

# FLINT SCHOOL OF THERAPEUTIC MASSAGE

600 HOUR MASSAGE PROGRAM



2011 SCHOOL CATALOG

## **Flint Location**

2442 E. Maple Avenue  
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

[www.fstm.com](http://www.fstm.com)



**OUR STAFF**

School Director and CEO/Instructor:  
Office Manager/Contact for Flint:  
Office Manager/Contact for Saginaw:

Diana L. Morgan  
Heather Wisda  
Sandra Kotch

**FLINT LOCATION**

**Instructors:**

Kristina Balish  
Kim Makkima

Patty Backus  
Travis Libby

**Graduate Studies:**

Elizabeth Elston  
Tony Zapata

Kameron Woodend

**SAGINAW LOCATION**

**Instructors:**

Sandra Kotch  
Kevin Begin

Dave Maggard

**Graduate Studies:**

Sarah Mcleod

\*We have an excellent, well-rounded and highly educated staff. Our Nationally Certified Instructors have expertise in the following areas, chiropractic medicine, recreational therapy, nursing, secondary education, and counseling. Our student to teacher ratio is better than the national average. We generally have a student to teacher ratio of 6:1 or lower.\*



## Educational Training Programs

### Accelerated 600 Hour Program Certified Massage Therapist

500 contact hours of instruction/ 100 hours of clinical. After completion the student will receive a 600 hour certificate with training in: Basic Swedish Massage Application, Polarity, Reflexology, Sports Massage, Trigger Point Therapy, Muscle Isolation techniques, INIT, Hydrotherapy, Myofascial Release, Basic Shiatsu and Business and Ethics.

Total tuition costs: **\$2,300** Text: **\$50**

### Supervised Full Time 600 Hour Program Certified Massage Therapist

500 contact hours of instruction / 100 hours of clinical lab at school = 600 hours

As the state regulations change and impending Massage Therapy legislation is upon us, we recognize the need for a Full-time Supervised program. Classes will meet 4 times per week, 5 hours each class. The students 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, Myofascial Release, INIT, Muscle Isolation Techniques, Hydrotherapy, Basic Shiatsu, and Business and Ethics.

Total tuition costs: **\$5,000** Text: **\$50**

### 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** Text: **\$50.00**

### 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. Total Tuition Cost: **\$1,750.00** which includes the cost of the kit. (Only offered at Flint Location)

### 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 the 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, and 35 hours of course documentation. Total tuition cost: **\$500.00**



### **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

### **FINANCIAL AID**

For information on Financial Aid options, please call FSTM at (810) 767-1000  
Michigan Rehab and Michigan Works are accepted.

**\*\*Through FSTM a student will be allowed a 0% financing plan with a lower down payment and a longer term to pay.\*\***

### **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.

\* IF THE STUDENT MUST DROP DUE TO UNFORSEEN CIRCUMSTANCES, HE/SHE MUST SIGN A FORMAL DROP NOTICE & MAKE NEW PAYMENT ARRANGEMENTS OR THEY WILL BE IMMEDIATELY SENT TO COLLECTIONS TO PAY THE REMAINING TUITION BALANCE!

This applies to all FSTM Programs.\*



### **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 are 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.

### **ATTENDANCE POLICY**

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 5 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 2 classes, full tuition is due as per payment arrangements made by the student and FSTM 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 projects, 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.



**ORIENTATION REQUIREMENTS**

- \$50 registration fee upon application process
- Tuition down: (negotiable)
- Make arrangements with Student Services Director for a payment schedule
- Sign your Payment Contract

**SUPPLIES BY THE SCHOOL**

- Massage Tables
- Bolsters
- Pillows
- Course Manual
- Anatomy coloring book
- Massage log documentation forms
- Client intake forms and Critique forms

**SUPPLIES BY THE STUDENT**

- Text Book (Must be ordered before the FIRST class)

***Massage Therapy Principles and Practice 3<sup>rd</sup> Edition***

**By: Susan G. Salvo**

**ISBN: 978-1-4160-3652-4**

- Two fitted sheets
- Two flat sheets or towels
- One medium towel
- One pillowcase
- Massage oil and/or lotion, non-scented (Can be purchased at FSTM)
- All extra materials not included in tuition will cost approximately \$100

**All Materials must be brought to every class!!**



### **REQUIREMENTS FOR GRADUATION**

1. Student must attend every massage therapy class.
2. Student must log at least 70 hours of out of class massage including 4 hours of community event and 4 hours of student clinicals.
3. Student will be expected to pass weekly anatomy exams.
4. Student will write a detailed research paper relating to Pathology, 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.

### **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

FSTM 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 have 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.



## SCHEDULE

### Summer Semester 2011 (Accelerated Program)

Enrollment for orientation is Tuesday, May 10<sup>th</sup> at either 11 am or 6pm

#### Classes Begin

May 14<sup>th</sup> and end August 31st

#### Class Options

Monday & Wednesday: 11-2pm or 6-9pm

Saturdays: 10-4:30pm

### Mid Summer/ Fall Semester 2011 (Accelerated Program)

Enrollment for orientation is Tuesday, June 28th at either 11am or 6pm

#### Classes Begin

July 5<sup>th</sup> and end October 20th

#### Class Options

Tuesday & Thursday: 11-2pm or 6-9pm

### Fall Semester 2011 (Accelerated Program)

Enrollment for orientation is Monday, March 5<sup>th</sup> at either 11am or 6pm

#### Classes Begin

September 10<sup>th</sup> and end December 28<sup>th</sup>

(Last Saturday class will have to attend Monday/Wednesday Classes the following week due to the holiday)

#### Class Options

Monday & Wednesday: 11-2pm or 6-9pm

Saturdays: 10-4:30pm

The school will be closed on the following holidays:

Memorial Day, July 4<sup>th</sup>, Labor Day, Thanksgiving, and

Winter Holiday Season - December 23<sup>rd</sup>, 24<sup>th</sup>, & 25<sup>th</sup>

If the school is closed due to a holiday, students must make up their missed class the next school day or make arrangements with their instructor for an alternate time.

**New 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) 793-3790

**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 |                |                       |

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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 \_\_\_\_\_



**DIRECTIONS**

**FLINT CAMPUS**

2442 E Maple Ave. (810)767-1000  
Flint, MI

FROM US-23:

Exit at Hill rd. from US-23 (exit 90). Coming South? Turn RIGHT onto Hill and then LEFT at the Third stop (Van Slyke) follow this all the way to Maple Ave. and Turn RIGHT, (you will cross Fenton and Saginaw St.) Go down approximately 1/8 of a mile. Watch for the building on the RIGHT with a flagpole out front.

FROM I-75:

FROM SOUTH: Take I-75 to Exit 109 (Dort Hwy). Go approximately three miles to Maple Ave. Turn LEFT and we are the second building on the LEFT. Watch for the flagpole up front.

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 this road to Maple Ave. and turn RIGHT. You will continue on Maple and you will cross Fenton Rd. and Saginaw St. F.S.T.M is about 1/8 of a mile down and is located on the RIGHT. Watch for the flagpole out front.

**SAGINAW CAMPUS**

3159 Christy Way (989)793-3786  
Saginaw, MI

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.



## Workshops

### Hot Stone Massage I

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.

**(6 hrs) Cost: \$100.00**

### K-Bella Face lift Massage

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.

**(4 hrs) Cost: \$95.00 includes Kit**

### Aquamarine Stone Massage

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

**(5 hrs) Cost: \$95.00**

### Spa Massage I

(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.

**(4 hrs) Cost: \$95.00**

### Spa Massage II

(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.

**(4 hrs) Cost: \$65.00**

### Spa Massage III

(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.

**(4 hrs) Cost: \$95.00**



### **Ear Candling**

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

**(2 hrs) Cost: \$50.00**

### **Lymphatic Drainage Massage**

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.

**(2 hrs) Cost: \$65.00**

### **Aromatherapy Massage**

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.

**(3 hrs) Cost: \$95.00**

### **Psychology of Massage**

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.

**(3 hrs) Cost: \$50.00**

### **Adult CPR**

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

**(4 hrs) Cost: \$45.00**

### **Neuromuscular Stripping**

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.

**(3 hrs) Cost: \$65.00**



### **Conscious Connected Breathing**

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.

**(2 hrs) Cost: \$40.00**

### **Reiki I**

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.

**(4 hrs) Cost: \$100.00**

### **Reiki II**

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

**(4 hrs) Cost: \$100.00**

### **Reiki III**

This 3<sup>rd</sup> 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.

**(4 hrs) Cost: 150.00**

Workshops are offered year round and are available to the public.

Dates and times are posted on [www.fstm.com](http://www.fstm.com) or you can call the school to get more information.