

OSM FALL 2009 CE CALENDAR

Visit www.OregonSchoolofMassage.com for descriptions and prerequisite information. Call 1-800-844-3420 to register for classes!

PORTLAND

SEPTEMBER

SPA ESSENTIALS - Ayurvedic Spa Treatments	Williams	Sep 12-13	Sat-Sun 9am-6pm	16 - NCBTMB	\$415
LMT Training Begins September 28th				Contact an Admissions Coordinator for Information	
DAO YIN STRETCH *	Neu	Sep 29-Nov 24	Tue 12-12:45pm	7	\$145
SHIATSU SHORT FORM CLINIC	Neu	Sep 29-Dec 1	Tue 1:30-6pm	45 - NCBTMB	\$725
SHIATSU IV - Long Form	Ward	Sep 29-Dec 1	Tue 6:30-9:30pm	30	\$615

OCTOBER

UPPER BODY SPORTS INJURY CARE	Verschingel	Oct 1-Oct 29	Thu 9am-12noon	15 - NCBTMB	\$305
SHIATSU I - Short Form Sequence	Ward	Oct 1-Dec 10	Thu 1:30-4:30pm	30 - NCBTMB	\$485
SHIATSU II - Short Form Technique	Ward	Oct 1-Dec 10	Thu 6:30-9:30pm	30 - NCBTMB	\$485
FOOT PAIN SOLUTIONS	Goetz	Oct 3-4	Sat-Sun 9am-5pm	14 - NCBTMB	\$290
BOARD REVIEW - Practical	Barck Garofalo	Oct 3	Sat 9am-1:30pm	4.5	\$110
BOARD REVIEW - Kinesiology	Richards	Oct 4	Sun 9am-1pm	4	\$100
ABCs OF CHINESE MEDICINE - Part C	Cleaver	Oct 5-Nov 23	Mon 12:30-4:30pm	32	\$650
SPORTS MASSAGE - In the Treatment Room	Verschingel	Oct 6-Nov 17	Vary	16 - NCBTMB	\$285
BUILDING A REFERRAL-BASED BUSINESS (New!)	Campbell	Oct 7	Wed 6:30-9:30pm	3 - NCBTMB	\$65
THAI MASSAGE - Level I *	Weitzer	Oct 9-11	Fri 6:30-8:30pm; Sat-Sun 9am-5pm	16 - NCBTMB	\$360
TENSION HEADACHE TREATMENTS (New!)	Barber-Shams	Oct 9-11	Fri 6:30-8:30pm; Sat-Sun 9:30am-5:30pm	16	\$325
HEART CENTERED ETHICS - Part I	Ireland	Oct 11	Sun 9am-4pm	6 - NCBTMB	\$125
FUSION BODYWORK	Montgomery	Oct 16-18	Fri 6:30-8:30pm; Sat 9am-6pm; Sun 9am-4pm	16 - NCBTMB	\$325
SPA ESSENTIALS - Polishes & Glows	Lawrence	Oct 17-18	Sat-Sun 9am-6pm	16 - NCBTMB	\$415
FEELINGS IN THE BODY *	Welton-Miller	Oct 19	Mon 6:30-9:30pm	3	\$60
PREGNANCY MASSAGE I	Stager	Oct 23-25	Fri 9am-6pm; Sat-Sun 9am-5:30pm	23 - NCBTMB	\$550
THERAPEUTIC STRETCHING FOR THE LOWER BODY	Richards	Oct 25	Sun 9am-5:30pm	7.5 - NCBTMB	\$155
MASSAGE BASICS *	Ireland	Oct 30-Nov 20	Fri 6-8:30pm	(no CEs)	\$75
REVITALIZING WITH POLARITY THERAPY *	Bromley	Oct 31-Nov 1	Sat 9am-6pm; Sun 8am-5pm	16 - NCBTMB	\$325
PREGNANCY MASSAGE II - Techniques for Common Conditions	Stager	Oct 31	Sat 9am-5:30pm	7.5 - NCBTMB	\$165

NOVEMBER

PREGNANCY MASSAGE - Bodywork for the New Mother	Stager	Nov 1	Sun 9am-5:30pm	7.5 - NCBTMB	\$165
PREGNANCY MASSAGE - Labor and Birth *	Stager	Nov 2	Mon 1-5pm	4 - NCBTMB	\$100
SIDE-LYING MASSAGE	Lawrence	Nov 3-Dec 1	Tue 1:30-4:30pm	15 - NCBTMB	\$305
ON-SITE CHAIR MASSAGE II	Martz	Nov 7	Sat 9am-6pm	8 - NCBTMB	\$160
AROMATIC BODY STONE THERAPY	Williams	Nov 7-8	Sat-Sun 9am-6pm	16 - NCBTMB	\$375
HEART CENTERED ETHICS - Part II	Ireland	Nov 8	Sun 9am-4pm	6	\$125
MASSAGE FOR PEOPLE LIVING WITH CANCER	MacDonald	Nov 13-15	Fri 9:30am-6:30pm; Sat-Sun 9am-6pm	24	\$490
EXPLORING BRAINWAVES *	Welton-Miller	Nov 16	Mon 6:30-9:30pm	3	\$60
INSURANCE BILLING FOR LMTs	Harris	Nov 20-21	Fri 10am-4pm; Sat 10am-4:30pm	10.5	\$220
BODY MECHANICS FOR MASSAGE THERAPISTS	Lawrence	Nov 21	Sat 9am-6pm	8 - NCBTMB	\$160
FOOT REFLEXOLOGY BASICS *	Butler	Nov 21	Sat 9am-5:30pm	7.5 - NCBTMB	\$155
REFLEXOLOGY VARIATIONS *	Butler	Nov 22	Sun 9am-5:30pm	7.5	\$155
LOWER BODY TECHNIQUES: Working Deeper with Ease	Richards	Nov 22	Sun 9am-5:30pm	7.5	\$155

DECEMBER

REIKI HEALING *	Coppieters	Dec 4-6	Fri 6-8pm; Sat-Sun 9am-6pm	18 - NCBTMB	\$295
CRANIOSACRAL THERAPY: Introductory Level	Manalis	Dec 5-6	Sat-Sun 9am-5:30pm	15	\$305

SALEM

SEPTEMBER

LMT Training Begins September 28th				Contact an Admissions Coordinator for Information	
SHIATSU I - Short Form Sequence	Zermer	Sep 29-Dec 1	Tue 9am-12noon	30 - NCBTMB	\$485
DAO YIN STRETCH *	Zermer	Sep 30-Nov 25	Wed 5:30-6:15pm	7	\$145
SHIATSU II - Short Form Technique	Zermer	Sep 30-Dec 9	Wed 6:30-9:30pm	30 - NCBTMB	\$485

OCTOBER

MASSAGE FOR PEOPLE LIVING WITH CANCER	MacDonald	Oct 2-4	Fri 9:30am-6:30pm; Sat-Sun 9am-6pm	24	\$490
MIND BODY CONNECTION - Hakomi *	Ireland	Oct 8	Thu 6:30-9:30pm	3	\$65
FUNCTIONAL ASSESSMENT TECHNIQUES	Libby	Oct 10-11	Sat-Sun 9am-5:30pm	15 - NCBTMB	\$305
PSYCHOLOGY OF TOUCH *	Menasche	Oct 16-18	Fri 6:30-9:30pm; Sat-Sun 9am-4pm	15 - NCBTMB	\$305
ON-SITE CHAIR MASSAGE I	Martz	Oct 17	Sat 9am-6pm	8 - NCBTMB	\$160
MASSAGE BASICS *	Williams	Oct 17-Nov 7	Sat 10-12:30pm	(no CEs)	\$75
ACTIVE ISOLATED STRETCHING - Lower Body	Sumner, Sr.	Oct 24-25	Sat-Sun 9am-6pm	16 - NCBTMB	\$325
HAKOMI - Tapping into the Body Wisdom *	Ireland	Oct 25	Sun 9am-4pm	6	\$125

NOVEMBER

RECORDKEEPING/TAX REPORTING	Bowman	Nov 7-8	Sat-Sun 9am-4pm	12 - NCBTMB	\$250
LYMPH DRAINAGE BASICS	Richards	Nov 8	Sun 9am-5:30pm	7.5 - NCBTMB	\$155
AROMATHERAPY FOUNDATIONS - Part I *	Roemmel	Nov 14	Sat 9am-5:30pm	7.5 - NCBTMB	\$235
SPORTS EVENT MASSAGE	Verschingel	Nov 21	Sat 9am-6pm	8 - NCBTMB	\$155

DECEMBER

PEDIATRIC MASSAGE	Sinclair	Dec 5-Dec 6	Sat-Sun 9am-5pm	14 - NCBTMB	\$290
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*Indicates a General Interest Class that does not have any prerequisites.

KNOW SOMEONE INTERESTED IN MASSAGE?

OSM is committed to providing a holistic education that integrates the body, mind, heart and spirit. We offer 555-hour Western and Eastern focus bodywork programs for Oregon and Washington licensure and National Certification. We also offer a flexible schedule, with Portland and Salem locations, designed to suit adult students who want to individualize their learning program.

If you would like more information, please call to speak with an Admissions Coordinator. You can also plan to attend a free Massage Training Preview. Licensing, training and career opportunities are discussed during this 2-hour presentation. Please call 1-800-844-3420 (Portland) or 1-877-588-8912 (Salem) to register.

UPCOMING MASSAGE TRAINING PREVIEWS

Portland	Salem
Thursday, September 3 at 6:30pm	Wednesday, September 16 at 6:30pm
Saturday, September 19 at 10am	Thursday, October 29 at 6:30pm
Thursday, October 22 at 6:30pm	Saturday, November 21 at 10am
Saturday, November 14 at 10am	Tuesday, December 15 at 6:30pm
Thursday, December 10 at 6:30pm	

UPCOMING START DATES

Fall Term: September 28 Winter Term: January 11 Spring Term: April 5

OSM BOOKSTORE

Come visit our stores at the Portland and Salem campuses. We carry a wide range of products, including lotions and oils, aromatherapy supplies, hot stone sets, massage tools, singing bowls, Zen alarm clocks, training DVDs and videos, and a comprehensive collection of reference and special topic books. If there is something you need that we don't carry, we may be able to special order it for you.

We also feature professional massage tables and chairs from Robert Hunter, Stronglite, Custom Craftworks, Oakworks and Earthlite, and offer a variety of table accessories, such as bolsters, body support cushions, stools, table warmers, and sheets.

TABLE SHOWCASE

Portland: Saturday, October 24th
8:30am-12:30pm

Salem: Thursday, October 22nd
9am-4pm

This is an opportunity to try out massage tables and chairs, learn how to select one that is right for you, and purchase them at **special Table Showcase prices**.

BOOKSTORE SALE

Portland: Tuesday, November 3rd

Salem: Wednesday, November 4th

Receive 20% off oils/lotions, DVDs, music, linens, fleece covers, table warmers and bolsters (sale applies to these products only).*

*Discount does not apply to tables and chairs, books, snacks or already discounted merchandise.



Oregon School of Massage

9500 SW Barbur Blvd #100, Portland, OR 97219 • 503-244-3420 or 1-800-844-3420

2111 Front St NE #3-101, Salem, OR 97301 • 503-585-8912 or 1-877-588-8912

Dear Massage Colleagues -

As we mark Oregon School of Massage's 25th year I am amazed at how much the world has changed and how many dimensions of our work remain the same.

Changes? Growth? We have several graduates doing massage in hospitals and I can count on getting a massage in numerous airports around the world (both of which were almost unheard of 25 years ago). The profession now has an "International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice." The Obama administration has proposed over \$1 billion for comparative effectiveness research in studies which I predict will give massage an even larger role in healthcare practices.

Unchanging? In the first newsletter (Fall of 1984) we began with a "commitment to provide professional training integrating the study of massage, anatomy and psychology." Another relevant comment in the first newsletter was that an important part of wellness comes from within. While I might at times phrase it differently, our commitment has worn well. Our mission statement continues to reflect that commitment - "providing excellence in education by engaging the whole person - body, mind and spirit...." My thanks to all past and present OSM staff and students who have given life and form to broadening our understanding the science of our work and integrating that science with a deeper understanding of self and relationships. Deepening our grounding therein is an ongoing process; I am delighted to renew our commitment to those values, to that path.

For me personally, this has been an incredibly rewarding 25 years...traveling along with all of you for whom massage is both a science and a healing art. In addition to the untold benefits you bring your clients you are transforming the everyday world of healthcare.

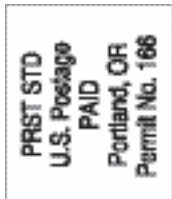
To celebrate our 25 years of providing integrated massage education we will host an Open House on October 30. Please join us!

Ray Siderius
OSM President



Still want a paper copy?

OSM is continuing to find green alternatives. We now use mugs instead of paper cups, copy on recycled paper, and send emails instead of brochures when possible. If you would be happy to receive a PDF format of this Booklet from now on please send an email to: lb@oregonschoolofmassage.com.



to:

FALL 2009 CALENDAR

Oregon School of Massage
9500 SW Barbur Blvd. #100
Portland, OR 97219



bring learning
into balance

FALL 2009 CALENDAR



Oregon School of Massage
Portland and Salem Campuses
1-800-844-3420
OregonSchoolofMassage.com

OSM Hosts CARING TOUCH MASSAGE-A-THON

Saturday, December 12, 10am-5pm
LMT's will provide both table and chair massages for which recipients will be asked to donate \$1 a minute as a fund raiser for Caring Touch. Ayuda Caring Touch is an Oregon non-profit that provides grants to Oregon LMT's so that they can provide "compassion care" massage to people who are ill, late-in-life, or handicapped and who can not afford massages. For the past five years Caring Touch has provided 15-20 grants a year throughout Oregon. The grants are funded by donations from individuals and organizations. All funds raised on Saturday will go to Caring Touch.

Want to get a massage? Call OSM (503-244-3420) after November 1 to make an appointment. Call as late as December 12 as we may be able to accommodate walk-ins.

LMT's? To donate your time call Ray Siderius at OSM (503-244-3420).

Every dollar raised allows some person in need to receive 1-2 minutes of caring touch.

New Classes this Fall!

Tension Headache Treatments: Expert Solutions with Clinical Massage

October 9-11 \$325 16 CEs
Fri 6:30-8:30pm; Sat-Sun 9:30am-5:30pm
Anne Barber-Shams, LMT, CNMT

Tension headaches, defined as muscle contraction type headaches, are experienced by up to 63% of men and 86% of women. This class will provide therapists with a variety of assessment skills including postural, active and passive ROM to create individualized treatment plans for their massage clients. Participants will also learn the precise soft tissue protocols to address this common massage concern.

Prerequisite: LMT or Massage Upper Body

Building a Referral-Based Business: The Art of Asking for Business

October 7 \$65 3 CEs
Wednesday 6:30-9:30pm
Carolyn Campbell, MA, CPPC

Imagine having a business where people come to you easily! With powerful referral & community partnerships you can leave behind hours and hours of marketing and networking. Join Carolyn Campbell to find out how to go beyond selling and build a vibrant community that expands your connections and grows your business. During this interactive seminar, you will learn how to identify strong referral & community partnerships as well as tools to reduce your fear of asking and get more business.

Prerequisite: Professional experience or Massage Upper and Lower

PEDIATRIC MASSAGE IN ZIPOLITE, MEXICO

February 8-12, 2010 (25 hours of CE)

Zipolite, Mexico (on the Pacific Coast 200 miles SE of Acapulco)
Instructor: Marybetts Sinclair (author of Pediatric Massage Therapy)
\$495 (does not include travel, lodging or meals)

Workshop will be conducted at Piña Palmera, a well-established training and rehabilitation center. It will involve working with children with a variety of developmental disabilities.

For additional details regarding workshop, accommodations and travel contact Ray Siderius at OSM (rs@oregonschoolofmassage.com)



Join our continuing
education classes...

Be a partner in the
next 25 years.