disorders for Massage Therapists, Ruth Werner, instructor (3 CE hours)

The research about the positive effects of massage for mood disorders is strong and consistent, and it is our responsibility to deliver the safest, and most compassionate, and most effective massage therapy our clients can ask for. This class addresses some of the most common mental health and mood disorders seen in our culture today. In addition to reviewing some of the pathophysiology and contributing factors to mental health and mood-related conditions, we will discuss common conventional treatment options, and what we know about how massage therapy can have the most positive impact for clients who live with these challenges. In alignment with the newest edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-V), this class will examine various types of *depression, bipolar disease, anxiety disorders, PTSD, obsessive-compulsive disorder*, and others as time allows. Don't miss this chance to learn more about the conditions that affect your clients' lives: you'll be a better therapist for it! **Supplies: none required, internet-ready device might be helpful**

Common and Contagious Skin Disorders, Ruth Werner, instructor (3 CE hours)

Massage therapists work so closely with the skin that it is vital to be well-informed about common and contagious skin problems. This class covers the definition, demographics, etiology, signs and symptoms, treatment options, current research, and role of massage for the following: *herpes simplex, fungal infections (ringworm), staph infections, psoriasis, dermatitis/eczema, and skin cancer*. **Supplies: none required, internet-ready device might be helpful**

Teaching Pathology From The Heart, Ruth Werner, instructor (3 CE hours)

Science teachers in massage and bodywork schools often find that their task is daunting: how can we engage students whose primary interests are most likely not to be in the direction we must lead them? In Teaching Pathology from the Heart educators of pathology and other core curriculum sciences identify and analyze obstacles, and analyze strategies to overcome them. Participants in Teaching Pathology from the Heart will; List appropriate standards and goals for science curriculum, especially pathology; Trouble-shoot courses that don't work well; Identify strategies to improve effectiveness; Develop an ambitious but realistic plan for implementing these strategies in the classroom. **Supplies: none required, internet-ready device might be helpful**

Event Massage; A Client Experience, David Otto, instructor (6 CE hours)

From 50,000-attendee conventions to office-employee appreciation events, chair massage is not only a marketing tool to get table clients, it is also a business model of its own. This class explores seated massage, focusing on the discovery and improvement of professional relationship, effective practices, marketing techniques, and diversity in contracting for your chair massage practice. **Supplies: Massage Chair (if you have one), face cradle covers, and lubricant**

Medical Massage Success in a Hospital or Clinical Setting, David Otto, instructor (3 CE hours)

Discover how massage therapy complements medical treatments to increase comfort and improve clinical outcomes. Attendees will be able to Identify necessities for all medical massage practitioners, including how to gain a foundation for working in medical settings; Discover how to build successful relationships with other medical professionals in clinical settings; Review case studies performed; and... Find out where the medical massage community is being supported nationally. **Supplies: Internet-ready device**

Marketing to the Clients You Want, David Otto, instructor (3 CE hours)

Identifying yourself, then your [potential] client; branding and operations (logo, catch-phrases, business practices); marketing methods (website, profiles, listings, social media), and follow-up techniques will be covered. **Supplies: Internet-ready device**

Structurally Integrated: Cervical and Cranial Dissection, Nathan Nordstrom, instructor (3 CE hours)

In this advanced anatomy and physiology class we will use a pigs head to create comparisons to a human head in dissection. This class has a focus on soft tissue for massage therapist best understanding and application.

Supplies: none required

Structural Integrated Neck and Head for Functional Movement, Nathan Nordstrom, instructor (3 CE hours)

This class is arranged to look in-depth into head and neck. It goes through each joint's standard

movements and the top dysfunctions regularly seen in this area. We then give several tools and techniques to work with the soft tissue to create pain free movement. ***Suggested materials- Massage table, sheets, lubricant. Supplies: Loose, Comfortable clothing, Massage Table, sheets, and lubricant***

Structural Integrated Lower Body for Functional Movement, Nathan Nordstrom, instructor (6 CE hours) This class is arranged to look in-depth into the lower body. It goes through each joint's standard movements and the top dysfunctions regularly seen in this area. We then give several tools and techniques to work with the soft tissue to create pain free movement.

Supplies: Loose, Comfortable clothing, Massage Table, sheets, and lubricant

****ALL classes are approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and are accepted by AMTA and the Kentucky Board of Licensure for Massage Therapy.***