

Panacea School of Integrative Health

Professional trainings and certifications

~MASSAGE~ ~YOGA~ ~HERBOLOGY~

Massage Therapy Program

Course Catalog and Handbook

2022

101 Second St, Hallowell, ME 04347

207-242-2983

info@panaceayogastudios.com

www.panaceayogastudios.com

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Our Mission

Panacea School of Integrative Health was established to offer individuals the opportunity to implement a strong educational and foundational healing art in their lives. The ability of transformation takes place through growth of integrative learning, resulting in a more balanced and harmonious life. Individuals searching and striving to find alternative ways to therapeutically bring balance in their lives personally, academically and professionally, can find it at our school.

Our teachers and staff take deep pride in having the ability and opportunity to share their skills and knowledge of Massage Therapy, Yoga training, and herbology studies with students who attend our school.

Our primary academic objective within the Massage Therapy program is to prepare graduates to become successful health professionals. To be an effective professional in the Healing Arts, it is essential to develop skills, discipline, and structure. We provide the essential training and education in specific methods of practice. Our knowledge and training emphasis within our Massage Therapy program is as an ideal preventive and curative method of care. The quality of our training allows those graduates to choose careers in a vast variety of settings, but not limited to the following: therapeutic massage, spas, sports clubs, and physical fitness centers. Graduates will find themselves foundationally equipped with the appropriate skills necessary to become a successful Massage Therapy professional.

We look forward to exploring the opportunity that each student will acquire at Panacea School of Integrative health: a well-rounded education in Massage Therapy. We feel honored to have this opportunity to establish a healing arts school in the Central Maine area; it is one of the very few available. We hope to root our healing knowledge deep within the community for an uplifting experience and a better overall quality of life.

Non discrimination policy We declare ourselves to be an open and welcoming integrative school of health, welcoming into the full academic, business and community life with all individuals within every race, culture, age, gender, sexual orientation, ability, economic status, and faith tradition.

Massage Program Credentials

Panacea School of Integrative Health, within the direction of the massage therapy program is licensed through the Department of Education, Higher Education Services of the State of Maine. Our graduates are enabled to become licensed in the state of Maine without further testing. For those who seek National Certification, continuing education is available state wide and has been approved by the National Certification Board for certifying purposes.

The American Massage Therapy Association, a national and international organization for professional massage therapists, was founded in 1943. The AMTA focuses on continuing education, promoting legislation, malpractice insurance, and the profession of massage therapy. We encourage membership with the AMTA, to reap the amazing benefits of the organization.

Our Massage program is based on meeting the 500-hour minimum required by many states. Our instructors have a solid foundation with many years of experience in this field. Their skills and knowledge are structurally well rounded for the necessary ability to practice massage in a caring and competent manner.

Course Program Description

Students will learn about the history, theory and practice of Massage. Anatomy Physiology and Pathology, pertaining to massage will be taught. Students will learn the massage standards and practices, ethics and boundaries, safety, client and self-assessments, and documentations. Students will learn a variety of modalities, including but not limited to lymph drainage, prenatal massage, hydrotherapy, reflexology, myofacial release and more. Outside of classroom time, twenty five massages and one case study involving one person with 12-15 sessions are part of the learning and practice process. Students will learn about best practices in a services business and research areas of their interest to determine how they wish to practice their new skills.

Credit Hours

The credit hours within the massage curriculum listed below:

Anatomy and Physiology / Pathology	121 hrs
Kinesiology	91 hrs
Massage Concepts	42 hrs
Massage Practice	134 hrs
Personal Development	30 hrs
Clinic	67 hrs
Business/Ethics	<u>45 hrs</u>
Total:	<u>530 hrs</u>

School policy for credit transfer

Our Massage program is based on 530 hours of mandatory in class training. Credit transfer is solely at the discretion of our school. Transfer of credits will be considered from similar massage programs only, on the condition that the syllabi of previous school is compatible with our current curriculum. Students wishing to transfer credits must have satisfactorily completed the curriculum topic in their previous program. No partial credit will be accepted. Transfer credit is limited to 50% of the 530 hours.

Curriculum for Massage Therapy School

* **Massage Theory:** Massage therapy is the systematic manual manipulation of the soft tissues of the body for therapeutic purposes. This class provides background information regarding the study of massage therapy. Included will be the history of massage, medical and anatomical terminology, indications and contra-indications, code of ethics, setting boundaries, draping, client confidentiality, universal precautions, working with special populations, client referrals, documentation and more.

* **Massage Practical:** This is hands-on learning that begins with Swedish massage and advances to various techniques and disciplines including but not limited to, seated massage, lymph system, our body meridians, prenatal and postnatal massage care, hydrotherapy, sports massage and reflexology.

Students begin with a basic protocol, learning various massage strokes and techniques. The class includes teacher demonstration and student practice on each other in a supervised environment. Performance competency determines further advancement of the student. As the course progresses, more advanced techniques are introduced. Students are expected to develop and practice their new skills on family and friends outside of class time.

* **Anatomy & Physiology:** The foundation with any Massage Therapy program is a thorough understanding of the development, structure, and relationship between structure and function of body systems and the mechanisms whereby homeostasis is maintained. **Anatomy** is the scientific study of the structures of the body and the relationship of its parts. **Physiology** is the scientific study of the process and function of the body that supports life. Students will learn the basics of all of the systems and functions of the human body as pertains to a massage therapy practice.

* **Pathology:** This is the study of structural and functional changes caused by disease. The goal of this class is to provide grounding in pathology useful in two respects: to assist the practicing massage therapist in dealing with clients in whom such conditions exist, and to provide a basis for communication with other health professionals.

* **Kinesiology:** This course is designed to familiarize students with the bones and muscles of the human body. Students will gain knowledge of muscle types and structure and learn to identify the bones of the human skeleton and their related landmarks. They will be able to identify and palpate bony landmarks and muscles, including their origins, insertions and actions. Palpation skills for superficial and deep muscles are developed to further enhance the massage skills.

Kinesiology is the study of the principles of anatomy in relation to human movement. Students will apply what they learn in Anatomy and Physiology along with the specifics of the musculoskeletal system studied in this course to the principles of Kinesiology.

The hands-on experiences include palpation skills for both deep and superficial muscles and specifics on what types of work can be done on each area to promote wellness of the areas worked on. Lab will also include kinesthetic learning experiences as well as problem solving of movement deviations and proper body mechanics demonstrated while palpating and treating movement deviations. The course

includes instructor demonstration and student practice on each other in a supervised environment. Performance competency determines further advancement of the student.

*** Clinic :** The scheduled clinic time is an additional component within the overall massage program curriculum. The clinics are designed to model professional procedures: scheduling appointments, recording case histories, developing and providing appropriate client-based care with appropriate and professional draping techniques, communication skills and professional attire. Students will learn to integrate all of their skills from the coursework that culminates in a complete professional presentation while working with members of the public. Students learn to become critical thinkers as they develop a plan of action for each client.

*** Business/ Ethics:** Ethics course discusses the responsibility of the massage therapist to provide a safe and comfortable practice with regard to client care. Practice management course allows students to understand the differences between having their own practice and working for someone else. They learn how to market their businesses, write a business plan, set goals, and network with others from health related fields.

*** Personal Development:** Discussions, learning effective communication, self-awareness and self-growth are the goals of these classes. This course will strive to establish a personal balance between the defined clinical data of the profession with the creative and organic contributions of being touched.

One's daily life - choices, struggles, failures and successes - contribute to the quality and availability of what we have to offer others. Throughout this course we will explore current social/professional norms and learn to build a strong awareness of self, setting clear boundaries and permissions in touch work.

*** CPR/first aid:** Important practical instruction in CPR and first aid. Developing the skills necessary in observing vital signs and responsibility for the clients welfare. Upon successful completion of this course, students will receive American Red Cross or American Heart Association certification in first aid and CPR. CPR and First Aid are separate from the massage program hours.

Instructor availability for students' academic needs

Instructors will be made available for the students' academic needs to help guide students educationally in the massage program. It is the students' full responsibility to maintain consistency with their educational goals, to be on time, fully attentive with the schools handbook rules and regulations to assure the ability to succeed in a dedicated and committed program in massage therapy. If a student desires to talk with an instructor about their personal success at the school and or what a student can do to further help their success they are more than welcome to approach the instructor to set aside personal time outside of classroom hours to discuss such areas of concern or interest. The time frame can be determined upon what works best for both the instructor and student by way of email, phone call and or in person

School Faculty



Suzanne Cobb, RYT, LMT

Suzanne has extensive knowledge with integrative health, combining a college background in Health Science, several hundred hours of yoga teacher trainings within a variety of yogic disciplines, studying herbology for over 20 years. In addition, Suzanne is a licensed massage therapist. She has extensively researched Lyme disease for over 15 years after she fell chronically sick from the devastating effects of this illness. She now uses her knowledge to help those suffering from this disease. Suzanne has a deep passion for the healing art of yoga which began almost 15 years ago, a dedicated practice lead her to open Panacea Yoga Studios, LLC in 2011. Her wellness center and commitment to helping others has persuaded the opening of Panacea School of Integrative Health that began in 2015. As the owner and director of Panacea School Of Integrative Health, Suzanne has an open door policy and is more than happy to assist students at any point during the school year. Suzanne puts an extensive amount of energy in guiding and motivating students towards a successful education at this school.



Jop Blom is a physical therapist with over 33 years of experience. He was trained in the Netherlands, and has practiced in the US since 1985. He has an extensive background in soft tissue mobilization techniques, including classical massage and myofascial techniques. He has been certified in advanced manual therapy techniques. He believes that our hands are the most important tools in treating patient with musculoskeletal problems. He lives in Winthrop, where he and his partner, Craig Hickman own Annabessacook Farm, an organic farm and Bed & Breakfast. Jop is an amazing addition to Panacea.



Justin Cobb LMT, Has been a large part in the growth of panacea school over the last decade. As Part Owner Justin strives to engage and hear the needs of each student, creatively explores the human body looking to help manage pain symptoms with care and expertise. You can find Justin teaching at the school, treating his massage clients, or offering the light therapy sessions for chronic illness and pain management. Justin was born on a farm and has deep roots that help him to continue growing in the world of healing and natural arts. Justin and Suzanne share 4 boys together and live in the Hallowell area. Justin has a deep sense of understanding a clients bodywork needs with his interconnected intuition.



Sara Dostie, LMT. Registered Recreational Maine Guide, Owner of Healing Hands Holistic Wellness, LLC.

Sara's journey as a healing arts practitioner was a calling from a young age that has helped her gain skills and wisdom in dealing with her own fibromyalgia syndrome and rewards of helping others find remedies and relief along their path to well-being. Alternative healing modality trainings continue to enrich her awareness and abilities. Her successful practice is entering its 16th year of business, serving Central Maine. The broad range of certificates she has attained allows her to offer clients a holistic approach to self-care. Her practice reaches beyond her office to people throughout several communities offering on-site sessions at multiple state departments and business's interested in employee well-being. Her compassion and kindness is absorbed just by being in her presence. She shares her love of nature and its natural healing power with clients interested in recreational therapy throughout all seasons. She is a wonderful asset to this school.



Tracey Dorian Feith is a mom of 5, a registered nurse of over 20 years specializing in pediatrics, a US

Army Veteran, a professional photographer, and a LMT practicing for over 4 years now with a certification in pediatric touch therapy as a well as a specialized training in touch therapy in the field of pervasive development disorders in pediatrics. She has cultivated a life of caring for others through human connection, communication, curiosity, and empathy. She has found with massage therapy her own musculoskeletal pain issues have gifted her with a drive to discover source of chronic and acute pain and help to return individuals to their baseline. We are honored to have her join our panacea team.



Kendall Hinkley as roots in the Catskills of NY and southern Maine. Growing up as a dancer in these areas

of natural beauty, Kendall looks to her body and nature as her guides. She operates a successful bodywork practice in Portland, ME where she offers custom table massage and Thai Massage. Her interest in helping others reconnect with the earth they are made of. When she is not doing bodywork, she can be found making pottery, learning about herbs and hiking around New England. We are thrilled Kendall is joining Panacea School.

School Facility

Panacea School of Integrative Health is in a beautiful, spacious location offering over 1,200 square feet of room for classroom lecture, clinic days and yoga classes. We have a comfortable foyer area for your person items and needs. We are within walking distance to many of Hallowell, Maine's great local restaurants and shops.

We have ample on and off street parking surrounding the entire building. There are an abundance of on street parking spaces along the building. In addition, there is a large parking area to the rear of the building within feet of the school, with a comfortably paved walking path from parking lot to the front door of the school. The building and parking lot areas are well lit for your safety.



We are located at 101 Second Street in Hallowell, Maine, a beautiful rock front face building, ground level with the street, joining Panacea Yoga Studios. We are in the heart of Central Maine. Our schools location is a comfortable driving distance for individuals traveling near and far. We are just about 5 minutes from the interstate with easy access from the North and South bound lanes. We are approximately 10 minutes from Augusta, 20 minutes south of Waterville, 15 minutes to the Winthrop and Belgrade Lakes regions, 25 minutes to Lewiston/Auburn, and about 50 minutes north of Portland Maine.

State of Maine Licensure Requirements

Note that licensure requirements differ by state. For Maine State Massage therapy licensing requirements, please refer to the State of Maine Department of Professional and Financial Regulation:

Massage Therapy Licensure

35 State House Station

Augusta, ME 04333-0035

Phone: (207) 624-8626

<http://www.maine.gov/pfr/professionallicensing/professions/massage/therapist.html>

Tuition & Fees

Below is the breakdown of application and tuition costs:

Application Fee (non-refundable)	\$ 50
Registration Fee (non-refundable)	\$750
Tuition Amount	\$9,249

Payment Options for Tuition & Refund Policy

Panacea School of Integrative Health is a private school that does not currently offer federal financial funding. Below are 2 payment plan options offered with our school. We also offer an upfront pay in full payment options with a discount of \$440 off of total tuition. Students also have the option to go to a bank or credit union where they may find a better plan. In that case, the full payment must be made prior to the start of school, 30 days prior to start of training. Please be in close communication with the school owner about your plans for tuition payment.

Our 15 month payment plan is based on pre-payment of a \$50 application fee and the \$750 registration fee. Payment is due by the 15th of each month. Total accrued interest of 3.33% will be divided equally into 15 payments. Three payment options are available to choose from below. Cost of registration, application fee and learning materials are not figured in the totals below. All payment arrangements must be finalized on or before 30 days from the start of our programs start date. This includes paying the initial down payment with our schools payment plan system. This also pertains to paying in Full or the payment plan option in which all payments are due the 15th of every month, starting with the first month of school. If a student chooses a payment plan option, the first initial down payment is due 30 days prior to the start of school, in addition to the 1st monthly payment on the 15th of each month.

Option 1 Payment Plan		Option 2 Payment Plan		Option 3 Payment in Full	
Tuition	\$9,249	Tuition	\$9,249	Tuition	\$9,249
Down Payment	\$3,500	Down Payment	\$1,999	Discount	\$440
Principal financed	\$5,749	Principal financed	\$7,250		
Interest Accrual	\$191	Interest Accrual	\$241		
Number of payments	15	Number of payments	15		
Monthly payment	\$396.00	Monthly payment	\$499.00		
Total of payments Due	\$5,940	Total of payments Due	\$7,491.	Total Full payment Due after initial registration fee	\$8,809
				<i>Due 30 days before program start date</i>	

Students may receive partial tuition refund of 50% if withdrawn by the 5th week of school. This pertains to the tuition paid in full and or if a student chooses our payment plan. When a student signs the enrollment contract and decides to withdraw for any reason before 5th week of school and committed to use the payment plan with our school, 50% of tuition will be credited to student, and 50% of tuition balance remains the student's financial obligation, to be fulfilled and paid before the program completion. If a student signs the enrollment contract and chooses to pay in full 50% of tuition will be credited back to student before 5th week of school. After the 5th week of school, no refunds are made. Under personal circumstances of illness/or leave of absence, a student may first meet with the director to discuss the situation and the student will have the opportunity to return again the following school year to finish the program. If not completed in the following year, monies paid will be forfeited. After signing enrollment contract, students are responsible for tuition in full regardless of their academic completion.

STUDENTS USING THE PAYMENT OPTION ARE LEGALLY OBLIGATED TO MAKE ALL PAYMENTS TO THE SCHOOL, REGARDLESS OF ACADEMIC OUTCOME.

Additional Costs (estimated)

Books/Manuals: \$150-250
 Massage Table: \$300-500

Lotion/oil/sheets \$150-200
 Blood Pressure cuff \$60

CPR \$50

Attendance Policy Attendance and punctuality are considered essential to the successful completion of all classes in the massage program. **Students must contact the instructor prior to missing a class.** All missed time must be made up at the discretion of the instructor of each individual class. Absences not made up result in the reduction of the final grade. If an instructor's time is required for student make up time, the student is expected to pay the instructor for that time at a rate determined by the school. Missing more than 3 academic classes or 2 mandatory class clinics, will put the student in jeopardy of failing the Massage Program, unless the proper makeup time steps are initiated above to fulfill program requirements.

Conduct Our school trusts largely on the maturity of the students/individuals to conduct themselves as they would in any public place, school, or occupation. Students are expected to adhere to the same standards of grooming and hygiene expected in a professional practice. Smoking or the use of illegal drugs or alcohol is not permitted on the school premises or while involved in a school related activity off school property. Students are required by the school to inform the director of any use of medications and its reason for use, for the safety and well being of all individuals at the school.

Dismissal/Termination Students found to be in violation of the above policies and requirements pertaining specifically to graduation requirements, attendance policy, and conduct policy could be subject to dismissal/termination at the discretion of the school director. If a student wishes to appeal the director's decision, a review panel will be assembled consisting of school faculty and peer members.

Student Advising

Faculty will make itself available to students throughout the school year to assist and answer academic and professional concerns, contact your instructor directly to set this up. Grievances shall be taken to the school director or owner of this school.

Graduation

A C+ is required to pass each class. The following is a breakdown of grades.

A = 96 - 100
A- = 92 - 95
B+ = 89 - 91
B = 85 - 88
B- = 82 - 84
C+ = 79 - 81
C = 75 - 78
C- = 72 - 74
D+ = 69 - 71
D = 65 - 68
F = below 65

To practice as professional massage therapists in the State of Maine, a minimum of 500 hours in this field study is required. Graduates need only submit a completed application to the state of Maine in order to obtain a Maine license to practice massage therapy as an (LMT) Licensed massage therapists. See page 8 for additional licensure requirements as well as their web-site:

www.maine.gov/professionallicensing.

In order to complete the 530 hour Massage Therapy Program at Panacea School of Integrative Health, a student must pass each course with a grade of at least a C+. Upon successful completion, a student will be awarded a certificate within seven days of graduation. This will allow graduated students to apply for licensing from the Department of Professional and Financial Regulations. In addition to these listed graduation requirements, please see referenced attendance policy on page 10 and academic progress on page 12 as collaborated components for graduation requirements.

13 Month Massage School Calendar

Classroom time/lecture and clinic will take place on the same days. Please view our full Academic calendar online. Our full schedule program schedule including vacations days is on our website. This is a 13 month program. We have scheduled vacation time spread out over the course of the program. We have provided ample time for lunch and personal breaks during the school day. Our Massage Program schedules over the 13 months are set up with 8-9 full weekends, in addition to either our evening or daytime options for class time.

We have set up our curriculum and school calendar to be more feasible for the busy schedules most individuals have, allowing for ample time to study outside of class, reasonable time to engage in personal, family obligations and possible work force needs.

Academic progress: We take pride in providing a solid education within our programs. Our 530 State Certified Massage Program has high standards with the state of Maine and Department of Education. We strictly adhere to this standardization. Academic proficiency and success is our objective for graduation. Student's progress is assessed within the following categories: Anatomy/Physiology and Pathology. Kinesiology, Massage Concepts/theory, Massage Practice, Personal development, clinic, business/ethics.

Inability to demonstrate competency in any of these areas above may result in an:

“Additional mandatory makeup time period” in order to graduate and receive certification. The student may seek pre-approved means to improve academic standing with additional instructor/student work, this may include additional instructor fees separate from cost of tuition if necessary. To prevent an “Additional mandatory makeup period” we highly suggest avoiding the following: No cell phone use during class time, avoid being habitually late, consistently take lecture notes and ask when extra help is needed in an area of study to prevent falling behind. Students placed within this mandatory makeup period will be given 60 calendar days following this notification to demonstrate required level of knowledge. Students who do not remedy academic progress standing within the required time frame may be dismissed from the training program. Please see graduation requirements as these interplay the direct correlation in regards to successful academic progress.

Confidentiality Policy: We do not sell, trade, or otherwise transfer to outside parties your personally identifiable information. This does not include trusted third parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others rights, property, or safety. However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses.

Emergency Policies: It is our policy to maintain contact information on individual students for emergency purposes. Individual files will indicate emergency phone numbers, contact person(s) and preferred emergency medical personnel and facility. The faculty member in attendance may be required to make separate decisions regarding these matters, should expediency be an issue. Aside from the 911 emergency phone number, the school maintains a published list of emergency facilities nearby. The school also has a first aid kit on the premises for use by faculty and students.

Panacea School of Integrative Health

Professional trainings and certifications

info@panaceayogastudios.com

207-242-2983

MASSAGE APPLICATION

A \$50 non-refundable Application Fee and a personal short essay must accompany this application.

Name: _____ Date: _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Email address: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Date of birth: _____

Employment: Are you currently employed? Yes: ____ No: ____

Company name: _____

Phone #: _____

Company Address: _____

Education:

Do you have a: High school diploma: ____ GED: _____

College Education Degree: _____ (please name degree or courses)

Previous study in Massage and/or Health Profession

Health:

Please list any major medical or physical conditions you have been treated for in the last five years? _____

Do you feel you are currently physically capable of performing massage/ bodywork therapy? Yes: ____ No: ____

Criminal history

Have you ever been convicted of a felony or misdemeanor, other than traffic offenses, within the past five years? Yes: ____ No: ____

If yes, please explain:

ESSAY:

On a separate piece of paper please answer the following questions and submit with your application.

1. What inspires you to be a professional massage therapist?
2. Give a short review of any professional massage/ bodywork sessions you have had in the past.

Your signature below indicates that all the information on this application is true and correct to the best of your knowledge. Falsifying information on this application will be considered cause for dismissal from this program without refund of any monies paid.

You, the potential student, understand that before you can be formally enrolled in any Panacea School of Integrative Health Massage Program you will need to have a phone or personal interview with a faculty member. In addition, upon acceptance you will need to sign an enrollment agreement with a non-refundable registration fee of \$750 and chosen massage program deposit on student registration form, 30 days before program begins, which will be applied to your total tuition.

SIGNATURE:

NAME (printed)

DATE: _____

Please send your application, application fee of \$50 & essay to:

Panacea School of Integrative Health
101 Second Street Hallowell, Maine 04347
info@panaceayogastudios.com