Oregon School of Massage
Portland and Salem Campuses

Cultivating Excellence through Educating the Whole Person Since 1984

Massage Certificate Program Information
2017 ~ 2018

OregonSchoolofMassage.com
Graduates speak about Oregon School of Massage...

“I feel so fortunate to have chosen this school, not just because of the high-quality education and training, but more importantly for me is the intimate, caring environment. All the instructors and staff are genuinely caring, compassionate and understanding, and all of my classmates are so down to earth and non-judgmental. It has really made me feel that this is a wonderful atmosphere for me to be in.”

Nini Graham, LMT and OSM 2010 graduate

“Gay (Blackwell) models preparedness, command of her content, and adapts her delivery and teaching style effectively for each class group that OSM sends to her in a way that makes the complex content (Anatomy & Physiology and Pathology) seem familiar. I have consistently left her classes in awe of what I have just learned about the machine I inhabit, and am taking better care of my clients and myself as a result.”

Michael Coffey, OSM 2015 graduate

“I have felt so prepared by OSM. The most helpful stuff were the experienced therapists sharing intangible things about how to negotiate expectations with clients and willing to show variations on technique whenever we asked... What I learned from Alan Wells (OSM Communications/Ethics instructor) has been a lifesaver. Most of the other students I encounter in this area are not nearly as prepared as I have felt.”

Jason Minnix, OSM 2009 Graduate, practicing LMT in Texas
Why choose Oregon School of Massage?

Scheduling options that work for you
Our 640-hour program offers a flexible schedule, with day and evening classes. Attend classes full-time, or go at your own pace. The recommended time frame to complete the program is 18-24 months. Students with an open schedule can complete the program in 15 months.

Unique approach to massage training
Our training involves the integration of knowledge, technical skills, emotion and intuition. This emphasis on the integration of the somatic dimensions of healing, along with the rigorous study of the human body, defines our unique approach to therapeutic massage training.

Western or Eastern program choice
We offer two choices of program curriculums: Western or Eastern focus. The Western focus is based on Swedish massage - traditional bodywork with oil or lotion. The Eastern focus is based on Shiatsu, which works with the body's energy meridians using acupressure.

Wide selection of elective offerings
Both programs have an elective component that allows students to choose classes that fit their interests. The extensive array of electives include Neuromuscular Therapy, Polarity, Reflexology and many more. These classes also serve as continuing education for licensed massage therapists. For more information on elective modalities see page 5.

Classes designed to support your learning
Class enrollment levels are designed with a low teacher to student ratio. This maximizes personal interaction with our skilled and supportive staff. Your personal and professional growth are essential to us.

Commitment to quality education
Our staff is comprised of massage and healthcare professionals who are employed in the wellness industry. Their first hand knowledge is integrated into class presentations enriching your educational experience. Our program is accredited by AdvancEd and over 90% of OSM graduates pass the licensing exams on their first try.

Flexible payment options
OSM offers a variety of options to assist with financing your tuition. These include an affordable monthly payment plan, the OSM Low Interest Loan, and paying class by class. OSM does not currently process FAFSA applications for Federal Financial Aid.

Professional, caring community
The relaxed, friendly learning environment here nurtures supportive and professional relationships between students, alumni and staff. An extensive and enriching professional massage community awaits you.
About Oregon School of Massage

Oregon School of Massage, founded in 1984, is a private, professional school devoted to massage and related health education. OSM has a commitment to holistic education, and our training is designed to integrate body, mind, heart and spirit. Central to our philosophy is the belief that touch is a powerful form of communication that carries complex messages for both giver and receiver. With this in mind, we have developed an emphasis on the integration of various dimensions of healing with the study of the human body.

Students can attend classes at either of OSM’s two campuses. The Portland facility is located on Barbur Boulevard, with convenient freeway access from both the east and west sides of Portland. The Salem facility is located beside the Willamette River on Front Street. Here, classrooms face the river, and the building has a deck for nature breaks throughout the day. We offer morning (9am-noon), afternoon (1:30-4:30 pm) and evening classes (6:30-9:30 pm), Monday through Friday. Elective courses are offered in various weekend formats.

Oregon School of Massage’s pre-licensing program successfully prepares our graduates for Oregon and Washington licensure as well as for many other states. OSM is accredited by AdvancED. It is also approved by both the Oregon and Washington State Massage Licensing Boards, and is licensed by the Oregon Higher Education Coordinating Commission. We also offer advanced certification programs in Maternity Massage and Shiatsu, which are open to current students, graduates and licensed massage therapists.
Ray Siderius, Oregon School of Massage President, started OSM in 1984 after practicing massage and developing a massage training program at the Ariadne Professional Center. The interdisciplinary (psychotherapy, medicine, massage and mindfulness) approach to health care that evolved at Ariadne continues to be a key theme at OSM. Ray has served on the Oregon Department of Education Career School Advisory Committee and the National Board of Directors of the Association for Humanistic Psychology. He has taught a variety of massage and health science courses for OSM.

The mission of the Oregon School of Massage is to provide excellence in education by engaging the whole person - Body - Mind - Spirit.
Massage and Bodywork Modalities

Sometimes consumers are curious about all the different types of massage and body work available. Here is a brief list of major types from www.abmp.com. For even more information read Discovering the Body’s Wisdom by Mirka Knaster. OSM offers classes and certificates in many of these areas. See website for class offerings with descriptions.

Cranio-Sacral Therapy
Cranio-sacral Therapy uses gentle touch to ease pain and deepen awareness. Because it works directly with the central nervous system, it affects all the other systems of the body. Cranio-sacral Therapy helps the body/mind use its own healing resources to initiate therapeutic change. For this reason, it is a subtle yet powerful form of bodywork.

Heated Stone Massage
For these treatments, the therapist uses heated basalt mineral stones and/or semi-precious stones that represent the chakras. Muscle tension melts away as the liquid smooth stones move over them. Heated Stone Massage also aligns subtle energies within the body bringing greater attunement and harmony.

Myofascial Release
MFR is used to evaluate and treat restrictions in the body’s connective tissue (muscles and fascia). Connective tissue includes tendons, ligaments, cartilage, fascia, joint capsules and the surface linings of the organs in the body. There are many methods of myofascial release which treat chronic pain, injuries, general aches and pains.

Neuromuscular Therapy (NMT)
NMT is a comprehensive approach to treating trigger points. Trigger points are painful fibrous nodules in muscle and connective tissue. NMT incorporates diet, emotional help, and hydrotherapy with the soft tissue treatments.
Pregnancy
Practitioners use a variety of bodywork techniques to relieve the stresses that result from the rapid and profound physical as well as mental changes that occur during pregnancy. Pregnancy massage is designed to relieve aches in the back, neck, hips, legs, and weight bearing joints.

Shiatsu
Shiatsu is a form of Oriental Therapy evolved from a 5000 years old tradition of healing arts. Shiatsu utilizes a combination of pressure-release and assisted-stretching techniques, allowing the recipient to relax deeply and to get in touch with their own healing power.

Swedish Massage
This common technique is named for Swedish massage pioneer Peter Ling (1776-1839) and refers to a collection of techniques designed primarily to relax muscles and stimulate the circulation of blood through the body. It is typically performed with oil or lotion on receiver’s skin while the rest of the body is covered in a draping sheet.
Students at OSM have the option to declare an Eastern or Western focus for their training. Most massage therapy practiced in the United States is based in Swedish or western massage. Our Western Focus track teaches the use of various strokes to manipulate soft tissues, engaging the muscular, cardiovascular and nervous systems in order to reduce tissue tightness, enhance circulation, reduce pain and promote general relaxation. Practitioners usually work directly on the client’s skin, using various lubricants.

Eastern Massage is a bodywork style with roots in Asian cultures. Our Eastern Focus track teaches students Shiatsu, a Japanese form of massage based on Classical Chinese Medicine. Shiatsu translates as “finger pressure”, and uses the techniques of compression, rocking, stretching and percussion. The purpose of Shiatsu is to balance the flow of energy in the body, achieving many of the same benefits as Western style massage. Clients remain fully clothed and no lubricants are used in a Shiatsu session.

All students take 210 hours of health sciences and 85 hours of practice development in the 640-hour program. Both Western and Eastern Focus students have a foundation in Swedish massage, hydrotherapy and Shiatsu I. Eastern Focus students also learn Shiatsu for the whole body and basic principles of Traditional Chinese Medicine and complete 75 elective hours. Western Focus students complete their training with treatment focused bodywork and 85 hours of electives.
# Program Curriculum Overview

<table>
<thead>
<tr>
<th>Core Curriculum</th>
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<tbody>
<tr>
<td><strong>Health Sciences:</strong></td>
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<tr>
<td>Anatomy &amp; Physiology I</td>
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<tr>
<td>Anatomy &amp; Physiology II</td>
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<tr>
<td>Anatomy &amp; Physiology III</td>
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<tr>
<td>Kinesiology Upper Body</td>
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<tr>
<td>Kinesiology Lower Body</td>
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<tr>
<td>Pathology I</td>
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<tr>
<td>Pathology II</td>
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<td><strong>Bodywork:</strong></td>
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<td>Massage Theory</td>
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<td>Massage Fundamentals</td>
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<td>Massage Upper Body</td>
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<td>Massage Lower Body</td>
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<td>Palpation Skills</td>
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<td>Hydrotherapy</td>
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<td>Shiatsu I</td>
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<td><strong>Practice Development:</strong></td>
<td><strong>Hours</strong></td>
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<td>Communications &amp; Ethics</td>
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<td>Business of Massage</td>
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<td>Advanced Practice Skills</td>
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<td>Statutes</td>
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<td><strong>Subtotal</strong></td>
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<th>Western Focus</th>
<th>Hours</th>
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<td>Massage Assessment and Application</td>
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<td>Swedish Clinic</td>
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<tr>
<td>Bodywork &amp; Business Electives</td>
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<td><strong>Western Focus Program Total</strong></td>
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<table>
<thead>
<tr>
<th>Eastern Focus</th>
<th>Hours</th>
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<tr>
<td>Shiatsu II</td>
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<td>Dao Yin Stretch</td>
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<td>Shiatsu Clinic + Tutorial</td>
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<tr>
<td>Bodywork &amp; Business Electives</td>
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<tr>
<td><strong>Eastern Focus Program Total</strong></td>
<td><strong>640</strong></td>
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Affordable Payment Options

Tuition for the 640 Hour Prelicensing Program is $11,995. Enrollment fees, student liability insurance, textbook, massage table and supplies are separate. Students may choose from the following tuition payment options:

Paid in Full (PIF)
- Paid in Full covers tuition only
- Includes a table package valued up to $650 (retail)
- Protects from tuition increases

Quarterly Payment
- Pay as you go for only your classes in current term
- Payment for class tuition due at time of registration
- Does not protect from tuition increases

OSM Low Interest Loan (LIL)
- Administered by OSM
- Loan Processing fee of $150
- Fixed Interest rate is currently 5%
- Tuition Deposit required
- Loan amount is for tuition only
- Loan terms of 36-72 months
- Protects from tuition increases

<table>
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<tr>
<th>Duration Of Loan</th>
<th>$250 Tuition Deposit</th>
<th>$500 Tuition Deposit</th>
<th>$1000 Tuition Deposit</th>
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<td>36 months</td>
<td>$348/month</td>
<td>$340/month</td>
<td>$325/month</td>
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<td>48 months</td>
<td>$261/month</td>
<td>$261/month</td>
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<tr>
<td>60 months</td>
<td>$212/month</td>
<td>$214/month</td>
<td>$205/month</td>
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<tr>
<td>72 months</td>
<td>$187/month</td>
<td>$183/month</td>
<td>$175/month</td>
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Low Interest Loans - sample chart:
No Interest Monthly Payment Plan (MPP)

- Processing fee of $75
- Payment terms from 18 to 24 months
- Tuition Deposit required
- Payment Plan is for tuition only
- Protects from tuition increases

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<th>Monthly Payment Plan - sample chart:</th>
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<tr>
<td>Variable payments</td>
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<tr>
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<tr>
<td>18 months</td>
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<tr>
<td>24 months</td>
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Reimbursement to Veterans and Eligible Persons
Oregon School of Massage 640-Hour Certificate Program is approved by the State Approving Agency for the use of GI Bill Benefits. Interested applicants who qualify under Chapters 30, 32, 33, 35 or 1606 should make an admissions appointment.

Additional Expenses
Enjoy the freedom of making your own shopping choices when it comes to books, supplies and massage tables – we don’t include them in your tuition rate. Fees and expenses are approximately $2,110 and include:

- Admission Application Fee: $25
- New Student Registration Fee: $125
- Student Liability Insurance (12 months): *Now Included!*
- Books (approximately): $700
- Massage table (approximately): $650
- Study supplies: $100
- Miscellaneous (including professional massages): $465

For more detailed information, please contact an Admissions representative:
Portland, 1-800-844-3420
Salem, 1-877-588-8912
Ready for the next step?

Training Previews
Massage Training Previews provide a practical framework of the time, financing and energy needed for training, a review of Oregon licensing requirements, and a general overview of the profession including opportunities and challenges. The Preview will help you make a sound decision in your choice to pursue massage training. All Previews are free of charge. We recommend all prospective students attend this informative meeting.

How to Enroll
1. Attend a free Massage Training Preview, or schedule an appointment with an Admissions Coordinator for a personalized review of our Massage Certificate Program and the application process.
2. Submit the completed admissions materials, including all required paperwork and applicable fees. An Admissions Coordinator will contact you about scheduling an interview.
3. Upon acceptance into the Program, you may register for classes at any time. Payment for classes is due at the time of registration. Once enrolled, you will be invited to attend a mandatory New Student Orientation prior to your first quarter of classes.

Already a Health Care Provider?

Massage Certificate for Health Professionals
- 335 hours
The Oregon Board of Massage Therapists offers a path to licensure for professionals currently holding an Oregon license in related health Care fields, such as MD, ND, DC, PT, OT, RN, LPN, LAc. The applicant must complete a minimum of 300 hours of Massage Theory and Practical Application, Clinical Practice, Business Development, Communications and Ethics, and Sanitation. Kinesiology and Hydrotherapy may be included. The applicant must take and pass either the Oregon Practical Exam or the MBLEx written exam. OSM provides a 335-hour certificate program with either a Western or Eastern Focus.
Graduate Services
In support of OSM graduates, we maintain a Community Bulletin Board and Graduate E-mail Service where a variety of job requests are posted and/or sent. Clinics, salons and medical offices consistently send ads for LMT positions and openings. During 2016 we have sent over 190 job postings and heard from 30 graduates that they have secured a position through this E-mail Service.

Many of our graduates choose to pursue private practices. We have a graduate referral service at the school and frequently recommend our graduates to individuals looking for an LMT. In addition, OSM Professional Clinic at the Portland campus is another opportunity for graduates to begin their practice.

OSM Advanced Certificates
LMTs often decide to specialize once they have been in the marketplace for some time. OSM provides certificate training in 2 popular specialties. Please contact OSM if you would like more information about these programs.

Shiatsu Certificate - 311 Hours
Shiatsu, meaning “finger pressure is a Japanese form of massage, which uses acupressure and stretching to tune the body by balancing its flow of energy.

MotherTouch™ Maternity Massage Certificate - 65 Hrs
More than a practicum in massage techniques, this certification allows participants to explore the women’s wisdom that has supported mothers-to-be through the birth journey for thousands of years.
Launching your professional career

Licensing
Most states require some form of training and licensing. Oregon requires 625 hour and Washington requires 500 hours of training. Please check www.massagetherapy.com/careers/stateboards.php to get the most current and comprehensive explanation of the requirements for other states.

For more information about regulation in Oregon, visit the Oregon Board of Massage Therapists web site at www.oregon.gov/obmt. For Washington massage law information contact Washington Department of Health at www.doh.wa.gov/massage. OSM Admissions staff can also answer your licensure questions.

Licensing in Oregon
Massage licensure in Oregon requires an application including proof of 625 hours training, CPR, a background check and fees. Once approved, candidates take the Massage and Bodywork Licensing Exam. OSM graduates have achieved over a 90% pass rate on the exam on the first attempt so you will be well prepared. When you pass the exam, you will submit a license application and fee. The time from graduating to licensure can be a few months.

Job Outlook
According to the Bureau of Labor Statistics for the U.S. Department of Labor, employment of massage therapists is expected to increase by 22 percent from 2014 to 2024, faster than the average for all occupations. Employment will grow as more people learn about the benefits of massage therapy.
Where will you work?
Massage therapists define their careers based on their interests, financial needs, personal philosophy of wellness and their ideal work schedule. Below we have described just a few massage environments (Source: www.abmp.com). Your career is in your hands!

Wellness Centers
In this setting, the LMT (Licensed Massage Therapist) is one of many different types of healthcare providers; others may include a chiropractor, doctor, physical therapist, or nutritionist. Generally LMTs are contractors and receive a percentage of the massage fee.

Private Practice
LMTs who start a private practice may rent or buy office space or create a workspace in their homes. Self-employment allows the therapist to set their own work hours and fees, create their own work environment, and have control over the types of clients they see.

Spas
Spas are one of the primary employers of massage therapists since massage it the most requested service in spa settings. The work can be creative and varied with the LMT providing different types of body treatments in one shift.

On-Site Massage
On-site, seated, or chair massage is popular in an ever-growing variety of locations – malls, airports, events, and work places. You have no office space expense and the chairs are very portable. Sessions are typically 15 – 30 minutes and most LMTs charge $1/minute.

Massage In a Clinical/Medical Setting
Opportunities for employment are available in a chiropractic office, hospital, hospice, sports medicine clinic, physical therapy office, or rehabilitation center. LMTs may be employees or contractors.
“As President of Oregon School of Massage, I am dedicated to bringing talented educators who are experts in their fields to our faculty. Several instructors are published authors and nationally recognized speakers.”

~ Ray Siderius

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