

OSM SPRING 2010 CE CALENDAR

Visit www.OregonSchoolofMassage.com for descriptions and prerequisite information. Call 1-800-844-3420 to register for classes!
We encourage you to register at least 10 days prior to start date to insure class availability.

PORTLAND

APRIL

LMT Training Begins April 5th

					Contact an Admissions Coordinator for Information
Dao Yin Stretch *	Ward	Apr 6-Jun 1	Tue 5-5:45pm	7	\$145
Shiatsu II - Short Form Technique	Ward	Apr 6-Jun 8	Tue 6:30-9:30pm	30 - NCBTMB	\$485
Sports Massage - In the Treatment Room	Verschingel	Apr 6-May 18	Vary	16 - NCBTMB	\$285
Shiatsu I - Short Form Sequence	Ward	Apr 8-Jun 10	Thu 1:30-4:30pm	30 - NCBTMB	\$485
Shiatsu IV - Long Form	Ward	Apr 8-Jun 10	Thu 6:30-9:30pm	30	\$615
Board Review - Practical	Barck Garofalo	Apr 10	Sat 9am-1:30pm	4.5	\$110
Board Review - Kinesiology	Richards	Apr 11	Sun 9am-1pm	4	\$100
Power of Responsibility *	Welton-Miller	Apr 12	Mon 6:30-9:30pm	3	\$60
Fusion Bodywork	Montgomery	Apr 16-18	Fri 6:30-8:30pm; Sat 9am-6pm; Sun 9am-4pm	16 - NCBTMB	\$325

Massage Basics *	Ireland	Apr 16-May 7	Fri 6-8:30pm	No CEs	\$75
Foot Reflexology Basics *	Butler	Apr 17	Sat 9am-5:30pm	7.5 - NCBTMB	\$155
Reflexology Variations: Hand, Ears and Emotions *	Butler	Apr 18	Sun 9am-5:30pm	7.5 - NCBTMB	\$155
Thai Massage - Level I *	Weitzer	Apr 23-25	Fri 6:30-8:30pm; Sat-Sun 9am-5pm	16 - NCBTMB	\$360
Spa Essentials - Polishes & Glows	Lawrence	Apr 24-25	Sat-Sun 9am-6pm	16 - NCBTMB	\$415

MAY

Body Mechanics for Massage Therapists	Lawrence	May 8	Sat 9am-6pm	8 - NCBTMB	\$160
Craniosacral Therapy: Introductory Level	Manalis	May 8-9	Sat-Sun 9am-5:30pm	15	\$305
The Art of Asking for Business (New Class!)	Campbell	May 10	Mon 6:30-9:30pm	3	\$65
Pregnancy Massage I	Stager/Bradshaw	May 14-16	Fri 9am-6pm; Sat-Sun 9am-5:30pm	23 - NCBTMB	\$550
Aromatic Body Stone Therapy	Williams	May 15-16	Sat-Sun 9am-6pm	16 - NCBTMB	\$375
Therapeutic Stretching for the Lower Body	Richards	May 16	Sun 9am-5:30pm	7.5 - NCBTMB	\$155
Reiki Healing at Breitenbush	Coppieters	May 21-23	Fri 6pm-Sun 4pm	18 - NCBTMB	\$490
Tension Headache Treatments	Barber-Shams	May 21-23	Fri 6:30-8:30pm; Sat-Sun 9:30am-5:30pm	16	\$325

Pregnancy Massage II	Stager	May 22	Sat 9am-5:30pm	7.5 - NCBTMB	\$165
Pregnancy Massage - Bodywork for the New Mother	Stager	May 23	Sun 9am-5:30pm	7.5 - NCBTMB	\$165
Pregnancy Massage - Labor and Birth *	Stager/Bradshaw	May 24	Mon 1-5pm	4 - NCBTMB	\$100

JUNE

Insurance Billing for LMTs	Harris	Jun 4-5	Fri 10am-4pm; Sat 10am-4:30pm	10.5	\$220
On-Site Chair Massage II	Martz	Jun 5	Sat 9am-6pm	8 - NCBTMB	\$160
Upper Extremity Techniques	Richards	Jun 6	Sun 9am-5:30pm	7.5	\$155
Introduction to Polarity Therapy - General Session	Bromley	Jun 12-13	Sat 9am-6pm; Sun 9am-4pm	14 - NCBTMB	\$290

SALEM

APRIL

LMT Training Begins April 5th

					Contact an Admissions Coordinator for Information
Shiatsu I - Short Form Sequence	Zermer	Apr 7-Jun 9	Wed 1:30-4:30pm	30 - NCBTMB	\$485
Shiatsu II - Short Form Technique	Zermer	Apr 7-Jun 9	Wed 6:30-9:30pm	30 - NCBTMB	\$485
Shiatsu III - Shiatsu Stretches	Zermer	Apr 7-Jun 9	Wed 9am-12noon	30 - NCBTMB	\$615
Chiropractic Assistant Certification Class	Young	Apr 10	Sat 9am-4pm	6	\$140
Mind Body Connection - Hakomi *	Ireland	Apr 15	Thu 6:30-9:30pm	3	\$65
On-Site Chair Massage I	Martz	Apr 17	Sat 9am-6pm	8 - NCBTMB	\$160
Aromatherapy Foundations - Part II	Roemmel	Apr 24	Sat 9am-5:30pm	7.5 - NCBTMB	\$215
Lymph Drainage Basics	Richards	Apr 25	Sun 9am-5:30pm	7.5 - NCBTMB	\$155

MAY

Massage Basics *	Williams	May 1-22	Sat 10-12:30pm	No CEs	\$75
Hakomi - Tapping into the Body Wisdom *	Ireland	May 2	Sun 9am-4pm	6	\$125
Active Isolated Stretching - Lower Body	Sumner, Sr.	May 8-9	Sat-Sun 9am-6pm	16 - NCBTMB	\$325
Sports Event Massage	Verschingel	May 8	Sat 9am-6pm	8 - NCBTMB	\$155
Myofascial Trigger Point Therapy	Libby	May 15-16	Sat-Sun 9am-5:30pm	15 - NCBTMB	\$305

JUNE

Living in a Body	Welton-Miller	Jun 5	Sat 9am-6pm	8	\$160
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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

Thursday, March 11 at 6:30pm
Saturday, March 27 at 10am
Saturday, April 24 at 10am
Tuesday, May 11 at 6:30pm
Wednesday, June 2 at 6:30pm
Saturday, June 19 at 6:30pm

Salem

Saturday, March 13 at 10am
Monday, April 19 at 6:30pm
Monday, May 24 at 6:30pm
Saturday, June 12 at 10am

UPCOMING START DATES

Spring Term: April 5 Summer Term: June 28 Fall Term: September 27

OSM BOOKSTORE

Do your clients complain about sinus pressure while on your massage table?

Solution: **The Boiance Face Cradle Pillow**

The Boiance is one of the most comfortable and important massage table accessories. Designed by Portland's very own Patricia Binder, it's engineered to alleviate pressure on the eyes and sinus cavities.

"I had a massage using the Boiance Face Cradle Pillow and couldn't believe I didn't have any sinus pressure. I liked it so much I bought one for myself!"

- Larry Wolfe, LMT

Visit the **OSM Bookstore** to try this product out and learn more!

TABLE SHOWCASE

Salem: Thursday, April 29th, 9am-4pm
Portland: Saturday, May 1st, 8:30am-12:30pm

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, May 11th
Salem: Wednesday, May 12th

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



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

OSM ADVANCED CERTIFICATES

Looking for a way to...

- Take your practice and skills to the next level?
- Create more stability in a wobbling economy?
- Develop a marketing edge? **Get certified!**

In today's complex and specialized economy, credentials can mean the difference between being just another therapist and being the best at what you do.

Certification can lead to greater visibility, a better reputation, and increased referrals. It can also:

- Differentiate you from other therapists
- Get your resume noticed
- Provide proof of your skills
- Demonstrate competency to clients and employers
- Increase confidence through achievement of a recognized standard
- Give the experience you need to treat special populations

OSM has 3 exciting certificate programs and series of other focus areas to advance your practice and diversify into specialized populations.

If you're interested in Eastern modalities, consider the **Shiatsu Massage Certificate**. Shiatsu massage harmonizes the body, mind and spirit. The form (or kata) generates a flow of qi within the practitioner as well as client, bringing balance to both. OSM's Shiatsu Certificate program is the only program of its kind in Oregon.

Are you an athlete, know or practice on athletes? Venture into the sports arena with a **Sports Massage Certificate**. This certification includes the unique hands-on experience working with current college athletes at Portland State University.

Who is more deserving of a massage then a pregnant woman? The **Maternity Massage Certificate** gives you the skills and experience to safely and effectively provide much needed pain relief and relaxation to new and expecting mothers.

OSM also offers advanced classes in **Polarity Therapy, Spa Treatments, Thai Massage and Reflexology** which can prepare you for certification elsewhere.

Please see our website for more information on these practice enhancing, advanced certifications.

<http://oregonschoolofmassage.com/advanced.php>

Featured Classes this Spring!

Chiropractic Assistant Certification Class

April 10, Sat 9am-4pm

Instructor: Jason Young, DC, CSCS

6 CEs
\$140

This six-hour class will prepare students to become certified as Chiropractic Assistants in the State of Oregon. In addition to an introduction to the chiropractic profession, this class includes state laws governing CCA's, CCA's responsibilities to doctor and patient, medical terminology, and an explanation of all physiotherapies performed on the job, their indications, and contraindications. The students will be provided with the application and exam needed to obtain certification from the OR Board of Chiropractic Examiners.

Prerequisite: Massage Fundamentals or equivalent; AP I recommended

Tension Headache Treatments

May 21-23, Fri 6:30-8:30; Sat-Sun 9:30am-5:30pm

Instructor: Anne Barber-Shams, CNMT, LMT#1964

16 CEs
\$325

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

Aromatherapy Foundations - Part II

April 24, Sat 9am-5:30pm

Instructor: Sharon Roemmel, BSW, LMT#3696, RA

NCBTMB Approved - 7.5 CEs

\$215

Understand why quality and safety are critical issues for both you and your clients. Increase your repertoire with 5 additional oils. Learn additional treatments that are useful for a massage or healing practice as well as home health care. Shopping 101: learn how to find, evaluate, and purchase essential oils. Experience the magic of creating custom essential oil blends.

Prerequisite: Aromatherapy Part I

May we have your email address?

OSM is moving to email for CE class confirmation letters. If you haven't given us your current email address, send it to lb@oregonschoolofmassage.com. Please know OSM does not share your email with others and makes every effort to limit the number of messages sent to our community.

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. To receive a PDF format of this Booklet from now on please send an email to: lb@oregonschoolofmassage.com.

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Stand out
in your field...
pursue advanced training.

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Oregon School of Massage
9500 SW Barbur Blvd. #100
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bring learning
into balance

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