

FLINT SCHOOL OF THERAPEUTIC MASSAGE

600 HOUR MASSAGE PROGRAM



2012 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



Flint School of Therapeutic Massage has been a state licensed school since 1997. It is our mission to create an educational environment that is affordable, convenient, and geared towards working adults. Diana Morgan is the owner and director of FSTM. She started this school with hopes of sharing her passion of massage therapy with others. 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 generally 6:1 or lower.

Why should you come to school & become a Massage Therapist?

Not only is it a wonderful way to help others and to make money while doing it... there are many other benefits to a career in massage therapy.

As a Massage Therapist you can become self employed. Becoming self employed creates much more independence. When you are self employed you can write off many things on your taxes that pertain to your business. Also as a Massage Therapist you have full control of your schedule which is a big perk. Because you have full responsibility of your business it is up to you to decide how much you want to market your business and how many clients you would like to have.

With a certification from our State Licensed school the graduate can go on to take the National Certification Exam which would allow the graduate to practice massage therapy in any state. You can take your massage therapy business anywhere so the possibilities are endless! It takes dedication & motivation to build up a career in massage therapy but with the right training and a good heart it is possible!

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
Patty Backus
Tony Zapata

Graduate Assistants:
Elizabeth Elston
Jacki Popadich
Angela Herriman

SAGINAW LOCATION

Instructors:
Sandra Kotch
Dave Maggard

Graduate Assistants:
Michelle Frey



Educational Training Programs

Accelerated 600 Hour Program

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: *Call for information* Text: **\$50**

Supervised Full Time 600 Hour Program

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: *Call for Information* 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: *Call for information* 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: *Call for information* tuition 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: *Call for information*



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.

PAYMENT PLANS

For information on State Funded Financial Aid options, please call FSTM at (810) 767-1000 Michigan Rehab and Michigan Works are accepted. We do not accept Federal Financial Aid.

****Through FSTM a student will be allowed a 0% financing plan with a lower down payment and a longer term to pay. We have payment plans that will suit each student's financial situation. A student can pay Monthly-Weekly-OR Bi-Weekly Payments with the option to extend their contract.****

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 office staff 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 3rd Edition

By: Susan G. Salvo

ISBN: 978-1-4160-3652-4

- Two twin fitted sheets
- Two twin 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 complete all out of class massage including community event hours and 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 FSTM) 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. Graduates can visit our facebook page for job postings and the school also has a job board. Also a Certified Massage Therapist 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.



FLINT CAMPUS SCHEDULE

Spring Semester 2012

Enrollment for orientation is Tuesday, February 21st at either 11am or 6pm

Classes Begin

Tuesday, February 28th 2012

Class Options

Tuesday & Thursday: 11-2pm or 6-9pm
Saturdays 10-4:30

Summer Semester 2012

Enrollment for orientation is Monday, April 30th at either 11am or 6pm

Classes Begin

Monday, May 7th 2012

Class Options

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

SAGINAW CAMPUS SCHEDULE

Winter Semester 2012

Enrollment for orientation is Monday, January 16th at either 11am or 6pm

Classes Begin

Saturday January 21st 2012

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 4th- Labor Day- Thanksgiving & Winter Holiday Season - December 23rd, 24th, & 25th

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 | | |

REFUND POLICY

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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 _____



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: \$75.00 for a two year certification

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 2nd 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 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.

(4 hrs) Cost: 150.00

Workshops are offered year round and are available to the public. Prices are subject to change. Dates and times are posted on www.fstm.com. If you are interested in any workshop and a future date is not posted to the website please call us and we will set up an individual session!

Most workshops are held at the Flint Campus

On June 25th 2009 Flint School of Therapeutic Massage became an Approved Provider for Continuing Education through the National Certification for Therapeutic Massage & Bodywork.

When the massage therapy bill legislation is implemented and all massage therapists become licensed in the state of Michigan, the state massage therapy board will require each massage therapist to be held responsible to continuously re-educate themselves with seminars and workshops approved by the NCBTMB. All of our workshops are high quality and very affordable!



Visit us on Facebook!