

OSM FALL 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

SEPTEMBER

Spa Essentials - Ayurvedic Spa Treatments LMT Training Begins September 27th	Williams	Sep 11-Sep 12	Sat-Sun 9am-6pm	16-NCBTMB	\$415
ABCs of Chinese Medicine-Part C	Cleaver	Sep 27-Nov 15	Mon 1-5pm	32	\$650
Dao Yin Stretch *	Ward	Sep 28-Nov 23	Tue 5-5:45pm	7	\$145
Shiatsu IV - Long Form (Front)	Ward	Sep 28-Nov 30	Tue 6:30-9:30pm	30	\$615
Upper Body Injury Care	Verschingel	Sep 30-Oct 28	Thu 9am-12noon	15-NCBTMB	\$305

Contact an Admissions Coordinator for Information

OCTOBER

Board Review - Practical	Barck Garofalo	Oct 1	Fri 9am-1:30pm	4.5	\$110
Fusion Bodywork	Montgomery	Oct 1-3	Fri 6:30-8:30pm; Sat 9am-6pm; Sun 9am-4pm	16-NCBTMB	\$325
Introduction to Polarity Therapy-General Session *	Bromley	Oct 2-3	Sat 9am-6pm; Sun 9am-4pm	14-NCBTMB	\$290
Board Review - Kinesiology	Richards	Oct 3	Sun 9am-1pm	4	\$100
Massage Basics	Ireland	Oct 8-29	Fri 6-8:30pm	No CEs	\$75
Spa Essentials - Polishes & Glows	Lawrence	Oct 9-10	Sat-Sun 9am-6pm	16-NCBTMB	\$415
Feelings in the Body *	Welton-Miller	Oct 11	Mon 6:30-9:30pm	3	\$60
Sports Massage - In the Treatment Room	Verschingel	Oct 12-Nov 30	Vary	16	\$285
Pregnancy Massage I	Stager	Oct 15-17	Fri 9am-6pm; Sat-Sun 9am-5:30pm	23	\$550
Tension Headache Treatments	Barber-Shams	Oct 15-17	Fri 6:30-8:30pm; Sat-Sun 9:30am-5:30pm	16	\$325
Functional Assessment Techniques	Libby	Oct 16-17	Sat-Sun 9am-5:30pm	15-NCBTMB	\$305
Pregnancy Massage II	Stager	Oct 23	Sat 9am-5:30pm	7.5-NCBTMB	\$165
Reflexology Variations *	Butler	Oct 23	Sat 9am-5:30pm	7.5-NCBTMB	\$155
Foot Reflexology Basics *	Butler	Oct 24	Sun 9am-5:30pm	7.5-NCBTMB	\$155
Pregnancy Massage-Bodywork for the New Mother	Stager	Oct 24	Sun 9am-5:30pm	7.5-NCBTMB	\$165
Pregnancy Massage-Labor and Birth *	Stager	Oct 25	Mon 1-5pm	4-NCBTMB	\$100
Mind Body Connection-Hakomi *	Ireland	Oct 30	Sat 1-4pm	3	\$65
Hakomi-Tapping into the Body Wisdom *	Ireland	Oct 31	Sun 9am-4pm	6	\$125

NOVEMBER

Recordkeeping/Tax Reporting	Bowman	Nov 4-Dec 2	Thu 9am-12noon	12-NCBTMB	\$250
Advanced Reflexology *	Goetz	Nov 6	Sat 9am-6pm	8	\$160
Sports Event Massage	Verschingel	Nov 6	Sat 9am-6pm	8-NCBTMB	\$155
Therapeutic Stretching for the Lower Body	Richards	Nov 7	Sun 9am-5:30pm	7.5-NCBTMB	\$155
Neuromuscular Therapy Level I - New Class	Pleau	Nov 12-14	Fri 6:30-9:30pm; Sat-Sun 9am-5:30pm	18	\$345
Aromatic Body Stone Therapy	Williams	Nov 13-14	Sat-Sun 9am-6pm	16-NCBTMB	\$375
Exploring Brainwaves *	Welton-Miller	Nov 15	Mon 6:30-9:30pm	3	\$60
Massage for People Living with Cancer	MacDonald	Nov 19-21	Fri 9:30am-6:30pm; Sat-Sun 9am-6pm	24	\$490

DECEMBER

Reiki Healing *	Coppieters	Dec 3-5	Fri 6-8pm; Sat-Sun 9am-6pm	18-NCBTMB	\$295
Craniosacral Therapy: Level I - New Class	Manalis	Dec 4-5	Sat-Sun 9am-5:30pm	15	\$305
Body Mechanics for Massage Therapists	Lawrence	Dec 5	Sun 9am-6pm	8-NCBTMB	\$160

SALEM

SEPTEMBER

Massage for People Living with Cancer LMT Training Begins September 27th	MacDonald	Sep 24-26	Fri 9:30am-6:30pm; Sat-Sun 9am-6pm	24	\$490
Dao Yin Stretch *	Zermer	Sep 29-Dec 1	Wed 5:30-6:15pm	7	\$145

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OCTOBER

On-Site Chair Massage I	Martz	Oct 16	Sat 9am-6pm	8-NCBTMB	\$160
Aromatherapy Foundations-Part I *	Roemmel	Oct 9	Sat 9am-5:30pm	7.5-NCBTMB	\$235
Thai Massage-Level I *	Weitzer	Oct 15-17	Fri 6:30-8:30pm; Sat-Sun 9am-5pm	16-NCBTMB	\$360
Massage Basics *	Williams	Oct 23-Nov 13	Sat 10-12:30pm	No CEs	\$75
Lymph Drainage Basics	Richards	Oct 24	Sun 9am-5:30pm	7.5-NCBTMB	\$155

NOVEMBER

Active Isolated Stretching-Lower Body	Sumner, Sr.	Nov 6-7	Sat-Sun 9am-6pm	16-NCBTMB	\$325
On-Site Chair Massage II	Martz	Nov 13	Sat 9am-6pm	8-NCBTMB	\$160

DECEMBER

Chiropractic Assistant Certification Class	Pleau	Dec 4-5	Sat-Sun 9am-4pm	12	\$225
Heart Centered Ethics - Part I	Ireland	Dec 5	Sun 9am-4pm	6-NCBTMB	\$125

*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 NCBTMB 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 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
Wednesday, September 1 at 6:30pm	Monday, September 13 at 6:30pm
Saturday, September 18 at 10am	Saturday, October 16 at 10am
Wednesday, October 20 at 6:30pm	Monday, November 15 at 6:30pm
Saturday, November 20 at 10am	Saturday, December 11 at 10am
Tuesday, December 14 at 6:30pm	Saturday, July 17 at 10am

UPCOMING START DATES

Fall Term: September 27 Winter Term: January 10 Spring Term: April 4

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.

BOOKSTORE SALE

Portland: Tuesday, November 2nd Salem: Wednesday, November 3rd
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

FALL 2010 CALENDAR

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FALL 2010 CALENDAR

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Harvest the benefits of
your education...
register now.

PEDIATRIC MASSAGE IN ZIPOLITE, MEXICO

January 24-28, 2011 (25 hours of CE)

Instructor: Marybets Sinclair (author of Pediatric Massage Therapy)
\$495 (does not include travel, lodging or meals)

This unique workshop introduces full-body pediatric massage, hydrotherapy and special techniques for relaxation and sensory stimulation. Participants practice with both non-disabled children and children with physical and developmental disabilities such as cerebral palsy, autism, Down's syndrome, epilepsy and spinal cord injury. The workshop is conducted at Pina Palmera, a well-established training and rehabilitation center in Zipolite, Mexico on the Pacific Coast, 200 miles SE of Acapulco.

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



Classroom and grounds at Pina.



Beach near Zipolite.

OSM Again Hosts CARING TOUCH MASSAGE-A-THON
Saturday, September 18, 10am-5pm

Volunteer LMT's will provide table and chair massage as a fund raiser for Caring Touch. Recipients are encouraged to donate \$1 a minute.

Ayuda Caring Touch is a non-profit that awards grants to Oregon LMT's to provide "compassion care" massage to ill, late-in-life, or handicapped people who cannot otherwise afford massage.

Want a massage? Call OSM (503-244-3420) after September 1 to make an appointment. Call as late as September 18 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.

LAST MAILED ISSUE
Do we have your E-mail?

This is the last mass paper mailing of this CE Brochure.

We will email all recipients when the Winter 2011 CE Brochure is available for download.

If you don't have e-mail or would like to continue receiving a paper copy, please contact: jw@oregonschoolofmassage.com

503-244-3420 or 1-800-844-3420.

Dear Massage Colleague,

As we start a new school year a question that pops up for me is... "What's important to learn, or pay attention to, this year?"

Touching briefly on a variety of professional topics I come up with the following. In 2011 the **Oregon Legislature** will undoubtedly entertain proposals which could impact the functioning of the Oregon Board of Massage Therapists and/or the scope of practice for Oregon massage therapists. Nationally, the **Massage Therapy Body of Knowledge (MTBOK)** will continue to evolve and most likely start to influence massage regulation and massage training around the United States. (The purpose of the MTBOK is to develop a common body of knowledge to "inform and guide the domains of practice, licensure, certification, education, accreditation and research." It is jointly sponsored by a variety of groups including AMTA, ABMP and the Federation of State Massage Therapy Boards.)

Then we have the national health care reform (**Patient Protection and Affordable Care Act**) which Congress passed this year. While it is hoped that this legislation will improve access to services like massage the details are still being written and some provisions will not become effective for several years. (I've read that several thousand more pages of rules are being written.) **Information Technology/Social Networking**...Marketing our practices? How about communicating with each other? Some say a website is already an essential part of connecting with clients. Getting the information we need to stay up-to-date or in contact with colleagues calls for some familiarity with blogs, LinkedIn and the likes. Many of us have been on information overload for some time now. How are we going to cope with more?

You may have noticed...I haven't provided many answers...I'm only suggesting some areas in which I'll be looking and learning.

Oregon School of Massage will continue to provide students and practitioners with what we hope will be helpful information and experiences about these topics...so that we can keep our hands on our real work, massage. The best way to check on what we are learning is to visit our website periodically for events and articles.

Ray Siderius
OSM President, August 2010

PS: Looking to get away this winter...we will again conduct a Pediatric Massage workshop in Zipolite, Mexico. See box at upper left.