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Intermountain Massage Therapy College has a non-discrimination policy without any prejudice toward any race, gender, religion, nationality, age, disability or sexual orientation. We accept all without judgment.

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School Information

School Philosophy

At the Intermountain Massage Therapy College, our primary focus is always on the student. We know that not every student learns in the same manner. Therefore, we incorporate many learning strategies to help facilitate each individual learning style. Additionally, each student is encouraged to develop and master skills that are fundamental to becoming an excellent massage therapist. We strive to provide a safe and positive environment for learning as we value each of our students' emotional well-being. Our nationally trained instructors are the best in their field and our small classes give ample opportunity for one on one interaction with students. Our staff and instructors are committed to a high standard of excellence as we strive to motivate students to reach their highest potential, both in and out of the classroom. Their experiences here will provide a positive send-off to a fulfilling career as a highly successful massage therapist.

Ownership and History of School

Jill Hilton, Owner and Director

Jill has been working in the field of Massage Therapy education for many years. She understands the need to have a place where students can get a quality education to become the best in their field, a place where they can gain and retain knowledge in a safe, nurturing environment, a place with small classes for individual attention, a place with interactive learning, and with the professionalism of a larger school. For this reason, she has assembled a team of educators consisting of the top Massage Instructors in the state. With the help of these amazing educators, Intermountain Massage Therapy College was created.

School Description

While attending Intermountain Massage Therapy College students will be using Massage Tables, Desks, and Chairs. They will be viewing computers for learning in addition to their Instructors lecture. Students will be required to work on all different body types with different massage modalities. A wide variety of lotions and creams will be used. The knowledge gained while attending the 846 hours' course at IMTC will prepare you to take the national licensing exam that is required to be licensed as a Massage Therapist in the state of Utah.

Board of Directors:

Shelby Hilton, LMT

Colleen Uhl-Snow, Director of Education

Cindi Pierce, LMT

Chesley Erickson, CPA

Advisory Board

Shelby Hilton, LMT
Ivan Thompson, LMT
Duke Cassel, LMT
Chad Wayberg, LMT
Colleen Uhl-Snow, Director of Education
Cindi Pierce, LMT
Brook Johnson, Social Media

Student Advisor

Our student advisor is to discuss any concerns students may have. Please make appointments with the front desk. Missing class time for appointments is discouraged. All IMTC staff maintains an open-door policy to help students.

Academic Policies

Enrollment Requirements:

Admission and enrollment requires possession of high school diploma or General Education Development (GED) Certificate, and must be beyond the age of compulsory high school attendance as prescribed by Utah Law. (see rule 152-34-4 of the Utah Administrative Code)

Graduation

- 1-Students must complete all requirements for graduation within the time of scheduled programs with no more than 2 additional quarters.
- 2-A 80% or better grade on the School Final Comprehensive Exam.
- 3-All clinic hours completed.
- 4-All tuition and fees paid
- 5-Any rented or borrowed materials returned. (books, media, etc.)
- 6-Final Exit counseling with advisor

- 7-Upon completion of the 846 hour IMTC Program, students will receive a Certificate of Completion and be qualified to take the licensing exam (mblex).

With passing this exam, they will be able to get licensed in the State of Utah to be a Massage Therapist.

Graduation Ceremony

There will be a graduation ceremony after the completion of your final class for all friends and family to attend. You will receive all documentation for licensing at that time if all requirements are met.

Placement opportunities

In your final interview with the academic advisor, you will be given the opportunity to let IMTC know how you would like to be assisted in finding employment. Emails will be sent to interested students with employment opportunities and your name and number will be on the school web-site for interested clients to find local therapist.

School Final Comprehensive Exam

This is an exam that will include questions from all classes that were a part of your education. You must complete this exam within 3 weeks of the last day of your last class. If you fail the test, you may retake it at a scheduled time within the next 3 weeks at no additional cost. If you fail it again, you will be required to pay \$30/hour for tutoring. The length of tutoring will be your decision. The next test will cost \$10 for printing.

CPR/First Aid

CPR and First Aid is a requirement for graduation and licensing. If you have a current CPR Certificate, you may present that to the administration. There will be no refund for students not taking the class. If you sign-up for the CPR class and do not attend, you will be charged \$45 for the missed class. If you must cancel, a 10 days' notice is required prior to the class.

Student Clinic

All students will be required to complete 135 hours of Clinic massages. This is a very important part of your massage training. This will give you the confidence to take your training into your future practice. These massages will be supervised by your Clinic Instructor and evaluated. It is your responsibility to complete all the required hours. A portion of these massages will be included in your required off-site events. (see next section)

Off-Campus Activities

You will be required to attend off-site events that will count toward your overall required hours of massage on the public. They will further your education and preparation for your successful practice. The training will include sporting events, company employee stress relief, fairs, schools etc.... Transportation is the student's responsibility. Students may organize car pools.

Grading

Students will be evaluated and receive grades at the end of the term. Grades are determined by the following percentages:

A 100-93
A- 92-90
B+ 89-87
B 86-83
B- 82-80
C+ 79-77
C FAILURE
C- FAILURE

F 77 or below

I Incomplete

P Pass

T Transfer

W Withdrawal

The same grading system will also apply to the School Comprehensive Exam. Students must maintain a C+ average. If student falls below this level, he/she will be placed on academic probation. Students will be required to retake any classes that fall below 77%

Course Failure "F"

Students who fail a course must repeat the course.

Course Incomplete "I"

Students who have not completed all material needed for a satisfactory grade by the end of the quarter will receive an "I" for incomplete until the work is completed and the Instructor issues a grade. It is the student's responsibility to get all material needed to complete the course, complete the missed work and arrange for the grade to be given to the administration to be added to permanent records. The student has 2 weeks from the end of the quarter to complete this unless special permission is given by the administration.

Pass Grade “P”

If a class only requires participation, not a grade, a “P” for pass will be given at the completion of the course.

Withdrawal “W”

Any student wanting to withdraw from a course may do so up to the end of the 5th week. The time spent in the class will not count toward completion of the course. The student will have to start from the beginning of the course to get the credit to pass the course.

Transfer “T”

IMTC accepts Transfer of Credit from qualifying Institutions after review of supporting documents to show that the course taken has a similar length and content of the course at IMTC. The administrative staff has the final say if the credit will be approved or denied. We want our students to have the necessary knowledge required to complete the program. The course must have a passing grade of a “C+” or better.

Class Exams

Examinations will be given regularly in every class to ensure that each student is learning and retaining the material needed for each class, to prepare them for taking the licensing exam and ultimately to prepare them to be at the top of the field of Massage Therapy. Written and practical exams will be given. Student are to be present for all exams, however, if they are not able to be there, it is their responsibility to make arrangements with the instructor to make up the exam within one week of the scheduled exam.

Standard of Progress

Students will be reviewed every quarter to determine if they are on a positive course of progress. Areas that will be examined are as follows: Attendance, tardiness, grades, abilities, and conduct. This is a time to assess the needs of each student to make sure they are having a successful education.

Report Cards/Satisfactory Academic Progress Review

Quarterly report cards will be issued 2 weeks after the end of each quarter. At that time, a meeting with the academic advisor will be scheduled to review your academic progress. If for any reason, you do not have Satisfactory Academic Status, you will receive a written notice. If you still have an unsatisfactory review the next quarter, you will be put on probation. If performance is not improved by the next quarter, you will be terminated from school. You may appeal the

termination with a written narrative of the situation and how you plan to solve the problem. At that time, a committee will meet to review all information with you present. A solution will be established at that time if possible.

A final interview with the academic advisor will be scheduled within 2 weeks of completing all classes. At that time, a final report card will be available with the verification from instructors that all class work is completed and all tuition and fees owed have been paid. A review of testing and licensing will be given. In addition, future plans for employment will be addressed to aid IMTC in knowing how to help the student succeed in their career.

Satisfactory Academic Progress includes the following:

- 1- GPA: A Grade point average must not fall below a C+ at any time.
- 2- Class participation: Instructors will include in the quarterly report card whether the student is actively involved in class and participating in an acceptable manner.
- 3- Attendance and Punctuality will be reviewed
- 4-Class completion progress: The list of classes completed will be reviewed. At that time, a decision as to whether the student is on track to graduate will be made.

Attendance

Absence and tardy definitions for weekly classes:

Attendance will be taken at every class. Students are expected to be present at all times. For 10 week courses, 1 absence is allowed, but must be made up. Failure to make up absences within 1 week of the end of course will result in an incomplete. Students with more than 1 absence will fail the class. Students will be marked tardy for arriving late, up to 25 minutes. Students arriving more than 25 minutes late will be marked absent. Students will not be allowed to leave early. Doing so will result in being marked tardy, unless the student leaves more than 30 minutes early, which will result in being marked absent. Being marked tardy twice will result in 1 absence.

Absence and tardy definitions for workshops:

Attendance will be taken at every class. Students are expected to be present at all times. In 2 day workshops, no absence is allowed. Students will be marked tardy for arriving late, up to 25 minutes. Students arriving more than 25 minutes late will not be allowed to take the workshop. Students will not be allowed to leave early.

Absence for Clinic Classes

If the student calls in advance because of a sickness or personal reason, an absence will be issued. The student is required to make up that absence before the end of the quarter.

If the student does not call or show up to the scheduled clinic class, the student will be marked with 2 absences and must make up 5 additional clinic hours.

It is very important for a Massage Therapist to learn to be on time. Therefore, tardiness to clinic will not be allowed. For every 10 minutes the student is tardy, an hour of make-up time will be required.

Probation:

IMTC knows how much our students have invested in time and money to become a Massage Therapist, so we have set up standards to ensure that all of our students will have a positive experience during their education. If these standards are not followed, probation will be issued. The student must have the probation remedied by the end of the next quarter or they will receive an unsatisfactory academic report.

1- Behavior in class or clinic including inappropriate comments or actions will not be tolerated.

2- Disruption of the atmosphere conducive to learning in and out of class will not be tolerated.

3- Behavior that disrupts the enjoyment of learning for other students will not be tolerated.

4- Lack of personal hygiene that is offensive to other students will not be tolerated.

5- Disrespect to administration or instructors will not be tolerated.

6- Unprofessional behavior conducted in front of clients will not be tolerated.

7- Failure to keep GPA above a 2.3

Reasons for Dismissal:

1-Failure to follow guide-lines for conduct of students and State by-laws (attached)

2-Excessive absenteeism (as stated)

3-Excessive tardiness (as stated)

4-Disruptive behavior (as stated)

5-Not being in compliance with graduation status (as stated)

6-Failure to keep GPA above a 2.3

7- Failure to keep finances with the school up to date

General School Policy

Homework requirements:

Some classes at IMTC require practice of techniques away from class time.

Practice rules are as follows:

- Practice is done on friends and family that have signed a waiver stating they are aware that it is for the sole purpose of practice.
- No charge may be made for the practice.
- Signed practice sheet by the person you practice on to be turned into the instructor to show the practice was completed.
- Practice time will NOT be counted toward required hours for clinic.

Student Private Records

All student records are private and held by school administration. Upon graduation, students will receive a copy of their transcripts. Any graduate needing another copy of his or her transcript must give a one week written notice before the date needed.

Personal Conduct

The administration and staff of IMTC understands and respects the sacrifice it takes to come to school. We want everyone that comes to our school to feel safe in their learning environment. Foul language, negative and derogatory remarks are strongly prohibited and may result in expulsion.

A copy of the 58-1-501 by laws of Unlawful and Unprofessional Conduct is attached at the back of this catalog. The same conduct is expected at IMTC.

Non-students in class

Any non-registered person wanting to attend a class must first have permission by administration and then by the instructor. No children are allowed in class unless needed for demonstration.

Alcohol, Smoking and Drugs

Alcohol, smoking and drugs are prohibited on school campus and at any off campus activities. Failure to follow these rules could result in expulsion.

The smell of smoke on clothes and massage sheets is not allowed. This is to prepare you for your future career in the Massage Industry

School Dress Code

Students are expected to dress in clothing acceptable for a professional Massage Therapist. Personal hygiene is required in the field of Massage Therapy and you will be expected to meet those standards in school. Shoes must be worn with the exception of Tai Chi class and when appropriate in bodywork classes.

Personal Belongings

IMTC is not responsible for personal belongings.

- Please keep all belongings in your personal massage bags.
- Mark all books and supplies with permanent marker
- Keep your bag with you at all times. Your massage bag will fit neatly under your massage table during clinic.
- Valuables including all jewelry should be left at home. These items need to be removed during giving and receiving bodywork.

Food on Campus

Food is prohibited in classrooms and lobby area. You may eat and keep food in student lounge area only. It is the student's responsibility to keep the area clean at all times. The refrigerator will be cleaned out every Friday. All food and containers will be thrown out.

Solicitation Policy

Solicitation is prohibited. This includes verbal, written, products, and services.

Copies

Copies requested to be made by the school will be at a charge of 15 cents for black ink and 40 for color ink per page.

Electronic Devices

Cell phones, tablets, or any other electronic devices are prohibited in class at all times. You may leave the school number for emergencies.

Parking

There is plenty of parking on the south parking lot. Please leave the parking next to the building for clients and visitors.

Staff/Student Interaction

The staff at IMTC is very involved in each student's education and cares for each one.

Students often feel that the staff is their friends and would like to interact with them off campus. This can cause pressure in maintaining a fair classroom environment without favoritism. With this in mind, IMTC has made it a policy that staff or instructors may not interact with students outside of school hours with the exceptions of professional services provided by the staff. These are to be performed only at the professional business location of staff member, not at a home office. Any violation of this will result in termination and expulsion.

Hands-on Body Work Training

In our training, you will have the opportunity to work on as many different body types as possible to prepare you for your career. You will be expected to give as well as receive body work from everyone in your class.

School Library

The school has a library with many great books available to help with your learning experience. The following procedures apply:

A maximum of 2 books at a time.

Books may be checked out for 2 weeks. At that time, if no one is waiting to check out the book, you may check it out for another 2 weeks.

A late fee may be imposed.

You are responsible for the book. If it gets lost or damaged, you must pay to have the book replaced in the library.

All late fees and fines must be paid before graduation.

Complaint Procedures

Informal Complaints:

1. Complaints must be reported to the administration with a written document with details signed by student and administration.
2. Administrative staff will review the complaint and discuss solutions with the student.
3. If the solution does not satisfy the student, a formal complaint may be made.
4. If the complaint involves administration, complaint must be reported to the school Director.

Formal Complaints:

1. A school advisor will be assigned to the case to review the complaint with all parties involved.

2. If this does not solve the situation, a meeting with the School Director will be made to discuss further possibilities.
3. If the student is still not satisfied, a hearing with all pertinent staff members will be held. If it includes another student, staff member or Instructor, they may be present at the hearing at the discretion of the School Director.
4. If the student is still unsatisfied, they may contact the Department of Consumer Protection.

Housing

IMTC does not offer housing but will assist anyone needing help finding suitable housing.

Tuition, Fees and Financial Policies

Transferred Credits

The maximum number of transfer credits will be determined on an individual basis.

If the credits come from a reputable school and IMTC deems that you have gained the adequate knowledge from the course, a final exam will be given from that class. If you pass that exam, IMTC will give a discount of tuition for the cost of the class. No more than 50% of credits will be accepted as transferred credit toward the program.

Withdrawal Procedure

Students withdrawing from school must meet with the academic advisor within 2 weeks of the last class attended. At that time, a review of classes taken and completed, money owed, money to be refunded, and any transfer of credits will be conducted.

Refund Policy

- The student has the right to cancel the initial enrollment agreement until midnight of the 3rd business day after the student has been enrolled. If the right to cancel is not given to any prospective student at the time the agreement is signed, then the student has the right to cancel the agreement at any time and receive a refund on all money paid to date within 3 days of cancellation. Cancellation should be submitted to the authorized official of the school in writing.
- Should the student's enrollment be terminated or should the student withdraw for any reason, all refunds will be made according to the following refund schedule:

If termination or withdrawal occur	Per Term	
	School may keep	Student Refund
Prior to or during the first week	0%	100%

During the second week	20%	80%
During the third week	35%	65%
During the fourth week	50%	50%
During the fifth week	70%	30%
After the fifth week	100%	0%

If a student drops a class, the same rate as withdrawal will be applied.

No class may be dropped after the completion of the 3rd week.

If a student withdraws from a workshop without a 10 day notice, a \$155.00 fee will be charged.

If a student does not withdraw 10 days prior, or does not attend a CPR class, the student will be charged the full amount of the class.

Book Refund Policy

Any text book purchased from IMTC may be returned for a full refund through the first week of class if there are no markings or defacement of any kind. After that time, an assessment of the situation will determine whether a partial refund will be made.

Leave of Absence

Due to the nature of the education of a Massage Therapist, IMTC considers a Leave of Absence to be detrimental to the quality of the training we provide to our students. Therefore, a leave of absence is not available. If a student has to stop their education and wants to return, a new registration fee will be applied. At that time, a review and testing of previous classes will be given to determine which classes must be retaken. If a student must leave for Military service, the registration fee will not be charged, however the same testing will apply.

Costs of Program

Massage Table

Students are required to have massage tables at home for homework assignments. Contact school director if you would like help in finding new or used tables.

Supplies:

The following lists of supplies are required the start of the 2nd week of classes:

- Massage Cream (may be purchased from school or supply your own)
- Massage Oil (may be purchased from school or supply your own)
- 2 sets of Massage Sheets (may be purchased from school or supply your own)

- Note books
- Pencils
- Pens
- Dry erase markers in 5 colors (fine point)

Supplies will be available for purchase from the school

Additional charts and supplies will be available for purchase as the course progresses.

Tuition and Fees

Tuition and Fees

Payment plans will be created to fit the need of individual students.

Information about loans from lending institutions is available from the director.

Payments made with debt or credit cards will have 3% added.

Registration Fee:	100.00 (nonrefundable)
Tuition:	12,600.00
Clinic Shirts:	100.00
Supply Fee:	100.00
<u>ABMP Insurance</u>	<u>50.00</u>
	12,950.00

Total Cost of Program (not including books, massage table, massage cream, massage oil, and learning material)

Approximate cost for used text books: \$400.00

Quarterly: _____

DUE BY THE FIRST DAY OF THE NEW TERM

Monthly: _____

DUE BY THE FIRST DAY OF THE MONTH

3 Installments: _____

Books and cost are subject to change. Please verify before purchasing.

First Quarter Books	Second Quarter Books
<p><u>Anatomy and Physiology</u> Applied Anatomy & Physiology for Manual Therapists 2013 by; Pat Archer, Lisa A. Nelson Lippincott, Williams and Wilkins ISBN: 978-1-60547-655-1 Used: 50.00 New: 70.52 IMTC: TBD</p> <p>Study & Review Guide for Applied Anatomy & Physiology for Manual Therapists By: Pat Archer MS, ATC, LMP, Lisa A. Nelson BA, AT/R, Lippincott, Williams and Wilkins ISBN: 9781605477503 Used: 16.00 New: 31.00 IMTC: TBD</p> <p><u>Ethics</u> The Ethics of Touch 2nd edition By Ben E. Benjamin, PHD, and Cherie Sohnen Sohnen-Moe Associates, Inc. ISBN: 978-1-882908-42-4 Used: 26.00+shipping New: 34.73+shipping IMTC: TBD</p> <p><u>Swedish</u> Introduction to Massage Therapy 3rd edition By: Mary Beth Braun, Stephanie J. Simonson Lippincott, Williams and Wilkins ISBN: 13: 978-1-4511-7319-2 10: 1-4511-7319-9 Used: 45.00 New: 78.99 IMTC: TBD</p>	<p>Trigger Point Therapy Trigger point Therapy for Myofascial Pain 2013 By: Donna Finando and Steven Finando Healing Arts Press, Rochester, ISBN13: 978-1594770548 ISBN10: 1594770549 Used: 12.00 New: 13.85 IMTC: TBD</p> <p>Pathology 1 and 2 A Massage Therapist Guide to Pathology 5th By: Ruth Warner Lippincott Williams & Wilkins ISBN: Used: 20.00+shipping New: 79.00+shipping IMTC: TBD</p> <p>Functional and Applied Anatomy Trail Guide to the Body By Andrew Biel Books of Discovery; 5 edition (November 6, 2014) ISBN-13: 978-0982978658 ISBN-10: 0982978650 Used: 41.00+Shipping New: 67.00+Shipping IMTC: TBD</p> <p>Trail Guide to the Body workbook ISBN-13:9780982978665 Used: 16.00+shipping New: 27.00+shipping IMTC: TBD</p> <p>Specific Pathology TBA</p>

Third Quarter Books

Deep Tissue Massage, A Visual Guide to
Techniques,

by Art Riggs,

North Atlantic Books, Berkeley, CA, 2007.

ISBN-13: 9781556436505

Used: 12.00

New: 22.00

IMTC: TBD

The Reflexology Manual

by Pauline Wills

Healing Arts Press

978-089281547-0

Used: 5.00

New: 14.00

IMTC: TBD

Acupressure Atlas

TBD

Sports Massage

TBD

Fourth Quarter Books

Fifth Quarter Books

Test Prep and Review

Review for Therapeutic Massage and
Bodywork Exams

By: Joseph Ashton MS,PT Duke Cassel
NCTMB

Lippincott, Williams and Wilkins

ISBN/ISSN: 9781605477121

Used: 20.00

New: 56.00

IMTC: TBD

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Course Description, Hours, Prerequisites

Anatomy and Physiology (40 hours)

This course is an intensive study of the organization, structure, and function of the systems of the human body relevant to the massage therapist. The course provides anatomy and physiology information needed for clinical decision making and communication with the client.

Applied Anatomy (20 hours)

This course is designed to give the student an opportunity to apply their knowledge of basic Functional Anatomy to Massage Therapy by using "hands-on" lab experiences. Palpation techniques will be taught.

Prerequisite: *Anatomy and Physiology*

Body Language (8 hours)

This class is designed to teach students how to understand their clients so they can help them in a more effective way. Students will learn what their role is in the client/therapist relationship and how to evaluate or "read" a client's emotional and physical stature so they can provide a greater assessment. Students will learn the ethics in a "touch" profession as well as explore one's own behavior in relationship to them.

Career Development (20 hours)

This Class is designed to jump start your career as a massage therapist. It will give you the knowledge and the tools to start your own business, keep accurate records, and promote yourself ethically and with confidence.

Clinic (140 Hours)

Clinic is time where the student works on the public. During these massages, instructors will come in and check student to see how they are doing. The Instructors will be available for question if the student needs help. This is to build your confidence and your techniques to make you the best therapist you can be.

Common Injury Protocol (40 hours)

This course focuses on anatomy, physiology and the common injury patterns of 9 major segments of the body that can benefit highly from clinical massage in general and neuromuscular techniques specifically.

Prerequisite: *Swedish 1 and 2, Anatomy and Physiology, Applied Anatomy, Functional Anatomy*

Deep Tissue 1 (20 hours)

This course will teach the students the definitions, terms and techniques that will promote the balancing of the structural frame. Postural correction to the body using correct body mechanics and proper deep tissue stroke will be taught. Discussion of how the body develops problems that affects the posture and homeostasis of the body. Tracking of the client progress from the work will also be shown.

Prerequisite: *Swedish 1 and 2 and Functional and Applied Anatomy*

Deep Tissue 2 (20 hours)

This course is a continuation of Deep Tissue 1. It will go into more details about the body and teach more advanced Deep Tissue Techniques.

Prerequisite: *Deep Tissue 1*

Elementary Swedish (40 hours)

Each student will learn to ethically, safely, and effectively apply basic Swedish techniques. History of massage, draping, benefits, contraindications, hygiene, sanitation, professional presentation, and products will be included. Body Mechanics will be taught and enforced to give the student the tools to protect themselves for a long career in massage.

Functional Anatomy (20 hours)

This course is to teach students how anatomical structures work together to create motion. The body is not merely defined, but explored in terms of their relationships to other structures. It will focus on specific body regions and how they function.

Prerequisite: *Anatomy and Physiology*

Intermediate Swedish (40 hours)

Each student will continue learning to ethically, safely, and effectively apply basic Swedish techniques. More focus will be given to draping, benefits, contraindications, hygiene, sanitation, and professional presentation. Proper body mechanics will be continued and enforced to give the student the tools to protect themselves for a long career in massage. Focus will be given to specific body parts and emphases on creativity

Prerequisite: *Elementary Swedish*

Massage Ethics (20 hours)

This class will address the ethics in massage therapy. You will learn all areas that you will be confronted with in your career. You will have an opportunity for discussions and role play so when you do encounter these situations, you will be prepared to handle them in the most ethical way.

Massage Exploration (20 hours)

This course is designed to help you gather a greater understanding of massage techniques in specialized fields. Each week you will explore a different modality taught by guest Instructors that specialize in that modality. The Instructor will give basic information about the modality, why you need extensive training to specialize in it and the dangers if one does the modality without proper training.

Meridians/Acupressure (20 hours)

Energy in the body flows through a system called Meridians. Each of these Meridians is directly related to specific organs in our body. This course will teach the student the importance of this system to maintain the natural balance of homeostasis.

Myofascial (40 hours)

Myofascial Technique is designed to introduce the participants to fascia and the concepts of stretching fascia to facilitate greater health, range of motion, and functionality in the body. Students will learn the anatomy and physiology of fascia including some of the newest research in fascia, conceptual models of how fascia is moved, and techniques to release the fascia in the lower body

Nutrition (20 hours)

In this nutrition course we will cover the functions of the organs of the body and the effect nutrition has on them. We will talk about appropriate food selection and preparation. We will compare and contrast modern and traditional diets and talk about the advantages and disadvantages in each.

Pathology Specific 1 (20 hours)

The class is designed to give students the knowledge and confidence to assess wisely, think critically, and work with clients who have specific medical conditions using techniques already learned in school. Students will learn about different conditions so that they may identify them and be able to treat clients with these conditions comfortably.

Prerequisite: *Functional and Applied Anatomy, Swedish 1 and 2*

Pathology Specific 2 (20 hours)

The class is a continuation of Massage Condition Specific Protocol 1 that is designed to give students the knowledge and confidence to assess wisely, think critically, and work with clients who have specific medical conditions using techniques already learned in school. Students will learn about different conditions so that they may identify them and be able to treat clients with these conditions comfortably.

Prerequisite: *Functional and Applied Anatomy, Swedish 1 and 2*

Pathology 1 (20 hours)

Pathology 1 is study of terms, conditions, symptoms, and treatments of disease and infection. Instruction will focus on a specific body system as each condition, disorder, and disease is studied in detail. Students learn to identify conditions and disorders, indications and contraindications as they relate to massage.

Pathology 2 (20 hours)

Pathology 2 is a continuation of Pathology 1 in the study of the terms, conditions, symptoms, and treatments, of disease and infection. Instruction will focus on a specific body system as each condition, disorder, and disease is studied in detail. Students learn to identify conditions and disorders, indications and contraindications as they relate to massage.

Prerequisite: *Pathology 1*

Reflexology

We will explore anatomy and physiology of the body systems and their corresponding reflexes. We will discuss pathologies that can affect the body systems and the feet. You will learn how to provide a complete reflexology session.

Shiatsu (20 hours)

Japanese finger pressure method based on the oriental concept of energy flow. When properly applied, these pressure points help to increase circulation, stimulate nerves, and improve body metabolism. Students will receive step-by-step guides through different organs in the body, learning how to best treat ailments through shiatsu. A full body shiatsu massage will be taught.

Prerequisite: *Meridians*

Sports Massage (20 hours)

This class will introduce the concepts of massage for individual athletes and their different sporting events for pre-event, post-event, rehabilitation, and training massages. Students will learn the basic massage strokes used in sports massage as well the overall psychology of athletes. Students will learn the pre-event routines and the post event routines as well as many other massage strokes to enhance the athlete's performance and eliminate pain associated with being active in life as well the professional or recreational athletes.

Prerequisite: *Swedish 1 and 2*

Spa Techniques (20 hours)

This course is designed to provide a strong foundation of knowledge and skills for anyone interested in working in the spa community. The course will include an overview of current trends in spa therapy; spa applications.

Test Prep and Review (20 hours)

This course is to prepare the student to pass the certification and licensing exams to become a Licensed Massage Therapist. Students will take a practice exam to help the instructor determine which materials need to be reviewed.

Prerequisite: *Entire massage course*

Trigger Point and Chair Massage (20 hours)

This workshop is to give students the skills to perform chair massages in their clinic as well as off-site events. The student will develop a seated massage routine with proper body mechanics. Trigger Point portion will give students the knowledge of what trigger points are, how they develop and the protocol to work with trigger points to relieve different parts of the body.

Prerequisite: *Anatomy and Physiology, Swedish*

Staff and Faculty

Duke Cassel, LMT

Graduate of Myotherapy College of Utah

Duke is a dedicated health care professional skilled in the practice and instruction of massage and therapeutic bodywork. He is proficient in over 28 modalities with special focus on Sports Massage, CranioSacral Therapy, Reiki, Spinal Touch Therapy, SomatoEmotional Release, and Clinical Massage. He has over 20 years of experience. We are very fortunate to have Duke's vast expertise available to our students.

Shelby Hilton, LMT

Myotherapy College of Utah

Shelby specializes in pain management and elimination. She is the Massage Therapist Rainy Day Massage, Oakridge Country Club and Willow Creek Country Club. She has taught Swedish, massage lab and deep tissue at a local massage school. Shelby has a passion for the outdoors, and has been competing in equestrian sports for the last four years.

Ivan Thompson, LMT, CAN

Northwest College, Associates of Science -Utah College of Massage Therapy

Ivan is the President and CEO of Advanced Therapeutic Massage, Inc. where he performs various massage therapies to alleviate pain, stress, and other afflictions using a variety of advanced techniques, and performs onsite massages for companies, and corporations. He has been teaching Applied Anatomy, Applied Kinesiology, Chair massage, Deep Tissue massage, Trigger Point Therapy, and Touch for Health as well as several other courses at Utah College of Massage Therapy and Myotherapy College of Utah for 20 years

Chad Weiberg, LMT

University of Utah, Utah College of Massage therapy

Chad has a degree in Anatomy and is ASI Certified in Structural Integration. He has 14 years teaching experience specializing in Sports and Clinical Massage. His teaching experience also includes Anatomy, Acupressure, Meridian, Shiatsu, Swedish, Cranial, Reflexology, and Lymphatic Drainage. We are pleased to have Chad's many talents available to help our students in their pursuit of a satisfying career

Annette Chambers, LMT

Myotherapy College of Utah

Annette is an experienced instructor and teacher. She earned her Massage Therapy license in 2001. She earned her certificate for a Touch for Health instructor in 2003. She has enjoyed teaching for over 14 years. Annette even earned Touch for Health Instructor of the Year 2013-2014 in the United States for the years. She owns her own business called Massage for Women. The best thing about Annette is her ability to make any class fun and memorable!

Meade Steadman, LMT

Meade graduated from the Myotherapy College of Utah in 1996 and has been working full time as a practicing LMT ever since. Having owned a small business for many years before his massage practice, he started teaching Practice Building courses at the Myotherapy College of Utah in 1997 and branched out to teaching several other classes including Swedish Massage, Sports Massage, Acupuncture and Ethics. Along with MCU, Meade has been teaching home study students at the Myotherapy Institute of Massage with additional classes including Pregnancy Massage, Tai Chi and Reflexology. Meade lectured at the University of Utah's Stress Management class on the benefits of Massage Therapy. In 2003 Meade began working with Aesthetic Video Source as the featured expert for Swedish Massage and to date has completed over 14 massage videos which have won several Telly Awards. Ruth Werner's "A Massage Therapist's Guide to Pathology" 4th edition included Meade as an expert contributor in Swedish Massage. Massage and Bodywork Magazine July/August 2011 published article: "Applications of Hand Reflexology; Benefits and Protocol" In which Meade was a featured contributor. In 2011 and 2013, Meade taught a 6-hour Ethics course at the AMTA Utah Chapter convention. In 2015, also at the AMTA Utah Chapter convention, Meade taught an 8-hour class on Chair Massage.

Cindi Pierce, LMT

Cindi graduated from the Utah College of Massage Therapy, Salt Lake City, in 1991. Being one of the first licensed massage therapists in the county, she helped to open the minds of others to the healing potential of massage. At the same time, she began her career as a massage therapist she began an apprenticeship as a real estate appraiser. She had dual careers until she gave up appraising to follow her passion in the healing arts. She loves helping others and enjoys doing bodywork. She is the owner and facilitator of Southeastern Integrative Healing Arts Center, but

considers all the practitioners that are joining her on this journey part of a team. They bring to the community a place where individuals can go to help heal their body, mind and spirit

Intermountain Massage Therapy College is registered under the Utah Postsecondary Proprietary School Act (Title 13, Chapter 34, Utah Code)

Registration under the Utah Postsecondary Proprietary School Act does not mean that the State of Utah supervises, recommends, nor accredits the institution. It is the student's responsibility to determine whether credits, degrees, or certificates from the institution will transfer to other institutions or meet employers' training requirements. This may be done by calling the prospective school or employer.

The institution is not accredited by a regional or national accrediting agency recognized by the United States Department of Education.

Please review the MASSAGE THERAPY PRACTICE ACT on [Utah Division of Occupational and Professional Licensing www.dopl.utah.gov/](http://www.dopl.utah.gov/)

